

# GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 9/2 • APR/MAY 2019

## I Ke Aloha a Nā Mele Kahiko o Hawai'i

*(Because for the love of the old songs of Hawai'i)*

## Harry B. Soria & 'Territorial Airwaves'

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is work Fun?  
Since Now!**

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Standing: Laddie Roy, Lee Ann Matsuda, Terry Lee, Barry Magaoay, Edwin Chau  
Sitting: Amber Suhas, Kathy Lum, Char Meyer, Stephanie Kuwaye, Charlotte Teruya, Jandi Iha

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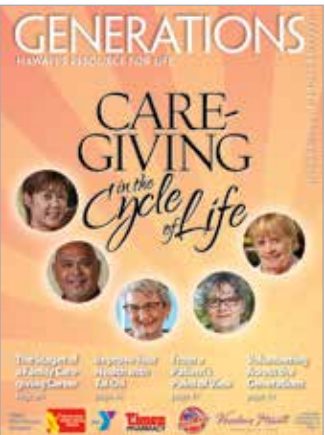
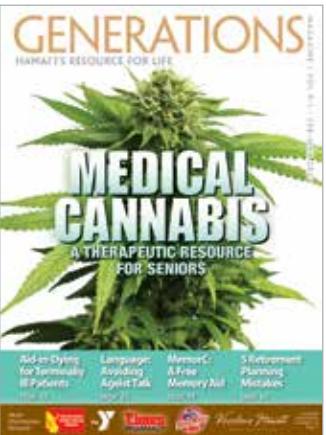


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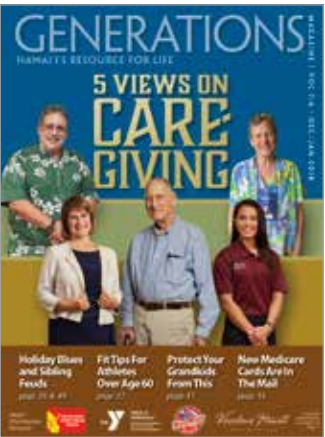
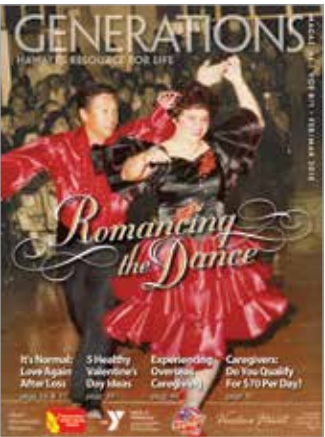
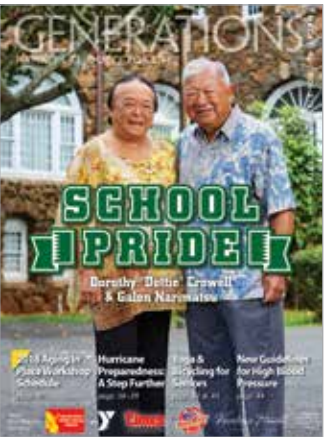
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One of the most enjoyable things about relocating in retirement is learning about the history and culture of your new locale. There is always something new to appreciate, even after you've been there for a few years. Even after decades! You may not be aware, for example, that the locals on Lānaʻi have done an astonishing job of preserving their history and culture, and they share it with pride and love. The island has a rich and storied past that you can explore at the Lānaʻi Culture & Heritage Center (p. 24) or by using their downloadable travel guide as you drive, bike or hike around the island.

Have you ever listened to *Territorial Airwaves*, a radio program which has been broadcast in the islands since 1979, and is also available to listen to online? Our cover story (p. 32) about the program's founders, its history and the upcoming 40th anniversary celebration is fascinating. I hope you'll support their benefit gala on June 14, as it is raising funds to prepare the foundation's extensive archives of Hawaiian music so they can be used by present and future generations as a resource.

Each issue, we like to give you a glimpse into the lives of people who are filling their retirement years with activities that enrich not only their life but that of others. John Hau'oli Tomoso has written about how his life spent as a social worker gave him a way of looking at the world that complements his post-retirement vocation as an Episcopal priest (p. 20). Arlene Thomas developed an interest in natural self-care when her teenage children had health issues and has continued that interest into her retirement by sharing via a website that she herself has found helpful (p. 21).

On p. 28, we introduce you to the Hawai'i Men's Shed, a group of volunteers who get together to use a shared workshop where they undertake projects of benefit to the community, in a convivial social setting. And, if you've ever hankered to get back to those days when you loved drawing, you might want to consider attending an open studio to try your hand at life drawing (p. 26).

As usual, we have tapped the wisdom of experts to bring you helpful information about everything from caregiving to relocating in retirement! *Generations Magazine* staff take great pride in being "Hawai'i's Resource for Life" and in sharing even more resources via our television and radio programs. ■



Aloha and mālama pono,  
Rosa Barker, Associate Editor

*Correction: The Feb/Mar cover story on Medical Cannabis incorrectly attributed free public medical cannabis education programs at O'ahu public libraries to Malie Cannabis Clinic. These workshops are organized and provided by Aloha Green Apothecary, one of three licensed cannabis dispensaries on O'ahu.*

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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:



**MILES KUBO**, holds degrees in fine art and finance—BFA, UC-Santa Barbara and MBA, Univ. of Pennsylvania (The Wharton School). After careers in museum management and corporate finance, he now helps people plan and manage retirement as a Licensed Agent of New York Life Insurance Company and a Registered Representative of NYLIFE Securities LLC, a subsidiary of New York Life Insurance Company. Miles rekindled his joy of life drawing after a 40-year hiatus and encourages seniors to explore their passions.



**JEANNE ISHIKAWA**, Deputy Director of Honolulu Dept. of Parks and Recreation, is humbled to lead the City's efforts to organize the annual Mayor's Memorial Day Ceremony. Her family heritage of community and military service includes her father, who served in the 442nd Regimental Combat Team, and relatives killed in action while serving with the 100th Infantry Battalion. Jeanne's local roots and tenacious work ethic help ensure our park facilities are maintained and enjoyable for everyone.



**TERRY LEE**, President & CEO, established Lee Financial Group (LFG) as a registered investment adviser in 1988 when he started a municipal bond mutual fund for Hawai'i residents. He has over 35 years of experience in the financial services industry. Prior to founding LFG, Terry worked for Xerox Corporation and Merrill Lynch. His firm also offers wealth management services to a broad range of clients, including individuals, trusts, estates and businesses. Lee Financial Group is headquartered in Kapahulu.



**KEPĀ MALÝ** and his wife, Onaona, have worked together in the field of cultural literacy studies for more than 40 years. In 2006, when he was asked by community members to come home to Lāna'i, where he was raised, they engaged in the development of the Lāna'i Culture & Heritage Center. It was this opportunity to give back to the community that gave him life. Kepā is currently the Executive Director of the Center, "Honoring the Past, Enriching the Future!"



**JERRY TANIYAMA** currently serves as Hawaii Men's Shed secretary and is a charter member of the Honolulu Men's Shed. He and wife Marilyn care for two elderly moms and three granddaughters. He is active with Rotary and taking UH classes while training for his 31st Honolulu Marathon. Jerry's former banking and Jaycee experiences inspired his service with many community nonprofits. Jerry believes that we are truly enriched when we work towards improving the lives of others.



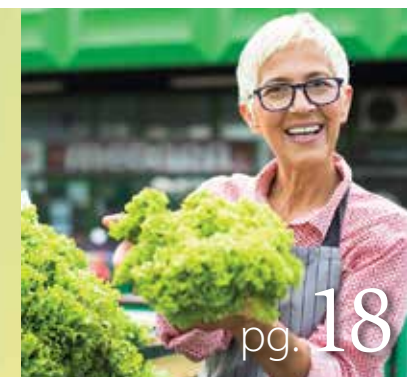
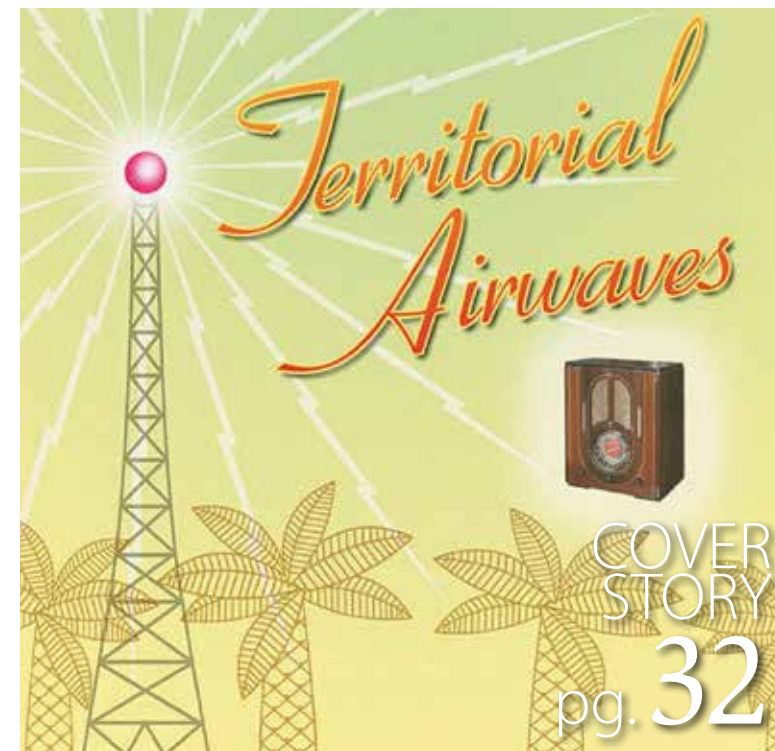
**ARLENE THOMAS** received a BED from UH Mānoa, and an MS from Central Washington University. She ran a family day care home with her husband, Walt, while raising their four children and taught high school for 15 years. She left teaching to find wellness solutions for her family's health challenges. Arlene loves yoga, skiing, biking and playing with her grandchildren. Her self-care website can be found at [www.ohanahealthpro.com](http://www.ohanahealthpro.com).



**JOHN A. HAU'OLI TOMOSO** was born and raised on Maui, and is a graduate of St. Anthony High School in Wailuku. He has been a member of the Academy of Certified Social Workers (ACSW) since 1981, practicing as a social worker in various public, private and nonprofit sector settings. John retired from 26 years of civil service with the State of Hawai'i and the County of Maui in 2008. He was ordained to the priesthood in the Episcopal Church in 2016.

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 BURIGSA | CHRIS DUQUE | GINA HESHIKI | DAN & JULIE IHARA | KELIKA ISHOL | MARTHA KHLOPIN  
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## What I've Learned

by Percy Ihara, Editor/Publisher

With fake news leaving most readers confused about even basic facts, and social media trying to always entertain rather than inform us, I've learned that magazines are the best way to read about important, valuable news. At *Generations Magazine* we keep it real. We research all topics thoroughly and expertly. Whether it's *Generations Radio* or *Generations TV* shows on OC 16, we fact-check and bring to you, our readers, the best resources and stories we can find. And it's a fact: our readers are more engaged, and more likely to use one of our trusted advertiser partners since we always vet them.

***I've learned that staying healthy and preparing for the future matters now more than ever.***



Medicare costs will rise, and half of our healthcare spending will be made in retirement. Long-term care costs average \$90,000 per year, but who will care for us and where we'll be will make all the difference. Regardless, if we wait too long to plan our long-term care needs, we may be paying more in the long run. The time for planning for our future is now.

***I've learned that our population is changing in profound ways.***

More women are marrying later due to their professional careers, families are having less babies and millennials are moving away from their parents. This shift in our community's makeup is predicted to become more pronounced over time.



