

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 8/4 • AUG/SEPT 2018

GO FOR BROKE An Origin Story

A Movie by Filmmaker
Stacey Hayashi

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I first heard about “Go For Broke” last summer and I wanted to meet Executive Producer Stacey Hayashi. I found out the whole story, as detailed in this issue (p. 24), and learned the film was near completion and coming out soon. I am proud to be part of the team bringing this movie to all families who have loved ones who served or are serving in our armed services. Incidentally, I knew one of my father’s older brothers served in the 442nd with the late Daniel K. Inouye, but when we were talking about this movie, I learned that he also had two other older brothers who served in both World War I and II. This movie is about our brave Hawai’i men who made us proud, and it is a must-see film for all.

FYI an upcoming event for professionals or families: **The Hawaii Pacific Gerontological Society Biennial Conference is on September 6–7**, focusing on Alzheimer’s/Dementia, Caregiving, and lots more. Go to www.hpgs.org for the full list of topics.

With so many events in our state for our kūpuna and their families, the *Generations Magazine* Calendar on our website is adding more and more events every month. If you have an event offering useful resources, please contact us or go to our online calendar page at <http://generations808.com/events2/scheduler-application/> and register to post your events on our calendar.

We are a multi-platform media resource, so don’t forget that all of our issues/episodes of *Generations Magazine*, “Generations Radio” and “Generations TV” are archived on our website www.Generations808.com. Take a look and be sure to share all our useful information and resources.

Please “Like and Follow Us” on our Facebook page “Genmag808” or search Facebook for “Generations Magazine.”

Lastly, if you have aging parents, if they have chronic diseases, and/or you are struggling with caregiving we at *Generations* have tons of resources of companies, nonprofits serving seniors, and professionals in all aspects of aging who can help you. Please search for them in all our platforms of print, radio and tv, or simply email or give me a call.

See you all at the **Seniors’ Fair, Sept 21, 22 and 23 at the Blaisdell Exhibition Hall!** ■



Aloha!... and Live well!



Percy Ihara, Editor/Publisher

Word Search Answers, pg. 62



Correction to June/July feature on School Pride: Galen Narimatsu did ROTC training at UH Mānoa, and although other family members attended Mid-Pacific, Galen’s son went to Punahou. We apologize for confusing these facts.

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Who's Behind Generations Magazine?

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



KELIKA ISHOL is the director of community relations & resource development for the Care Center of Honolulu. For nearly 25 years, she has helped seniors and their families decide about senior living/care, and skilled nursing and rehab options. She also has an extensive background in fundraising, development and nonprofit management. Her passion to help others stems from her experience caring for her grandmother who had Alzheimer's disease. She has worked at the executive director level for adult day care and retirement communities in Hawai'i and Boise, Idaho.



KATHERINE KAMA'EMA'E SMITH After a career in biotech marketing at J&J, Katherine came to Maui and adopted Hawaiian culture. Research for her historical novel, *The Love Remains*, required learning 'Ōlelo Hawai'i. Katherine was associate editor for *Generations Magazine* from 2014–2016. Now she writes GM features, and prepares historical research, PR and promotional copy for business and nonprofits. She serves on the boards of Lahaina Restoration Foundation, Maui County Commission on Aging, and the Maui Plein Air Painting Invitational.



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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.

JANE BURIG SAY | CHRISTOPHER DUQUE | MARTHA KHLOPIN | SCOTT MAKUAKANE | JULIE MOON
MARGARET PERKINSON | EILEEN PHILLIPS | SCOTT SPALLINA | STEPHEN B. YIM

Last, but not least, we would like to acknowledge our dedicated staff writers who themselves are quite active and taking advantage of life's ongoing opportunities to explore and rediscover—kudos to the team.



ROSA BARKER moved from New Zealand to California in 1999 and, for most of her 17 years there, worked at UC Berkeley in a variety of administrative roles. Time spent as an editor in the Regional Oral History Office of the Bancroft Library led her to volunteer as a docent at the Rosie the Riveter WWII Home Front National Historical Park in Richmond, CA. She moved to Moloka'i at the end of 2016.



SHERRY GOYA has extensive experience in administration, organization, human resources, marketing, purchasing, events coordination and writing. From 1973-1990, she worked for The McCormack Corporation, then the state's ERA franchise for three years. Sherry A. Goya LLC was created in 1993, providing business consulting for well over 50 clients. Sherry is also executive director for three nonprofit organizations and owns Real Estate Referral Center, Inc. Since 2010, she has written articles, sold ad space, and coordinated distribution for *Generations Magazine*.



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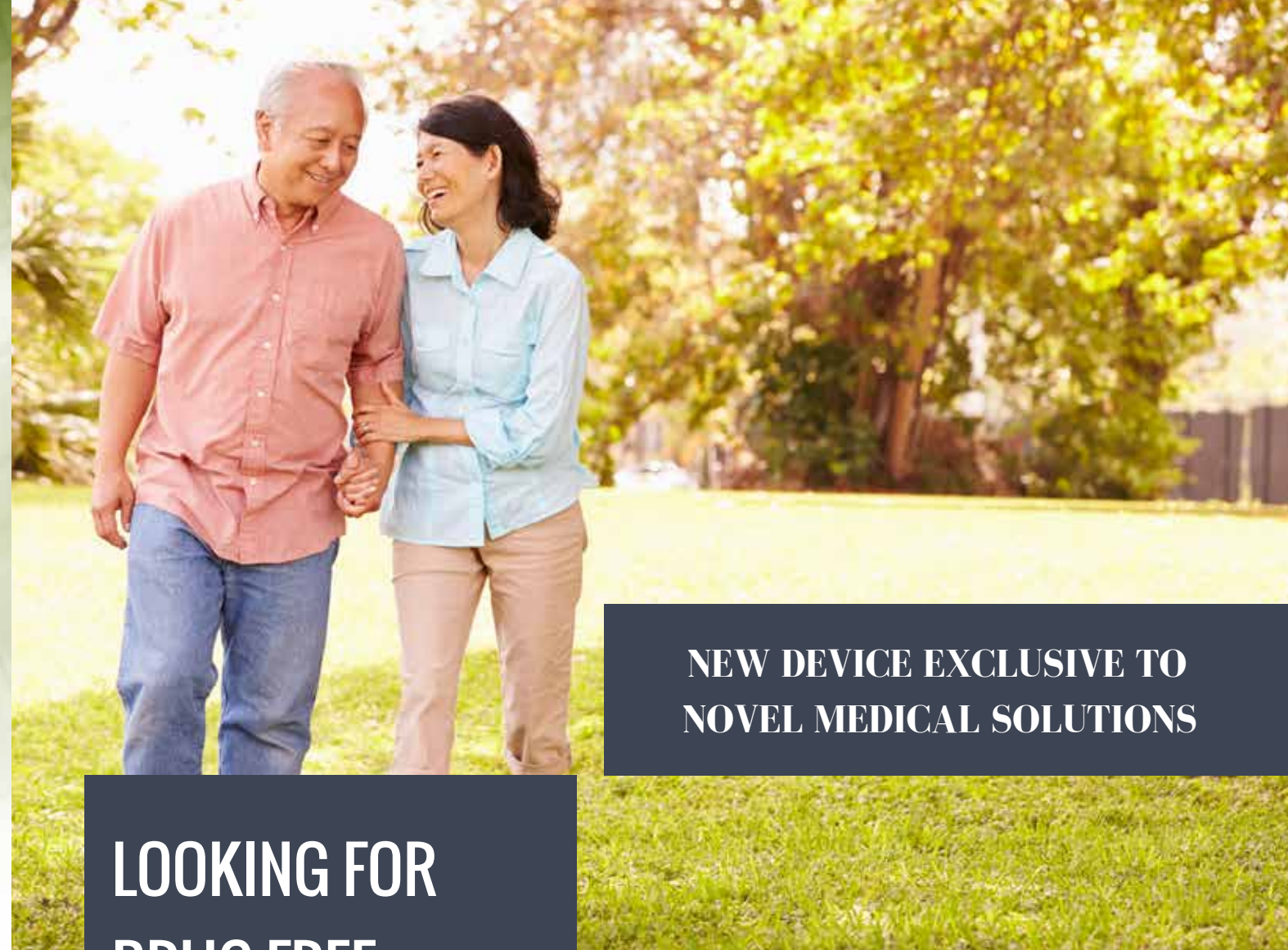
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Generations TV Revisited **SPECTRUM OCT 16**



Centenarian Stewart Wade
S1, Episode 3

Born during World War One, Stewart Wade has lived through 17 presidents, the Second World War and at 102 years old still maintains a healthy and active lifestyle. Our Generations TV story follows Stewart over the course of a day, from swimming early in the morning, getting to the office at 8 and enjoying a healthy supper at home. Stewart says he still feels like he's in his 40s and attributes his longevity to an active lifestyle, eating right and never complaining.



The two Volleyball Aunties
S1, Episode 5

In this segment, we follow two ladies who have become known as the "Volleyball Aunties," Gale Harimoto and Lauretta Sewake. They started providing lei to the members and coaches of the UH Wahine Volleyball team to boost morale and now it has become a full-time hobby with Gale picking up to 3,000 flowers a day during volleyball season and Lauretta sewing the lei. You'll find out how it all pays off when you see all the smiles.



Bagpipes in Hawai'i
S1, Episode 7

In 1845 a ship arrived in Honolulu that — for whatever reason — included a bagpipe player who played for the King. The unusual Scottish instrument has been a part of Hawai'i's culture ever since. This story looks at the 32 members of the Celtic Pipes and Drums of Hawai'i and how they represent the City of Honolulu, the State, the Honolulu Fire Department and HPD with performances throughout the year. You'll learn how the bagpipe is played and how much lung capacity is needed!

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YMCA Health & Fitness Day at Kahala Mall

by Sherry Goya, Generations Magazine

The YMCA's National Senior Health & Fitness Day was enjoyed by many on Wednesday, May 30th, at the Kahala Mall. The YMCA thanked the Kahala Mall and *Generations Magazine* for their co-sponsorship of the day. A number of nonprofit organizations participated, as well as more than 30 *Generations* partners, who offered valuable information to seniors and their families. Demonstrations were held throughout the day, closing with a Vacations Hawaii drawing. ■



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The Office of Elections and county clerks of Hawai'i are looking for volunteers to help conduct the 2018 General Election on Tuesday, November 6.

More than 4,000 volunteers are needed to fill various positions on Election Day which include assisting voters at the polling place, transporting election materials and supplies, and resolving inquiries from the control center.

