

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 10/2 • APR/MAY 2020

Kaunaiha'o Church

*Keeping the Faith
for 200 Years*

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Standing (left to right): Hayden Teruya, Janel Lam, Barry Magaoay, Lee Ann Matsuda, Terry Lee, Kathy Lum, Sarah Kleinschmidt, Edwin Chau
Sitting (left to right): Amber Suhas, Stephanie Kuwaye, Charlotte Meyer, Charlotte Teruya, Jandi Iha

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Straub Geriatrics

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Koolau, Liliha, McCully, Royal Kunia,
Waimalu, Waipahu

Vacations Hawaii

Waianae Comprehensive Health Center

Waikiki Community Center

Windward Mall Food Court

YMCA (all locations)

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Waianae, Waikiki-Kapahulu, Waimanalo,
Waipahu

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on Aging, Hilo Hospital, Kona Health
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KAUAI: Agency on Elderly Affairs

MAUI: Kalama Heights Senior Community,
Kaunoa Senior Center, Hale Mahaolu, Hale
Makua, Maui County Executive Office on
Aging, MEO, Oceanview Adult Daycare
(Kahului), Napili Coffee Store, Roselani
Place, Times Supermarket (islandwide),
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MOLOKAI: Molokai Drugs, Inc.

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Printed by Journal Graphics, Portland, OR | 503-790-9100 | info@journalgraphics.com | www.journalgraphics.com

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Tap in online! The power is at your fingertips. Online, we have four great ways to access *Generations Magazine* senior resources: **articles**, **TV shows**, **broadcasts** and **Facebook**.

Online is immediate! Everything under the sun is on our website, from **previous issues** to all of our **television episodes** and **radio segments**. Check **upcoming events** on our calendar page. Download our **resource guides** that contain a span of topics that you'd need most for caregiving or simply for yourself on aging in place. Resource guide topics: Support Groups • Adult Day Centers • Alzheimer's Support Groups • Book Clubs • Fall Prevention Programs • Geriatricians • Farmer's Markets • Assisted Living Facilities ... and much more.

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Like to read a real magazine? *Generations Magazine* is always found all over the islands (see pg. 3 for all the distribution locations).

You can also get your copy first by subscribing and have it delivered directly to you by simply filling out the form (see pg. 5) and mailing it in. Or... you can subscribe online, too.

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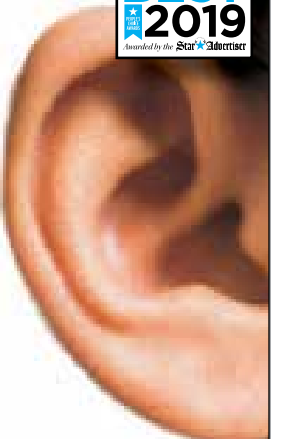
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For example, I made homemade hand sanitizer yesterday — four parts aloe vera gel, six parts 90 percent alcohol. Hoarders bought up the expensive stuff so I could save plenty money on my coronavirus emergency kit!

I have plenty disinfectant wipes, too: stack a pile of paper towels in a ziplock baggie, pour in just enough 10 percent bleach solution to dampen them. They're cheap enough and work good.

Until a vaccine is developed, seniors are susceptible to viruses that may be hitchhiking on their younger family members. Everybody should wash their hands before touching their faces. But Tutu also needs to play keep-away — no hugging, kissing, sharing utensils or clothing with keiki and young adults who may be infected but not know it.

Now is a good time to catch up on organizing your closets, mending clothes, working in the garden, catching up with friends online or writing letters to faraway friends.

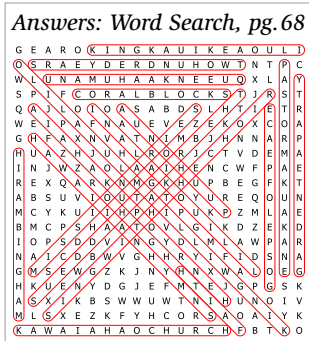
And keep the faith! Check out our cover story celebrating 200 years of worship with Kawaiaha'o Church. Did you know that the faith of one Hawaiian youth encouraged the missionaries to sail to Hawai'i? Read our story and then learn more at www.kawaiahao.org and www.Wikipedia.com. It's quite amazing!

We also invite you to visit generations808.com on your home computer, laptop, iPad or smart phone. We now offer visitors the option to increase the print size for easy reading. If your vision is seriously impaired, you can even enjoy listening to our new "screen reader" as she reads full pages aloud, just for you!

And post your comments and suggestions for new stories. We love to hear about star-quality caregivers, champions in our community and retirees giving back throughout the islands. These stories may evolve into magazine articles or presentations at the workshops we sponsor. *Generations Magazine* workshops have become so popular that we are looking to conduct them islandwide! ■



Every Day is Brand New!
Katherine Kama'ema'e Smith, *Content Coordinator*



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Generations Magazine Aging in Place Workshop

Workshop Topics Include: Gerontology, Financial, Legal, Nonprofit Programs, City/State Support Services, Fall Prevention Tips, Long Term Care Options, Reverse Mortgages, Healthy Living and much more...

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Wednesday, May 27
Monday, June 1

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Workshops are **CANCELED** during the pandemic.
Visit www.Generations808.com for future schedules and advisories.
** Mahalo **

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Speakers: Dr. Poki'i Balaz; Gary Powell, The Caregiver Foundation of America; Rick Tabor, Consultant and Rulon Adamshick, Attorneys

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Saturday, May 30

Turtle Bay Resort
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Hale Hau'oli Hawai'i gratefully acknowledges the support for this workshop from a generous grant by the City and County of Honolulu.

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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. The magazine also works with trusted sources in the community to provide leads, story tips and valuable information. Here are some of the faces behind the scene:



CARL S. ASHIZAWA manages Logos Christian Bookstore in Kaka'ako since its opening in 1983. After earning a bachelor of science degree in biology from the University of California, Santa Cruz, Carl pursued a master's degree in public health at U.C. Berkeley in health administration and planning. In California, he worked at Asian Health Services in Oakland and then came to Hawai'i, where he was an assistant to the administrator of Kaiser Hospital in Honolulu. Logos Bookstore is the largest Christian bookstore serving O'ahu.



LJ DUENAS, executive director of The Aloha Chapter Alzheimer's Association in Honolulu, is a graduate of Northern Marianas College and Portland Community College, where he studied business administration and tourism travel services. After five years of increasingly responsible positions at the American Diabetes Association, he became the Hawai'i director. LJ has a vision that Alzheimer's Association community outreach and growth will continue support for 65,000 family and neighbor caregivers assisting Hawai'i residents with dementia.



COLONEL RONALD P. HAN JR., director of the State of Hawai'i Office of Veterans Services, retired from active duty as commander of the 154th Maintenance Group, responsible for aircraft and weapons systems maintenance and support for combat, and mobility air force mission-ready military aircraft and en route tanker maintenance. After 28 years of military leadership at the highest level of achievement, Col. Han also serves Hawai'i as vice-chair for the finance committee of the Hawaii Veterans Memorial Fund and the UH Task Force for Student Veterans.



SETSUKO BESS MATSUOKA retired from the State of Hawai'i Department of Social Services. She grew up in Honokahua but is a longtime resident of Wailuku, Maui, where she and her husband, Wailuku Assistant Fire Chief Guinichi "Gungi" Matsuoka, raised their three daughters. Since Gungi passed, Setsuko spends her time growing plants and flowers, and writing. Her passion is to write uplifting stories for seniors that capture the wisdom and humor of the old days, "when we were young."



TULIMALEFO'I SAGAPOLU, aka Tulima, is a HOT HULA fitness® instructor, teaching classes on Saturdays at 10am at the Hawaii Ballroom Dance Association in Aiea. Tulima first experienced HOT HULA fitness® at 24 Hour Fitness in Huntington Beach, Calif., and fell in love with the low-impact format that offers a full cardio workout without stressing the knees. She attended classes until she had the opportunity to become certified. She taught her first class at Seabreeze Church in Huntington Beach before moving to Honolulu.



SARAH SHIM is president of the Kwok Hing Society and serves on the board of the Maui Chinese Club. She studied social work at Chaminade University and worked with Mary Kawena Pukui at Queen Lili'uokalani Children Center using a cultural approach to delivering social services published in Nānā I Ke Kumu. Sarah was also a director at Maui Kaunoa Senior Center in Pā'ia. Her article comes from talk story with her kūpuna and the archives of St. John's Episcopal Church and Kwok Hing Society.

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.

JEN ANGELI | JANE BURIG SAY | CHRISTOPHER DUQUE | STEVEN KAWAMURA
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A Senior Fair for Oahu's Windward Side

by Sherry Goya, Generations Magazine

The 2nd Annual *Generations Magazine* Senior Fair at Windward Mall was held on Saturday, Jan. 18. There were many visitors who received valuable information from 44 *Generations Magazine* partners as well as the opportunity to visit "stamp-card" participants who provided 24 door prizes worth \$50 each and a Las Vegas trip from Vacations Hawaii. ■



Windward Mall provided a great venue, with tables also on the second floor overlooking Center Court.



Generations partners offered a wealth of information to seniors and their families.



KUMU radio DJ Devon Nekoba talks with GYMGUIZ Urban Honolulu.



Promotion of this event was supported by Windward Mall.



Hawaii SHIP provided information about its free medicare program.



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Survey Winner Will Celebrate in Las Vegas!



Pearl Hakulani Robins filled out her *Generations Magazine* reader survey, hoping she'd win. Soon she's headed to Las Vegas on a Vacations Hawai'i deluxe package — no taxis, no lugging suitcases, plenty of legroom on the plane — and four nights at the newly renovated California Hotel. Congratulations Pearl!

GM reader surveys help us make your senior magazine better. Our target has always been seniors 50 years of age and beyond. Most readers are retired and live independently. Our topics focus on how to retire happily and how to stay happy. Thanks to you, we've been able to focus on even more topics of interest to our readers.

As our ability to live longer lives increases, we are more aware that it's what we do with those years that matters. It's a chance to add new life chapters in health, finances, social activities, spiritual wellness, and of course, caregiving.

Through our surveys, we are hearing what you're hungry for — we get it, you're active! Well, no point in slowing down, right? We aim to be in step with you in order to keep up with you! Who's idea was it to slow down anyway?

For a chance to win next time, go to www.generations808.com and enter now! First prize is a one-year membership to Body & Brain Yoga Tai Chi on O'ahu. The membership will be good at Kaimuki, Honolulu or Mānoa locations for a full year of exercise, meditation and classes that improve your health. Five others will win a one-year subscription to *Generations Magazine*. ■

Do you or a loved one have Parkinson's disease?

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TO QUALIFY, PARTICIPANTS MUST:

- Be 50 to 85 years of age with Parkinson's disease
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 - hallucinations (seeing or hearing things that are not really there)
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 - irritability (impatient or cranky)
- Have a relative, housemate, or friend assist during the study and attend clinic visits

There is no cost to participate, and reimbursement of travel expenses may be available.

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Toshi Nomura, Vice President Phiten Hawaii/Waves of Hawaii

The Walk and Run Club, powered by Phiten Hawaii, a health and performance product retailer, is a co-sponsor of the nonprofit Hawaii Running Project, a new, free activity for seniors and their families. Walkers and joggers are encouraged to join the healthy fun that starts every Wednesday morning at 9 am. Fun, fitness and comradarie are open to everyone!

Gather your friends and family and join the club in front of the 'Ohana Hale Marketplace Phiten Hawaii store at 333 Ward Ave. (the former Sports Authority location). Groups are created based on who shows up each week. There is plenty of free parking available.

The walk and run start with a warm-up, a led workout and healthy stretching. Wear sunscreen and sunglasses, and carry your water bottle whenever you exercise. Come prepared for windy and rainy days. After the walk and run,

club members have plenty of post-exercise drink and food choices in the marketplace, which opens at 10 am. There may be discounts on shop products or drawings for door prizes. The fun starts every Wednesday morning and is even more fun with friends!