It's said that within the next two decades, there will be more people over 60 years of age than children under the age of 18 in the US. One in every five persons will be retirement age! The future implications include more funding for Medicaid's long-term care and social services, Social Security, Medicare and much more as the population of aging adults grows, and less people pay into Social Security and Medicare.

We're already feeling the impact in Hawai'i, where we have a great Medicaid program funded by federal and State of Hawai'i funds. The Department of Human Services, which administers Medicaid, has become the State's largest budgeted department. In fact, it currently outpaces the Department of Education, which oversees our public education programs.

***I've learned that we need a return to courtesy and the "shaka" sign.***



Lastly, what ever happened to flashing the "shaka" sign to folks who stopped their cars for us as we crossed the street or who let us cut into their lane? I remember back in the day everyone waved "shaka" and was courteous on the roadways, whether driving or walking in our neighborhoods. Let's make an effort when we're in our cars or strolling along the street to bring back courtesy and kindness. Let's start a new campaign to "Save the Shaka Wave!" ■

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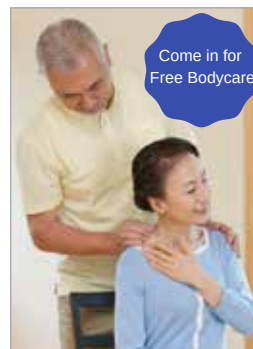
- how to work with (rather than against) your PLWD
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# Generations TV Revisited **SPECTRUM OC16**



**Crime Stoppers Volunteers**  
S2 E7

The Honolulu Police Department relies heavily on anonymous tips that come in from the public. Those tips are gathered by Crime Stoppers, a nonprofit organization formed in 1981. Its board is made up of 15 to 20 unpaid volunteers—including retired police officers, business leaders, professional experts and community members—who gather tips about a multitude of crimes. Many Crime Stoppers volunteers are seniors and we'll see how their work is invaluable in keeping our city safe. ■



**Mānoa Heritage Center**  
S2 E8

Tucked away in Mānoa Valley is a beautiful 1911 Tudor-style home set on three and a half acres of lush landscaped property that has become a nonprofit organization called the Mānoa Heritage Center. Its mission is to reflect the Cooke family legacy of stewardship and preservation—including the last intact heiau in Mānoa Valley. In this segment of *Generations TV*, we get to take a tour of the gardens and get to know the senior volunteers who are dedicated to making it all possible. ■



**Senior Valentines Dance**  
S2 E8

Our *Generations TV* cameras made a visit to the annual Senior Valentines Dance where literally hundreds of seniors from across the O'ahu enjoy the twist, foxtrot, waltz, line dancing and even disco. The 2019 dance was the 50th annual and we talked to some seniors who have been going since its inception in 1969. We'll not only see them dancing to the Village People's "YMCA," but we'll also hear about some romances that began at the dance and turned into marriages! ■



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# Help us Sew a Lei for Memorial Day!

by Jeanne Ishikawa, Deputy Director Honolulu Department of Parks and Recreation



Each year the Honolulu Department of Parks and Recreation is honored to help organize the Mayor's Memorial Day Ceremony at the National Memorial Cemetery of the Pacific, commonly known as "Punchbowl" or Pūowaina. This year the ceremony marks the 70th year under the tutelage of the City and County of Honolulu, and will be held on **Monday, May 27, 2019.**

As part of our duty to remember those who gave their lives in service to our country, the City partners with numerous organizations to ensure every single one of the nearly 38,000 graves within Punchbowl is adorned with an American flag and a fresh lei for the ceremony. If you have never experienced this awe-inspiring, uniquely local display of mahalo and aloha, we invite to see it for yourself the morning of Memorial Day.

But before we can enjoy this remarkable gesture of gratitude, we need your help to make all of those leis. You can contribute to this patriotic cause in several ways:



- **By volunteering** your time and lei-making joy at one of our events held island-wide.\*
- **By donating** plumeria flowers or pre-made leis (22" to 24" in length untied) at designated O'ahu drop-off locations, including the Honolulu Fire Department stations from 8am–6pm.\*
- **By dropping off Ti leaf donations** by Monday, May 20 at the Mission Memorial Building Complex located in the Honolulu Civic Center.
- **By volunteering at Ti leaf lei-making events** held at Botanical Gardens throughout Spring.

Drop-off dates and locations on O'ahu:

- April 17 (Wed), May 15 (Wed), 10am–12pm<sup>†</sup>**  
– Wahiawā Botanical Garden | 628-1190
- May 21 (Tue), 10am–12:30pm<sup>†</sup>**  
– Foster Botanical Garden | 768-7135
- <sup>†</sup>(Ti-Leaf only: drop-off and lei-making)
- May 23 (Thur), 10am–3pm (Adults Only)**  
– Kāne'ohe Senior Center | 233-7317

- May 24 (Fri), 8:30 am–12:00 pm**  
– Waipahu District Park | 675-6030

- May 24 (Fri), 9am–12pm**
  - Kailua District Park | 266-7652
  - Kīlauea District Park | 768-6713
  - Mānoa District Park | 768-6703
  - Wai'anae District Park | 696-5039
  - Waialua District Park | 637-9721
  - Makua Ali'i Senior Center | 973-7258

- May 24 (Fri), 10am–1pm**  
– Honolulu Hale | 768-7135

- May 25 (Sat), 8am–6pm (lei donations only)**  
– Punchbowl

For further details, please check online or contact us with any questions!

Mahalo for your participation! ■

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\*In addition, check for updates and details with your local Fire Department and community center bulletins.

# The Plaza at Kaneohe Opens This Summer

by Tricia Medeiros, Chief Operating Officer, The Plaza Assisted Living



The Plaza at Kaneohe, The Plaza Assisted Living's sixth location, is undergoing construction with an anticipated opening in Summer 2019. In line with its other locations, The Plaza at Kaneohe embraces the concept of familiar faces in familiar neighborhoods, believing that people want to reside in a community that they grew up in, raised their kids, or where their adult children currently live.

Located at the corner of Alaloa Street and Hai-ku Street across from Windward Mall, the community will feature spectacular views of Kane'ohe

Bay and the Ko'olau mountains. Its residents will also have convenient access to Kane'ohe's best restaurants and recreational offerings. The facility itself will have multiple dining rooms and living rooms, a games room, hair salon, coffee bistro and movie theater.

The Plaza targeted neighborhoods throughout O'ahu that would be familiar for its residents with communities currently in operation at Punchbowl, Mililani, Moanalua, Pearl City, and Waikīkī.

To learn more about the housing options and the services that will be provided at the new 143-bed senior living community, please use the contact information below. ■

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This project was supported, in part by grant number 90SAPG0005-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

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# Since When is work Fun? Since Now!

by Carleen MacKay, Emerging Workforce Expert

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are hired during rapid expansion and not for their ability to handle past crises. Most are subject-matter experts whose knowledge is critical to effect desired results in this fast-evolving world of ours.

**Get-paid networks** ▶ Get paid for taking part in research studies, opinion surveys, clinical research, focus groups, passing out free samples in grocery stores... even standing in line for others.

Google various areas of interest such as “Get paid to write” or “Get paid to...” (fill in the blank).

**Internet opportunities** ▶ Examples of internet-based opportunities include affiliate marketing, where you get paid a commission for generating clicks on another company’s website from your own. You could sell your own stuff online, or help local businesses draw customers into their store or restaurant. The internet provides the perfect opportunity to start a side business that can be operated by working a few hours a week.

Go ahead — explore! ■

**Cruise line opportunities** ▶ All types of workers fill short-term, fun positions that allow them to contribute their knowledge on board. Google “cruise line opportunities” and you will be surprised by the available options. Don’t Google? Ask your keiki or grandchildren to teach you.

**Ensemble collaborators** ▶ The single voice is a song. The collective voice is the Hallelujah Chorus. It is in “teaming” where fun and profit meet. Often labeled as “shared sourcing,” services are provided through the unique efforts of individual contributors from a co-committed group.

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# Living a Full Life of PIE

by John A. Hau'oli Tomoso, Social Worker and Episcopal Priest

I have been a social worker, with a varied practice, for over 40 years. Suffice it to say that I am somewhat of an extrovert, with a love for meeting, relating and living with family, friends, colleagues and even casual acquaintances. As a social worker, I developed a skill set and method to connect with individuals and to help them connect with each other. My passion, which I try to live out daily, is to allow people to come up with solutions to problems that disallow them from living a what I call a “full life.”

You know, the profession of social work's claim to fame is the theory “Person-in-Environment” or PIE. Not only does the social worker relate and deal with the person but also the environment and relationships he or she lives with; those intimate realities of life that affect the “personhood.” Once, I was trying to explain this to a client when we were sitting next to a pond and talking story. So, I took a stone and threw it in the water. As it landed and made concentric circles in the water, I said, “This is what you and I do when we meet. We make these concentric circles.” He understood right away. We must have thrown at least 30 stones in the pond, between the two of us!

So my passion, still, even after years of social work, is to “make and eat PIE” with folk. Three years ago, after a period of theological and faith formation, I was ordained a priest in the Episcopal Church. I found that my passion for God and Faith was combined and integrated with my passion for people and life. In my way of living a “full life,” I find that my priesthood allows me to practice a kind of “divine” social work, in that I am connecting people with each other and with




Preaching my first sermon, 2016.

God. The PIE I now “make and eat” becomes pastoral and sacramental with and for others.

Not long ago, I was at a meeting of social workers, and a couple of colleagues asked for my opinion as a priest. Naturally, we started getting into the PIE of the issue and I focused on the stone thrown in the pond as a metaphor. Then I asked my colleagues to consider what would happen when the stone is thrown in the water vigorously — with verve and gusto! Ah, then our discussion took on dimensions that heard us talking about water “leaping up” and stones “coming out” and concentric circles becoming “irregular and converging.” There we were, professionals, discussing very secular things and mixing it up with somewhat theological and numinous realities.

Yes, my “life is full.” It is full for the people, in relationship with each other, that I know and meet. Yes, I “make and eat PIE” whenever I can. ■



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# Self-Care, Self-Healing the Natural Way

by Arlene Thomas, Retired Teacher and Entrepreneur

Last school year I fell down half a flight of stairs, bruising my left hip. It was an accident where I was just happy I didn't break anything. At age 63, I should have been more careful! X-rays indicated the need for a hip replacement but, since I'd been practicing self-care for the past fifteen years by using wellness products, I thought I already had everything needed for my body to heal itself.




I first started seeking healthcare solutions when my daughter injured her neck during gymnastics training. We went to numerous specialty doctors who recommended a variety of treatments but we saw no sustained progress for her pain management. I quit teaching to find a solution and discovered natural healing products that help the body function as designed. My daughter went through a healing crisis where she felt worse before she felt better but then she had less pain and then no pain. When her brothers saw the value, they also wanted these products. They experienced better alertness in school, speedy recovery from sports injuries, less sickness and permanent allergy relief. Amazingly, however, sharing our story has not attracted followers because of the “ask your doctor” mentality in our culture.

Part of my self-care includes hydrating with purified alkaline water, eating a plant-based diet,

supplementing to build bones (prevent osteoporosis), getting deep sleep and exercising regularly. All this helped tremendously until I hit the floor again by horse playing students near the end of the school year. I could hardly walk due to the repeat impact to my hip. Chiropractic and massage worked wonders but were needed more often than insurance allowed.

We can't repeat the same actions expecting different results, so I went to see a naturopathic doctor for cannabis. With a medical cannabis card, I made my own tincture, teas and biscotti. After two weeks on cannabis I could lift my leg up to ride my bike when I couldn't prior to the fall. I can't recommend anyone make their own medicine due to the problems of pure sourcing, processing and dosing. I recommend using CBD transdermal patches because it has better bioavailability than when ingested. It also bypasses first pass metabolism in the liver, making it gentle for ages 2 and up according to the Natural Medicines Database. It's like a Band-Aid that dispenses a sustained dosage for 24 hours with no bad taste!