It is a great opportunity to get involved and contribute to the community. Many volunteers choose to work at their local polling place where they can help their fellow neighbors cast their ballot. Volunteers receive a stipend ranging from



\$85 to \$175, depending on the position. Organizations looking for fundraising opportunities can also participate as a group and donate their stipends directly to their own project.

Qualifications to volunteer:

- ✓ 16 years old by June 30, 2018
- ✓ Registered to vote in Hawai'i
- ✓ Able to read and write English

Interested individuals can easily sign up at www.elections.hawaii.gov or call the Office of Elections at 808-453-VOTE (8683). For a listing of positions, visit <https://elections.hawaii.gov/voters/volunteer/>

Memories from the Ewa Queen

by Sherry Goya, Generations Magazine



Born in 'Ewa to plantation workers, Sadie (Yasui) Kaya had the best childhood ever. Her memory of growing up there is so strong today, at the age of 103, that she sang a childhood song to me: "Ewa is our happy home. Yes, yes, oh yes. Never from

her shall we roam. No, no, oh no. Oh how happy now are we, when we see the DPD. Soon the waters we shall see. Sing, children, sing."

Sadie, her four brothers and a sister enjoyed 'Ewa's playgrounds, gyms and baseball fields. Like her brothers, Sadie was quite an athlete. Her sister Lorraine owned the Ewa Tavern with husband Eddie, who Sadie said was a great cook. This well-known restaurant had patrons coming from as far as Barbers Point for delicious meals and pies.

Sadie married and worked at the Ewa School's cafeteria on Renton Road. She told me that the "Lincoln, the Frontiersman" statue was donated by Katherine Burke. My research showed Katherine McIntosh Burke was a teacher and principal there from 1919 to 1927. The statue was unveiled on February 12, 1944 and a celebration is held every year on Lincoln's birthday in front of it.

Her great memories of 'Ewa make Sadie very happy. She is called the "Ewa Queen" by her friends and the staff of the Care Center of Honolulu. I thanked her for sharing those memories, which she said "many Ewa people will remember too." ■

Stories for and about seniors and their caregivers are always worth sharing, such as 100th birthday announcements. Send stories and photos to Sherry Goya. 808-722-8487 | sgoyallc@aol.com

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Living in the Moment with Momentia

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

Momentia (rhymes with dementia) is an arts-based movement targeting persons with dementia and their care partners that “celebrates life in the moment.” It is a strengths-based grassroots movement to empower and energize those impacted by memory loss to remain connected and active in the community. It encourages them to take the lead in organizing a wide variety of dementia-friendly recreational activities that typically take place in “age neutral” public venues. Such activities include art classes, music, folk dance, improv, community gardening and walking groups, or simply hanging out at a Memory Cafe. Being involved in selecting and creating these activities enables persons with dementia to develop and participate in dementia-friendly communities, as they would like them to be.

While not minimizing the challenges that accompany this disease, the movement encourages a positive, strengths-based stance that focuses on remaining abilities of persons with dementia to engage in and enjoy activities they find meaningful and to engage in and give back to the community. Momentia endorses the “new dementia story,” which proposes a radical rethinking of dementia life experiences: “(1) There is life beyond a diagnosis—a life that includes the possibility for joy in the midst of challenge. (2) Persons living with dementia remain a vital part of the community and deserve the opportunity to stay connected and engaged. (3) Persons living with dementia are the experts on their own experience and their valuable perspectives must be recognized. (4) By working together we can transform what it means to live with dementia in the community, changing the story from one of despair to one of hope.” (www.momentiasattle.org/new-page-4).

Local Momentia organizers work in teams of 8–12 community members and organizations and include persons with dementia, care partners, and persons working in dementia-friendly programs. Team members meet quarterly, maintain the website, mentor program development, and orchestrate events. The “Guiding Principles” of the movement require that any Momentia event: (1) Celebrates the strengths of persons

living with dementia and includes their voices in decision-making and implementing programs; (2) Is open to the public and publicized to include both persons with dementia and all other members of the community, and takes place in a community setting; and (3) Involves an opportunity for engagement and empowerment in the community, a chance to connect with others and to make a difference.

Momentia has the potential to impact those without dementia, as well. Momentia events are inclusive; anyone in the community can join them and are encouraged to do so. This level of participation requires that community members be “dementia aware,” i.e., informed about dementia, committed to principles of inclusion, respectful and lending support as needed.

Hawai‘i is taking a big step toward developing dementia awareness through the Dementia Friends initiative, which is a partnership between Age-Friendly Honolulu, the Hawaii Alzheimer’s Disease Initiative at UH, and the State Alzheimer’s Disease and Related Dementias taskforce. It offers brief seminars on the basics of dementia to community groups and encourages participants to then use that knowledge to engage in positive interactions of some kind. For information, go to: www.agefriendlyhonolulu.com/dementia-friends/. ■

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Who’s Turning 65 This Year?

by Martha Khlopin, Medicare Radio Host

What do singer Cyndi Lauper, comedian Tim Allen, wrestler Hulk Hogan, attorney Marcia Clark and politician Jeb Bush have in common? They were born in 1953 and are turning 65 this year, along with many others who may not enjoy fortune or fame. Celebrity or not, if you share their birth year and you or a spouse/partner worked and paid Medicare taxes, you may qualify for valuable Medicare insurance benefits.

Being unaware of the specific time periods to enroll in Original Medicare and Prescription Drug Plans, along with additional options that may be available in your region, can result in gaps in coverage or late enrollment penalties. In some cases, you may not be required to enroll at 65, or may have the option of a former employer’s retiree insurance coverage. You may also qualify at any age, if you are receiving Social Security Disability

benefits and meet additional eligibility requirements.

Celebrities may give a personal assistant or trusted advisor prior written authorization to contact Social Security on their behalf, but you may need to figure things out on your own. Start learning the basics by reading: www.ssa.gov/pubs/EN-05-10043.pdf

When Singer Billy Joel was recently asked on his 69th birthday what it’s like to get older, he replied: “My best is yet to come!” So, figure out your Medicare insurance and prepare for your best! ■

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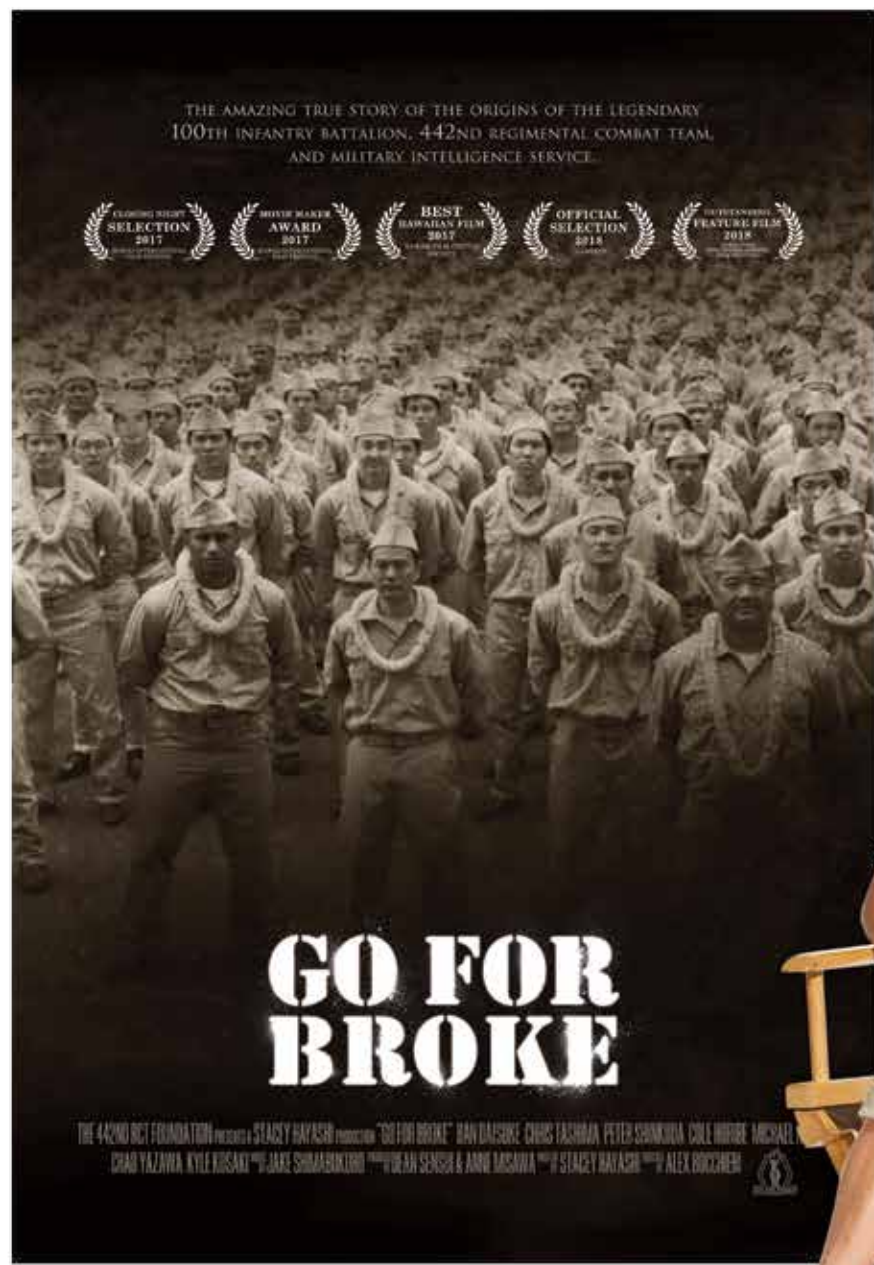
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By Wendy Suite
Feature photography by Brian Suda

“This is an origin story most of the world has never seen or heard. And that makes the story all the more important.”

— Filmmaker Stacey Hayashi
Writer and Executive Producer
“Go For Broke: An Origin Story”



As morning dawned on December 5, 1941, a fisherman cast his net along O’ahu’s north shore. A college student helped his father open a new business. A volunteer took kids to the beach in Waimānalo. Two University of Hawai‘i students, watching soldiers running drills nearby, talked about war preparations while they checked out the surf. It was pretty much like most other days, for most people.

But Sunday, December 7, 1941, would become known as “a date which will live in infamy” and President Franklin D. Roosevelt would announce to the nation the next day that, early on Sunday morning, “the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.”

The impact of that attack led to events that would change the life of every person in the U.S.—especially those living in Hawai‘i—and especially those of Japanese descent.