For additional details regarding The Walk and Run Club, call Coach Kawika at **808-462-1313** or visit the Hawaii Running Project at www.hawaii.runningproject.com. ■

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Mature Workforce Predictions 2020–25

by Carleen MacKay, Emerging Workforce Expert

Whether you wish to work in a full-time, part-time or in a just-in-time capacity—for a fee or for free—here are several predictions based on trends and research for you to consider when preparing to work in your 50s, 60s, 70s and beyond (yes, beyond).

1) The contingent and remote workforces will continue to outpace other ways of working over the next five years. The U.S. contingent (as needed) workforce today is stronger than 40 percent of the overall workforce, with remote full-time or part-time workers at around 5 to 8 percent and growing faster than most can measure. One person predicts (yes, that would be me) the growth rate of remote workers will increase to 25 percent by 2025. These predictions favor mature workers who seek to continue to contribute in unique ways.

2) The surging wave of automation will continue to affect occupations across the country. However, change that negatively affects many people also positively affects those who are ready. The question is: Are you ready?

The future belongs to those who continue to learn. Hawai'i offers opportunities for learning from the community college level to adult learning schools, such as the Hawaii Community School for Adults in Honolulu. The school is introducing a bill that would establish a Workforce Readiness Diploma Program for all adults. Follow your legislators and you will continue to see rapid, affordable, lifelong learning opportunities.

3) The "gray wave" is impacting the workforce. Its effect is expected to multiply—beyond

imagination—over the next five years.

The Bureau of Labor Statistics states that "Labor force participation is expected to increase fastest for the oldest segments of the population—most notably, people aged 65 and older."

4) Volunteering is a high-growth business, one in which the need for volunteers is predicted to expand exponentially through 2025. Where do studies predict that highest growth? The answer is healthcare and active involvement with our island's youngest and oldest members.

The future economic and societal health of Hawai'i will be measured by how we treat our youngest and oldest members.

If you seek a purpose-driven life and income is not your primary driver, explore the hundreds of volunteer options available throughout the islands. Keep in mind that longer, purposeful lifetimes are, in large part, achieved by a commitment to your own active aging goals.

Volunteering, by the way, is work. If you stop thinking about work under the old definition of the word "job," you will see that working for the good of others may end up being more rewarding than any career or endeavor you held during your younger years. ■

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Having a Purpose in the Community

by Carl Ashizawa, Manager, Logos Bookstore of Hawaii Inc.



When people hear that I manage a Christian bookstore at age 70, they think I'm crazy—or a religious fanatic. I assure you, I'm neither (but don't ask my wife!). In light of large stores closing and the Barnes and Noble chain struggling to survive; and when Amazon has changed shoppers' expectations, why do I think we can still run a brick-and-mortar bookstore—and a Christian one at that?

The answer goes beyond dollars and convenience. The store began as a vision through people involved with InterVarsity Christian Fellowship (a university campus ministry). It's about helping to create a community and a network of care for the people who come into our store. The ministry was to "be" God's word in the marketplace as a business. The store's name, Logos, actually means "word" in the Greek language.

The model was to provide a full-service bookstore with an ecumenical selection of books and Bibles, from conservative to liberal. The unique approach to the bookstore was to also appeal to non-church or non-religious customers. Our merchandise, customer service and even our atmosphere were the building blocks for starting new relationships.

Through our books and resources, we hope people will find answers regarding important topics, from "the meaning of life or faith" to more

down-to-earth issues: marital problems; aging and Alzheimer's; how to help someone going through cancer treatment; how to deal with anger, illness and death; what it means to be a Christian.

Our mission is to help our customers grow in mind and spirit.

Because of that purpose, I'm glad to be running this humble bookstore and serving the needs of my island community. ■

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Are You Chasing After the Wind?

by Steven Kawamura



I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind.

Wow, sounds pretty negative doesn't it. Yet, many men and women who have lived long enough to reach that mythical status known as "the golden years" find out exactly what King Solomon meant in the above quote. All those years of striving to accumulate wealth, land and power now might seem a bit wasted. Regrets like "Why didn't I go to more of my daughter's soccer games?" or "Why didn't I spend more time with my family?" rise up and begin to haunt us. Many of us wish we knew then what we know now.

Is it too late to do anything? Is there a way to wind back the clock? If you have been trying to reach back and correct past mistakes but keep ending up failing, consider what C.S. Lewis once said: "You can't go back and change the beginning, but you can start where you are and change the ending."

Lewis makes sense to me, as one who has walked "the pathway of regrets" and ended up even more depressed.

So what can you do right now — starting today — to begin this turnaround?

Well, taking a page from my own life journey, meeting one's spiritual needs first makes the most sense. Once you are back on solid ground spiritually, all the other parts of life begin to stop shaking. For me, making peace with a God who really loves me and is able to do amazing things gave me hope to move forward rather than dwell in the unchangeable past.

Stop chasing after the wind. Decide exactly what you regret and begin adjusting for what's ahead. What can I do now? What has to wait? Be proactive and don't wait for life to just happen.

Another important step toward finding fulfillment in your golden years is to stop being a loner. We need contact with other people. A church is a great place to begin. Try several churches before settling on one. Try praying before you visit each church. You may be amazed at what happens.

Finally, please don't continue chasing after the wind, even if you think you have no other choice or not enough time to change course.

The great UCLA basketball coach John Wooden once said, "There is only one kind of life that truly wins and that is the one that places faith in the hands of the Savior. Until that is done, we are on an aimless course that runs in circles and goes nowhere." It's what I call, chasing after the wind. ■



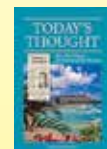
Remembering the life inspirations of Reverend Paul S. Osumi

Courtesy of Norman Osumi

Today's Thought

By Rev. Paul S. Osumi

You are what you think; your thoughts shape your life; your thoughts are your exclusive possession. If your life isn't as happy as you think it should be — if there is discord, depressing and destructive thinking — remember it is within your power and yours alone to change it. Replace your destructive thoughts with constructive thinking. ✱



You may find a compilation of Rev. Osumi's life inspirations at **Logos Bookstore of Hawaii**, 760 Halekauwila St., Honolulu, 808-596-8890 or online at www.amazon.com



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The Price of Pessimism

by Setsuko Matsuoka

Negative thoughts are like parasites silently eating away your health. Can we overcome this harmful habit and beat the odds? I say, "Yes! Definitely!"

Our state of mind affects our health, so when you think like a pessimist, always expecting the worst, your fight-or-flight response is often stuck on standby. To illustrate, think of worrisome thoughts as revving your car. It's useful before a race to test the engine, but if you keep gunning it all the time, you will burn out the motor.

Pessimists tend to have higher blood pressure and triglyceride levels than optimists, according to University of Pittsburgh research. Studies also reveal that a dour outlook can affect your organs, but optimism can boost your health. Jeffrey Huffman, MD, director of cardiac psychiatry at Massachusetts General Hospital in Boston, concludes,



"Happy and hopeful people are more likely to exercise, eat healthy and, of course, stop smoking." In other words, happiness empowers us to take charge of our health.

Other studies prove that staying positive can tighten the faucet on cortisol, a stress hormone linked to hardening of the arteries. And IL6, an inflammatory cytokine, is linked to multiple sclerosis and heart disease. So, looking on the sunny side pays big dividends.

When you reflect on the past, focus on your accomplishments. Savor the present; expect three good things to happen today. When you count your blessings, there may be even more than three! Start today — your health is your wealth. ■

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Alzheimer's Research: The Science of Hope

by LJ Duenas, Executive Director, Alzheimer's Association

The vision of the Alzheimer's Association is a world without Alzheimer's and all other dementia. To realize this vision, we fund research to better diagnose, treat and ultimately cure the disease. In fact, we are the world's largest nonprofit funder of dementia research.

A few highlights of our progress:

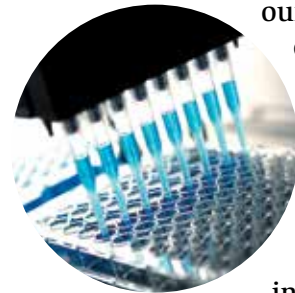
Diagnosing the Disease: Biomarkers

A biomarker is a measurable indicator of the severity or presence of a disease state. As blood pressure is an indicator for cardiovascular disease, or hemoglobin A1C for diabetes, promising research is being done to identify biomarkers for Alzheimer's disease. There are now ways to measure the presence of amyloid plaque or tau tangles, which are hallmarks of the disease, through imaging, blood tests, saliva, spinal fluid tests and retina screenings. We are optimistic that early diagnosis years before symptoms occur will be possible in the near future.

Early diagnosis will enable early intervention and preclinical research opportunities to understand changes in the brain and body which lead to mild cognitive impairment and dementia.

A Healthy Heart = A Healthy Head: Lifestyle

The brain utilizes about 20 percent of the blood pumped by the heart, so what is good for your heart is good for your head. When people have



cardiovascular disease or diabetes, blood vessels don't work very well. Studies have shown that as many as 80 percent of individuals with Alzheimer's also have cardiovascular disease.

The Alzheimer's Association has championed and funded efforts to understand the role lifestyle plays in keeping our brain (and heart) healthy. Through our U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER), we evaluate whether lifestyle interventions (diet, physical activity, mind/brain stimulation, etc.) that target risk factors for dementia protect cognition in older adults who are at increased risk. U.S. POINTER is the first such study to be conducted in a large group in the country.

Medications

Pharmacological therapy has a role to play in treatment and potentially, in prevention. As biomarkers become available, therapeutics and other interventions can be introduced earlier, years before symptoms of dementia develop.

The science is working. It isn't a matter of whether we will find a cure for Alzheimer's disease and other dementia, but when. ■

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Dentists Are Busy People

by Dr. Paul K. Tanaka, DDS

Many patients wish they could enjoy their dentist's company beyond a quick, customary greeting before their ability to speak is interrupted by the whirr of the drill.

Like everyone else, dentists have families, hobbies, enjoy their favorite beverage, have bills to pay and look forward to having fun. And just like everyone else, "busy" is a dentist's life.

Public education on dental care keeps dentists hopping, too. Commercials for electric toothbrushes, new toothpastes and improved water flossers (by the way, all of these products are great!) focus people on their smiles. The public is also aware of the new advances in dentistry. Dental-related companies advertise ways to straighten teeth, whiten teeth and freshen breath. Dentists must keep up with technology, convenience and new techniques to do the best job possible.

No wonder dentists are so busy—but with worthwhile results! In a recent national survey, Hawai'i ranked fifth for oral health. That's pretty good considering all the sweets we consume and given how much we love crack seed!

The next time you go to your dentist, you'll understand why he/she is so engaged and focussed.

I would like to know my patients better, too. But if there is no time for conversation, just know I appreciate how you are taking preventive care of your teeth. Your healthy smile says it all! ■

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Keeping Siblings Civil During Stressful Times

by Annette Pang, Family Caregiver Coach and Life Transition Advisor

Even the most solid sibling dynamic can erupt into arguments when it comes to the health and welfare of beloved parents who are beginning to show signs of frailty.

You: "Hey. Mom and Dad fell twice; why don't we hire a helper each day?"

Your sister: "Nah, they're ok—you're hyper."

Your brother: "The doctor says they are fine. So what—you're our expert now?"

You: "DAD WAS ON THE FLOOR FOR AN HOUR! Mom couldn't find her cell phone to call us! Me hyper? If something BAD happens, it's your fault!"

Siblings duking it out without parental input can result in complete caregiving failure.

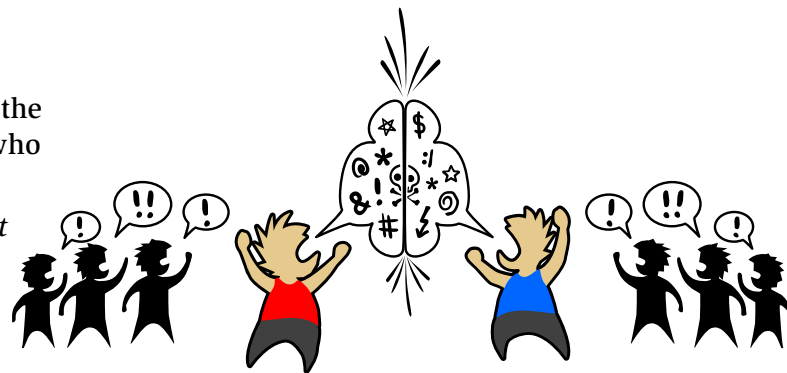
On the other hand, wise families collaborate without meltdowns or muzzling each other.