I love my retirement lifestyle of self-care. It provides daily motivation to be physically active and the mental challenge of choosing what to put into or expose my body to, as well as the “can do” spirit to help others do the same. ■



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# Lānaʻi: The Little Island With a Big Heart

by Kepā Maly, Acting Executive Director, Lānaʻi Culture & Heritage Center



Guests from near and far explore island history at Lānaʻi Culture and Heritage Center. (Images courtesy of LCHC)

The opening lines of an ancient mele (chant) describes Lānaʻi with the following line—“Hanohano Lānaʻi i ke kaunaʻoa, koku kapa ʻahuʻula kau poʻohiwi...” Lānaʻi is distinguished by the lei of kaunaʻoa (*Cuscuta sandwichiana*), which looks like a feather cloak set upon its shoulders.

The island of Lānaʻi is sixth in size of the major islands in the archipelago, and in many ways, it is a reminder of earlier times in Hawaiʻi. Prior to western contact, it was home to some 6,000 native residents. Today it is host to around 3,200 residents. The honua ola (bio-cultural landscape) of Lānaʻi is richly storied, largely untouched, and little known.

The Lānaʻi Culture & Heritage Center (Lānaʻi CHC) is a community-based charitable organization that strives to provide opportunities for students, community members and visitors to learn more about the island's unique history. We have been privileged to partner with many organizations on both the local and national level and been the recipient of several significant grants.

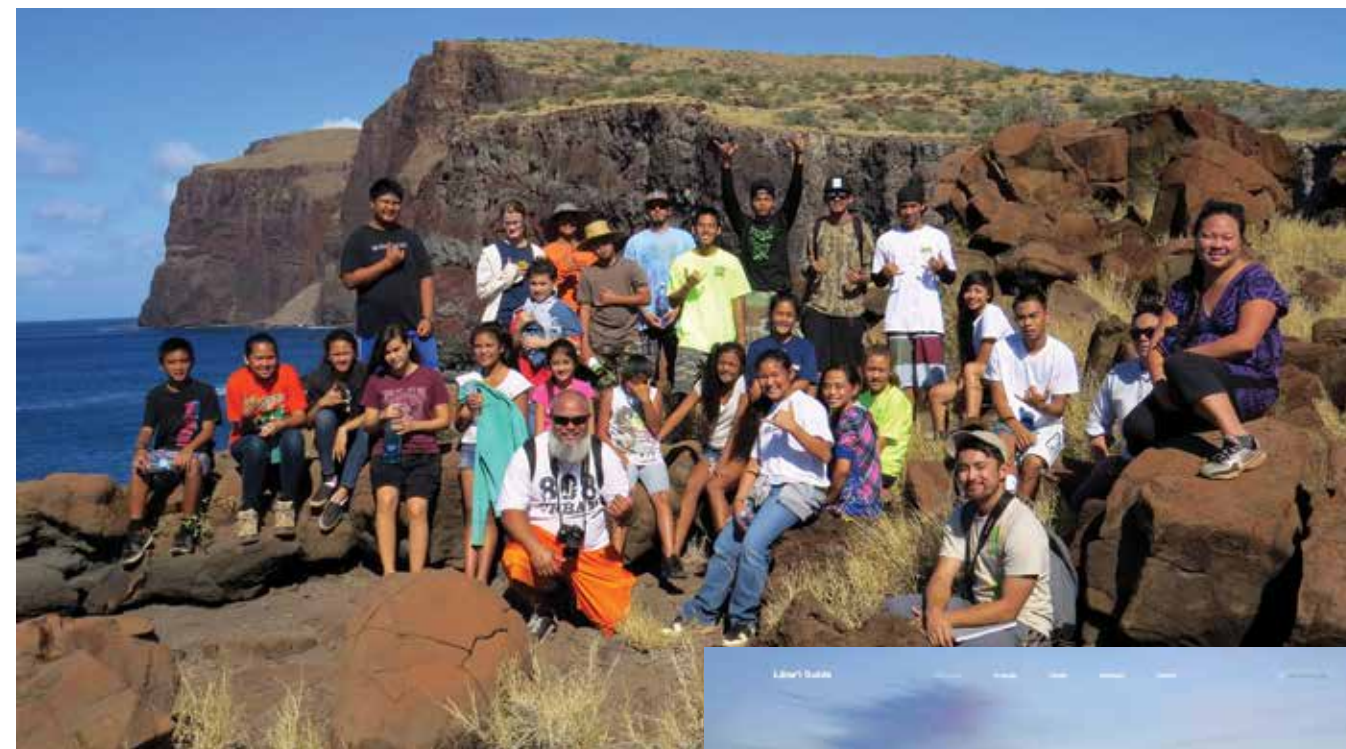
Since opening in 2007, Lānaʻi CHC has served nearly 100,000 guests and residents through programs which include visiting a small museum and outdoor experiences. Among the notable programs for residents are the curation of indig-

enous artifacts, plantation era records and memorabilia representative of the cultural groups who have made Lānaʻi home. The collection includes thousands of records, artifacts, photos, oral history interviews, maps and more—many of which cannot be found in other collections.

While artifacts and the material culture of place are fragile and in need of protection, even more fragile facets of history are the knowledge and recollections of elder kamaʻāina (people of the land). Since starting Lānaʻi CHC, we have conducted nearly 150 oral history interviews with elder kamaʻāina of Lānaʻi, aged 60s to 102. Many have since passed away. The interviews have been recorded in both audio and video format, include multicultural backgrounds, and share the experiences of life that have made the community what it is today.

The 100 years of life on Lānaʻi, described by those who lived through and made the history of the island make the story of Lānaʻi more than just items displayed in glass cases. The voices and faces of the interviewees ground us in our community legacy, remind us of long-held values and inspire us.

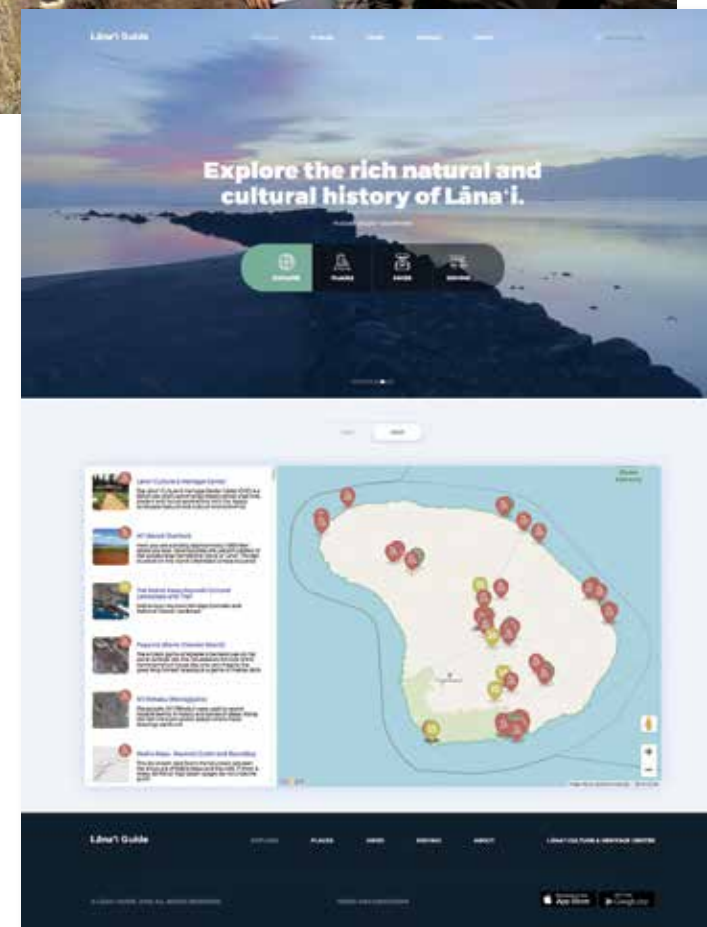
We've also developed curricula and engaged Lānaʻi students in cultural literacy/place-based education programs and partnered with the majority landowner, Pūlama Lānaʻi, in access and



Lānaʻi High & Elementary School students at Kaunolū, with the famed Pali o Kāhōlo in the background.

protection of sites across the island. The access is more than a just “go see.” Through field programs, we engage residents, students (on island, from across the state and from abroad) in stewardship programs from the mountains to the reefs to build a new generation of resource managers and interpreters to lead the future in care for the honua ola.

One of the tools available to residents and visitor alike is the Lānaʻi Guide, a GPS web-enabled app (free at Google Play or the Apple store) that was designed as an interactive tool to engage users in the spirit and history of place. Because the information can also be accessed remotely from anywhere on earth ([www.lanaiguideapp.org](http://www.lanaiguideapp.org)), visitors, students and researchers may also plan ahead for their time on Lānaʻi. The live GPS-enabled app directs the traveler (be it by vehicle, foot or bike) on the ground in real time. Travelers will find locations on the map and have access to various levels of information depending on their own interests. The content also includes links to other resource sites, photos and maps, audio files with narrations, songs or chants of old, and interesting video clips. ■



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# Discovering Life Drawing

by Miles Kubo, Financial Professional, Artist

**D**rawing the human form has been done since early man lived in caves. Today, artists still use bits of charcoal to make marks on a page that transform into a likeness of a person.

What makes figure drawing so alluring is to somehow capture the form of a live model and imbue it with a life of its own. What makes it so challenging is that people know too well the shape of a human body and mistakes are easily spotted.

Studied in art schools and ateliers, life drawing can also be done by anyone who has the interest at open studios that are available to the public for a small fee. Models hold poses from 2 to 20 minutes—the challenge is to complete a sketch in the allotted time before the pose changes. Generally, there is no instruction. The 2- to 3-hour sessions are simply a chance to hone one's drawing skills.

Sometimes artists form their own drawing groups. One such group has been meeting regularly at a private studio for over three years. We gather every other Wednesday for 3-hour sessions of sketching, fellowship and encouragement.

The group is primarily comprised of retired and working professionals. Herb is a real estate investor, Greg Pai a retired economist, Frances Wong a retired hotel executive, Beatrice Ku an architect, Ken Okuno a retired IT professional, Joan Shigemoto a retired speech pathologist, Flora Ling a retired financial writer and me, a financial professional.



Top; The opening reception of Greg Pai's exhibit "Clouds" at Nohea Gallery. L-R: Miles Kubo, Ken Okuno, Joan Shigemoto, Greg Pai, Frances Wong, Herb. Left, L-R: Greg Pai, Joan Shigemoto, Beatrice Ku, Frances Wong, Flora Ling and Ken Okuno.

Most in the group started drawing as they approached their senior years. Herb was inspired by the book *Drawing on the Right Side of the Brain* by Betty Edwards and happily discovered that he could draw. Greg is now a highly regarded professional artist who exhibits at Manoa Gallery and Nohea Gallery. Everyone's sketches vary wildly, but each of us appreciates the deep satisfaction of drawing and how it can be a lifelong endeavor.

Check out your island's local community bulletins, community colleges, or [www.meetup.com](http://www.meetup.com). O'ahu also has these life drawing open studios:

Honolulu Museum of Art—Linekona Art Center:  
Monday evenings—contact Jared Wickware,  
[jwickware@icloud.com](mailto:jwickware@icloud.com)

UH Manoa:

Sunday mornings—contact Scott Goto,  
[gotoart@hawaiiintel.com](mailto:gotoart@hawaiiintel.com)

It's refreshing to explore new creative outlets or reconnect to youthful talents. In the deep focus of drawing and the stillness of the studio environment you might even discover a new you. ■

# Books: Memoirs and Hiking Trails

by Generations Magazine staff

**E**ver wondered if the first Filipino American Governor in the United States, Ben Cayetano, got up to mischief in his youth? Or what it was like to be sent to Kalaupapa, as Makia Malo was? Or maybe you fancy going for a hike and are wondering which ones you can do. If so, read these!