The bombs that dropped on Pearl Harbor exposed fears, suspicions, and distrust toward Japanese immigrants (issei) and their American-born children (nisei).

The days leading up to December 7 were idyllic for many, including Japanese American youth, most of whom

A bow-on view of the lightly damaged battleship USS Maryland with the burning USS West Virginia behind her and the capsized USS Oklahoma beside her, Pearl Harbor, US Territory of Hawaii, 7 Dec 1941.

had never been to Japan and whose patriotism for America ran deep.

It’s against this backdrop that a new, locally produced film, “Go For Broke: An Origin Story”—written and produced by Stacey Hayashi—tells the true story of the origins of the all-Japanese American military units: the 100th Infantry Battalion, 442nd Regimental Combat Team, and Military Intelligence Service (MIS) during World War II.



(Courtesy of the National Archives)

A local girl needing to tell a local story

“The untold story is the adversity these young men faced, the character they showed, for the 442 to be created in the first place.”

— Stacey Hayashi

It’s taken local girl Stacey Hayashi more than 15 years to bring this story of the 100th/442nd and MIS to the big screen. Her dream—to perpetuate stories like this for today’s youth and for future generations—took perseverance and sacrifice, like that of the veterans she passionately honors with this film.

To make her dream come true, the software engineer had to become a filmmaker. She had to become a fundraiser. She had to gather resources,

True, untold stories

Like today, most people of Japanese descent born in Hawai'i in the early 1900s felt fully American. It was the only country they knew.

Why, then, did Japanese Americans feel a need to prove their loyalty to their country?

Why did the 442nd adopt the motto: "Go For Broke," meaning 'risk it all' or 'shoot the works'?

What compelled them to show such selfless courage on the battlefield that theirs would become the most decorated combat unit for its size and length of service in American history?

The answers to these questions can be found in the untold stories of these humble, loyal, and in many ways, ordinary Americans whose actions proved their loyalty to their country.

The fight to fight

The first of these untold stories was the fight for the *right* to fight for their country. Before the nisei soldiers could display extraordinary valor against the Nazis in Europe, they faced tremendous adversity on the home front.

Few people were aware then, or even now, that 4,000 Japanese Americans were already serving in

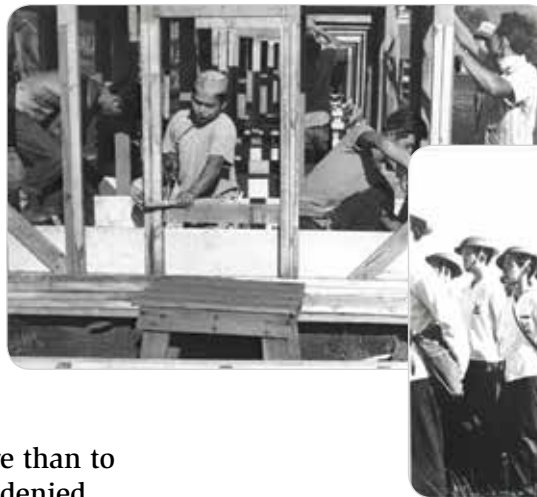
the U.S. armed forces at the time of the attack on Pearl Harbor, most of whom were in Hawai'i, serving draft time.

Soon after the Japanese attack, Americans of Japanese Ancestry (AJAs) were reclassified 4-C: "enemy aliens," ineligible to serve in the U.S. military—despite being U.S. citizens. AJAs already in the military were discharged and stripped of their weapons, simply because of their race.

Other AJAs, who wanted nothing more than to fight for the country of their birth, were denied that opportunity, simply because of their race.

Few people are aware that the 442nd Regimental Combat Team wasn't organized until more than a year after the start of the war—a critical period of time when Japanese in America faced racism, discrimination, arrests by the FBI, and mass incarceration on the U.S. West Coast. Even fewer people are aware of the circumstances and actions which led to its formation—stories which form the heart of the movie "Go For Broke: An Origin Story."

On December 7, members of the university ROTC were activated into service as the Hawai'i



Left: Varsity Victory Volunteers at work building field ice boxes in Hawai'i. Below: VVV assembled in formal dress with gas masks. Identifiable men are Harry Sato, Yoshiyuki Hirano, Yasuhiro Fujita, James Okuda, David Fujita, Thomas Shintani, Masato Yoshimasu, Minoru Ikehara, and James Oka. [Courtesy of Ted Tsukiyama]



Territorial Guard (HTG). They were assigned to protect 'Iolani Palace, other government buildings, and utility and military installations—proud to serve their country and trusted to repel the impending invasion. But then the soldiers became highly discouraged when their own government called them: enemy aliens.

That's when a little-known hero stepped into the story. A community leader and Executive Secretary of the Atherton YMCA, Hung Wai Ching empathized with the dejected college students and listened as they said they wanted to prove their loyalty to their country by fighting for it.

Ching encouraged them to volunteer their service as non-combat civilian laborers.

"If they don't trust you with a gun, maybe they'll trust you with a pick and shovel," he said. And so began nearly a year of service for 169 university students, assisting the war effort in a military labor battalion. The former university ROTC students called themselves the Varsity Victory Volunteers (the VVV, or Triple V), and they built roads and buildings, and broke rocks—armed, not with rifles, but with picks and shovels, hammers and saws, crowbars, and sledgehammers.

In June 1942, the AJA soldiers of the 298th and 299th Infantry were segregated into the Hawai'i Provisional Battalion, and sent out of Hawai'i to basic training in secret. They became the 100th Infantry Battalion (Separate), an orphan unit which no one wanted, at first. But their record-breaking performance in basic training proved that AJAs would be outstanding American soldiers.

Meanwhile, at home in Hawai'i, the dedicated and loyal VVV impressed military officials, which

conduct interviews, and write the screenplay. There was a lot to learn. But the resourceful serial entrepreneur, writer, and designer was determined that somehow, the stories of veterans who became her dear friends and family would be told.

"People know about the 100th/442 and the bravery they showed, fighting the enemy in Europe, liberating towns in Italy and France,"

she said. "But most people don't know what had to happen for the 100th or 442nd to even be formed," she added, referring to the racial discrimination faced by Japanese in Hawai'i and the U.S. West Coast before and after December 7.

Stacey believes that "films can be powerful tools in bringing stories to light and keeping them alive, as well as a source of healing."

"Sharing stories or seeing them told can be cathartic for survivors. Hopefully, it will also open up dialogue between survivors and their families," she said. "Though we couldn't tell every story, I tried to include as many as we could. I hoped to capture the spirit of who they were and are, their happy-go-lucky attitudes and kolohe natures, even in the face of such great adversity."

She wished all her veteran friends would see the film and know that they were remembered and appreciated. Sadly, Assoc. Producer Eddie Yamasaki of the 442nd RCT I Company, who helped champion the movie for 15 years, died a few months before its release. Also, Congressman K. Mark Takai, a steadfast advocate, succumbed to cancer in 2016. The film is dedicated to his memory.



Akira Otani (portrayed by Chad Yazawa) watched as the FBI arrested his father at gunpoint. Yet, he was among the very first to volunteer for the 442nd RCT.



Akira Otani, real-life 442 veteran (right) met Chad Yazawa, the actor who portrayed him (green shirt) and Ban Daisuke, who portrayed his father (left).



Many scenes were filmed at the actual locations where the real events took place. Here, the Varsity Victory Volunteers (VVV) stand with picks and shovels.



The assistant director and executive producer chatted with veteran actor Ban Daisuke and real-life veterans, Yoshiaki "Sharkey" Fujitani and Ted Tsukiyama.

helped change the minds of military and political leaders — paving the way for the formation of an all-Japanese-American unit: the 442nd RCT.

The legendary 442nd RCT

In February 1943, the War Department called for 1,500 AJA recruits for the 442nd. Because of their role in effecting the creation of the 442, members of the VVV were the first to hear the news and they voted to disband so they could join the unit.

On the U.S. mainland, 1,208 recruits volunteered from inside concentration camps, where their families would remain incarcerated by President Roosevelt’s Executive Order 9066.

In Hawai’i, almost 10,000 volunteered. And on March 28, 1943, 2,686 members of the newly-formed 442nd Regimental Combat Team marched down King Street, lined up at ‘Iolani Palace, and then headed off to basic training on the U.S. mainland and onward to European battlefields.

In just two years of combat, 14,000 men served in the 442nd, with a well-documented record of bravery that is unequaled to this day.

Much less is known about the vital roles and great danger faced by thousands of nisei linguists who served in the Military Intelligence Service



(MIS). Their work as interpreters, interrogators, and translators was strictly classified during the war and for decades beyond.

Journey of Heroes

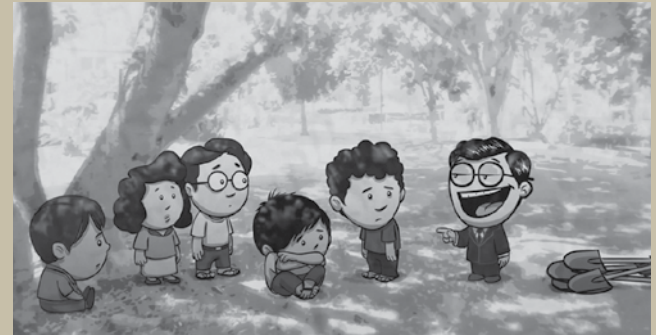
Stacey didn’t just become a filmmaker in her quest to share what she calls “the inspiring true story you’ve never heard, about heroes you didn’t know existed.” She also became a rising star in the world of comic books and Japanese anime and manga, writing and self-publishing a comic book, “Journey of Heroes: The Story of the 100th Infantry

Battalion and 442nd Regimental Combat Team.” The historically accurate graphic novel, illustrated by Damon Wong, features cute characters that look a lot like the veterans they represent.

Thousands of the comic books have been donated to schools across Hawai’i and the United States, introducing real-life heroes and perpetuating their stories for today’s youth and generations to come.



Director Alexander Bocchieri and producer Dean Sensui combined meticulous planning and creative shotmaking to portray King Street, circa 1943.



More than just a comic book — “Journey of Heroes” combines historically accurate text and Japanese manga-style drawings that appeal to readers of all ages.



Far Left: Japanese-American troops of 100th / 442nd Regimental Combat Team leaving for regimental reserve after 16 days of fighting, Castellina Sector, near Livorno, Italy, Jul 1944.



Center: Japanese-American soldiers of the U.S. 100th Infantry Battalion marching in the Vallettri area of Italy, May 1944.