Three Smart ABC Steps to Building a Family Dream Team

1. ATTITUDE. Switch negative thoughts into positive language and behaviors.

Tip: Perceptive families tactfully welcome and value new ideas. They are patient and kind regarding each other's opinions and suggestions.

2. BRAINSTORMING. Tough topics require discussion: financing caregiving, selling vs. renting the family home, dividing assets, sharing caregiving responsibilities. Savvy families form judgment-free zones where everyone is protected from criticism when they voice their suggestions. They must also be understanding when their ideas are not accepted by all.



Tip: Circulate a "WHAT IF?" list to gather ideas and suggestions from everyone in order to give all time to think about them in depth rather than responding quickly with an emotional outburst.

3. COMMAND CENTRAL. Akamai families prepare ahead by finding out their parents' wishes instead of guessing in order to carry out their desires. They prepare for financial outcomes, and have easy access to advanced directives and wills. Clarity saves time and money.

Tip: Gather documents in a binder to serve as a treasure trove of parents' wishes and resources that everyone can refer to. This paves a smooth road ahead by avoiding unwanted potholes and excess stress at an already stressful time. ■

ANNETTE PANG
Family Caregiver Coach and Life Transition Advisor
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Annette Pang offers workshops, online training and one-to-one private life coaching. She has owned two adult residential care homes since 2000. She adores her four siblings and her husband's four siblings—all smart and kind.

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A Sweet Trip Down Memory Lane

by Generations Magazine Staff

Jane Hiranaga volunteers as a greeter for her senior community at The Plaza Assisted Living at Waikiki. She also organizes group outings to Mānoa Valley to visit her granddaughter, Erin Uehara, a specialty chocolatier and owner of the Choco le'a chocolate shop.

"Who doesn't love chocolate?" says Erin. "Seniors especially love our shop because it is like the candy stores of long ago. Tutus tell me the chocolate aroma and display cases evoke the nostalgia of going to their favorite candy store when they were keiki."

The shop sources its chocolate locally and from Europe, making the ganache and fondant centers from exclusively local ingredients. Creamy caramels, butterscotch and crunchy nut clusters are customer favorites, but Erin raises the bar with her own local-flair creations, like creamy, chocolate truffles that surprise the palate with bits of tangy, tropical fruit jelly, or smooth kaki mochi. The truffles are a kūpuna favorite. For Chinese New Year, she makes gau truffles to bring good luck and satisfy the local custom and taste buds.

The benefits of consuming chocolate go beyond flavor—the sweet treat actually contains a molecule that is the same natural substance the body produces when falling in love! Made from the seed of the cocoa tree, it is one of the best sources of antioxidants on the planet. And dark chocolate has added health benefits as well, including reducing the risk of heart disease and lowering blood pressure. Research also shows that dark chocolate may also improve the function of your brain! So Jane's sweet outings offer seniors a hap-



(Above) A little old shop that brings back memories and joy.
(Left) Jane, her granddaughter Erin and great-granddaughter Aubrey.

py and healthy trip down memory lane. Maybe that's why they are always packed! ■

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The Kula Shims: Contributions That Last

by Sarah Shim, President, Kwok Hing Society and Board Member Maui Chinese Club

The Shim family documents their genealogy to Emperor Hwang Ti, China's first emperor, who began building the Great Wall. In the 1860s, Shims from Kwangtung Province across the China Sea from Hong Kong took advantage of agricultural and business opportunities in Kula, and worked hard to improve life in Upcountry Maui.



Goong Goong (grandfather) Shim Bow was a herbalist healer. He died at age 58, but Popo (grandmother) worked her farm, still carrying avocados uphill when she was in her 80s. She lived to 104, had excellent hearing and vision, no diseases and very little white in her hair.



Our uncle, Shim Mook, was a prominent business man who supervised the building of the Kula pipeline in 1905. His mule teams pulled loads of pipes as far as the mules could go; then Chinese workers carried them the rest of the way. A Chinese teacher was needed in Kula, so he wrote to China and they sent Rev. Shim Yin Chin. It took remarkable dedication and courage to leave his family and come to Hawai'i, but he was ordained here, and in 1907, opened the doors of St. John's Episcopal Church.

Rev. Shim successfully lobbied to amend the Homestead Act in 1911 to keep Chinese farmers from losing their land. The Legislature agreed: "Chinese who had been long resident in the district, and whose children, seventeen or eighteen years of age who had been born here, would be granted leases on the premises which they had occupied and improved."

Shim Mook's grandson, Herbert, was a farmer, rancher, conservationist and founder of the first Upcountry farmers' market. His brother, Richard Shim, is called "The Mayor of Kēōkea," a place once known as "China Town." He loves to share the history of Kēōkea Sun Yat-sen Park and the Kwok Hing Society hall with family and visitors.

Next door to Fong Store in Kēōkea is Grandma's Coffee House. That building was Shim's



(Top left) Grandma's Coffee House and Henry Fong Store. (Above) Casey Shim picking coffee on his farm. (Left) Shim generations gather at the Kwok Hing Society.

Restaurant, opened by Shim Bow's son, Harold, and his wife, Hannah, during WWII. They kept the military men well fed!

At 89, nephew Casey Shim works the rich soil of his Kula farm, called "Utopia." His one-man coffee and botanical farm wins many accolades from connoisseurs across the country. Casey attributes his green thumb to his ancestors. He says, "Being among plants is very relaxing and healing. If you're around nature a lot, you won't ever need a psychiatrist." Even at his advanced age, harvesting 3,700 pounds of coffee beans each year by himself is something he enjoys!

Many Shims were founding members of the Kwok Hing Society, erected in 1907 as a place where Chinese families could get information from China. (Dr. Sun Yat-sen came here to plan his overthrow of the Manchu Dynasty.) Today, our family still gathers at Kwok Hing to socialize and share our Chinese cultural events, traditions and rituals. On April 22, we will celebrate Ching Ming grave-cleaning day with prayers and a community banquet. ■

Bibliography: Talk-story sessions with Harold Shim, Herbert Shim, Richard Shim, Casey Shim; St. John's Church Archive, Kwok Hing Society Archive.

A Treasure Trove of Island History

by Generations Magazine Staff

The Hawai'i State Archives is a little-known, virtually untapped (by most of us) compilation of Hawai'i's history.

It's mission is to ensure open government by preserving and making accessible the historic records of state government and to partner with state agencies to manage their records. The division is organized into two branches—the Historical Records Branch, which is accessible to the public, and the Records Management Branch, which does not offer services directly to the public.

The Historical Records Branch preserves and provides public access to the state's government archives and special collections through the Hawai'i State Archives. These government records date from the monarchy to the current legislative session, and include photographs, maps, artifacts, 19th century newspapers, rare books, and library collections specializing in Hawaiian history, culture and Pacific voyages, and private collections.

The archives opened to the public in 1906. As caretakers of irreplaceable historical treasures, the Hawai'i State Archives has the responsibility of ensuring the materials are available for research, study and viewing by the public. Therefore new security measures are being implemented:

- Upon entering, all visitors will check in using the Patron Registration system.
- All visitors will check in with the security guard and surrender a current government-issued photo ID (i.e. driver's license, state ID, passport, etc.) in exchange for a research badge.
- All bags, purses, folders and containers must be stored in your free locker.
- Loose papers entering the research room will be stapled by the guard (or leave them in a locker).
- Only bound materials (notebooks, books, papers bound in binders) are allowed, which will be inspected before entry and again as you exit.
- No food or drinks are allowed.

Summary of rules and procedures can be found on the archive website, ags.hawaii.gov/archives: search for "Public Use of Archives." ■



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Springtime Safety Means No Emergencies

by Jennifer Borja-Johnson, Connect America

Spring cleaning can be a satisfying experience for seniors, but it's important to do it safely. Take your time, rest often and stay hydrated. Do not climb on furniture or a ladder. Ask for help. Staying safe is more than wearing an alert device. Work safely so you don't have to activate it!



Use Careful Cleaning Methods. Wear rubber gloves to protect your skin from harsh chemicals. Senior skin is thinner and more sensitive.

Declutter. Clutter poses a falling risk for seniors—especially when reorganizing closets. “De-junking” surfaces and floors reduces that risk.

Clean Hidden Sources of Germs in the Kitchen. Sponges harbor foodborne bacteria like E. coli and salmonella. Disinfect sponges with bleach every

day. Clean countertops and everyday kitchen items with disinfectant, followed by hot, soapy water.

Take Fire Safety Precautions. Replace batteries in smoke detectors, keep the stovetop area free of flammables, and clean the lint filter in the dryer before and after each load.

Clean the Air. Seniors with asthma may be even more sensitive to pollutants like dust. Replace your HVAC filter often. Choose a HEPA filter, which removes dust, mold and pollen. ■

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by Dailyn Yanagida, General Manager, Amazing Care Network

Do you recall in your younger days having lots of friends? Did you have so many that your social calendar always seemed full?

As we age, our social network changes. Our friends may move away, enter careers that take us in different directions, or get busy with family activities. While our social network may look different now, it is still important to maintain a group of family and friends. Studies have shown a direct correlation between life satisfaction and the presence of social networks with older adults 50 and over.

Many factors will influence who will be in your social network. Perhaps it is your family who you live with, a church group or even former high school classmates who you feel most comfortable socializing with. Sometimes transportation or mobility issues may lead you to limit your social network to your neighborhood or those who are in the vicinity. A social network becomes a resource

and sounding board to discuss topics that make our lives better. Socialization has been proven to decrease feelings of loneliness or isolation.

So whether you meet others to walk the mall or catch up over coffee every Wednesday at a nearby café or you join a formal networking group, don't ignore the importance of interacting with others. It may be just what you need or you may be exactly what someone else really needs. ■



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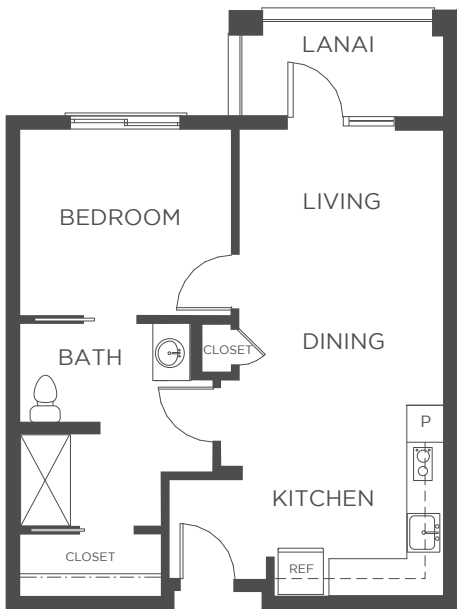


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Hot Hula Dance Moves for Seniors

by Tulimalefo'i Sagapolu, Certified HOT HULA Fitness® Matua Instructor

The HOT HULA fitness® Matua workout provides exhilarating exercise using Polynesian dance moves. Matua is a Māori word meaning elder or parent, so this fitness routine is geared to seniors, but can also be enjoyed by all age groups and fitness levels. Anyone who enjoys dancing and keeping fit can benefit from this exercise with a Polynesian flair.

HOT HULA fitness® Matua is a low-impact, yet heart-pumping cardio workout that targets larger muscle groups to increase strength and definition of your core (abs), glutes, quads and arms. This action-packed dance provides a 60-minute, total body workout.

Inspired by the dances of the Pacific Islands, HOT HULA fitness® movements are set to the sounds of traditional Polynesian drumbeats fused with funky Reggae music. The instructor breaks down each choreographed *siva* (dance) into easy sections. The founder, Anna Rita Sloss, believed in helping her *aiga* (family) as she searched for a program that would help move her people toward an active lifestyle.