An anthology of excerpts from previously published memoirs, *Island Memoirs: The Days of Our Youth* highlights the special experience of coming of age in Hawai'i as seen through the eyes of native born and new transplants alike.

The tales of childhood, early education and budding careers span time from pre-statehood to the new millennium, offering wonderful glimpses of Hawaii's social and natural environment over the years.

Frances Kakugawa's descriptions of being determined to replace pidgin with standard English in order to become a published author and of the destruction of Kapoho in the 1960 Kilauea lava event are but one example.

All 17 lives leading to careers in sports, show business, the boardroom and even the Governor's Office are recounted with compelling honesty. ■

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*Island Memoirs: The Days of Our Youth* (2018)

Hard cover. Also available at all HI State Public Libraries.



Author Stuart M. Ball, Jr. has expanded and updated *The Hikers Guide to the Hawaiian Islands* to include 13 hikes each on Hawai'i, Kaua'i, Maui and O'ahu.

The hikes are graded as Novice, Intermediate and Experienced and a handy index in the front of the book lets you see which suits your

fitness level. That index also includes the hike's length and elevation gain, as well as whether there are views, swimming, native plants/birds, historical sites and volcanic features.

The trail descriptions themselves are extremely detailed and each has trailhead directions (including GPS coordinates), a topographical map, and brief highlights. Many have notes about the best time of day to take the hike, what you can expect to see and the area's history.

The appendix lists trail and camping contacts. Always call ahead to learn of current conditions! ■

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*The Hikers Guide to the Hawaiian Islands* (2018)

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# Enriching Lives Through Work & Friendship

by Jerry Taniyama, Secretary, Hawaii Men's Shed



Left: Hawaii Mens Shed members attending a work planning session at our Pier 19 warehouse workspace. Below: Assembling the wood playhouse that members designed and built for donation to a local preschool.



Last year, we donated two picnic tables to the Jefferson Elementary School, refurbished 15 bicycles and finished 100 orchid baskets for a Leeward O'ahu orchid club. Since our inception, we have accepted donations of materials and tools to fill the specific needs of our many projects.

We focus on building sustainability through Shed's programs on safety, financial well-being, and developing great projects. Our funding comes from members' dues (to cover insurance and administrative costs), donations and grants.

Members can avail themselves of Shed tools and materials, and also contribute by serving on our board and in key technical positions. Our vision is to grow Men's Sheds statewide. So far we are working with interested groups in Hawai'i Kai, Lanakila, Kaua'i and the Big Island.

We encourage all to go to our website or call to check out our Men's Shed. ■

HAWAII MEN'S SHED  
619 Kukahi St., Honolulu HI 96817  
808 286 3743 | [www.hawaiimensshed.org](http://www.hawaiimensshed.org)



Many agree that those reaching the twilight years would be entitled to coast for the remainder, but the stark reality facing most seniors includes declining health, social and financial challenges, and a feeling of insecurity.

Men's Shed began in Australia over 11 years ago and is thriving, with evidenced growth to 1,200 Sheds today, especially in rural communities. Studies have shown that participants experienced marked improvement in their health and social skills. In December 2015, fellow Rotarians began the discussion on chartering Hawaii Men's Shed, a social organization focused on improving the lives of senior men through social interaction and work-related programs.

Hawaii Men's Shed can fulfill what our growing senior population needs—a place to work and play. In just our third year, membership has grown to 95 members (91 men, 4 women). Shed members come from all vocations and backgrounds, including from the building and related industries. We operate temporarily out of a warehouse near Pier 19.

Recently, our Men's Shed assembled a wood playhouse that we designed, built and later donated to the Star of the Sea Preschool. It is a great example of what our Shed members can accomplish using our planning, design and woodworking skills. Preschool director Lisa Foster notes the important life-play experiences that the new structure is providing for their more than 220 young students.



**GENERATIONS TV OC16**  
Mon – Sat (times on pg. 3)



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



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# Do You Wonder if it's Time to Move?

by Dan & Julie Ihara, (RA), The Ihara Team — The Complete Solution™ of Keller Williams Honolulu

Is your home too large now that the kids are gone? Maybe you have a 3-, 4-, or 5-bedroom home and you've realized that your kids aren't coming back home. Maybe it's time to downsize to a condo, townhouse or retirement community.

Does your home have too many stairs? Over time the stairs could be a challenge as you get older. Do you want to plan ahead before you have to react to an unfortunate accident? Maybe it's time to seek out a single level home or one with no stairs.

When you start to feel concerned about your security then it's probably a good time to look for other options that will make you feel safe.

If you're thinking of downsizing to a smaller house or condo, a realtor specializing in that field can guide you to options that could work for you.



Perhaps you're thinking of a retirement community or care home. They can share different options their other clients have chosen and even introduce you to some who have made the move. Some realtors can even set up tours for you at any of the retirement communities on the island and on the mainland. So call the folks who help older adults make this huge transition. ■

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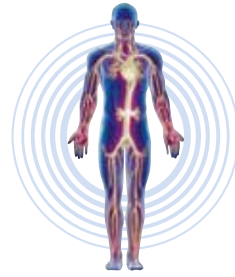
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# Poor Circulation Is Something You Can't Ignore



## Why It's So Important

Blood circulation is one of the most vital functions in the body. It is responsible for the transport of nutrients, oxygen, and hormones to cells throughout the body and for the removal of metabolic waste. Adequate circulation helps to enhance:

- 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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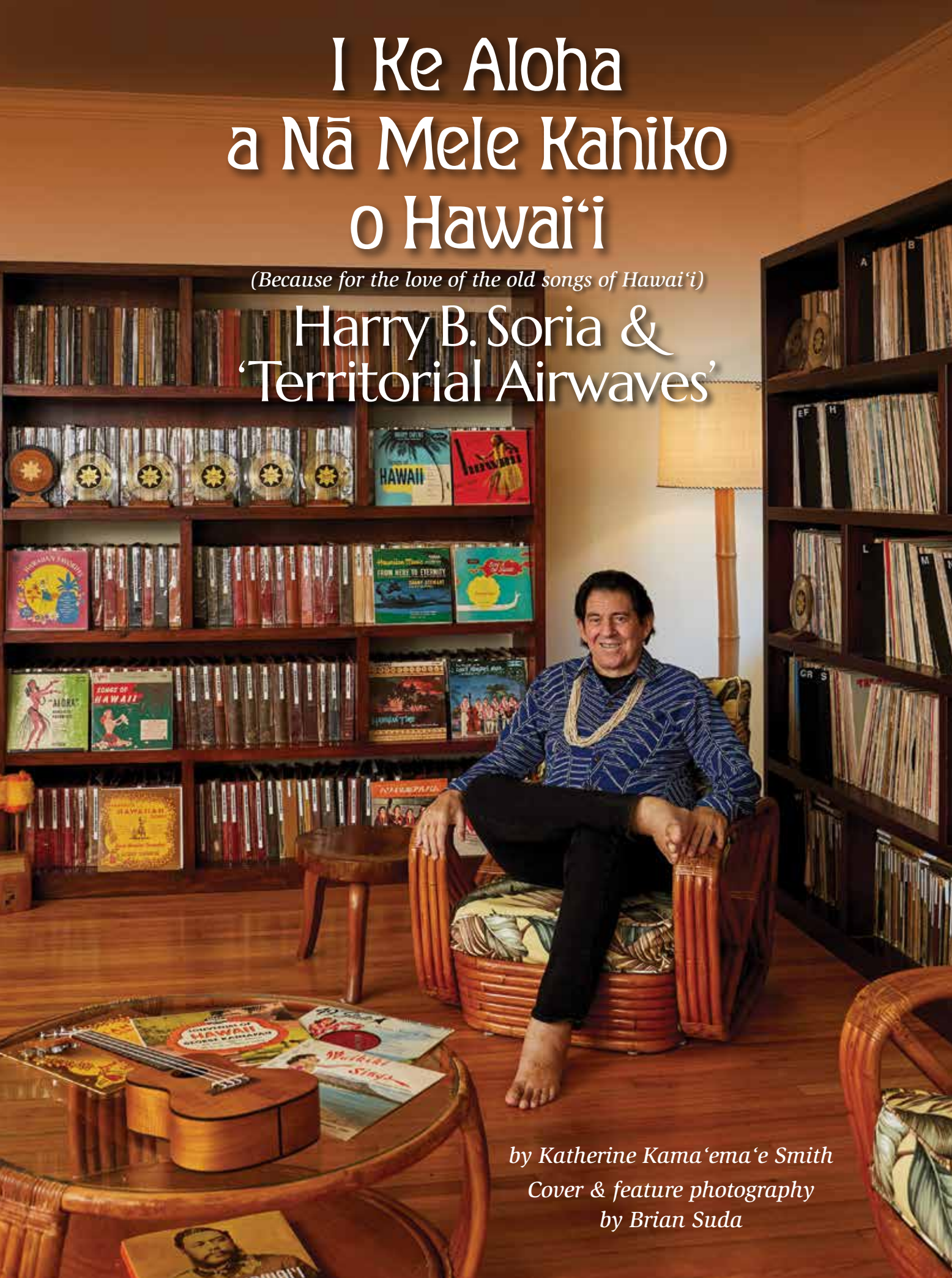
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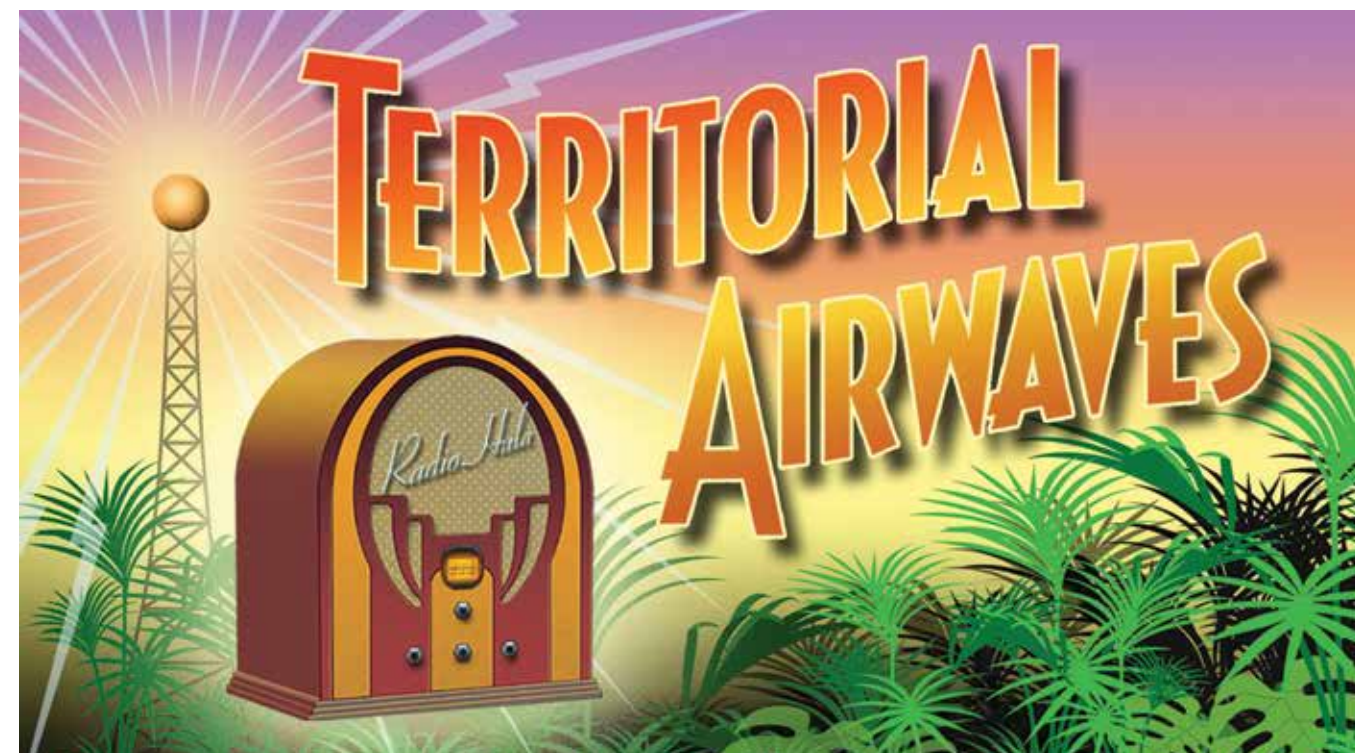
*(Because for the love of the old songs of Hawai'i)*