A record of heroism and sacrifice

The 100th/442nd RCT is the most highly decorated unit in U.S. military history for its size and time in combat. Its 18,143 individual and unit decorations include: 9,486 Purple Hearts, eight Presidential Unit Citations, 21 Medals of Honor, 33 Distinguished Service Crosses, one Distinguished Service Medal, 559 Silver Stars, 22 Legion of Merit Medals, 4,000 Bronze Stars, 15 Soldier’s Medals, 12 French Croix de Guerre, two Italian Medals for Military Valor, and a great many more.

In 2010, the Congressional Gold Medal was awarded to members of the 100th/442nd and MIS. And surviving 442nd members have been hon-

ored with France’s highest and oldest award, created by Napoleon himself: “Chevalier dans l’Ordre National de la Légion d’Honneur” (Knight in the National Order of the French Legion of Honor) for their key participation in the liberation of France during WWII.

On July 15, 1946, President Harry S. Truman welcomed members of the 442nd to the White House. Acknowledging the challenges they faced at home and abroad, he said: “You fought not only the enemy but you fought prejudice, and you have won.” ■

The great legacy of the greatest generation

Almost all of our WWII veterans are gone now, including Stacey’s great-uncles who served in the original 100th Battalion and the 442.

And through this film, Stacey is doing her part to keep alive the great legacy of the nisei veterans — a small part of the greatest generation. ■



Stacey Hayashi and Rep. K. Mark Takai flank MIS linguist Herbert K. Yanamura, who saved 1,500 civilians in the 1945 Battle of Okinawa.

“Fear and racism are not good for anyone or any country, especially America, a nation of immigrants.” — Stacey Hayashi



Stacey Hayashi with 100th veteran Goro Sumida and 442nd veteran Eddie Yamasaki — two of the nisei whose stories inspired Hayashi to write the film.

Timeline: 1940–1946 100th Battalion/442nd RCT

Oct. 15, 1940 :: 298th and 299th Infantry Regiments of the Hawai'i National Guard (HNG) are activated and integrated into the U.S. Army.

[In the 12 months preceding the attack on Pearl Harbor, approximately half of the 3,000 men in Hawai'i who are either drafted or volunteer for service in the U.S. Army are Americans of Japanese Ancestry (AJA). Most are assigned to the 298th or 299th with some assigned to engineer units. Basic training is at Schofield Barracks on O'ahu.]

Dec. 7, 1941 :: Japan launches a surprise attack on the Pearl Harbor naval base, home of the U.S. Pacific Fleet. Members of the 2nd Battalion of the 298th guard the windward coastline of O'ahu, while the 1st Battalion is stationed at Schofield Barracks. Martial law is declared.

Dec. 8, 1941 :: United States declares war on Japan. FBI agents and police begin arresting Japanese community leaders in Hawai'i, eventually detaining about 1,400 individuals who are classified as "dangerous enemy aliens."

Dec. 11, 1941 :: U.S. declares war on Germany and Italy.

Jan. 5, 1942 :: War Department classifies AJA men of draft age 4-C, "enemy aliens," ineligible for military service.

Jan. 19, 1942 :: 317 AJA reservists with the Hawai'i Territorial Guard (HTG)—many had been members of the University ROTC—are classified 4-C and discharged without explanation.

Feb. 9, 1942 :: War Department orders General Delos C. Emmons, Commanding General of the Army Air Force in Hawai'i, to suspend employment of all ethnic Japanese civilians in the Army.

Feb. 19, 1942 :: President Franklin D. Roosevelt signs Executive Order 9066, leading to the incarceration of more than 110,000 residents of Japanese ancestry in internment camps throughout the United States.

Feb. 23, 1942 :: Having been discharged from the HTG, AJA men band together to form the Varsity Victory Volunteers (VVV), a labor unit under the U.S. Army Corps of Engineers.

May 26, 1942 :: General George C. Marshall, Army Chief of Staff, establishes the Hawaiian Provisional Infantry Battalion, to be made up of AJAs from the Hawai'i National Guard's 298th and 299th Infantry and other units.

May 28, 1942 :: 1,432 men gather at Schofield Barracks to join the new Hawaiian Provisional Infantry Battalion. The unit is led by Lieutenant Colonel Farrant Turner; second in command is executive officer James Lovell.

Jun. 5, 1942 :: Hawaiian Provisional Infantry Battalion boards the transport ship, S.S. Maui, and departs Honolulu.

Jun. 12, 1942 :: Battalion arrives in Oakland and is officially activated as the 100th Infantry Battalion (Separate). The "Separate" status indicates the battalion is not assigned to a parent unit. Soldiers start calling their battalion One Puka Puka (Hawaiian word meaning hole).

Jun. 16, 1942 :: 100th arrives at Camp McCoy, Wisconsin, where they undergo training until the end of Dec. The battalion quickly earns a reputation for superior performance in the field.

Jun. 26, 1942 :: Army Chief of Staff recommends the formation of a Board of Military Utilization of U.S. Citizens of Japanese

Ancestry to determine whether a Japanese American unit should be sent to fight in Europe.

Oct. 2, 1942 :: Elmer Davis, Director of the Office of War Information, recommends to President Roosevelt that Japanese Americans be allowed to enlist for military service.

Nov. 3, 1942 :: Twenty-five men from the 100th (Company B, Third Platoon) plus three officers and a cook depart Camp McCoy for Ship and Cat Islands off the Mississippi Gulf Coast where they will be used to train dogs to recognize and attack Japanese soldiers based on their supposedly unique scent.

Nov.–Dec. 1942 :: Sixty-seven men from the 100th are recruited for the Military Intelligence Service (MIS) because they had gone to school in Japan or were familiar with the Japanese language. They are sent to Camp Savage, Minnesota, for training.

Jan. 6, 1943 :: 100th leaves Camp McCoy for further training at Camp Shelby, Mississippi; then four months later, to Camp Claiborne in Louisiana for field maneuvers until June.

Jan. 28, 1943 :: Impressed by the outstanding performance of the 100th, the War Dept. announces plans to organize an all-Japanese American combat unit. The call goes out for 1,500 volunteers from Hawai'i; nearly 10,000 respond. A quota of 3,000 is established on the mainland, but the response is 1,200—mostly from internment camps.

Jan. 31, 1943 :: Varsity Victory Volunteers in Hawai'i request the deactivation of their unit so its members can enlist in the new 442nd Regimental Combat Team.

Feb. 1, 1943 :: 442nd Regimental Combat Team is activated by President Roosevelt.

Mar. 28, 1943 :: Honolulu Chamber of Commerce sponsors a farewell ceremony at 'Iolani Palace for the initial 2,686 AJA volunteers of the 442nd RCT.

May 1943 :: 442nd RCT begins training at Camp Shelby, Mississippi, where they'll meet up with the 100th for the first time in June after the 100th returns from maneuvers in Louisiana.

Jul. 20, 1943 :: 100th receives its battalion colors and motto, "Remember Pearl Harbor," as requested by the unit. The battalion leaves Camp Shelby on Aug. 11 for Camp Kilmer, New Jersey; then to Staten Island and they board the SS James Parker, departing on August 21.

Sept. 2, 1943 :: Battalion lands at Oran, Algeria in North Africa. Fifth Army command wants the 100th to guard supply trains, but Colonel Turner insists they be committed to combat duty. The 100th is assigned to 34th "Red Bull" Division, which has more battle experience than any other American Army unit at that time.

Sept. 19–22, 1943 :: 100th ships out with the 133rd Infantry Regiment, 34th Infantry Division. They land on the beaches at Salerno, Italy on September 22.

Sept. 29, 1943 :: On the first day of combat, Shigeo "Joe" Takata is the first member of the 100th to be killed in action and the first to receive the Distinguished Service Cross.

Oct.–Nov. 1943 :: 133rd Infantry Regiment, including 100th, fights a series of battles in several Italian towns and launches attacks on German forces, crossing the Volturno River three times. Major James L. Gillespie replaces Lt. Col. Turner.

Mid Jan. 1944 :: Battle of Monte Cassino begins. It takes four major assaults and four months to defeat German forces. By some estimates, the battle leaves 250,000 people dead or wound-

ed. The 100th fights in the first two assaults before it is relieved on Feb. 15. Having suffered heavy casualties during its months in combat, the unit becomes known as "The Purple Heart Battalion." After Cassino, the first group of officers and enlisted men from the 442nd arrives to replenish the depleted battalion.

Jan. 29, 1944 :: Major James Lovell assumes command of the battalion after being released from the hospital, replacing Major Caspar Clough. He is soon badly wounded and does not return to combat. By the end of war, the 100th has 13 changes of battalion commanders.

Mar. 26, 1944 :: 100th lands at Anzio, the second front between the German's Gustav Line of defense and Rome and is assigned a section in the Anzio beachhead in April.

May 1, 1944 :: 442nd RCT leaves Virginia for Europe.

May 11, 1944 :: British, French and U.S. forces push to Rome.

Jun. 2, 1944 :: 100th participates in the breakout to Rome by attacking and capturing Lanuvio. Rome falls three days later.

Jun. 11, 1944 :: 100th meets up with 442nd Regimental Combat Team in Civitavecchia, northwest of Rome. At this time, the Regiment consists of the 3rd Battalion, 522nd Field Artillery Battalion and 232nd Engineer Company. The 2nd Battalion will arrive six days later. The 1st Battalion, which has been depleted from sending replacements to the 100th, is left at Camp Shelby to train new arrivals.

Jun. 22, 1944 :: President Roosevelt signs into law the Servicemembers' Readjustment Act of 1944, commonly known as the G.I. Bill of Rights. By the time the original G.I. Bill ends in July 1956, 7.8 million World War II veterans will have participated in an education or training program and 2.4 million veterans will have home loans backed by the Veterans Administration.

Jun. 26, 1944 :: 442nd RCT is assigned to the Fifth Army and, in turn, is attached to the 34th "Red Bull" Division. The battle-tested 100th Infantry Battalion is attached to the 442nd RCT, becoming the 1st Battalion of 442nd, but retains its name, 100th Infantry Battalion, because of its outstanding combat record. By this time, the battalion of 1,300 has suffered more than 900 casualties. The 100th/442nd RCT goes into combat near Belvedere, Italy.

Jul. 7, 1944 :: 100th/442nd RCT takes Hill 140 in Italy after a bitter battle.

Jul. 9, 1944 :: 100th occupies Leghorn (Livorno) and is directly under the command of Fifth Army in Rome.