"Our people can relate to drumbeats. When they hear it, they start moving and swaying their hips—enticed to get off their bums and move!" she says. Numerous studies show how dancing benefits mind and body by getting your heart pumping and your blood flowing—a plus for joints, heart and brain. Dancing helps participants lose weight and manage stress. It also



HOT HULA fitness has four basic moves: 1) Tamau is hitting your hips side to side; 2) Ami is a circle movement; 3) Afata is a box movement by which you are drawing a box with your hips, hitting all four corners; and 4) Varu, a figure eight (the infinity symbol).


instills grace and exercises memory to help curb development of dementia.

Studies also show that dancing lifts the spirit, which is one of the many reasons I love teaching this format.

The exercise pace of HOT HULA fitness® Matua is slower and each move is specially modified for the matua. However, students may opt to execute either the full movements or the modified version. The health benefits are the same.

I encourage my HOT HULA fitness® Matua class to "move at your own pace and listen to your body. Keep moving your feet and make those big circles with your hips." ■

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Encore.org: Utilizing the Over-50 Resource

by Generations Magazine Staff

A Greek proverb says, "A society grows great when old people plant trees under whose shade they will never sit." This is the basis for an expanding network that is harnessing the power of the over-50 age group.

The demographic landscape has changed over time, requiring a paradigm shift regarding what we think and how we feel about people over 50—including how they work and contribute to society.

There are more people in the U.S. over 50 today than there are under 18. By 2035, 140 million Americans—more than 1 in 3—will be over 50. With decades of productivity ahead, adults 50 and over are a growing and renewable resource. Encore.org's goal is to help those decades become a time of social contribution and impact in order to leave the world better than we found it.

Encore.org addresses this shift by outlining changes that need to be made and innovating new ideas and models to leverage the skills and talents of experienced adults. It is also the hub for a growing group of leaders advancing the Encore Movement, which aims to solve social problems by making use of the experience of people in midlife and beyond. It includes people in or aspiring to transition to their encores, the people and organizations working to enable encores and the organizations tapping encore talent.

The many organizations that were spawned by or are aligned with the Encore Movement are organized into the Encore Network, a global coalition of leaders and organizations committed to turning our longer lives into a valuable asset.

An "encore" or "encore career" is continued work in the second half of life that combines social impact, purpose, and often, continued income. An encore can be paid or volunteer and doesn't have to be limited to the nonprofit sector.

Although it's much more about life stage than age, the encore phase of life sits squarely in those years that used to comprise retirement. Many people plan for their encores in their late 40s or early 50s and move into encore work in their 50s, 60s, 70s and beyond.



If you are thinking about your own encore, look under the "Resources" section of **Encore.org**, where you'll see a page called "For Encore Seekers" that will suggest ideas and resources, including *The Encore Career Handbook*.

There are Encore Networks in 33 states and 12 countries, but none have been established in Hawai'i. You can change that. Together, we can create a better future for future generations. ■

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Kawaiaha'o Church

Keeping the Faith for 200 Years

By Katherine Kama'ema'e Smith

Photography by Brian Suda



The kingdom of God is like a mustard seed, which, when it is sown in the ground, is smaller than all the seeds on Earth. But when it is sown, it grows up and becomes greater than all herbs, and shoots out large branches, so that the birds of the air may nest under its shade.

Mark 4: 31-32 MJ

So was the faith of one Hawaiian youth who fled tragedy in 1810 and wound up in Connecticut, where he found consolation and forgiveness in the God of Jacob. His name was Henry 'Ōpūkaha'ia. The seed of his faith brought Christianity to Hawai'i in 1820.

In his epic historical novel *Hawai'i*, James A. Michener created fallible heroes and villains who have lived in our memories for over 60 years now. But when the missionaries are interpreted in the norms of their times, the tenets of their beliefs, we see their abiding faith to bring the gospel of peace to Henry 'Ōpūkaha'ia's people. The fruits of their labor persist, and in 2020, we celebrate 200 years of teaching God's word and singing sacred hymns that inspire faith, hope and love.

Today, Kawaiaha'o Church is pastored by Rev. Kenneth Makuakāne, who says, "God has worked in so many hearts and lives over the past 200 years and we are so proud that Kawaiaha'o Church has been instrumental to the growth of the Christian faith here in Hawai'i. The bicentennial is a good opportunity to reflect and better understand the relationships between the ali'i, maka'āina and missionaries."



Carrying a Seed of Faith to Kawaiahaʻo

To understand what has been accomplished here, we go back to Kawaiahaʻo in King Kamehameha's kingdom. It was an ʻili land section of the Mānoa ahupuaʻa and the name of a watering hole and spring on the dry plain above Waikīkī. Legend says a chieftess named Haʻo liked to bathe here. In April of 1820, when young newlyweds Hiram and Sybil Bingham arrived in Honolulu with the first company of missionaries from the American Board of Commission for Foreign Missions (ABCFM) on the brig *Thaddeus*, the aliʻi allowed them to stay and build a hale at Kawaiahaʻo spring.

They endured a five-month voyage that left Boston in October 1819, sailing down the Atlantic coast of the Americas to Cape Horn and then northwesterly across the open Pacific to the Sandwich Islands. Seven missionary couples included four ministers, a farmer, a doctor and a printer. Their four young Hawaiian companions were returning home from New England, where they ended up after working on trading ships: William Kanui, Thomas Hopu, John Honoliʻi and George Kaumualiʻi, a son of the King of Kauaʻi. Missing was Heneri (Henry) ʻŌpūkahaʻia, who died of typhus fever in 1818 at age 26, without seeing his beloved homeland again.

When Henry was 10, a raiding chief killed his parents. The chief threw a spear at Henry, who was fleeing with his 3-month-old brother on his back. The spear killed the baby and spared Henry. He was taken in by the man who killed his parents, but ran away to his uncle, the kahuna at Hikiʻau heiau in Kailua. There he began training to caretake the temple, but his grief led to despair. Soon, he talked a ship's captain into taking him away from Hawaiʻi. The boy, who carried the name "gutted belly," left for the sea at the age of 16 and ultimately landed New Haven, Conn., living in the home of the cousin of the head of the Yale Christian seminary.



Hea Iesū Ia Kākou La (Jesus Calls O'er the Tumult)

Until about 1816, Christians believed that underdeveloped peoples without written language were not able to receive the "Word of God" because they could not read the scriptures themselves. A tenet of "freedom of Christ" championed by Martin Luther during the Reformation was that God speaks directly to the individual through the Bible, prayer, circumstance and conscience. But Henry, and a few other Hawaiians and Native Americans, were learning to speak English! Henry's academic aptitude became the flash point for the founding of the first Foreign Mission School in 1816.

His culture's oral tradition taught Henry ʻŌpūkahaʻia to listen carefully and memorize large amounts of data. This avid learner read scripture and chose Jesus Christ as his savior. The seed of his faith grew and he passionately lobbied that the gospel should be preached to his people in Hawaiʻi. After his untimely death, his memoir was published by Edwing Dwight and sold to support the Hawaiian mission.

Passengers on the *Thaddeus* expected to find the Hawaiʻi Henry left: raiding warriors killing children and adults, chaos and depravity, human sacrifice to the gods. They came to face hell—to share the good news of peace with God at the expense of their very lives.



Instead, in March 1820, as they sailed along West Hawaiʻi toward Kawaihae, High Chief Kalanimoku and his wives approached in their double-hull canoes. But it was not a raid; it was their custom to greet all arriving ships to determine where they hailed from and what their intention might be. As the welcoming party paddled off, surprised and thankful Revs. Bingham and Thurston climbed up the rigging and joyfully serenaded them with a hymn.

After uniting the islands, Kamehameha the Great reigned in peace, outlawed ambushing and murder of travelers, and refused human sacrifices when he was sick and dying. He passed away in May 1819. The kapu system was customarily suspended to mourn his passing. When the new king, Liholiho, Dowager Queen Keopuolani, Queen Regent Kaʻahumanu and High Kahuna Hewahewa chose not to reinstate it, the old kapu religion of Pāʻao and the Tahitians was gone. Before the *Thaddeus* arrived, the harsh kapu rules were lifted, large carved kiʻi of the old gods burned and heiau closed. Henry ʻŌpūkahaʻia would have been gratefully surprised to see Hawaiʻi at peace.

The missionaries sought out King Liholiho for permission to live in Hawaiʻi. After some days of consideration, the chiefs allowed Rev. Asa and Lucy Thurston to reside in a home in Kona. A few days later, Rev. Hiram and Sybil Bingham sailed on to Oʻahu, where they were permitted to build a thatched hale by a spring hole named Kawaiahaʻo. At the first Sunday worship services in their home, curious Hawaiians enjoyed curious foreign music and singing. Soon, Bingham was preaching God's word three times a week in Hawaiian and once a week in English. Henry ʻŌpūkahaʻia's Christian brothers and sisters were fulfilling his one dying wish.



Reverend Asa & Lucy Thurston



Reverend Hiram & Sybil Bingham

When Kawaiahaʻo was growing and Kaʻahumanu's laws were enacted, Lāhainā was still the royal seat of government. The high chiefs all had residences in Honolulu, which had a protected port that Kamehameha I had developed for sandalwood trade with Canton and Macao. A small fort and canon protected the pier, storehouses and royal residences near the dock. Some whaling captains brought their ships and crews in for provisioning, but most preferred anchorage in Lāhainā Roads, where alcohol was prohibited.

An 1810 map shows footpaths along the Waikīkī plain connecting high chiefs with their lower chiefs and advisors. Behind the beach and dry plain, cooler farmlands reached up to the lush valleys of Mānoa and Nuʻuanu, where the nourishing waters of Kāne, the god of life and fresh water, flowed.

Pā Nahe Maila Kō Iesu Kāhea (Softly and Tenderly, Jesus is Calling)

Each of the missionaries had responded to the personal call of God. The curious young newlyweds, 5,000 miles and three climate zones away from home, prayed that God would speak directly to the hearts of Native Hawaiians. To this end, they worked diligently to convey the holy scriptures in Hawaiian. Christians can demonstrate the love of God by their pious lives, but knowledge of the living and invisible God comes from reading what God says about Himself in the holy scriptures.

First, they captured all the sounds of spoken Hawaiian in an alphabet that could be used to phonetically write Hawaiian words. Soon, classes were offered to teach Hawaiians to write their own words on chalkboards. Writing letters became all the rage in 1825. By 1837, The Hawaiian Kingdom was the most literate nation on Earth. Literacy estimates were 90 percent — higher than Scotland's at that time. Missionary printing presses furiously stamped out spelling books, hymnals, dictionaries and newspapers. The Hawaiian's thirst for learning was unquenchable.

The next giant task was to translate the Bible, so Hawaiians could read and interpret the scriptures them-



selves. The Hebrew, Latin and Greek training that the missionaries received in seminary helped, and the ali'i designated Native Hawaiian poets and scholars to assist in the translation process. The New Testament was translated by 1832; the Old Testament by 1839. The translators were surprised to find similarities between Hebrew and Hawaiian languages, which made translating the Old Testament easier than the new.

With reading and hearing the soft and tender call of the Lord, some high ali'i accepted Christ, beginning with Queen Keopuolani in 1823, Queen Regent Ka'ahumanu in 1824 and many more in the later 1920s. But the "Great Awakening," a massive move of the Holy Spirit, didn't start until 1837. Most of the smaller congregational churches were built between 1840 and 1860.

Iesū Ke Kumu o Kōna Ekalesia (The Church's One Foundation)

As an increasing number Native Hawaiians attended services, large thatch meeting houses were constructed at Kawaiaha'o. The faithful walked miles to Sunday Sabbath meetings that lasted several hours and involved sharing hymns, lessons and meals.

Most of the missionaries kept detailed journals of their experiences. Titus Coan penned one of the earliest descriptions of a volcanic eruption and a flow that nearly reached Hilo. Hiram Bingham described services at Kawaiaha'o Church, the translation work and the royal school for ali'i children. Lucy Thurston wrote about her life in Kailua. When she found a lump in her breast, a physician operated to remove it as she lay on her kitchen table, comforted by God, whiskey and something hard to bite on. Her extreme faith and courage saved her life.

In 1827, Rev. Bingham reported to the ABCFM about a lovely garden tea party Mrs. William Richards from Waianae mission and her sister,

Sybil Bingham, prepared for the ali'i on the lawn at Kawaiaha'o. King Liholiho and Ka'ahumanu, with all the first- and second-rank high chiefs and several others connected to them through marriage, were on the guest list.