## Harry B. Soria & 'Territorial Airwaves'



by Katherine Kama'ema'e Smith

Cover & feature photography  
by Brian Suda



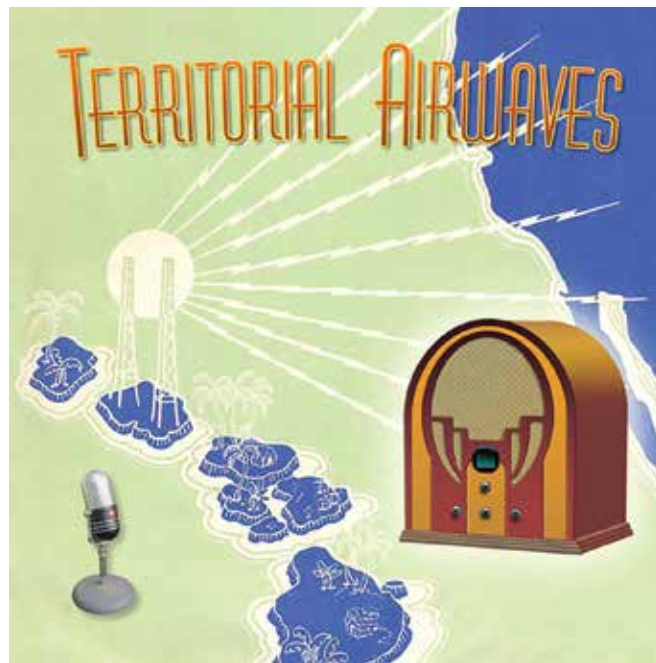
It's Sunday afternoon! "Welcome to 'Territorial Airwaves,'" echoes the AM940 Hawai'i announcer, followed by a long steamy blast of a cruise ship's horn. And then, like a playful ocean breeze, the cadence of Harry B. Soria's happy voice bids us e komo mai and stay awhile. Gently, he calls us back to simpler days with the hapa-haole and not-so-haole music of old Hawai'i—passed down in families and among Hawai'i musicians for a hundred years. Listeners who grew up in the heyday of radio may have danced to these tunes or seen live performances; for the younger audience, Harry B. is the guardian, guru and guide back to Hawai'i's best music—from monarchy to statehood and beyond to the 60s, 70s and 80s.

If you are thinking that "Territorial Airwaves" weekly broadcasts are small potatoes, think again. Passengers on Hawaiian Airlines tap their feet to the "Territorial Airwaves" in-flight audio selection. Harry B. and his radio show have earned nine Nā Hōkū Hanohano awards, including the 2017 Krash Kealoha Industry Award for lifetime achievement. For nearly 40 years, Harry B. has been entertaining and educating audiences with the backstory of Hawai'i's most celebrated composers, musicians and performers—collapsing the time between us and the free-wheeling innocence and excitement of Hawai'i's past.

Music evokes our emotions and memories, but here we have a profound and enduring connection to the sky, land, sea and people of Hawai'i. We are a chop suey people with a broad taste for jazz, salsa, swing, romantic "pili mai" love songs and tender family ballads; but we also adore paniolo cut-time, sassy 'okole hao tavern songs, 'auana hula and hukilau ditties. 'Auwe! We cope with sad goodbyes by singing songs about waves lapping at the shore, pikake-scented tradewinds brushing by palms and moonlight sparkling on the ocean. Territorial music is not a collection of tunes, but our heritage—fused to our fondest memories.

*At home in O'ahu, Harry relaxes in the living room of their 1931 house, recently renovated so that they might age in place. Next to his chair is a bookcase full of vintage recordings.*





### Celebrating 40 Years of Broadcasts

“Territorial Airwaves” will celebrate its 40th anniversary of broadcasting Friday, June 14, at the Monarch Room of the Royal Hawaiian Hotel, where Harry B. used to broadcast live. He and his wife, Kumu Hula Kilohana Silve, are planning a massive ho‘olaule‘a with a traditional buffet dinner, a broad array of fantastic Hawaiian entertainment and a huge silent auction. Funds from this celebration will support the preservation of Hawai‘i music through The Hawaiian Music Archives Foundation. Tickets to this splendid event cost \$150 per person and are now available at [www.TerritorialAirwaves.com](http://www.TerritorialAirwaves.com).

Over the last 40 years, Harry B. has collected and cataloged over 70,000 recordings and 10,000 vinyl and acetate records, as well as thousands of liner notes, photographs and memorabilia.

The foundation will create a public repository where this music history of Hawai‘i may be safely preserved and made available to the public.

“The Hawaiian Music Archives Foundation will prepare a user-friendly digital archive system so young musicians and the public may easily access this wonderful music resource,” says Harry B.

Kilohana says that two hālau will be assisting at the event. “Harry is too ha‘aha‘a to say this, but preserving recorded and notated Hawaiian music is an important worldwide legacy project. The international live broadcast of ‘Hawaii Calls’ planted cultural seeds in many countries; fans of Hawaiian culture, dance and music literally cover the

globe. Those who listened to Hawaiian music as kids now stream ‘Territorial Airwaves’ broadcast online. They pass on to their families the dream that ‘Someday, I’m going to get to Hawai‘i.’”

Harry smiles. “Dad always wanted me to make a trans-Pacific broadcast of ‘Territorial Airwaves’ like he did with his ‘Voice of Hawaii’ show on KGU and NBC in the 1930s. Fortunately, technology caught up with us and livestreaming allows music lovers from every country to listen. The foundation will make digital recordings and image files available in perpetuity to everyone.”

### 100 Years of the Soria Family in Hawai‘i

This year also marks 100 years in Hawai‘i for the Soria family, called “the first family of Hawai‘i Radio.” In the 20s, Harry B.’s grandfather, Harry G. Soria, was friends with Marion Mulroney, who operated KGU radio, the station affiliated with the Honolulu Advertiser. He sold airtime and commercial spots for them. In 1934, his son Harry B. Soria (Harry B.’s father), got a job at the Star Bulletin’s rival radio station, KGMB, where he pioneered remote broadcasting — by laying a wire from the old Star Bulletin building across Bishop Street and down Alakea to do a promotion at the famous Radio Repair company. He booked the Bright Brothers to perform and it was a hit. Soon, Harry G. recruited his son to KGU to host an

1939. Harry B. Soria, Sr. broadcasting “Voice of Hawaii” to the continental United States and Canada, atop the roof of Advertiser Square on Kapiolani Boulevard.



on-location traveling show called “Going To Town with Harry Soria,” which drew attention to Honolulu shops, events and community gatherings. Listeners from O‘ahu and Neighbor Island plantation communities tuned in and flocked to enjoy Honolulu’s growing urban scene.

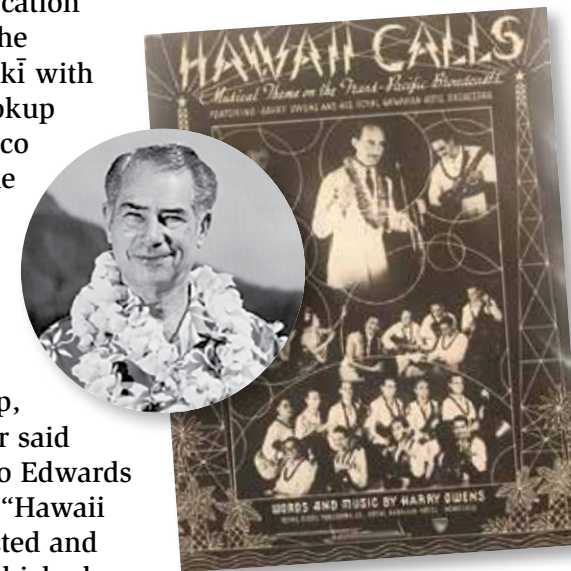
Harry B. Soria Sr.’s remarkable career in announcing, marketing and record production earned him the moniker, “The Voice of Hawaii.”

### 1935–1975: 40 Years of “Hawai‘i Calls” Radio

A year later in 1935, Webley Edwards had an idea to do an on-location dance party show at the Moana Hotel at Waikīkī with a shortwave radio hookup to NBC in San Francisco and a connection to the Mutual Broadcasting Network of local stations across the U.S.

Harry B. tells us that the first time Webley tested the hookup, the telephone operator said “Hawai‘i calling...,” so Edwards named his new show “Hawaii Calls.” Edwards directed and produced the show, which always started with the live sound of waves coming in at Waikīkī Beach and Edwards’ lilting voice reading his script. Harry Owens and the Royal Hawaiian Orchestra set the mood and featured all the best musicians in Hawai‘i.

Besides dance numbers, “Hawaii Calls” showcased the biggest singing stars like Alfred Apaka, Johnny Almeida, Ray Andrade, Marlene Sai, Ray Kinney, Dave McIntyre and Don Ho, all under the musical direction of Al Kealoha Perry. Performers and songs heard on “Hawaii Calls” became so popular on the mainland that the Lexington Hotel in New York City presented a live Hawaiian show every night; Hawai‘i big bands and vocal stars flew to New York for gigs that would last three months or longer. Hawai‘i music and hula was the rage.



Radio was big entertainment in the 30s and big business on the weekends. At KGU studios on the third floor of the Honolulu Advertiser building, Harry B. Soria Sr. ran his own live-audience radio shows — with Charles E. King, Johnny Almeida, the Bina Mossman Glee Club and the trans-Pacific NBC broadcast of “The Voice of Hawaii.” The audience was separated from bands and performers by a plate glass screen; broadcast mics were “inside the booth.” Audience response was piped in and controlled with a switch by the program director. Harry Sr. also broadcast his own shows that featured the most popular recorded music of the day, live interviews and called-in listener requests that he personally announced.

When commercial air travel to Hawai‘i began after WWII, mainlanders who had grown up on tunes from the Land of Aloha could not wait to visit Honolulu; innovative radio had created a national market for Hawaiian culture. After 40 years, “Hawaii Calls” signed off the air in 1975, a year which was also the flashpoint for a Hawaiian cultural renaissance. Television was the new darling, and after a few more years, Harry Sr. retired.



Top: Webley Edwards, produced and announced “Hawaii Calls” live dance party, broadcast from the Moana Hotel. Above: Disc jockey Harry B. Soria Sr. spun 78s on KGU Radio in the old Honolulu Advertiser building.