Jul. 27, 1944 :: General Mark Clark presents the Presidential Unit Citation, the highest honor in the Army for a military unit, to the 100th at Vada, Italy, for action at Belvedere. By this time, soldiers of the battalion have been awarded 9 Distinguished Service Crosses, 44 Silver Stars, 31 Bronze Stars, 3 Legion of Merits, 15 battlefield commissions, and more than 1,000 Purple Hearts.

Aug. 14, 1944 :: 100th is formally attached to the 442nd RCT.

Aug. 31, 1944 :: 442nd, minus the 100th, reaches the Arno River near Florence, Italy. The 100th spearheads the crossing of the Arno River and captures Pisa.

Sept. 1944 :: While the 100th waits in Naples for the movement into France, representatives from each company meet to approve a set of bylaws for Club 100. They elect Katsumi "Doc" Kometani as president, Sakae Takahashi as vice president, Andrew Okamura as secretary, and Hideo Yamashita as treasurer. Leslie Deacon, Joseph Farrington, and Charles Hemenway are named honorary members.

Sept. 27, 1944 :: 100th/442nd RCT leaves Naples for France.

Sept. 30, 1944 :: 100th/442nd RCT is attached to the 36th Division, also known as the Texas Division, of the Seventh Army.

Oct. 15, 1944 :: 100th/442nd RCT enters the battle of Bruyeres in the Vosges Mountains, located in northeast France. After three days of fighting, the 100th takes Hill A and the 2nd Battalion takes Hill B and enters the town. Two days later, the 100th captures Hill C.

Oct. 25, 1944 :: 100th/442nd RCT captures Biffontaine.

Oct. 26–31, 1944 :: After five days of fighting, the 100th/442nd RCT rescues 211 members of the Texas "Lost Battalion," 141st Regiment, 36th Infantry Division, which was cut off and surrounded by Germans. The 100th/442nd suffers more than 800 casualties, including 184 killed in action. 100th earns its second Presidential Unit Citation for actions at Biffontaine and Lost Battalion rescue. Presidential Unit Citations are also awarded to the 2nd and 3rd Battalions, the 232nd Engineer Combat Company, and F and L Companies of the 442nd.

Nov. 13, 1944–Mar. 1945 :: Soldiers of the 100th/442nd RCT head south to the French Riviera, where so many were lost that it can't be used as a regiment-sized force. Nearly 2,000 are wounded and in hospitals in Italy, France, England and the United States. The unit guards a 12-mile stretch of the French-Italian border. The men call this time "the Champagne Campaign."

Mar. 20, 1945 :: The 100th /442nd RCT, minus the 522nd Field Artillery Battalion, leaves to join the African-American 92nd Infantry Division.

Apr. 5–6, 1945 :: 100th/442nd RCT makes a surprise attack on Nazi mountainside positions in Italy, breaking through the German Gothic Line in one day. The regiment receives the Presidential Unit Citation.

Apr. 6–30, 1945 :: 100th/442nd RCT drives the enemy up the Italian coast to Genoa and Turin.

May 2, 1945 :: German army surrenders. The war in Italy is over. Six days later, on May 8, with Germany's unconditional surrender, the war in Europe is officially over.

Aug. 6, 1945 :: U.S. drops atomic bomb on Hiroshima, Japan. Three days later, an atomic bomb is dropped on Nagasaki.

Aug. 15, 1945 :: Victory in Japan Day, signaling end of WWII.

Sept. 2, 1945 :: Japan signs the formal Instrument of Surrender.

Jul. 4, 1946 :: Members of the 100th /442nd RCT sail into New York Harbor aboard the SS Wilson Victory and are greeted by cheering crowds.

Jul. 15, 1946 :: A parade and review is held in Washington, D.C. President Harry Truman pins the Presidential Unit Citation on the 100th/442nd RCT colors. "You fought not only the enemy," he says, "but you fought prejudice—and you have won."

Aug. 15, 1946 :: The colors of the 100th Infantry Battalion are officially turned over to the Territory of Hawai'i during a ceremony in Honolulu for returning war veterans. With that act, the battalion is deactivated. ■

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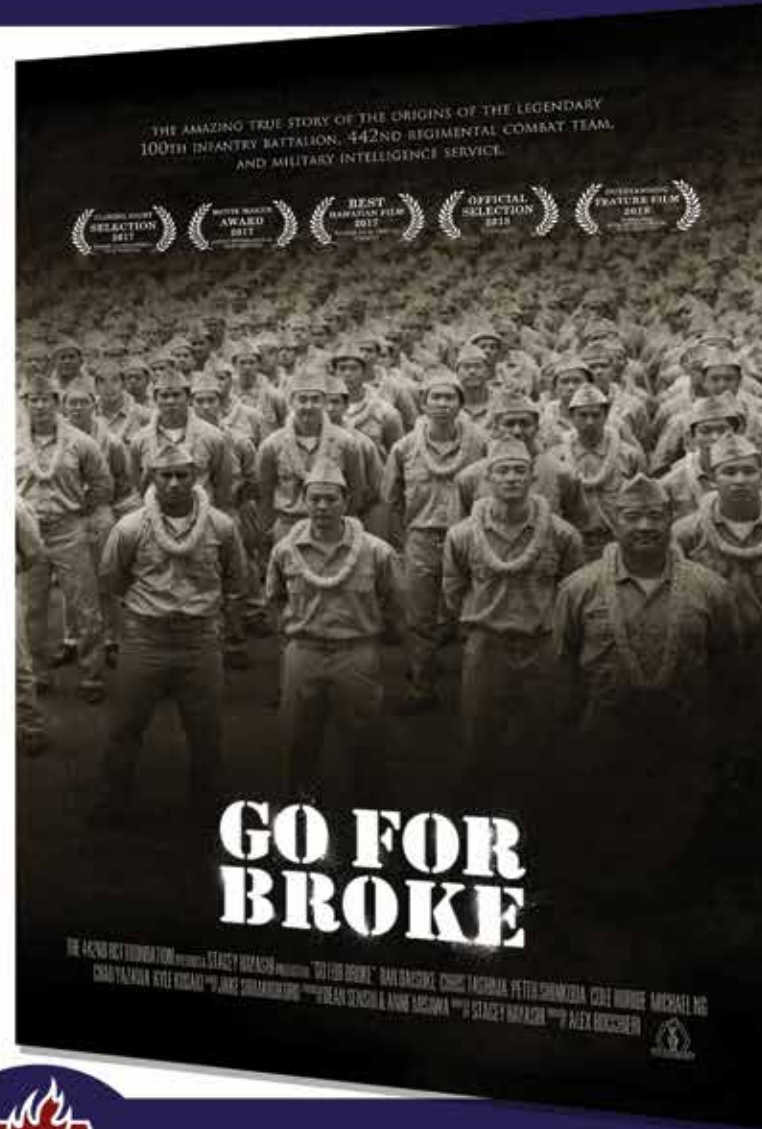
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Ban Daisuke Kikaida
Cole Horibe So You Think You Can Dance
Kyler Ki Sakamoto Under The Blood Red Sun
Jake Shimabukuro Acting debut
Peter Shinkoda Marvel's Daredevil
Chris Tashima Academy Award winner

CREW

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Alexander Bocchieri Director
Dean Sensui Producer
Anne Misawa Producer



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Anna Miller's Coffee	62	Daily	10% off with Senior Card
	All	Birthdays	1 free entree (dine-in only)
Big City Diner	65	Mon to Fri	Early Bird Senior Menu
Burger King	55	Daily	16 oz. soft drink or 8 oz. coffee for 89 cents
Denny's	55	Daily	Senior menu
Genki Sushi	55	Sun to Thu	10% discount
Gyotaku Japanese Restaurant	60	Daily	Senior menu for lunch & dinner
Ichiriki	55	Mon to Fri	25% off Nabe dinner 4-6pm, up to 4 people
IHOP	55	Daily	Senior menu
Jack in the Box	55	Daily	Drinks at 50 cents
Love's Bakery Outlets	62	Daily	10% off Love's products — all islands
Maple Garden Restaurant	60	Daily	Special price for lunch and dinner
McDonald's	55	Daily	Discount coffee. Prices & participation may vary.
Pagoda Restaurant	60	Daily	15% off check total (except holidays)
Papa John's Pizza	50	Daily	50% off with 50-50 card
Samurai Snacks Aiea LLC	55	Wed	10% off, no special orders
Sekiya's	65	Mon	10% discount, dine-in only
Stadium Camellia Restaurant	90	Daily	Free lunch or dinner
The Willows	65	Daily	Senior discounts every day (except holidays)
Teishoku Restaurant	60	Tues	10% discount
Wendy's	60	Daily	Free coffee or soft drink with purchase
Zippy's	65	Daily	10% off with Zippy's Senior Card

- *Hawai'i seniors look young, so be sure to ask for these discounts before ordering or being served.*
- *Senior must be present to receive any discount.*
- *Information confirmed but subject to change.*

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GROCERY & MERCHANDISE STORES			
Don Quijote	60	Tue	5% or 10% off regular prices (excludes liquor & tobacco)
Foodland	60	Thu	5% off all items, with exceptions
Shirokiya	60	Mon & Wed	10% off regular priced items
APPAREL & SPECIALTY SHOPS			
Goodwill	55	Tue	20% off regular prices (except prices ending with 97 cents)
Ross Stores	55	Tue	10% off all items
Savers	55	Tue	30% off all items
Supercuts	60	Daily	10% off service
ENTERTAINMENT			
Aiea Bowl	55	Daily	\$3.00 per person per game
Bishop Museum	65	Daily	\$12.95 Kamaaina/military
Children's Discovery Center	62	Daily	\$7 admission
Consolidated Theatres	60	M-T-W	\$7 ticket and \$8.75 all other days
Hawaii Prince Golf Course	60	Mon & Tue	\$42, except holidays, with some restrictions
Regal Cinemas	60	Daily	\$8.78 per ticket
Waikiki Aquarium	65	Daily	\$5 per ticket
Wet'n'Wild Hawaii	65	Daily	\$37.99 admission
MISCELLANEOUS			
Access Lifts Hawaii	55	Daily	15% off total cost
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Women on the WWII Home Front in Hawai'i

by Rosa Barker, Generations Magazine

The measures that came into effect in war-time Hawai'i were described by one man who helped create them, Maj. Gen. Thomas H. Green, as "a new experiment in government—a joint operation of the military, civilian business and the general public."