Rev. Bingham's report read: "Twenty-one chiefs of the Sandwich Islands mingling in friendly, courteous and Christian conversation with seven of the mission family whom you have employed among them. Contemplate their former and their present hopes. They have laid aside their vices and excesses, their love of noise and war... the privileges they now enjoy, but you will hear these old warriors lamenting that their former kings, their fathers and their companions in arms had been slain in battle or carried off by the hand of time before the blessed Gospel of Christ had been proclaimed on these benighted shores."

To celebrate the bicentennial, Kawaiaha'o Church is holding another tea party on the church lawn — complete with cookies and cakes, fragrant tea and entertainment by the Puamana trio.

Hoe Amau! (Pull For Shore)

Sunday services at Kawaiaha'o attracted thousands of people, a third of whom sang from their own copy of the hymn book, bound in hand-woven or cloth covers. Rev. Bingham admired their pleasing attention to scripture reading and preaching, "while angels wait to witness the effect of the word of God on their hearts." His work to make the word of God available to Hawaiians was hard but very rewarding.

As the congregation grew, so did the church. The 1821 Kawaiaha'o meeting hall was a thatched hale with glass windows, wooden doors and a pulpit, but the congregation sat on mats on the ground, as was the Hawaiian custom. Larger meeting halls were subsequently built to accommodate a Sabbath Day service for 3,000 or 4,000 attendees, and numerous reading and writing classes.

Ali'i Sundays are among the many long and honored Kawaiaha'o Church traditions that began about 1914. In the 1970s, our people were embarking on a tidal wave of change. In the chaos of circumstance and sensing the urgency to unite Hawai'i's people and rekindle their strength and purpose in Ke Akua, Rev. Dr. Abraham Akaka rejuvenated these services with the Royal Societies as part of the larger cultural awakening already taking place.

In 1838, Rev. Bingham planned and oversaw the beginning of construction for the novel "Stone Church," as it came to be called, with a design based on the Goshen Congregational Church in Goshen, Conn., where he and Asa Thurston were ordained. The difference was that it was not built from any type of stone, brick or wood, but 14,000 slabs of inshore coral. Divers cut out each 1,000-pound slab with knives and teams of men hauled them onto canoes for transport to Kawaiaha'o. It took great energy and over five years to build. King Kamehameha III commissioned the building with the support of Regent Kina'u, Gov. Kekuanao'a and other ali'i. In 1839, the cornerstone was laid — rock from the Waianae estate of High Chief Abner Pākī.

Rev. Bingham never saw the church completed. The ABCFM reassigned him to New England in 1840 because the board thought that he had become too involved with political aspects of the Hawaiian Kingdom. The success of the mission and the rising costs of supporting over 200 missionaries in the Pacific led the board to limit support. Pastors were taking side jobs to support their families. By 1863, support ended and missionaries had to either find full employment in Hawai'i or return to America. Many chose to stay.

Ka Haku Nō Ku'u Pu'uhonua (A Shelter in the Time of Storm)

Christian churches have always been places of refuge since the apostles formed the first seven churches. Pre-contact Hawaiians set aside certain lands as sanctuaries for the oppressed and understood this concept very well. During the reign of Kauikeaouli Kamehameha III, Kawaiaha'o became a place where kings and commoners gathered in the shelter of their God and fellowship of other Christians. This tradition continues today.

"Ōlelo Hawai'i was the language of Kawaiaha'o and it is still a significant part of worship. We have scripture readings in 'ōlelo Hawai'i, manaleao and fluent speaker communities in both languages, sermonettes in 'ōlelo Hawai'i, and two Sundays a month, "Ka Halawai" all-Hawaiian services," says member Malia Ka'ai-Barrett.

In 1843, when Kauikeaouli moved the royal seat of government to Honolulu. Kawaiaha'o Church became the site of many milestone events of the Hawaiian Kingdom constitutional monarchy. In February 1843, when Lord Paulet and his men took control of the Hawaiian Islands for Britain under threat of force, Finance Secretary Dr. Geritt Judd secretly scribed the king's letter of protest to Queen Victoria. Hiding in Queen Ka'ahumanu's crypt in the graveyard and writing by the light of a single candle, he asked Britain to return sovereignty to the Kingdom of Hawai'i.

Seven months later, when sovereignty was restored by Admiral Thomas, it was from the steps of Kawaiaha'o Church that King Kauikeaouli addressed the nation and spoke these famous words: "Ua ma au ke 'ea o ka 'āina i ka pono! The life

Portraits of Hawaiian royalty are honored and respectfully displayed in Kawaiaha'o Church. (L-R) Prince Jonas Kūhiō Kalaniana'ole, Princess Ka'iulani, Queen Lili'uokalani, Princess Bernice Pauahi Bishop, Princess Elizabeth Keka'aniana'u and Queen Ka'ahumanu.



of the land is perpetuated in righteousness!" In 1959, his words became our state motto.

Other beloved ali'i nui of Hawai'i were members of Kawaiaha'o: Charles Lunalilo, David Kalākaua and Lydia Lili'u Loioke Walania (Queen Lili'uokalani) were all inaugurated as monarch at Kawaiaha'o.

In the 20th century, King Kalākaua initiated the preservation of traditional culture. He is most remembered as "The Merry Monarch" for his love of hula, chant and music. But he also created a knowledge base of genealogies, mele, kaona and nā mea hūnā in the Hale Nāua. Over 25 Hawaiian language nūpepa (newspapers) memorialized Hawaiian syntax and grammar, so we can read the original language today.

Throughout the years of overthrow, annexation and statehood, Kawaiaha'o was a "city of refuge," where Hawaiians could meet, socialize freely, and pray in sing in their native tongue. In her darkest hours of house arrest, Queen Lili'uokalani practiced the Christian faith and wrote in *The Queens Prayer* hymn, "Do not regard the treachery of men, but forgive and cleanse." She encouraged her people not to revolt and risk bloodshed, but to rise to the power of aloha.

There is little doubt that the missionaries' Hawaiian pī'āpā alphabet, schools for reading and writing, and printing presses helped preserve not

only the language—but a body of literature and knowledge.

Mele Au Ka Lono Lani

(I will Sing the Wondrous Story)

Music with scriptural lyrics is an important way the Kawaiahao Church shared God's word. Missionaries and their church members translated their hymns into Hawaiian; members taught the songs to their children. God spoke through the uplifting words and it was said that choirs were good in all the Hawaiian churches, but "congregational singing at Kawaiaha'o thrilled the heart."

Over two centuries, several famous Kawaiaha'o musicians and singers found renown. Victoria Kamāmalu Ka'ahumanu IV played the melodeon and led the choir. Later, Queen Lili'uokalani, who composed *The Queen's Prayer* and *Aloha 'Oe*, played the organ and led the choir. The first leader of the Royal Hawaiian Band, Heinrich "Henri" Berger, who composed *Hawai'i Pono'i*, led the Kawaiaha'o choir and delighted in the Hawaiian talent for singing. He said, "The Hawaiian had the one thing he needed, his voice... and the Hawaiians combined the old chant with the new hymn."

Bernice Pauahi Bishop, the founder of Kamehameha Schools, sang in the Kawaiaha'o choir like her mother before her, Laura Konia Pākī. Her beloved "song contest" concept comes from the church "Aha Hīmeni." On each island, every



church choir would prepare a hymn to perform for the others. The competition was hot, but most delightful was the fellowship and pā'ina luncheon with all the vocalists and musicians.

Today, sacred music still brings stirs faith in the hearts of people attending services at Kawaiaha'o. Principal Director of Music Nola A. Nahulu oversees programs for a large choir, a bell choir directed by Phyllis Haines and Hula Hālau o Kawaiaha'o, directed by Kumu Hula Ardis Gomes. The church also supports the Hawaii Youth Opera Chorus (HYOC) managed by Kawaiaha'o member Malia Ka'ai-Barrett.

Kahu Makua Kenneth Makuakāne, a recognized vocalist and guitarist, pastors this big church with the help of a devoted team of church lay leaders.

"God is alive and well here through our ministries at Kawaiaha'o Church School, youth ministries, outreach to the homeless and more. We want Kawaiaha'o Church to continue to stand as a pillar of faith in our community, a church without walls, and a place where everyone feels welcome to worship," says Pastor Makuakāne.

For 200 years, the congregation has been faithfully singing songs to the triune God, Ka Makua Mau, Ke Keiki a me Ka Uhane Hemolele (Father, Son and Holy Spirit) They read the same word of God that inspired Henry 'Ōpūkaha'ia. They preach and teach the same simple faith in God that brought the missionaries to his ancestors' shores. It is the same faith that inspired Peter Galuteria to compose a new hymn for the 200th anniversary celebration—*Ka Ekalesia O Kawaiaha'o*, which will be sung in all the United Churches of Christ throughout Hawai'i during the month of April.

Please note: The Kawaiaha'o Church community is suspending services and gatherings, and the Bicentennial Celebration during the pandemic. Visit www.kawaiahao.org for future schedules and advisories.



Lā Maika'i! (O Happy Day!)

So was it the Americans who brought Christianity to Hawai'i? Sort of. But were it not for the powerful encouragement and passionate faith of one young Hawaiian—and the amazing grace of God to grant his dying wishes, we would not be celebrating with Kawaiaha'o this year. I believe that Henry is still praying for his people.

A few weeks ago, another 16-year-old reported his reflections about the story of Henry "Ōpūkaha'ia to the Kawaiaha'o congregation. His name is Noah Rator.

"When I found out that Henry was just 16 years old when he jumped on board a ship looking for a new life, I was amazed. I'm 16 and can't imagine the amount of courage it must have taken to get on a large boat with people you never met before and ask for refuge. Not only that, he sailed to the Americas and China. Knowing that 'Ōpūkaha'ia was able to overcome adversity and change Hawai'i forever, despite being so young, encourages and inspires me to go out in the world and to not be afraid of challenging situations, but instead to face those scenarios head-first."

Henry 'Ōpūkaha'ia is still encouraging and inspiring young Christians like he motivated the missionaries! This faith, which traces back over 2,000 years to the first disciples of Christ, still kindles kindness, joy and thankfulness at Kawaiaha'o. ■





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OAHU

Ahupua'a 'O Kahana	One of a few publicly owned ahupua'a	Windward	www.dlnr.hawaii.gov/dsp/parks/oahu
Bishop Museum	State's largest collection of Hawaiian artifacts	Honolulu	www.gohawaii.com/islands/oahu
Hānaiakamalama	Queen Emma's summer retreat from 1857 to 1885	Nu'uano Valley	www.dlnr.hawaii.gov/dsp/parks/oahu
He'eia Fishpond	Large walled fishpond on the Kāne'ohe Bay shore	Kāne'ohe Bay	www.nakilohonuaoheea.org
Huilua Fishpond	One of only six fishponds that still exists	Kahana Bay	www.nps.gov/locations/hawaii/oahu.htm
'Iolani Palace	Hawaiian Kingdom Royal Palace	Honolulu	www.nps.gov/locations/hawaii/oahu.htm
Kaneaki Heiau	Temple built in the 17th century dedicated to Lono	Makaha Valley	www.onlyinhawaii.org
Kea'iwa Heiau	A medicinal or healing heiau known as heiau ho'ola	Waikiki	www.dlnr.hawaii.gov/dsp/parks/oahu
Kū'īliioa Heiau	Temple of teaching ocean-related skills	Waianae	www.to-hawaii.com/oahu
Kūkaniloko Birth Site	Centuries-old birthplace of Hawaiian ali'i (royalty)	Wahiawa	www.honolulu.gov/parks
Nu'uano Pali Lookout	Site of the Battle of Nu'uano united O'ahu in 1795	Pali Highway	www.gohawaii.com/islands/oahu
Pahua Heiau	Temple dedicated to the god of agriculture	Honolulu	www.to-hawaii.com/oahu
Pohaku Lana'i	Balancing limestone slabs used as a lookout point	Haleiwa	www.to-hawaii.com/oahu
Pu'u o Mahuka Heiau	Largest heiau on the island	Waimea Bay	www.nps.gov/locations/hawaii/oahu.htm
Royal Mausoleum	Burial place of Hawaiian ali'i (royalty)	Honolulu	www.dlnr.hawaii.gov/dsp/parks/oahu
Ulupō Heiau	Massive rocks carried for miles hint at its importance	Kailua	www.dlnr.hawaii.gov/dsp/parks/oahu
Washington Place	Residence of Queen Lili'uokalani, the last monarch	Honolulu	www.washingtonplacefoundation.org