### **Hawai'i Music History—The Trunk of Destiny**

One weekend in 1976, 28-year-old Harry B. Soria Jr., asked his dad if he had saved any 78 rpm vinyl records from the “old days.” Harry Jr. remembered singers, musicians and composers coming to their home in Āina Haina when he was a kid. His father never encouraged him to take up a career in radio, so he was happily working in the private sector doing accounting and financial services. But he was fascinated by Honolulu Skylark’s KCCN 1420 AM radio show, where she played old 78s from pre-statehood days. Harry Jr. had a heart for Hawaiian culture and knew that these old Hawaiian recordings were an important connection to the past.

Harry Sr. led him to a dusty steamer trunk in their garage filled with the contents of his desk from Monday night, Dec. 8, 1941—his last radio broadcasting day after the attack on Pearl Harbor. The Japanese had used the “Voice Of Hawaii” trans-Pacific broadcast frequency to navigate their bombers to the Hawaiian Islands.

Hawai'i's business community anticipated that the Japanese might attack the Territory of Hawai'i and put a disaster plan in place in 1941. Harry Sr. was charged with screening all long-distance calls to and from Hawai'i, so that no classified information would be available to foreign forces. On Sunday, Dec. 7, he listened to a conversation between President Franklin D. Roosevelt and governor of the territory, Joseph Poindexter. On Monday, he cleared out all the records from his office. Announcers like Webley Edwards became

war correspondents, and Harry Sr. became a lead radio and long-distance telephone censor for U.S. Navy Intelligence, assigned to Midway Island until 1946.

### **A Passion for Authentic Hawaiian Music**

The trunk held plenty of 78 records, acetate records, tape recordings, lead sheets for live musicians, broadcast playlists, contracts and memos. This valuable cache of Hawaiian music history began Harry Jr.'s quest to learn about and preserve as much old Hawaiian recorded music as he could. Until his death in 1990, Harry Sr. mentored Harry Jr., sharing the history of authentic Hawai'i music.

Harry Jr. was catching Skylark's show one day when she posed a rhetorical question about a strange shuffling noise in the background of “Hawaiian Vamp” by Johnny Noble, recorded live at the Moana Hotel.

“I asked Dad about the background noise and he explained that the ballroom floor was open to the shore, and sand would blow in or get tracked in. As couples danced, the sand underfoot made a shuffling noise on the wood

floor that the live mics picked up. When I told Skylark, she wanted me to do my own show. But Dad counseled me to keep my day job and pursue radio as a hobby.”

In June 1979, Harry Jr. became the third generation of Soria men in radio as “Harry B.” with his weekly broadcast of “Territorial Airwaves” on KCCN 1420 AM. His “history of Hawaiian music” theme was well-received by the audience for this hugely popular AM station that outperformed most of the FM channels. So, Harry B. began living his dream, doing one show a week, fulfilling his passion and kuleana to preserve Hawaiian recorded music.



### **Guardian, Guru and Guide of Hawaii Music**

“I felt a deep responsibility as a Hawai'i boy and the son of radio greats to preserve traditional Hawai'i recordings and broadcasts of the era between the monarchy and statehood—all the music that traveled through the ‘ether,’” says Harry B. “Dad lived to 85 and he was my consultant for almost 11 years. I realized that music is an expression of the times. Driving through town, he would tell me things like, ‘That medical complex on the corner of Ke‘eaumoku and Bere-tania used to be Dairyman’s Purity Inn ice cream parlor,’ or ‘This is the tune that made the Manhattan Cake Walk dance all the rage!’ I would just listen and write down all he shared. Soon, I patched together a slice of time that I felt I knew and understood. The more I learned, the more comfortable I became with ideas, motivations and limitations of life in the Territorial era.

“Dad always encouraged me and listened to every show. As soon as I got home, the phone would ring. He would say, ‘Great broadcast. You know, I was thinking about what you said and that song was actually...’ That was how I learned so much! I worked for several firms and finally retired from Sony Corporation in 2014, but never missed a show. Radio, nostalgia and history were my passion.

“Some folks said my gig would never last, but it’s about to outrun ‘Hawaii Calls’ as the longest regular Hawai'i music broadcast. When I started, there was negative sentiment about the whole territorial period after the fall of the monarchy, including the popular music and shows of Waikiki. Since the cultural renewal has taken root, young musicians want to learn the musical stylings and lyrics that are preserved in our early recordings,” says Harry B.

### **Harry B.: Music Historian and Curator**

Today, Harry B. is the nexus of Hawai'i music history, the guardian of a vast amount of information about the works and cultural impact of composers, musicians, producers and broadcasters who pioneered the Hawai'i radio and music industry. Harry B. has grown a large fan base that includes young musicians who want to follow the traditions of territorial steel guitar and slack key guitar, big band arrangements and swing style. Readers 50 years old and older have been listening to “Territorial Airwaves” and learning about old Hawaiian music their whole lives.

Also to his credit are some 30 albums of authentic Hawaiian music recordings that he produced on the Cord International label.

Considering the magnitude of his legacy—over 70,000 archived song recordings, 10,000-plus vintage vinyl records and thousands of photos, liner notes, original album covers and memorabilia—we asked Harry B. what advice he gives to seniors and retirees. He says that he and his wife, Kilohana, have a family mantra, which is to approach every day with the intention to “stay relevant.”

### **Harry B.'s Advice: Follow Your Passion and Remain Relevant**

Like all of us, Harry B.'s life turned up and down. He encourages other seniors to pursue their passions.

“In the private sector, companies go through business cycles and hard times,” says Harry. “My jobs have been downsized and outsourced; companies have been sold or closed. I

went through a divorce. But my mission to preserve the music was a constant. The satisfaction of moving forward on my mission always kept me going. I knew I was on track because young musicians and vocalists were taking an interest in traditional tunes. They were coming to me for songs that had been forgotten. They wanted original recordings of the pioneers and experts of steel guitar and original arrangements and phrasing of classics. I was privileged to help artists like Nā Hoa and Raiatea Helm find their music heritage.”



Left: Harry B. Soria, Jr. broadcasts “Territorial Airwaves” in a modern studio. Above: Young traditional musicians Raiatea Helm and Nā Hoa tapped into Harry B.'s territorial music collection to discover authentic vintage tunes and lyrics that helped them develop their successful careers.



Even though Harry B. Soria is a public figure, at one point he found himself alone in his private life.

“At age 60 and approaching retirement, I felt disappointed. I had no grandchildren and after my divorce, I could not believe I would be living out my life as a single man,” he says.

But as we say in Hawai‘i, “‘A‘ale pohō.” In 2015, Harry met Kumu Hula Sandra Kilohana Silve of Hālau Hula o Mānoa and president of L’Association France-Hawai‘i in Paris. After graduating from the University of Hawai‘i in 1972, Kilohana studied art history and French language in Paris. She became a teacher of art history, worked as an art critic and shared her culture. She married and raised her daughter in France.

Kumu Hula Kilohana trained with Kumu Hula Emma Bishop, Ellen Castillo, George Holokai and Kimo Alama Keaulana, and studies chant under Kumu Sam ‘Olu Gon of Hālau Mele. In Paris, Kilohana developed a hula hālau that expanded to Rome through one of her students. Another student choreographed a hula to Edith Piaf’s “La Vie En Rose,” translated into Hawaiian by Sam Gon. Besides starting an international hula festival in France, she aided the Chigasaki Makana Hula Festival in Japan. A Juneau, Alaska, branch of her hālau performed for the annual Alaska Folk Festival.

Kilohana was widowed and returned in 2005 to live in Mānoa, where she became a docent at Mānoa Heritage Center and continues to teach and choreograph hula for haumana in Europe, Asia, Alaska and Greenland. With decades of success behind them and the support of long-standing audiences, Harry B. and Kilohana understand the dichotomy between art and the business of performance. Each has respect for the other’s cultural kuleana and talent. In 2017, they married.

#### Passing On a Legacy to the Community

“We fell in love and never looked back,” says Harry. “We never argue and our daughter is a joy. I have two very French grandsons with Hawaiian

names. It’s amazing, but our public and private lives are compatible on both sides of the world. We are blessed to find love late in life.”

Harry B. offers us the last seven years of his weekly broadcasts free-for-the-clicking on his interactive, fun website, [www.TerritorialAirwaves.com](http://www.TerritorialAirwaves.com). He also posted a big photo gallery of radio, recording and television stars going back to the 20s. Dubbed “The Encyclopedia of Hawai‘i music,” Harry B.’s website is a treasure trove of historical notes on performances, venues, studios and music producers.

Says Harry, “We aspire to remain as relevant as we possibly can. As I reach 70 and ‘Territorial Airwaves’ turns 40, the Hawaiian Music Archives Foundation will preserve and make public my personal recording collection and the collections of other Hawai‘i music enthusiasts wherever they live. All these precious materials have been given to me by my father and Hawai‘i music lovers. But we are the stewards—they belong to Hawai‘i.

#### We Want More Hawaiian Music!

If we had to say goodbye to steel guitar slides, ‘ukulele chalanglang, honky-tonk piano vamps or resonant slack key, would aloha die? Of course not. Lapping waves and swaying palms would inspire composers to new musical creations, but we might miss the textures and tunes of Hawai‘i that the kūpuna used to tell *our* story of aloha.

Thanks to the kuleana and vision of the Soria family, authentic Hawaiian recordings of the past will be preserved. Tomorrow’s musicians will have the opportunity to hear the sounds and language of the kūpuna and weave their flowers into the golden lei of Hawaiian music.

*A worldwide kuleana: Top: Harry in Paris, where he and Kilohana support L’Association France-Hawaii and an annual hula festival. Middle: Kilohana and Harry B. host a keiki hula workshop in Chigasaki, Japan. Bottom: A Mākaha Sons show poster for a 2008 performance at Carnegie Hall in NYC; Harry B. was emcee.*



#### Join Us in Support of the Hawai‘i Music Archives Foundation

At *Generations Magazine* we cherish and promote the benefits of “legacy”—passing on traditions, achievements and wisdom to the next generation. We encourage our readers who love the music of Hawai‘i to support the Hawaiian Music Archives Foundation in any way you can. Perhaps your hula class or choir can donate a small gift or do a benefit performance. Get a group of friends to buy a gala ticket for a promising musician or broadcaster who loves old Hawaiian tunes. Or just go to the “Territorial Airwaves” website and make a donation. If you’ve enjoyed listening to “Territorial Airwaves” over the last 40 years, maybe this is the time to say “mahalo” and help Harry B. make all this music available to your grandchildren.

If you are descended from the great families of Hawaiian music of the 40s 50s and 60s, supporting the archives honors the talent of your kūpuna. There is nothing more important to an artist than to be remembered in the public space of a museum. These music archives are a beautiful digital museum of territorial Hawaiian music and beyond to the 80s. ■



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## Benefits of Diaphragmatic Breathing

by Julie Moon, Physical Therapist

Our fast-paced lifestyles have caused many of us to lose the ability to use our main respiratory muscle, the large dome-shaped diaphragm, to breathe. Instead, we use our shoulders, upper chest, neck and back muscles, causing rapid, shallow breaths. Diaphragmatic breathing is beneficial for your physical and mental health as it reduces stress, lowers heart rate and blood pressure. For those with pulmonary disease, such as COPD, the diaphragm often becomes weakened causing it to work less efficiently. A physical therapist experienced in pulmonary rehab can teach proper breathing to reduce anxiety, slow breathing rate, increase full oxygen exchange, and improve physical activity. Because part of the core is the diaphragm, in physical therapy, breathing is also essential to proper posture and core stability.



Diaphragmatic breathing is one of simplest things you can do to improve your overall health and well-being.

- Lie or sit, place one hand on the upper chest and the other below the rib cage.
- Breathe in slowly through the nose so the stomach moves out against your hand. The hand on your chest should remain still.
- Breathe out through pursed lips as you relax the diaphragm, letting it fall inward.
- Inhale for 4 seconds; exhale for 6; 10 times. ■

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- Your husband wants you to choose new cabinets.
- Your siblings say they're busy on weekends.
- Your dear Mom reaches out to you first.