A great number of the general public were, of course, women and they played many roles on the home front. Bella Fernandez is noted as a "rated woman boat builder at the Pearl Harbor Navy



Bella Fernandez.
Photo courtesy UH Archives

Yard" on the back of a U.S. Navy photograph in the University of Hawai'i Archives. Others did piecemeal work at home for the armed services, some creating the camouflage netting that was put over the helmets U.S. soldiers wore, as Rosaline Ventura did. Her oral history in the UH Center for Oral His-

tory's project "An Era of Change" also tells of day-to-day life under martial law for this mother of three young children—including toting a heavy gas mask with her wherever she went and making sure the keiki had theirs.

Many women already worked in professions that could immediately make a useful contribution to the war effort. In the immediate aftermath of the bombing, all schools were closed for a time, but teachers were reassigned to assist in registering the entire population for ID cards. For public health reasons, everyone had to be immunized against typhoid, and nurses played their part in getting that done. Office workers formed a Women's Volunteer Army Corps, many of its members working long hours in the offices of military staff.

"Society women," whose household and family obligations were taken care of by paid staff, volunteered for a myriad of roles. The Red Cross Motor Corps, composed of a group of about 38 women, operated a 24-hour ambulance service as part of Civil Defense. Others volunteered their



Children in gas masks.
Photo courtesy of the Japanese Cultural Center of Hawai'i

time on the many committees that gave support to agencies created to deal with specific wartime needs, including the Evacuee Assignment Office.

In total, 13,000 women and children

were evacuated to the mainland, most of them dependents of military personnel. Hawai'i's Military Governor, Lt. Gen. Delos C. Emmons, resisted any mass evacuation of civilians of Japanese ancestry believing it would be illegal and would adversely affect the war effort. The military did, however, force many families from their homes and land. In her oral history, Ruth Yamaguchi tells how their home at Pu'uloa was commandeered to house soldiers. Her father found work at Pearl Harbor and she herself left school before graduation to work at the Hawaiian Army Exchange. ■

FIND OUT MORE:

- *Hawai'i Goes to War*, by DeSoto Brown
Has many photographs and is in your public library.
- Hawaii War Records Depository Photos (UH Archives)
<https://digicoll.manoa.hawaii.edu/hwrp/>
- "An Era of Change: Oral Histories of Civilians in World War II Hawai'i"
www.bit.ly/UHManoa_WWII_OralHistories
- *Martial Law in Hawaii*, by Maj. Gen. Thomas H. Green USA (Ret.)
www.bit.ly/LibraryOfCongress_MartialLawHI

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U.S. Army History in Waikīkī!

by Katherine Kama'ema'e Smith, Freelance Writer, Honu Media LLC

Right here in Waikīkī there is more to learn about our famous nisei "Go For Broke" 442nd Infantry Regiment—at the U.S. Army Museum of Hawaii. It's on the corner of Kalia and Saratoga Roads inside Fort DeRussy Military Reservation park. During World War II, U.S. Army Artillery "Battery Randolph" was located on the point. Coastal batteries were fortifications of cannon, tanks and ammunition, and bunkers strategically positioned for battle or defense. In modern warfare, batteries also facilitate battlefield communications, command operations and disbursement of artillery materials to gunnery crews.

Battery Randolph's main guns were removed before the museum began, but today, its holdings include choppers, tanks, cannon, and light weaponry as well as military photos from the Vietnam, Korea and WWII Pacific Theater eras. The exhibit represents the entire post-annexation military history of the U.S. Army in Hawai'i, including key projects of U.S. Army Corps of Engineers throughout Hawai'i.

Of unique interest is the museum's "Gallery of Heroes," which displays commendations, Medals



Courtesy of U.S. Army Museum of Hawaii

of Honor and Distinguished Service Crosses awarded to Hawai'i veterans. It is a permanent tribute to our heroes, including the 442nd Infantry Regiment and nisei Military Intelligence Service during WWII.

Leave plenty of time to see all the vintage U.S. Army photos and identify your family members who fought for freedom. The end of summer is a great time to take your grandchildren to the museum for a powerful educational adventure.

Remember when you meet a veteran to thank them for their service. ■

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Tips for Buying Medications Online

by Christopher Duque, Cybercrime Investigator, DPA

Purchasing medication and even filling prescriptions online can be a risky process, but the chances of being victimized can be greatly reduced by taking a few necessary precautions.

Avoid email scams

Try not to respond to email "spam." But if you are inclined to do so, do your research to see how reputable the company is and make sure the email address is legitimate. Also check where the company is based and where the products are being shipped from. Steer clear of foreign-based companies.

Save all email correspondence until you have received your product and are satisfied.

Be website-wary

If you are dealing with a vendor on a website, look closely at the URL to check that it's not a slight misspelling of a trusted company, created to fool you. Also, check that it starts with "https:"

and has a padlock icon on the left.

It is also good practice to take a screenshot of the webpage listing the product you're buying. Press Help if you are unsure how to do this.

Minimize credit card risk

If you are using a credit card, use one with a low line of credit but enough to make the purchase.

If a purchase was made by mistake, contact your credit card company's fraud and security department immediately. They will flag any unauthorized billings from that company.

And finally, review your credit card statements regularly to detect any inconsistencies. ■

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Aquatic Physical Therapy for Chronic Pain

by Julie Moon, Physical Therapist

If you are one of the 100 million Americans who experience chronic pain, know that physical therapy can be a safer alternative to potentially addictive medications. Physical therapy plays a vital role in helping to manage and overcome chronic pain through proper strengthening and flexibility exercises, manual therapies, posture and body mechanics instruction.

Patients who have experienced extended periods of pain are often caught in a vicious cycle, where they move less because it's painful, which leads to decreased strength, endurance, mobility and overall confidence. Their posture, muscle imbalances and emotional state all become worse.

Physical therapists understand that, to overcome chronic pain, you must break the pain cycle and one of the best ways, is to move! But how can you exercise if every time you move, it's painful? The answer is Aquatic Physical Therapy.

When the water is at chest level, 80 percent of the body's weight is reduced, which allows patients to strengthen in a comfortable environment where the body can heal faster. The warmth of the water relieves pain and increases relaxation—important aspects of controlling chronic pain. Aquatic therapy also provides psychological benefits improving feelings of self-worth and reducing stress and anxiety.

If pain is limiting your mobility don't give up, try aquatic therapy because freedom from pain is possible. ■

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Repetitive Questioning in Alzheimer's

by Eileen Phillips, RN, Attention Plus Care

In home care, a question I often get is how to care for someone with Alzheimer's who asks the same questions over and over again. To better understand and manage what's going on, it helps to first know a bit on Alzheimer's disease and dementia.

Alzheimer's is a type of dementia that affects memory, thinking, and behavior. It's a progressive disease, where brain cells deteriorate and eventually a person can't make sense of the world. When short term memory is affected, it can lead to repetitive behaviors, like stating or asking about the same things over and over. In essence, your loved one can't recall having already asked a question because of their memory loss. A person with Alzheimer's may be unsure of what's around them, where they are, the passage of time, or recognizing anyone. All together it's very unsettling, and a source of discomfort for them. Understanding how they feel, or describing their own feelings and needs, can also be lost in a person with Alzheimer's disease.

Affected by these conditions, your loved one isn't trying to be annoying, or repeating questions because they need information. They're really asking questions because of feeling lost, stressed and anxious, and need reassurance. As a caregiver, answering these questions can be difficult, and wear out your ability to care for a loved one. To help, caregivers should be prepared with some basic knowledge and awareness on how to respond:

♥ **Keep it simple.** Use short and simple responses. Reassure with a calm voice and gentle touch. Avoid complex explanations with multiple ideas when asked a question.

♥ **Physical.** See if there is discomfort, pain, or something physical at the root of the cause. For example, infections or side effects from medications can also cause changes in behavior and awareness in older adults.

♥ **Realize it's feelings.** Know what triggers unpleasant feelings. For example, a lost sense of time can bring on anxious feelings. Try safe, repetitive, and soothing activities like sorting or folding familiar items, or dusting and wiping to



keep hands and minds calmly occupied. Walks, listening to music, and looking at familiar photos or books can be pleasant diversions.

♥ **Change the subject.** Sometimes changing the subject can shift one's attention enough to have a calming effect. Asking a simple question can also shift a person's focus in the same way.

♥ **Abilities.** Check if you're asking your loved one to do more than they're able to. Accept your loved one as they are in the moment, and that they are doing the best they can.

Above all, take a deep breath, give your loved one a reassuring hug, and try to see behind the behavior and words repeated. It's also vital to keep up your own health, and have a support system including the local Alzheimer's Association chapter, family, friends, and faith groups. Addressing repetitive questioning in Alzheimer's and dementia can be a trying experience. But with knowledge and awareness, these moments shared with your loved one can be the most precious of gifts. ■

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A Five-generation Caregiver Team Challenge

by Katherine Kama'ema'e Smith, Freelance Writer, Honu Media LLC

GIVING CARE

"I don't know if anyone is really prepared for family caregiving—it all happens so suddenly," says Terri Jorgensen of Maui. She became a family caregiver in 2016, when Maui Memorial Hospital discharged her 101-year-old Grandma. Two years later, Terri heads a family of five generations, works full time and manages two households—one with five homecare aides providing care for Grandma and Terri's 83-year-old mother.



The generational caregiving team. L-R: Terri, Megan and Ale'a (baby), Kazue and Gladys.

"Learning what kind of care is required is easy, but finding ways to provide it is very difficult. Since I have no bedside skills, I knew right away that I needed help. I am an outgoing sales professional, so servicing my clients and keeping in touch with the outside world makes me happy and healthy. Finding a balance among Mom's, Grandma's and my own needs was critical," she says.

Terri's Grandma was living independently in Wailuku when she suddenly became ill. She returned from the hospital disabled and bedridden, so Terri began to care for her. A social worker helped her find in-home caregivers to help Grandma.

In 2017, Terri's dad, who was suffering with Alzheimer's disease, was diagnosed with terminal cancer and passed away on Moloka'i. Her mom went into a deep depression. Terri brought her mother to Maui to recover at Grandma's house, but soon it became clear that her condition was not going to improve.

Terri's daughter also had come from O'ahu to live with Terri after the birth of her baby. With so many loved ones to care for, Terri faced the financial and logistical issues of managing two households and a large team of homecare and service providers.

"Caregiving is a group activity; one family caregiver cannot do it alone. Maui County services for elderly and disabled persons are a very big help, but managing all the services, appointments and care duty for my family is a huge job. I do the management part, and one of our aides schedules all shifts. We now have five aides covering days and weekend nights. I cover weekday nights but take respite on the weekends.