KAUAI

Kaua'i Bellstone	Massive boulders served as a communication tool	'Opaeka'a Falls	www.onlyinhawaii.org
Cook Landing	Site Initial landing site of Captain James Cook	Waimea River	www.nps.gov/locations/hawaii/landmarks.htm
Ka Ulu a Paoa Heiau	Gifted hula dancers refined their art here	Nawiliwili	www.gohawaii.com/islands/kauai
Kamokila Village	A recreation of an ancient Hawaiian village	Wailua	www.onlyinhawaii.org
Kikiaola Ditch	An ancient irrigation auwai (aqueduct)	Waimea	www.onlyinhawaii.org
Menehune Fish Pond	Legend: menehune built these ponds 1k yrs ago	Nawiliwili	www.kauai.com/menehune-fishpond
Old Sugar Mill of Kōloa	A historic Ladd & Company sugar plantation	Kōloa	www.nps.gov/locations/hawaii/landmarks.htm
Russian Fort Elizabeth	Fueling & trading foothold for Russia	Waimea	www.nps.gov/locations/hawaii/landmarks.htm
Wailua Heiau Complex	Once the center of chiefly power	Wailua	www.nps.gov/locations/hawaii/landmarks.htm
Waioli Huiia Church	beautiful mission church established in 1834	Hanalei Bay	www.onlyinhawaii.org
Waioli Mission House	Original home for Christian missionaries	Hanalei	www.gohawaii.com/islands/kauai

MAUI

Bailey House	Once a girl's school & home for missionaries	Wailuku	www.mauimuseum.org
Baldwin Home	Home to American missionaries in 1834	Lahaina	www.lahainarestoration.org/museums/
Hale Pa'i	Home of one of Hawai'i's earliest printing presses	Lahaina	www.lahainarestoration.org/museums/
Haleki'i-Pihana Heiau	Two heiau rededicated as war temples by Kahekili	Wailuku	www.dlnr.hawaii.gov/dsp/parks/maui
'Iao Valley Monument	Site of the battle of Kepaniwai	Wailuku	www.dlnr.hawaii.gov/dsp/parks/maui/
Ka'ahumanu Church	Current structure built in 1876	Wailuku	www.kaahumanuchurch.org
Kalepolepo Fishpond	A well-preserved example of Hawaiian aquaculture	Kihei	www.historichawaii.org
Kilolani Church	David Malo directed construction ca. 1843.	Kihei	www.historichawaii.org
Lahaina Historic District	Once the capital of the Hawaiian Kingdom	Lahaina	www.nps.gov/locations/hawaii/maui.htm
Lo'alo'a Heiau	Large luakini heiau (state level temple)	Kaupo	www.nps.gov/locations/hawaii/maui.htm
Pi'ilanihale Heiau	Largest heiau on Maui	Kahanu Garden	www.nps.gov/locations/hawaii/maui.htm
Wai'anapanapa	Legendary cave and heiau	Hāna	www.dlnr.hawaii.gov/dsp/parks/maui

MOLOKAI

Hokukano-Ualapue	Complex of seven heiau	District of Kona	www.nps.gov/locations/hawaii/molokai.htm
Ili'i'li'opae Heiau	Kahuna sacrificed humans at this a luakini heiau	Kaunakakai	www.afar.com/places/pukoo-kaunakakai
Kalaupapa Settlement	Leper colony of a total of 8,500 residents since 1866	Kalaupapa	www.nps.gov/locations/hawaii/molokai.htm
Saint Damien of Molokai	Built by Father Damien in 1876	Kaunakakai	www.damienchurchmolokai.org

LANAI

Lāna'i Heritage Center	Museum housing history & traditional culture displays	Lāna'i City	www.https://lanaichc.org/
Kaunolū Village	Ancient fishing community	Kaunolu Bay	www.nps.gov
Poiawi Petroglyphs	Includes "Bird Man" rock carvings & other images	Shipwreck	www.onlyinhawaii.org

BIG ISLAND

Honokōhau Settlement	Traditional Hawaiian activities and culture site	Kona District	www.nps.gov/articles/kaloko.htm
Hulihe'e Palace	A summer vacation home for Hawaiian royalty	Kailua-Kona	www.dlnr.hawaii.gov/dsp/parks/hawaii/
Kamakahonu	Residence of Kamehameha I	Kailua Bay	www.nps.gov/locations/hawaii/landmarks.htm
Kealakekua Bay Park	Site of contact with Captain Cook in 1779	Kealakekua	www.dlnr.hawaii.gov/dsp/archaeology-history
Keauhou Hōlua Slide	Best preserved land sledding slide in the state	Kailua-Kona	www.nps.gov/locations/hawaii/landmarks.htm
Kohala Historical Sites	Mo'okini Heiau & Kamehameha I birthsite	North Kohala	www.dlnr.hawaii.gov/dsp/parks/hawaii
Kuamo'o Burial	Over 300 were killed during the Battle of Kuamo'o	North Kona	www.onlyinhawaii.org
Lapakahi State Park	Ancient Hawaiian coastal settlement	Waimea	www.dlnr.hawaii.gov/dsp/archaeology
Lyman Museum	Displays of ancient Hawaiian life and artifacts	Hilo	www.lymanmuseum.org
Mauna Kea Adz Quarry	Large complex of archeological sites	Mauna Kea	www.nps.gov/locations/hawaii/landmarks.htm
Mo'okini Heiau	One of the oldest & most sacred heiau in the islands	Hawi	www.nps.gov/locations/hawaii/landmarks.htm
Naha Stone	One of the greatest historical relics in the Islands	Hilo Library	www.onlyinhawaii.org
Puako Petroglyphs	A field of over 3,000 ancient lava rock carvings	Kohala Coast	www.onlyinhawaii.org
Pu'ukoholā Heiau	Temple built by King Kamehameha the Great	Kawaihae	www.nps.gov/state/hi/index.htm
Pu'uhoanua o Hōnaunau	An ancient Hawaiian sacred place of refuge	Hōnaunau	www.onlyinhawaii.org
South Point Complex	Some of the oldest cluster of sites in the Islands	S of Na'alehu	www.nps.gov/locations/hawaii/landmarks.htm
Waikoloa Petroglyphs	Ki'i pohaku date back to the 16th century	Waikoloa Resort	www.onlyinhawaii.org

*** Note that access to some locations has been temporarily suspended due to COVID-19 precautions.*



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Brain Exercises

by Kathy K. Sato, Licensed Acupuncturist

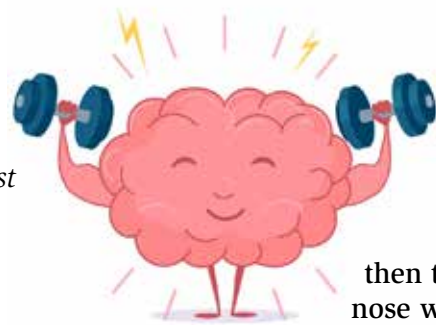
There are many ways of honing your mental sharpness and helping your brain stay healthy. You could work on jigsaw puzzles, listen or play music, learn a new language, use your nondominant hand or even socialize.

Doctors often use specific neurological exams to assess the integrity of the central nervous system. One could take these same neurological exams and use them to exercise or to rehabilitate specific areas of the brain.

Here are three brain exercises to try:

◆ **Index finger-thumb tapping: examines motor function.** One hand at a time, tap the index finger on the thumb as fast and as big as possible, separating the digits as wide as possible before tapping. This will help exercise the motor area.

◆ **Finger-to-nose test: assesses coordination.** Extend your arms straight out to your sides and



then touch the tip of your nose with the tip of your index finger. Alternate hands.

This exercise can help with cerebellar deficiencies—balance issues or essential tremors.

◆ **Rapid alternating movements exam: helps with cerebellar issues.** One hand at a time, rapidly and repeatedly flip your hand from the palm-up to the palm-down position.

If you find doing these exercises difficult, more reason to do them. The more you do them, the more neuro-pathways can be reinforced, helping your brain (and body) to stay healthy! ■

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Proper Use of a Foam Roller

by Julie Moon, Physical Therapist

The popularity of the foam roller has been growing so steadily in the world of fitness that it is often used as a cure-all for many different conditions. It is a great tool for increasing mobility of the spine and soft tissue if used correctly. If it's not used the right way, you could be doing more harm than good.

If you are rolling your lumbar spine (lower back), *stop!* Although the thoracic spine (middle back) is supported by the strong ribcage, the lumbar spine is not, which makes it more unstable. Forcing the lower back into more extension may cause more issues, increasing pain and sometimes causing stress fractures. But targeting the thoracic area and the region between your shoulder blades will improve mobility and overall posture.

You will block the thoracic spine with your shoulder blades if you clasp your hands behind



your head, so expose the spine by reaching out, crossing your wrists and rounding the shoulders. Relax your abs, drop your butt and sink into the foam roller. Gently roll the tight spot, rocking side to side. Slowly bring your arms back over your head to get a great stretch. ■

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Colon Cancer Testing

by Amy Rhine, MD, Medical Director, MDX Hawai'i



More than 50,000 Americans die each year from colorectal cancer. The heartbreaking thing is that most of these deaths could have—and should have—been prevented.

Screening is the No.1 way you can reduce your risk of colon cancer. If found early, colon cancer is one of the most treatable forms of the disease.

Know Your Options

From colonoscopies to at-home stool tests, there is an option for everyone to get screened. The only questions are what method to use, when to get screened and how often.

There are several different ways to be screened for colon cancer, including laboratory tests on your stool, simple procedures and imaging tests. It's important to discuss with your doctor which screening option is best for you given your medi-

cal condition and preferences.

The U.S. Preventive Services Task Force (USPSTF) recommends colon cancer screenings starting at age 50 through age 74. According to the USPTSF, your stool should be tested every one to three years. You should also have a direct visualization of your colon through a simple procedure every three to 10 years.

Advocate for your health! Do not put it off. Talk to your doctor about getting checked. ■

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Hydrating Helps Prevent Falls

by Yunsim Suehisa, Physical Therapist, Makai Mobile Rehab (In-Home PT)



It is part of our practice to ensure our patients drink ample water during a physical therapy session. The fact that water counts for 95 percent of the brain, 82 percent of blood and 73 percent of muscle tissue explains how important it is to be hydrated. Dehydration can pose serious health problems for older adults, especially with Hawai'i's hot, humid weather. Dehydration symptoms that increase fall risk are dizziness, weakness, fatigue, confusion and low blood pressure.

Blood pressure can drop so low with dehydration that a condition called "orthostatic hypotension" can occur. As a person rises from lying down or sitting, blood rushes out of the brain, causing dizziness, faintness and weakness. This can result in a collapse or fall. Drinking more fluid would increase blood volume and help prevent a drop in blood pressure, thus reducing the risk of falling.

If you feel dizzy or light-headed when changing positions from prone to sitting or standing, we recommend waiting roughly 20 seconds before moving to allow more blood circulation and for the dizziness to subside. If you still feel light-headed, lie back down immediately. If you commonly experience this type of dizziness, drinking more fluids may be your solution.

Drinking plenty of fluids and eating foods with high water content every day is a great way to keep your body properly hydrated to prevent possible falls and injuries. ■

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How to Protect Yourself Against Coronavirus

by Katherine Smith, MT(ASCP) SBB

Persons over 55 with chronic diseases can die from the flu and COVID-19, the disease caused by the coronavirus. These diseases enter your lungs through your eyes, nose or mouth. Most people pick up viruses left on surfaces by infected persons. Flu bugs can live on surfaces, clothing and towels for up to two weeks! Since we touch our faces up to 90 times a day, breaking that habit will help keep us healthy.