Why are you the chosen one?

Your only option is to put your own life on hold (indefinitely), never mind that it's your time to have some fun, and your husband is at the end of his rope.

Honestly, how can you live like a groovy boomer when you're feeling kinda grouchy?

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# Exercise—a Panacea. Part 1: Arthritis

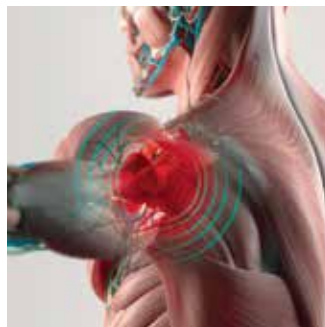
by Kai Morigawa, Doctor of Physical Therapy, Prime Physical Therapy

A healthy joint is like two smooth pieces of paper sliding against each other. Arthritis, joint damage, is like adding crinkles to the papers, with the friction causing pain and problems. However, in severe cases, and even with bone-on-bone degeneration, having no pain with “activities of daily living” is easily obtainable with a lot of hard work and the right treatments.

If exercising on your own, consistency and diligence are the most important factors, so do something fun, like group classes/events, dancing, or play dates with grandchildren.

## The key is dynamic muscle protection

- Muscles are about 80 percent of the body’s support and protection; bones, ligaments, and padding are only about 20 percent.



- It is very common to have strong and healthy muscles that lack the coordination to protect joints.
- Certain exercises astronomically increase muscle protection.

Any exercise helps build some protection, but most have minuscule levels of protection, necessitating high volume to feel any benefit. An optimized exercise should allow for significant and immediate improvements.

Consider working with a physical therapist to create an optimized exercise plan that brings about those improvements. ■

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## Does Mom Need More Help?

by Eileen Phillips, RN, Attention Plus Care

**H**ow do family members prepare for the day their senior needs more help? The kind of help that requires loved ones to re-prioritize their lives. If only there were a date set aside for this change in everybody's life. Planning on change at this level has never been easy because a plan may not be in place. A sudden fall, or illness could change everything and it could happen at any time.

Our seniors can have active lives up until the day they don't. Family members may have to change directions, suddenly. This may involve taking time off work and moving other commitments to the back burner. There are some signs that show us our senior may be needing a bit more help. Here are a few to look out for:

◆ **AGE**—The older your senior is, the closer they will be to needing help, especially if they are slowing down physically.

◆ **MEMORY**—Forgetfulness could be a sign of illness affecting the brain or other systems, but it generates worry for family members who leave their senior alone for long periods of time.

◆ **DRIVING**—If your senior is not driving anymore, because it is not "safe" due to visual problems, mobility issues, or cognitive concerns, this may be a sign that other tasks may not be as easy for them as well.

◆ **WEIGHT LOSS OR DEHYDRATION**—These are real concerns that indicate they are not eating or drinking enough. Frequent urinary tract infections may indicate not enough fluid intake or poor personal hygiene in the bathroom.

◆ **UNPAID BILLS/UNOPENED MAIL**—Seniors like to have control over their finances until there comes a day when they stop opening their mail. This is a clue they are either forgetting or it's not a priority for them anymore.

◆ **FREQUENT PHONE CALLS AT WORK**—If family members are receiving frequent calls during the day from their senior, it may mean things are about to change. This can indicate loneliness, forgetting that they just called, or anxiety about something they cannot control.



◆ **FALLS**—This could be the "last straw," especially if there is an injury. Family members may have to find outside help, to monitor their senior for safe mobility while they are away at work.

Just like planning ahead for disasters, planning for the day your senior needs help should be a priority. Life can be busy and noticing some of the scenarios listed above should be on your radar. Of course, your senior will deny they need help, and may say something like, "I don't want you to worry about me, I can take care of myself." If you feel that twinge in your gut telling you that what you are seeing is not consistent with what they are saying, don't ignore it! Now may be the time to move into a different role for your senior, or ask for help. ■

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## Redirection Using Humor

by Gina Heshiki, Activities Supervisor and Positive Approach™ to Care Trainer

**D**o you know a Person Living With Dementia (PLWD) who repeatedly asks the same question? Does your loved one obsess about leaving the house so that they can go home? Maybe you know of a grandmother who blames everyone in sight

for stealing her items. Challenging behaviors are common among PLWD and care partners are burning out trying to address these problems.

In professional care settings where activities are offered, employees are trained to combat these "annoying" behaviors using a technique called redirection. Redirection is the art of directing a PLWD's attention away from a frustrating situation and into a meaningful activity. It takes a lot of detective work to understand the PLWDs history, preferences, dislikes and triggers. The more you know, the more you're able to help.

■ **The first rule to redirection is to become a listener.** Avoid arguing at all costs! Instead of reorienting the person to what is logically happening, go along with their story and enter their reality. This concept of going with the flow with outrageous stories will be difficult at first. The idea behind losing your sanity and throwing logic out the window will enable you to help your PLWD feel comforted and you will be seen as trustworthy. You will be surprised at the smallest details that surface after the 15th time the same story has been told. Look at this as conducting research on the individual. By listening to their story, you are helping them feel like they have a teammate and you learn where they are in their mind. This is key detective work so that you can meet them where they are rather than trying to bring them into your reality.

■ **What to say to redirect.** You'll want to reflect everything the PLWD says and follow their physical actions. Literally repeat what the person has



**Listen**



**Reflect**



**Offer Joy**

said and match their facial expressions, hand gestures, posture and tone of voice. This shows the PLWD that you understand their current emotion. For example, if your PLWD is upset and says "I want to go home!" you would mimic their gestures

and repeat "You want to go home!" In the next few sentences you'll try to change the subject by saying something like "You want to go home! Tell me about your home, where is it?" This will start a conversation and you'll soon be able to redirect them by changing the subject completely.

■ **How do you know what to redirect someone's attention to?** Think about what your person likes, what brings them joy and how can we provide that right now? Maybe your PLWD loves chocolate. Sweet treats like chocolate, ice cream and cookies are easy snacks that could be kept around the house. Fishing, crocheting, gardening and building activities could be modified to provide enjoyment. Coloring a picture of a fish, reading a crochet book, watering the garden and children's tool sets are viable options as your PLWD goes through the various stages.

Tapping into your PLWD's history and preferences is key! Remember to keep things simple and be creative. Sometimes laughing at your own silliness can diffuse the anxiety. Giving care for someone with dementia is a series of trials and errors; don't get down on yourself when something doesn't work! ■

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# Support and Resources for Family Caregivers

by Don Weisman, Communications Director, American Heart Association Hawaii Division

**B**ecause of the often-debilitating nature of heart disease or stroke, the effects of those diseases often impact not just the patient, but family members who are placed in the role as caregivers.

In addition to their new family role and the hours required to perform support functions, costs of caregiving can also mount. In an analysis released in 2018, the American Heart Association (AHA) projected that the cost of informal caregiving for Americans with heart disease and stroke will more than double from \$61 billion in 2015 to \$128 billion by 2035. The AHA defines informal caregiving as the home care provided by family members or friends for loved ones with no compensation.

## The vital role of informal caregivers

"Informal caregivers are indispensable assets to our health care system and often play a significant role in the recovery and well-being of heart disease and stroke survivors," said American Heart Association CEO Nancy Brown. "By 2035, the number of Americans living with heart disease and stroke will rise to 131.2 million — 45 percent of the total U.S. population. Understanding the escalating burden this will place on the family members and friends who care for these individuals is essential if we are to address this looming crisis."

The lead author of a research study published by the AHA, Sandra Dunbar, RN, PhD, FAHA, of Emory University School of Nursing, concurs: "The dramatic rise in the prevalence of cardiovascular disease in the next two decades will place an intense strain on caregivers, putting their own health at risk from the ongoing distress, physical demands and costs. Our nation will ultimately bear the financial impact of this situation, especially as the caregiver pool shrinks."



Photo courtesy from [www.heart.org](http://www.heart.org)

## Where to find support and guidance

To address demands on caregivers, the AHA offers tips to family members that can help to ease or handle the burden. Its web page helps caregivers and patients connect through support groups and offers tips and resources to caregivers to help them take care of themselves as well as their loved one.

The resources include guidance on how to stay healthy and active your-

self, healthy eating recipes and tips, ideas on how to effectively communicate with your family member, and how to deal with the emotional upheaval that can come with being thrust into a caregiver role.

The site also offers Answers by Heart, a series of downloadable patient information sheets presented in a Q&A format that's brief, easy to follow and easy to read. They also provide room for you to write down questions to ask your doctor. Whether you or a loved one just had an acute event or procedure, have been diagnosed with cardiovascular disease or have had an event before or are at high risk for cardiovascular disease, the sheets will help you start to reduce your risk.

The main thing is to remember: you're not alone. Others have been down this same path — and many are willing to share their experience and insights with you. ■

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# Senior Day Care Offers Valuable Benefits

by Darlene Nakayama, Chief Executive Officer, Palolo Chinese Home

**A**s our parents or loved one get older, they may need help or supervision during the day while caregivers are at work, school or other activities. Sending seniors for care during the day may be a difficult decision due to the cost and concern that they may not have "fun" or may be neglected.

A senior day care center is an ideal solution because it helps keep seniors healthy to live at home for as long as possible. Participants feel welcomed by senior day care staff, who provide individualized care. Each participant engages in enjoyable but therapeutic activities to foster greater functional independence.

Games and other activities such as tai chi, field trips, crafts and entertainment sharpen their minds.



Exercise keeps them flexible and strong to prevent falls. Participants find they have a better appetite, especially if they are enjoying good food in the company of new friends. These activities can also help slow the progress of Alzheimer's and other related dementias, and may result in better sleep.

Family caregivers also sleep better. They have peace of mind, are less stressed, and have more time for respite or other responsibilities, knowing their parents or loved one are in good hands. ■

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## Heads up! It's Upgrade Time!

by Martha Khlopin, Medicare Radio Host

Most people use new or upgraded versions of cars, phones, appliances and all sorts of gadgets to manage their daily lives. Yet, they seem surprised to learn of a loved one's, a friend's or their own need for a medical procedure to maintain or improve functional capabilities. The need for a knee or hip replacement or cataract surgery comes as a shock or a hardship.

While individuals routinely replace cars on average every 7 years, cellphones whenever a new model is launched and appliances every 3–10 years, few expect their bodies to break down after six or seven decades of service. Without insurance coverage, a full hip or knee replacement can cost about \$39,000 per knee or hip—the price of a new car! Cataract surgery can run about \$7,000 for both eyes. That brand new kitchen suite with refrigerator, dishwasher and matching microwave would cost about the same.

So schedule your free annual wellness visit with your physician. The examination and preventive screenings may be able to determine if any upgrades are needed. Any time is a good time to develop a realistic understanding and approach for caring for the physical body that supports you daily. Accepting the upgrades and replacements that may be needed after decades of daily use can create a “new” you! ■

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## Military Service and Social Security

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

**Q:** I'm planning to retire next year. I served in the Navy back in the 1960s and need to make sure I get credit for my military service. What do I need to do?

**A:** You don't need to do anything to apply for the special credit for your military service—it is added automatically. For service between 1957 and 1967, we will add the extra credits to your record at the time you apply for Social Security benefits. For service between 1968 and 2001, those extra military service credits have already been added to your record. So you can rest assured we have you covered. You can read the Military Service and Social Security booklet at [www.socialsecurity.gov/pubs/10017.html](http://www.socialsecurity.gov/pubs/10017.html).