"When Grandma got sick, a lot of people told me to take care of myself, but I didn't get it. I wore myself out because I didn't know what decisions to make, or where to get good information and assistance. There wasn't enough time in the day to care for Grandma and Mom's needs and maintain my strength. My auntie, who lives across the street, was good support and encouraged me to reach out for help. What I tell other caregivers now, is to reach out soon. Carefully assess your own physical and emotional needs—because if you get worn down or sick, your loved ones will suffer. My version of balance is to be a good businesswoman, and manage caregiving like a very important business project. This is my talent, and comfort zone. Family caregivers can find a personal balance that preserves who they are, and uses their talents.

"Some days are very hard, but caregiving can be its own joyful reward. It makes me happy to know that I can provide care and do what is good for everyone. I am creatively carrying out my kuleana of caregiving, and my family is safe." ■

TERRI JORGENSEN, Independent Sales Rep
Tjsalesandservices@gmail.com

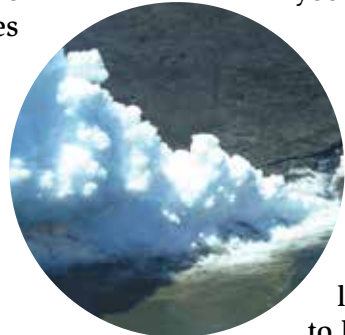


Don't Let the Vog Bring You Down

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

GIVING CARE

When Tutu or Madame Pele creates, we are blessed with the growth of our 'āina. However, the gases she emits can be detrimental to many when our beautiful Hawaiian skies are filled with vog (volcanic smog). I visited Kīlauea several years ago with my hula sisters for the Merrie Monarch Festival. Walking toward the crater to bear ho'okupu (offering) for Tutu Pele, my lungs suddenly tightened up and I was literally gasping for air. I struggled back to our bus, where I used my rescue inhaler and did some deep breathing exercises. Just the tiny bit of sulfur emitted almost sent me to the hospital.



reach at your bedside. Keep extra rescue inhalers in your car, at work, and in your purse.

Take extra precautions to ensure you stay healthy, take your medications and drink lots of water. If you are a nebulizer user, be sure to have enough inhaler solution. Keep tubing and attachments clean and ready.

Be open with your family and loved ones about how important it is to be prepared. Tell them what you need if you are ever in respiratory distress. If traveling, research emergency rooms ahead of time.

And try to stay away from the vog! ■

What does vog mean for folks with respiratory problems? Above all, keep all your meds in an area that you can easily access, including within arm's

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

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Mobilizing in an Emergency

by Rosa Barker, Generations Magazine

Back in 2014, when a lava flow threatened Pāhoā, *Generations Magazine* learned just how “hands on” emergency response needs to be. Katherine Kama’ema’e Smith, former associate editor, joined a team of community vol-



2014: The team from various departments of HCOA and ADRC gather in a specifically designed conference room nicknamed the “War Room”.



2014 lava flow through Puna. Photo courtesy of the USGS

unteers on an evacuation outreach mission to seniors living in the path of the lava flow. Using an address list generated from the Hawai’i County Office on Aging (HCOA) database, the volunteers went by van to canvass seniors to learn their needs and check on their preparedness for evacuation, should that be required.



Nurse Dawn checks on the elderly until they are all out of danger.

The Big Island again finds itself dealing with a large number of people displaced by a lava event. “The fast-moving lava flow from Kīlauea volcano on May 3, 2018, forced 1,500 residents out of their homes and in search of shelter,” says Kimo Alameda, County Executive on Aging.

“The following day, two major earthquakes rocked Hawai’i Island and the County of Hawai’i needed an agency to take the lead in providing information, assistance, and referral. This is where government officials turned to the County’s Aging and Disability Resource Center (ADRC) in partnership with the County’s Housing Department. Together with a network of over thirty community providers, the Recovery, Information, and Assistance Center (RIAC) was set up to provide what the ADRC does best — provide accurate and timely information, assistance, referral, and options counseling.”

So, what is it about the ADRC that placed it on the front line right from the beginning of this ongoing disaster?

The Hawai’i County Office of Aging was established in 1966 and today it works through the County, State Executive Office on Aging (EOA), and the Federal Administration on Aging to get its major funding to support its mission of providing a comprehensive and coordinated system of



June 2018 lava flows to the ocean at Kapoho. Photo courtesy of the USGS

services that enable older people to live independently and with dignity. The ADRC’s role is to put that mission into practice. It is this long history of interaction with all three levels of government, as well as with community groups, that placed the county’s ADRC in an ideal position to coordinate a timely, effective response to the lava emergency.

The county’s battle plan

- 1) Anticipate.** When the lava flow started on May 3, it was clear that people would lose their homes. Already tackling homelessness, the Community Alliance Homeless Partnership had a network of problem solvers already in place, and they quickly became the county’s Disaster Assistance and Recovery Team (DART).
- 2) Identify needs.** An intake form was agreed upon to capture survivors’ specific needs so that the DART could help them resolve those problems.
- 3) Establish case management.** Perhaps the most important step taken was to identify a case management agency to oversee the individuals and families displaced by the event. The Neigh-



Far left: Kimo Alameda is interviewed by Allyson Blair from Hawaii News Now. Left: The weekly meeting at the ADRC of the Disaster Assistance and Recovery Team, which grew from eight on May 8 to 80 by the end of June.

borhood Place of Puna was chosen for this role, and the DART partnered with Hawai’i Community Foundation to pay for staffing for case management and a housing placement specialist.

4) Share information. A shared database is critical for tracking survivors and accountability. Every agency with resources to contribute to the intake follow-ups was given administrative access, allowing the DART to see how that process was going and ensure that services or resources like rental assistance weren’t duplicated.

Kimo Alameda reports that, as at the end of June, “we have over 1,000 households in our database. Specifically, 477 households are seeking permanent housing, 139 airfare, 72 medical health, 66 food/water, 64 counseling, 46 legal counsel and 174 financial assistance. We also identified 231 elders, 164 disabled or medically fragile, 77 veterans, and 235 children. And, it’s important to note that these are conservative numbers because not all survivors have come to the DART for assistance. About 25 percent of the total households affected are seeking their own support from family and friends.” ■

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

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The "right" time to retire is different for everyone and depends on your individual situation. To help you make your own decision, we offer an online fact sheet, *When To Start Receiving Retirement Benefits*, that highlights some of the factors to consider. This publication can be found at www.socialsecurity.gov/pubs/10147.html.

Q: I'm trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

A: Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security's *Retirement Estimator* at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov. Finally, check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions on their website at www.consumerfinance.gov. ■

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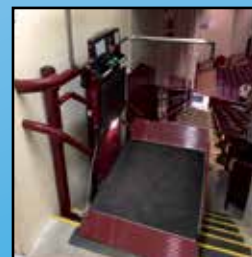
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Three Documents Everybody Needs

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

There are three estate planning documents that every competent adult living in the State of Hawai'i should have. Of course, "competency" can be an elusive quality, but once a Hawai'i resident has turned 18, the law of our State presumes that person to be competent. So if you have children or grandchildren getting ready to leave Hawai'i for college in the fall—or even if they are staying in the Islands for the indefinite future—and if they are at least 18 years of age, they should have in place a durable power of attorney, an advance health care directive, and a HIPAA authorization. (HIPAA refers to the Health Insurance Portability and Accountability Act of 1996.)

Durable power of attorney

A durable power of attorney gives authority to other people to deal with one's assets. The person who signs the power of attorney is called the principal, and the person appointed to act on the principal's behalf is called the agent. Under Hawai'i law, an agent owes fiduciary duties to the principal, and the agent can get in big trouble for failing to carry out those duties. Without a power of attorney in place, it might be necessary to institute an involved court proceeding if a person is absent or incapacitated at a time when something must be done with the person's assets. This might be the case if the person is in an accident and cannot access his or her funds to pay for care or for regular obligations, such as rent.

Advance health care directive

You would use an advance health care directive to give authority to other people to make health care decisions for you if you are unable to communicate those decisions for yourself. If, for example, you were unconscious and you needed surgery, who would sign the consent forms for you? If you have an advance health care directive in place, your hand-picked health care agent could sign on your behalf. Your health care

agent could also make other decisions for you, including end-of-life decisions. Without an advance health care directive in place, decision-making for you could be tricky, and your family could be forced into court in order to have a judge appoint someone to make decisions for you.



HIPAA authorization

Finally, a HIPAA authorization gives medical providers permission to talk to a person's duly-appointed health care agents and anyone else the person wants to be privy to his or her health information. This permission is critical for actual decision-makers, because without it, a doctor can refuse to divulge anything about the person for whom decisions need to be made. Not a great position for the decision-makers to be in. They would have authority to make decisions, but no access to the specific information upon which decisions would be based. The patient may also want to give medical providers permission to talk with family members or others who do not have a decision-making role, but who the patient might nevertheless want to keep in the loop in the event of a hospitalization.

Talk with your trusted advisors about getting these documents in place for yourself and your loved ones. ■

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Boost the Impact of Charitable Giving

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

If philanthropy is part of your financial strategy, you may want to look for methods of giving that go beyond traditional monetary donations. Recent changes in the tax landscape may also be a reason to take another look at how you give financially. Here are four increasingly popular strategies that can work for you:

Gift highly appreciated stocks or other assets

If you hold stocks or other investments for more than one year that have gained value, liquidating the asset to make a charitable donation may result in a taxable long-term capital gain. One potentially more efficient way to maximize the value of your donation is to give appreciated stock directly to a charity. The charity would receive an asset it can continue to hold or immediately sell and you would not count the gift as taxable income. Additionally, the market value of the stock at the time the gift is made is generally deductible from your adjusted gross income if you itemize your deductions (subject to income-based limitations). Check to ensure the charity accepts this type of donation.

Establish a charitable trust

Another way to consider gifting assets is to set up a charitable trust. Trusts can help you manage highly appreciated assets in a more tax-efficient manner while, in some cases, allowing you to split assets among charitable and non-charitable beneficiaries. The timing of each gift and the flexibility you want dictates the type of trust that works best. With a Charitable Lead Trust, a charity is funded with income from assets placed in the trust for a specified time, after which, the remaining assets revert to other named beneficiaries, such as your heirs. In a Charitable Remainder Trust, the reverse occurs. The trust makes regular income payments back to you or another beneficiary. After a period of time specified in the trust, the remaining assets are directed to the named charities. These trusts have specific rules and are generally established through a professional. Another option is to choose a donor-advised fund, which allows you to make a large donation that may be immediately deductible from taxes, but

gives you flexibility to recommend gifts to charities spread out over a period of years.