Stay clear of surfaces that other people have touched and their rubbish, as well as clothing sick people have worn. Wash your hands before putting on glasses, touching your hair, scratching your nose or mouth, or eating.

Hand Washing

Good hygiene is the best defense against viruses. Visit www.cdc.gov and read "When and How to Wash Your Hands." Soap, water and friction cleanse your hands. Even hand sanitizer requires the friction of rubbing the hands together to lift off the oils that viruses stick to.



Rub your wet, soapy hands together front and back—get under the nails.

Continue 20 seconds—the time it takes to sing a full version of *Happy Birthday*. Rinse well and dry hands with a paper towel before turning off the faucet with the towel. Keep the towel to open the restroom door. Consider all faucets, doors and flush handles contaminated.

Gloves

Wearing gloves at the doctor's office, and while shopping and running errands will protect your hands, but the greatest advantage may be that gloves remind you not to touch your face.



Paper Masks

Paper masks *do not* protect healthy people from viruses—in fact, they can carry them to their faces as they ap-



ply or adjust the mask. Masks are for symptomatic and sick people. Since droplets from an uncovered sneeze can travel up to 30 feet, *always* cover sneezes and coughs with the tight crook of your elbow. And of course, always wash your hands after blowing your nose!

Symptoms

COVID-19 causes a temperature and cough—not cold symptoms. If you have these symptoms, isolate yourself and call your doctor promptly. ■

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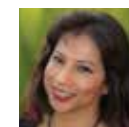
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Staying Healthy During Flu Season

by Jen Angeli, Energy Healing Center Director, Mānoa

With so many different virus strains circulating, a flu shot is not the only defense for staying healthy. Preventative measures are the key to keeping illness at bay and avoiding giving the unwanted gift that keeps on giving. By being proactive and having a plan, you can raise the odds of staying flu-free.

Aside from sanitary best practices, such as washing your hands often, eating lots of fruits and vegetables, getting adequate rest and managing stress levels, exercise should be a part of your wellness plan. Among the obvious benefits of increased strength, energy and stamina, staying active on a regular basis helps with gut health, an important component of a robust immune system. Most people understand the concept, yet few will put it into action if exercise is not already part of their daily routine. Finding time throughout the day to stretch or do squats, even if it's only in one-min-

ute intervals, will boost your immunity.

Beyond taking care of the physical body, emotional health is important, too. Fear can have adverse effects on the immune system. Be mindful of what information you are feeding your brain and how it makes you feel. Avoiding news and conversations that incite fear can be one of the most important things you can do. Positive emotions combined with self-care can help you thrive. ■



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Need a Hearing Aid? Buyer Beware!

by D. Kona Smith, Director, Ohana Hearing Care

Hearing loss is one of the most common health issues for seniors. The good news is that modern hearing aids are very effective in correcting hearing loss. Be aware that not all hearing aids are the same and not all providers are equal. Here are some tips that will ensure that you or a loved one get the best results when buying a hearing aid.

Shop around: Don't pay too much. By making a few phone calls, you will be surprised at the range of prices for the same make and model.

Don't rush: If you are told that a special price is only good if you buy "right now," just walk away.

Ask for a home trial: Make sure your provider offers a home trial period so you can see how the hearing aid performs where you live and work.



Check out the provider's service plan:

Your hearing aid can give you years of quality hearing ability if you have reliable service plan.

Feel good: Your audiologist and hearing aid specialist are important persons in your care team. Choose professionals who you feel comfortable with and who treat you well.

Be sure to ask for a written, low-price guarantee on all major makes and models, and a risk-free home trial so you can be absolutely sure and satisfied with your purchase. ■

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Addressing Seniors' Spiritual Care Needs

by Eileen Phillips, RN, Attention Plus Care



With advances in medical technology, including diagnostic testing, prescription ordering and even making appointments, we may struggle with how care is coordinated and delivered. The focus on current clinical treatment and replacement of a real person with a recording has moved us farther from the traditional approach of face-to-face care and compassion-oriented interactions. The Latin root for the word "compassion" is "pati," which means to "suffer;" the prefix "com" means "with." Therefore, to have compassion literally means to "suffer with."

Compassionate care involves addressing the needs of the individual as a whole — their physical, emotional, social and spiritual needs. While providers dedicate themselves to managing the physical symptoms of aging and disease, seniors may experience other pain as well, on a mental and spiritual level. *Why is this happening to me? What will happen when I die? Will my family survive my loss? How will I make it through this?* The time has come for us to find other avenues to help our family members cope. Here are some thoughts that may help find meaningful answers to these questions:

◆ **Helping** patients practice some form of religious or spiritual belief has been found to promote a happier disposition in individuals with advanced cancer diagnoses, who also, consequently, report having less pain. Common spiritual practices are performed by those who bring a faith-based system into their lives. The idea they would be in the loving presence of a higher power and that death was not an end, but a transition to another life, provides comfort.

◆ **Promote** daily routines that boost emotional well-being, such as bringing back cherished memories with a review of the family photo album. This will help to reduce worry, which leads to better health outcomes by allowing an individual to "let go" of concerns about their medical condition and live more in the present moment with loved ones who are eager to share these moments.

◆ **Understand** that the interpretation of "faith" can encompass many activities not directly related to traditional, religious beliefs. Meditation, massage, singing and following certain rituals all may have a spiritual component that is recognized by the individual, and thus defines what faith means to that person. The positive impact of a faith-based system, therefore, is not necessarily defined on society's terms, but rather on its importance to the individual, in their own mind. Simple daily routines that promote joy and happiness can have a significant impact over time.

Chaplains and local faith groups may be able to provide support in this respect, which in turn will have a positive impact the patient's quality of life. Whatever the practice is — praying, meditating, performing a ritual — the practice supports a meaningful personal existence, the fulfillment of life goals and a feeling that life as been worthwhile for the individual.

Even the World Health Organization has recognized the meaning of "health" as "a state of complete physical, mental and social well-being, not merely the absence of disease." It's up to us to provide compassion and spiritual experiences for our loved ones when and where we can. This interaction is best accomplished face to face. ■

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Dementia: Compassionate Communication

by Mapuana Taamu, Certified Positive Approach to Care® Trainer

As a dementia educator, I am often asked why people living with dementia (PLWD) ask the same question over and over again. My reply is, "Because their brain is failing."

Every day, PLWDs are going through chemical and physical brain changes. Due to brain failure causing multiple problems with short-term memory, a PLWD can get themselves caught in a loop of asking the same questions.

Here are some suggestions for the next time you recognize the start of another loop of questions.

■ **Listen to the important details as they speak.** As dementia progresses, language will become increasingly vague. Therefore, objects or activities will be difficult for a PLWD to accurately describe. Instead of asking for the artificial sweetener Splenda, the PLWD might describe it as "the yellow stuff to put inside." Take note of their descriptions and work like a detective to decipher the message using context clues in the environment.

■ **Validate their emotions.** Oftentimes, PLWDs create fictional stories that make complete sense to them. As a care partner, we choose to overlook their confabulated stories and attempt to reorient them back to the "truth" in our reality. The key here is to remain patient and just listen to their story. The PLWD is expressing his or her anxiety, which translates into made-up stories. You don't have to agree with them, but offering validation, such as "wow, that must be hard," can help the PLWD feel that they are respected and heard.

■ **Redirect their attention toward an engaging task.** Identify a highly preferred item or activity that you can provide in that moment. After validating the PLWD's emotions, you can redirect the conversation toward the previously identified preferred item or activity. The reason we want to redirect their attention is so that their focus and attention will shift onto something productive or engaging. If we only validate their emotions without redirecting, then the PLWD is more likely to start the same behaviors again.



■ Check in on them as needed.

Let's admit it; we all have good and bad days. One day a task might be easy for the PLWD and the next day it could be the most frustrating thing ever created! Checking in on your person every five minutes or so is a good way to ensure that they are still engaged in the task.

If the task is too difficult, then consider switching to an easier task before their agitation escalates to an unmanageable state. ■

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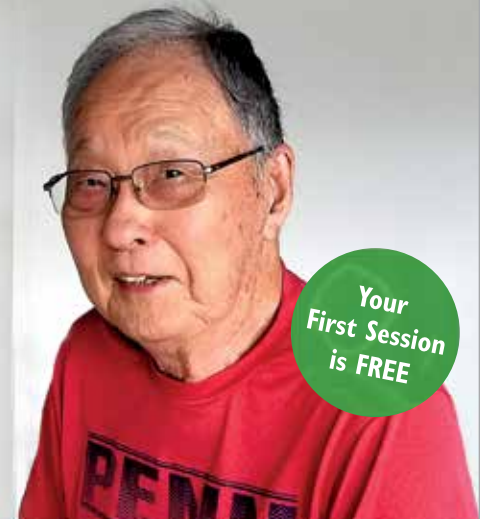
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Your Hawai'i State Office of Veterans Affairs

by Ronald P. Han Jr., Colonel, (USAF, Ret), Director, State Office of Veterans' Services



The State Office of Veterans' Services' (OVS) motto is "proud to serve those who served their country." We accomplish our mission by reaching out to eligible veterans and helping them file service-connected disability claims for benefits and entitlements they've earned through military service. We have offices on Kaua'i, Maui, Kona, Hilo, Tripler Army Medical Center and Diamond Head. We travel to Moloka'i monthly and Lāna'i quarterly. OVS-accredited counselors work very hard to assist all veterans who are separating or retiring from active service.

We help prepare appeal documents, if needed; we review prospects for progression upgrades and assist with end-of-life issues. We also partner with the respective counties to operate seven state veterans cemeteries on Kaua'i, Maui, Moloka'i, Lāna'i and Hawai'i island. The Hawai'i State Veterans Cemetery on O'ahu is fully operated by the state.

OVS also provides support and assistance for weeklong events like the 50th Anniversary of the Vietnam War Commemoration, the WWI Centennial Program, the 2019 State Veterans Summit and the upcoming 75th Commemoration of the End of World War II, set for Aug. 29 through Sept. 3.

In addition to federal Veterans Affairs entitlements and benefits, the State of Hawai'i has benefits for eligible veterans: specialty veterans' license plates, real property tax exemption, state registration fee exemption for 100-percent disabled veterans and special adaptive housing for disabled veterans. Contact your local island office staff and counselor corps to see if you qualify.

We understand that you have a unique deployment history and set of injuries or ailments. We respect you and the loved ones who accompany you to appointments. We seek to do more for our veterans and their families. But the first step is on you... open the door and allow OVS and other veteran partners to help. With so many federal,

state, county veterans' organizations and private groups supporting our warriors, there are many ways to help. Call our Central Line at Tripler OVS at **808-433-0420** for more information and begin the process. ■



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This project was supported, in part by grant number 90SAPG0005-02, from the U.S. Administration for Community Living (ACL), 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 ACL policy.



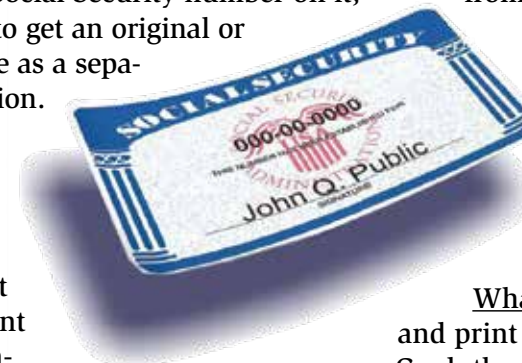
How to Get or Replace a SS Card

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

Now that your Hawai'i driver's license does not have your Social Security number on it, you may need to get an original or replacement card to use as a separate piece of identification. Getting or replacing your Social Security card is a free service.

You can use a my Social Security account to request a replacement Social Security card online if you:

- Are a U.S. citizen age 18 years or older with a U.S. mailing address;
- Are not requesting a name change or any other change to your card; and



- Have a driver's license or a state-issued ID card from one of the many participating states.

If you cannot apply for a card online, you will need to present required documents at your local Social Security office. Documents vary based on your citizenship and the type of card you are requesting.