**Q:** I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?



**A:** You can get both Social Security retirement benefits and military retirement at the same time. Generally, we don't reduce your Social Security benefits because of your military benefits. When you're ready to apply for Social Security retirement benefits, go to [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline). This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service! ■

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## Making a Smart Move in Retirement

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

Searching for warmer weather, moving closer to adult children and grandkids or pursuing a change in scenery are just a few reasons why many Americans choose to move in retirement. These retirees often relocate for emotional reasons, but it's important to consider the financial impacts, too. If you have a desire to pull up roots in retirement, pause to think about the following financial items.

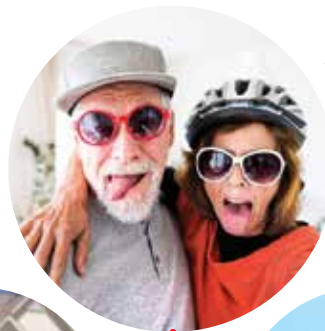
### Consider the costs to sell your home.

Even if you're downsizing, trading spaces comes with a price tag. Staging, finding a realtor, hiring a moving company and cleaning services are all expenses that may be key to putting your home on the market. You may need to be prepared to manage two mortgages for some time or be ready for a quick closing timeframe depending on the housing market in your area.

### Be strategic about the long-term financial effects.

If you make a profit on the sale of your current home, use the money to fund one of your financial goals. Adding it to your retirement fund, investing it to pay for your grandkids' college education, or putting it into a trust are some of the many ways the windfall can accelerate achieving a financial milestone. If you acquire a higher mortgage to purchase your new home, map out how the additional debt impacts your retirement long-term. Ideally, you'll be able to absorb the increased cost without compromising your retirement lifestyle.

**Know the potential tax impacts.** Moving across state lines can change how much you pay in taxes. This is particularly true for retirees because there's wide variation in whether and how much states tax retirement income. Property and income taxes can also vary, which may be important if you plan to work or own a business in retirement. Check with your tax professional to assess the tax impact of your new locale. If you



sell your current home and it has appreciated in value, discuss whether you owe a capital gains tax.

**Research health care services in your new location.** Ask your medical insurance provider if your plan covers the services, specialists,

prescription drugs and medical clinics that you need near your new home. The quality of care and cost may be different than what you're used to, so it's important to do your research. Additionally,

it's worth thinking about the long-term care and assisted living facilities that are nearby. Even if you hope to age in your new home, knowing your options can be crucial in case you or your spouse experience an unexpected medical event.

**Account for your retirement lifestyle.** The reason many retirees move in retirement is to live out a lifestyle they have dreamed about for years. As you decide whether you want to move, be prepared for additional expenses to travel, invest in a hobby or start a business. Your food and entertainment spending may also increase as you fill your newfound time and explore your new city.

Moving to pursue your retirement dreams is exciting, but there can be a lot of factors to consider in deciding when and where to purchase your new home. For expert help reviewing your options, connect with a realtor, financial advisor and tax professional. ■

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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## Blessing or Curse?

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

Receiving an inheritance is like winning the lottery. What could possibly be wrong with that?

Callie Rogers, age 16, won \$3.1 million in a British lottery. By the age of 22 she was broke, living with her mother, and working three cleaning jobs. William Post won \$16.2 million in the Pennsylvania Lottery in 1988. By the time he died in 2006, Post had gone from scooping up annual lottery payments of \$497,953.47 to scraping by on \$450 per month in disability compensation. Jack Whittaker won what was then the largest Powerball payout in history. It took him four years to blow through \$113,386,407.77 of his winnings. The impact on himself and his family was catastrophic.



These examples show how a sudden windfall can turn from a blessing into a curse. The lesson applies to all of us. Instead of giving your loved ones direct access to what you leave behind, consider protecting any intended beneficiaries whose youth, bad habits, or bad friends might turn your gift into dust and destruction. By placing their inheritance in trusts, administered by people or institutions who will provide good judgment and wise guidance, you can protect your legacy with wise planning. ■

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# Managing Risk at Retirement

by Terry Lee, President and CEO, Lee Financial Group Hawaii, Inc.

**W**e encounter risk in all facets of our life. Why do we take risk if we have a choice? Simply put: *We take on risk in exchange for some kind of return.*

Generally, the potential for higher returns from investments comes with greater risks. One philosophy to keep in mind, especially for those approaching retirement, is that Losses Hurt More than Equivalent Gains Help®. In other words, if you have \$100,000 in a portfolio and it goes down 50 percent in a year, a 50 percent gain in the following year would result in your portfolio being valued at only \$75,000. Keeping this in mind reminds you to seri-



ously weigh any risks against potential returns.

It is especially imperative to consider the balance of risk and potential return as investors approach retirement as they have less time to recover their losses if their portfolio declines in value.

A financial professional can help you assess your personal risk parameters for your investment portfolio. ■

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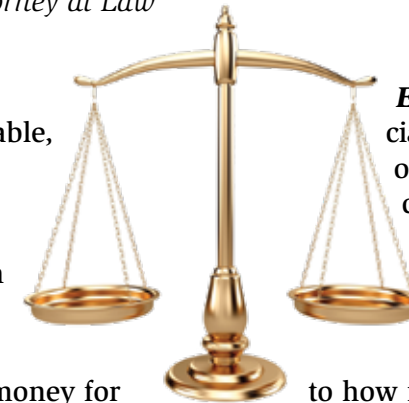
# Adequate, Equal, Equitable, or Fair?

by Stephen B. Yim, Attorney at Law

**W**e often struggle with the concepts of equal, equitable, fair, and adequate when it comes to the distribution of our assets among our children. Understanding the meaning of each term helps us make the decision that most closely reflects our intention.

**Adequate:** the minimum level of money for children to survive. Raising our children to be independent and reasonably assured their situation will not turn to dependency meets the definition of adequacy.

**Equal:** the same amount of financial value to each child. Our focus as parents changes from meeting the needs of our children to simply dividing our assets equally, regardless of each child's station in life.



**Equitable:** receiving the same financial opportunity to reach a specific objective considering current personal conditions, but *without regard* to how those happened.

**Fair:** morally equal—a non-discriminatory attitude regardless of personal conditions, but *with regard* to how it happened. If one child chooses not to work and is still living at home, and one child works and is living independently, leaving the house for the non-working child to live in may be equitable (each having a place to live) but not fair (in a way, penalizing the working child). ■

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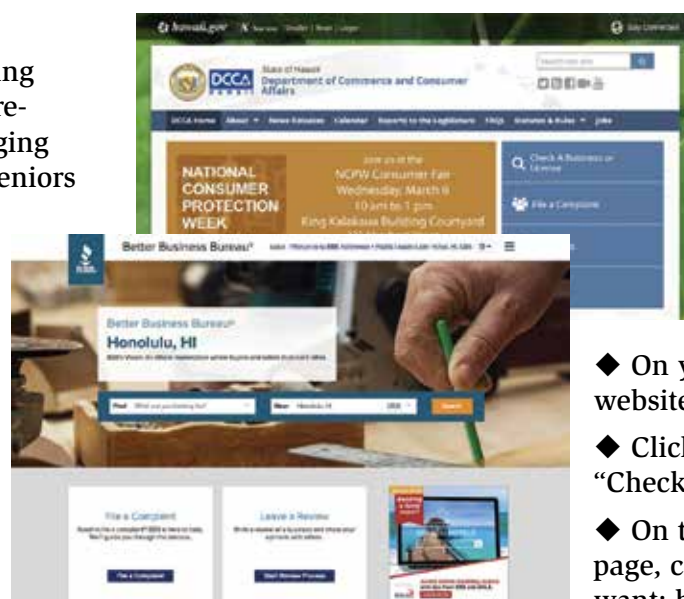


## High Cost of Saving Money

by Scott Spallina, Senior Deputy Prosecuting Attorney

It's expensive living in paradise. It's really expensive aging in paradise. Many seniors have had to resort to relying on the "cash economy" to help them out. "Cash economy" is the term used to refer to hiring or purchasing things "under the table" or with cash so that there is no paper trail and therefore no taxes have to be paid. These workers usually are unlicensed, carry no insurance in case they get injured on your property or damage something when doing their job, and have no office you can go to if there is a problem with non-performance or faulty construction.

It is a very common practice in Hawai'i to hire people in this manner for yard work, car repairs or construction projects. And it is very common for the police or me to receive calls from victims of scams who tried to save money in this manner only to receive little or nothing in return. In fact, our office is prosecuting one person who defrauded over 24 people by simply representing himself as a licensed landscaper and taking their money and disappearing. When arrested, it was revealed that he not only didn't have a license, but also had a criminal record for doing this crime before.



To check if the person you are hiring has a license or complaints from previous clients, use the Department of Commerce and Consumer Affairs (DCCA) website, which is an easy and free tool to use.

- ◆ On your computer, type in the website: <http://cca.hawaii.gov/>
- ◆ Click on the blue box that says "Check A Business or License".
- ◆ On the left-hand side of the new page, choose the type of search you want: business complaint history, business name, professional and vocational license, or licensee complaint history.

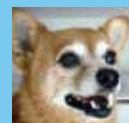
- ◆ Follow the directions on the next new page.
- ◆ If you have any questions you can call DCCA during business hours at **808-587-4272**.

Another good site is the Better Business Bureau. It displays information and reviews/complaints about local businesses, and scorecards.

- ◆ On your computer or device, type in the website: <https://www.bbb.org/en/us/hi/honolulu>
- ◆ Type the business name and location in the search bar and click on it in the list that appears.

If you don't have access to the internet there are public services at the library. ■

If you have questions about elder abuse, call or email: **808-768-7536** | [ElderAbuse@honolulu.gov](mailto:ElderAbuse@honolulu.gov)



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## Creating Secured Passwords

by Christopher Duque, Cybercrime Investigator, DPA



You generally want to set the minimum password length to at least eight characters, but a minimum length of 14 characters is better. If it's a single word, I recommend using a non-English word. Or you could use a phrase like "the cow jumped over the moon" without spaces between the words in the phrase.

- One or more characters should be upper case.
- One or more of the letters should be transposed as a numeral. For example, "i" or "l" can be the number 1. And "E" could be 3.
- If permitted, include a control character such as "\*" (shift-8) or "^" (shift-6).

That is the *core password*, which is the base from which you create the password for the account you are using it for. For example, if your core password is "theC0wjumped^0verthem00n" you can add an "F" at the beginning and a "B" at

the end for your Facebook account. For your Gmail, you can add "GM" at either end.

### How to remember passwords

- Write them down in a notebook kept in a locked desk or file cabinet. Note what account it is for and the date it was created.
- Do not keep them on your cellphone, tablet, computer or in your wallet or handbag.
- When you're done using the password, make sure to destroy the paper and discard it.

Passwords ARE the "Keys to the Kingdom". ■

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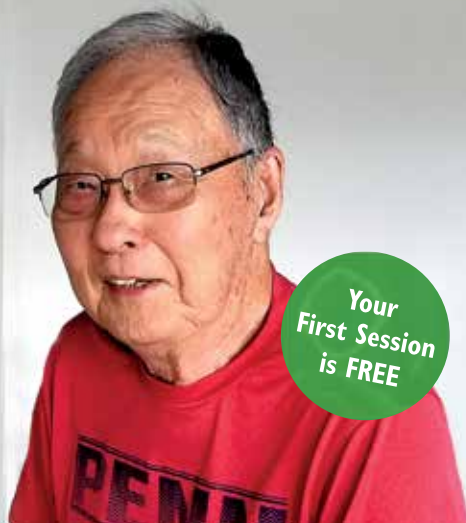
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*"35% of Hawaii's seniors who go to an emergency room because of a fall are never able to return to their own home."*

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