Maximize donations through your employer

Your employer may offer the convenience of making contributions through payroll deductions, allowing you to give systematically with each paycheck. In addition, your employer may match a certain donation amount, which can add to the impact your gift makes. If you have access to these or other workplace giving programs, check to see if the charities you care about are eligible to receive this type of donation.

Make a charitable individual retirement account (IRA) donation

If you have reached age 70½, you are required to take distributions from your traditional IRA each year. If you don't need the money to meet your essential and lifestyle expenses, you may prefer to avoid the resulting tax bill by taking advantage of the Qualified Charitable Distribution rule. It allows you to transfer funds directly from your IRA to a qualified charitable organization. This is a tax-efficient way to shift up to \$100,000 out of an IRA each year. By doing so, you may avoid having to claim income (and subsequent tax liability) since you would not receive the required distribution.

As you consider these and other gifting strategies, consult with your financial advisor and tax advisor to ensure the gifts you make are most effective for your goals and consistent with your overall financial plan. ■

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By Invitation Only

by Stephen B. Yim, Attorney at Law

Ideally, estate planning is “by invitation only.” Most people misunderstand this to mean that we, as the lawyers, are the ones doing the inviting. In actuality, it’s you, the clients, who are doing the inviting, by inviting us into your unique and textured lives.

Each person has deep concerns they want to address based on their unique life stories. By inviting us into their lives, it helps us to understand them and their concerns, so that we can hopefully help to make things better for them and their family.

This is true even when it seems that people only want to talk about probate and taxes. Estate planning is so much more than that. When people start the conversation by saying they want to avoid probate or minimize taxes, what they are often saying is that they worked so hard to accumulate things and they want to leave as much as they can for their beneficiaries to make life easier for them.

Many people don’t feel comfortable with this foundational human element and stay safe in “content, worth and procedure,” and avoid “context, value, and process.” However, it is each client’s unique story that provides the context and builds the foundation for each estate plan. It is the value underlying the worth of assets that provides meaning. Because life is in constant change, estate planning is a process of self-reflection and conversation, rather than solely the making of a document or going through probate.

When you see your estate planning attorney, tell your story and write it down. It will make all the difference in the world. ■

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‘What’s My Line?’ Elder Abuse-style

by Scott Spallina, Senior Deputy Prosecuting Attorney

In the 1960s, there was a game show called “What’s My Line?” that featured a panel of four celebrities who would try to guess what line of work a guest on the show was in. This panel would ask Yes/No questions about the individual’s career and every time the answer was No, the guest would win a small amount of money. It was very entertaining watching the panelists guessing if someone was an airline pilot or a rocket scientist. Often their guesses hinged on how a particular person looked or their confidence when they gave an answer.

We often have these preconceived notions of who people are by how they dress or speak to us. I see this each time I give a presentation and ask the simple question, “What does a con artist look like?” The answers I receive are oftentimes humorous. Descriptions of used car salesmen and politicians are shouted out, with visuals of “shifty eyes,” bad toupees, rapid speech, and loud aloha shirts added in for effect. Audience members are confident they would be able to clearly spot a criminal if they were to meet one.

When I tell of the cases the Elder Abuse Unit has prosecuted over the years, and relate who the perpetrators of these crimes were, the audience becomes unsure of their scam artist radar. They sit in disbelief hearing of the daughter who took \$200,000 from her mother, leaving her unable to pay the mortgage and facing foreclosure. Or the caregiver who stole all the wife’s jewelry when she was hired to care for the disabled husband. Or the pleasant woman who simply walked into the house of an elderly couple in ‘Aiea and pretended to know them, distracting the couple while her husband en-

tered the home and took items from the bedroom.

Over and over, I hear from victims about how nice the criminal looked or how polite he sounded over the telephone. Or maybe they felt sorry for him because of the sob story he told. Con men do not wear black cowboy hats to signify they are the bad guys. Oftentimes they are only revealed to be dishonest after the crime has been completed.

It’s difficult, however, to go through life being paranoid, suspecting every stranger you meet as having criminal intent.

Here are some simple ways to safeguard yourself from being a victim:

- When hiring someone for a job, get a written contract and include any spoken promises in it.
- Hire a licensed worker and verify their license by calling **808-587-4272**.
- Check references.
- Don’t rush into a deal; if they can’t wait 24 hours something is wrong.
- Be comfortable saying “no thank you” and hanging up the phone or shutting the door immediately. (You may feel this is being rude, but a common tactic for shysters is to make you feel guilty for asserting yourself). ■

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

Correction to June/July 2018 article: The chart indicated that the Elder Abuse Unit “investigated 13 violent crimes in the past 10 years.” In actuality, the unit prosecuted over 500 violent crimes, 13 of which were murders.

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Overcoming Securities Fraud

by the staff of Clay Chapman Iwamura Pulice & Nervell, Attorneys at Law

Only one out of every 44 cases of financial abuse among the elderly ever gets reported and even fewer make it to trial. This is the true story of one of those cases.

This story starts with the death of a woman's son in Afghanistan. Following his tragic passing, the government paid her more than \$500,000 in death benefits. So, she took the money to a broker and told him that it was everything she had for retirement and, in addition, she wanted to access about half of it to buy a home with her daughter. The broker, after listening to her story, placed the money in securities called Real Estate Investment Trusts (REITS) and Limited Partnerships.

The securities paid a dividend for about two years. And then the dividends got smaller. And smaller. Finally, when she wanted to cash out half of her money, the investments that she was in prevented her from doing so.

Sensing something was seriously wrong, she sought out legal representation. Her situation was identified as textbook securities fraud, and after a settlement she won back her finances.

Before approaching an advisor to invest your money, you should check for any past disciplinary actions against them by calling the Department of Commerce and Consumer Affairs at **808-586-2744**, or using the Financial Industry Regulatory Authority's (FINRA) BrokerCheck website, <http://brokercheck.finra.org/>

If you suspect you are a victim of securities fraud, seek out a legal firm that includes a practice specializing in that area. ■

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Find 15 Words or Phrases From This Issue

WORD SEARCH

In this issue, the feature story is a movie called **“Go For Broke”** by Stacey Hayashi, about the origins of the 100th Battalion/442nd RCT and honoring its veterans. Stacey is also the ambassador to this year’s **Seniors’ Fair**. (pg. 24)

Email scams are always evolving to slip by your instinctive guards. So be sure to protect yourself by keeping documentation and verifying their online validity. (pg. 40)

In **aquatic therapy** you’d be using special aquatic equipment that is easy on your joints and is especially helpful for chronic pain relief. (pg. 44)

Alzheimer’s disease makes it difficult for both patient and caregiver to communicate — especially when dealing with **repetitive questions**. The rule of thumb is to always **keep it simple**. (pg. 45)

The Big Island has been front and center lately with the Kīlauea **volcano** eruption and lava flows. And so has the **Aging and Disability Resource Center** for their coordination of various agencies in evacuation efforts. (pg. 50)

Among the many documents you need to consider with your family, three are especially important: **power** of attorney, your health care **directive** and your **HIPAA** authorization. (pg. 56)

Y P A R E H T C I T A U Q A W C E P P M
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WORD LIST & WORD DIRECTION: → ↓ ← ↑ ↘ ↙ ↗ ↖ (Answers on pg. 6)

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Knee Pain, Numbness in Hands, Legs, Feet

I had difficulty going up and down stairs, and walked down stairs backwards due to knee pain from an old surgery, and numbness in my legs and feet, making walking difficult. I also had pain and numbness from **carpal tunnel** and **rheumatoid arthritis**. During my Sonix Therapy sessions, the pain went away little by little, and after 8 sessions, the **pain is gone** and my **feet and hands don't feel numb** anymore. I also sleep better!

Degracia Perez, Ewa Beach

Back & Hip Pain, Heaviness in Feet

I'm diabetic and suffer from sciatica and have arthritis in both hips making it hard to stand for 8 hours. Since treatment, my **lower back and hip pain** level went from a **5 to a 1**. Still hurts a little but **MUCH improved**. As far as diabetes, my marks on my feet (lack of circulation) are lighter and its easier for me to walk. It used to feel like I'd be walking with cement blocks on my feet, but now my **feet** feel a lot **lighter**.

Scott Fujii, Honolulu

Hip Pain

For about 5 years my right hip **arthritis** has caused me enough pain that it severely limited my mobility. Even with my cane, walking was slow, and I needed rest stops frequently. Stairs were difficult and dangerous for me. I was skeptical, but at the 4th treatment, my **hip pain** was just about **gone**. At my 5th session I **walked in without my cane**. Thanks to the staff at Sonix Therapy Hawaii. They were so caring, patient and gentle. Most medical treatments are at least uncomfortable, if not painful. Sonix Therapy was soothing and pleasant!

Millie I., Honolulu

Hand Pain & Stiffness

I went into Sonix Therapy for my **arthritis** in all the fingers of both hands. The pain level was a 9 on my right hand and about a 5 on my left. I had this pain for 6 years, and my Rheumatologist told me that I'd just have to live with the pain. After 2 1/2 hours of treatment over a one-week period, the **pain level** is **now at “0”** in my left hand and “2” on my right. I **can** now **bend** all my **fingers**, and my **fingers** are **going straight**. I went into this treatment with an open mind but no hope in my heart. Now I'm a believer!!!

Michael N., Honolulu

Shooting Pain

About five years ago, I started having shooting pain from my hip to my knee and tried all kinds of alternative measures to reduce the pain. After three sessions, the shooting **pain** was **gone!**

Keith S., Honolulu

Constant Pain in Knees, Arm, Shoulders & Back

Prior to my visit I felt constant pain in my knees, arm, shoulder, and lower back on a daily basis. After my first treatment, my body felt much relief! It was a **remarkable experience to not be in so much pain** as I had felt before. My entire body felt so different! My **face** and **areas around my eyes** felt **softer, lighter** and **tighter**. I am able to **breathe better**. My **feet, knees, and shoulders feel lighter**, and I **no** longer have **pain** in my **lower back**. Sonix Therapy **helps to improve circulation**, makes me **look and feel younger**, and **feel great!**

Gertie H.W., Honolulu

Foot Pain

I was diagnosed with **plantar fasciitis** and was unable to stand or walk without pain. After two (2) treatments, the **pain disappeared like a miracle**. All my friends who saw me suffering, limping and walking slowly with pain were amazed to see that I could now **walk without pain again**.

Carole S., Honolulu



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