Visit www.ssa.gov and click on [Learn What Documents You Need](#). Also fill out and print an [Application for a Social Security Card](#); then, deliver or mail your application and documents to your local Social Security office. ■

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Leadership is Fun at RYLA

by Rick Tabor, Rotarian, Rotary District 5000, Hawai'i



(Above) Participants and camp staff of the 2020 Rotary Youth Leadership Awards camp. (Top right) Participants go through orientation and lectures.

On Feb. 14, Hawai'i District 5000 Rotary Clubs sponsored 42 island high school student (ages 14 to 17) for the Rotary Youth Leadership Awards camp (RYLA) at Salvation Army's Camp Homelani in Waialua.

RYLA activities encourage leadership, citizenship and personal growth. Evidence-based, fun-filled experiences promote community service above self and develop youth empowerment for students who demonstrate potential leadership skills.

RYLA is a rewarding, foundational weekend experience. This year's camper comments tell the story: "I learned how to be a better person, while making friends. I had a lot of fun. I hope I'm selected to attend camp RYLA again next year."

Parents remarks support the outcomes: "After graduating from Camp RYLA, our daughter gained self-confidence and a focus with positive skills that I think we parents should also learn — being proactive and being willing to face life's challenges challenges with a can-do attitude."



"Thank you, RYLA!"

Schools, parents and youth organizations are encouraged to identify and sponsor students for RYLA's next weekend event, which will be held next spring. Registration will begin in July. ■

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Five Money Myths You Should Ignore

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



When it comes to personal finance, what works for one person doesn't necessarily work for another. That's why money misconceptions can be so dangerous. Here are four common money myths you may have heard—and perhaps even believe—that need to be put to rest once and for all.



Myth #1: All Debt is Bad

Reality: Few people could afford to buy a home if they didn't have a mortgage. You might not have gone to college without taking out a student loan. Instead of avoiding all debt, make sure you have a plan to pay it off by addressing high-interest loans first.



Myth #2: Avoid All Credit Cards

Reality: Credit cards offer flexibility that cash and debit cards can't. Most credit card companies offer zero liability for fraudulent transactions, while most debit cards have little protections if you find the fraud after a certain date.

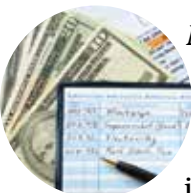
Plus, you can earn extras through your credit card rewards, such as airline miles for your retirement travel plans. Instead of nixing credit cards, plan to pay back the balance in full each month, avoiding the high interest charges.



Myth #3: You Can Time the Market

Reality: There are many factors that influence day-to-day stock moves—the unpredictable news cycle, the economy, business decisions, rates and regulation—just to name a few. This why timing the market is so challenging, even for professional traders. While someone might get it right once, in order to end up ahead, studies have found one would need to guess correctly more than 65 percent of the time.¹

While only a handful of professional investors manage peak stock performance each year, the average investor's chances are nearly microscopic. Meanwhile, you lose out on gains if your money sits on the sidelines while you seek the perfect moment to play. Stock markets are notoriously unpredictable in the short term and they should not drive investment strategy for most investors.



Myth #4: Pay Off Your Debt Before Saving for Retirement

Reality: If the interest on a loan is 3.5 percent, but the expected return in the market is 5 percent, then consider adding funds to your retirement account, since you're making more than the loan costs. You could lose out on opportunities, like the benefits of compound interest, if you're only focused on debt repayment.



Myth #5: You Do Not Need a Financial Advisor

Reality: Many believe that a financial advisor's only job is to beat the market. And you're doing just fine.

To believe that would be to miss the main point of why it's helpful to have a professional in your money corner. At its core, a financial advisor's job is to keep you on track toward your financial goals. Whether it's retirement planning, saving for college or meeting other goals, an advisor can help you determine how to approach some of life's biggest financial decisions. With a trusted advisor, you can feel more confident regarding your financial future. ■

MICHAEL W. K. YEE, CFP

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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 35 years.

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¹Morningstar Investment Workbook: "Waiting or Market Timing"

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A Legacy of Aloha

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

Estate planning is the process of protecting that which is important and then passing those important things on to our loved ones and future generations. Many concepts that are central to Hawaiian culture are particularly applicable to estate planning. Starting with the concept of 'ohana (a very inclusive notion of family), all the way through **lokahi** (a sense of unity—especially appropriate at the passing of a loved one), estate planning and the culture of our islands interweave to form a rich tapestry of **aloha**.

The term **ha'aha'a** describes an attitude of humility, which promotes family harmony during stressful times. Stress may arise in dealing with illness and death, and the distribution of the assets of the deceased. Humility allows family members to form closer bonds at these times.

Sometimes, dealing with issues surrounding the disposition of a loved one's remains, much less the disposition of assets, requires family members to talk out differences and come to a consensus regarding what is right, or **pono**, as well as respect the wishes of the deceased and the living. It is common for different family members to have different views regarding the wishes of the deceased person, which may result in disagreements that can be both heated and destructive.

However, all of the disputing parties may be right on some level. The deceased may have had many conversations with different members of the 'ohana over the years. One family member might remember instructions given on one date that conflict with those given to another family member on another date. But a consensus may be reached if both family members can come together through the process of **ho'oponono**, or making things right through talking out differences.

Ho'oponono is a delicate process, and a successful conclusion may depend on the leadership of an experienced individual who can help family members clearly express their views and then validate those views so that all involved can both



understand and respect the feelings and positions being communicated. Ho'oponono may be used while the senior family member is still alive to head off disputes and instill unity in the family.

Mālama, or caring for and perpetuating one's legacy, infuses and motivates Hawaiian-style estate planning. It extends from caring for family to caring for community through charitable giving.

Remembering our root values helps to ensure that we are leaving a legacy of **aloha**. ■

SCOTT MAKUAKANE, Counselor at Law
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Options for Paying for Long-Term Care

by Garrett Wheeler, District Sales Manager, Financial Advisor—Mutual of Omaha

In life, we always have options. And when it comes to covering the costs of long-term care, it is no different. In this article, I'll share a few viable strategies you can use to help cover the future costs of care in our Aloha State. It is by no means all-encompassing and exhaustive, but meant to get you thinking on this critically important topic.



As a financial advisor, I believe more and more American's understand the need for long-term care insurance (LTCi). And the first line of defense to ensuring quality long-term care is available when you need it is having a LTCi policy. But when it comes to providing long-term care, we are facing serious hurdles and dilemmas. First is the availability of LTCi. Twenty years ago, there were over 100 carriers providing LTCi. In 2020, there are less than 10 quality LTCi carriers. The fact that big players are withdrawing from the LTCi market is opening eyes and shaking things up. At my Honolulu practice, I also routinely see the difficulty of qualifying for LTCi coverage. Carriers have really tightened eligibility standards and constricted their underwriting requirements, especially for women.

Notwithstanding, individuals who want LTCi coverage certainly have options. And there are LTCi strategies your financial advisor can help you with, from spousal benefit sharing to eliminating "riders" such as inflation protection, which can help keep premiums within your budget. At the same time, one needs to remember the proverbial price of paradise truly is applicable to long-term care costs, as well. On the high end of the long-term (or extended-care) scale, the cost is steep. I have recently heard estimates as high as \$1 million to simply enter a coveted long-term care facility on the east side of O'ahu. Some may say that is exorbitant and overpriced, but it is reality. On the least expensive side, the lowest hourly rate for care is about \$26 per hour.

When it comes to having LTCi options, the onus and responsibility for seeking out alterna-

tives lies squarely on you. I encourage you to take the time to choose an advisor who is adept in this specialized area of planning. An expert well-versed in LTCi can help your family in more ways than one. When I conduct educational seminars on LTCi, my professional advice to participants is to get price quotes from several insurers. ■

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Siblingship

by Stephen B. Yim, Attorney at Law

Siblingship is the state of being related or interrelated, or a state of affairs existing between one of two or more individuals having one common parent. The term describes the unique, dynamic relationship existing between siblings. Siblings begin their relationship at a very young age. They experience joys and setbacks together—laugh and cry together. And through fighting, they can learn conflict resolution together. No other relationship is like siblingship.

Sibling fights arise over property, so many parents aim to divide up their property fairly, in hopes that siblings will not fight. In my experience, this is not enough to avoid arguments.

The estate planning process, if done properly, can do much to minimize the risk of fighting when parents die. However, many plans do not speak clearly enough in this respect. Leaving a



family home or a heirloom "equally to the children" does not go far enough to help avoid family squabbles. Deciding what to do with the family home during a time of grieving puts too much pressure on the sibling relationship.

Ultimately, the estate plan should mirror and reflect our lives and relationships. If your plan does not mirror and reflect your most important values, or does not speak clearly enough to ensure the preservation of the relationships among your children, I encourage you to review your plan with your estate planning attorney. ■

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Timeshares: Scams or Investments?

by Scott Spallina, Senior Deputy Prosecuting Attorney

My wife loves free things. When we go to any expo at the Hawaii Convention Center or the Blaisdell, she'll be the one hoarding free pens and reusable bags. So, I should not have been surprised when she stopped at a table run by a hotel chain that was offering a free dinner, six hours of validated parking in Waikīkī and a two-night stay at a hotel. According to the salesman, all we had to do was review a hotel from pictures they would show us. The whole process would take only 120 minutes (not two hours?).

While my wife politely listened to this young man, I pulled out my smart phone and Googled the hotel chain, and its free dinner and hotel stay offer. Instantly, warning posts and You Tube videos popped up about the unscrupulous sales tactics and confusing contracts used by this company when selling timeshares. But as the salesman tried repeatedly to get my wife to sign up for this "hotel review," he never even mentioned "timeshare" once.

When I asked him if this presentation involved any discussions about timeshares, he paused and said he didn't actually do the presentation himself, so he couldn't say for sure. When I asked if after the entire two-hour presentation we will get everything he promised, he corrected me: "It takes 120 minutes"—and there may actually be fees and taxes associated with the "free gifts."

I walked away from the table with my wife in tow. I later showed her everything I found out about this scheme and how the fees and taxes they charge on the "free gifts" equal the full value of the items. I told her they say "120 minutes"

because they don't count the time they spend introducing themselves and bringing in other salesmen to work on you, and the time they take for breaks. (Some people claim they found themselves at the "120-minute presentation" for over six hours).

After this experience and phone calls I received at my office, I started paying more attention to how timeshares

were being advertised. In the next few articles, I will explain exactly what a timeshare is, why there are so many commercials for them, and why there are so many companies advertising their ability to help people get out of timeshare contracts. I'll also cover some common timeshare scams and what warning signs to look out for.

Please remember, there really is no such thing as a free lunch (or dinner and hotel stay). ■

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SCAMMER Red Flags

by Christopher Duque, Cybercrime Investigator, DPA

How do you know that you are the target of a scam? Here are some red flags that you should be aware of:

- ▶ There is an air of urgency in the message. The scammer will claim that your reply and/or transaction must happen ASAP.
- ▶ They are adamant that you must send them your banking or identity details to get payment.
- ▶ They may instruct you to only use their escrow person for payment.
- ▶ They insist you must take a check and no other payment method will work.
- ▶ They offer to let you pay in gift cards.
- ▶ They want to send you a check for more than what is owed and have you remit the excess to someone else.
- ▶ They want you to send them money to enable

them to send you even more money.

- ▶ You can't find their company name, telephone number and/or email address on the internet.
- ▶ Their message contains very poor grammar and/or misspellings.

A very good rule of thumb is always be skeptical. Before returning calls or replying to emails, verify the telephone number, email address and/or URL to ensure they are legitimate. Go online and see if there are any complaints or reports that their telephone number has been linked to scams. Spending a few moments before responding may prevent some serious heartbreaks in the future. ■

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Doctor of Physical Therapy

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I went to Prime PT due to joint pains in my neck, shoulders, wrists, hands, fingers; feet, stiff hips and back. I had been living with all these aches and pains for years, but it was getting worse as the years went by. I didn't know I could do anything to improve my condition. I thought it was old age and I just accepted it. But with each treatment, I learned so much about proper movements. For example, by doing a simple exercise for my hands, the pain disappears. I thank Kai for making me aware that no matter how old we get, we can overcome our aches and pains and limitations with application of proper exercise and use of our bodies.

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