

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE

VOL 11/3 • JUN/JUL 2021

The Coach's Playbook

Larry Price: Persistence Makes All the Difference

The Hawai'i Sports Hall of Fame logo amplifies the spirit of Hawaiian sportsmanship. It depicts an ancient Hawaiian canoe paddler surrounded by a lei of mango. The paddle symbolizes the origin of the islands, and the lei represents the people who traveled the seas to Hawai'i, bringing with them their own customs and traditions. The Hawai'i Sports Hall of Fame was established to honor the people in terms of fishing, canoeing, and other sports that have become a part of Hawai'i's identity. The Hawai'i Sports Hall of Fame is a place where the past meets the present, and where the spirit of competition is celebrated. The Hawai'i Sports Hall of Fame is a place where the past meets the present, and where the spirit of competition is celebrated. The Hawai'i Sports Hall of Fame is a place where the past meets the present, and where the spirit of competition is celebrated.

The logo was designed by Margo Lurie, Oliver C. Kinney



Adapting to a Changing Job Market

Page 18

Easier Rider: Boomers Boost E-Bike Use

page 20

Nutritional Supplements & COVID-19

page 32

Free Dental Care & Education for Seniors

page 40

Major Distribution Partners:



Complete Distribution Locations on Page 3

HAWAII ♦ LAS VEGAS



Kaiser Permanente is the highest-rated Medicare health plan in Hawaii for 2021¹

Is your Medicare coverage still right for you? Kaiser Permanente Senior Advantage Plan (HMO)

We can help answer your questions about Medicare and determine if you're eligible to enroll in a **Group or Individual Kaiser Permanente Medicare health plan**. With Kaiser Permanente, you get:

A great value with a \$0 annual deductible, \$0 copays for preventive care, and a fixed annual limit on out-of-pocket expenses.

Comprehensive health care with hospital, medical, and prescription drug coverage.

Your choice of available Kaiser Permanente doctors all welcome our Medicare health plan members.

Convenient ways to get care, including by phone, email, or video.²

For more information, call our Kaiser Permanente Medicare specialists, or attend one of our Kaiser Permanente virtual seminars.

If on Oahu

please contact Brandy Ching at **808-291-7366** or **808-432-5915** (TTY 711) mykpagent.org/brandyc

If on Maui or Hawaii Island

please contact Dayna Inokuma at **808-633-1319** or **808-432-5915** (TTY 711) mykpagent.org/daynai



Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodations of persons with special needs, please call **808-432-5915** or TTY **711**, Monday to Friday, 8 a.m. to 4 p.m.

¹ Every year, Medicare evaluates plans based on a 5-Star rating system. The highest-rated Medicare health plan in Hawaii, 4 years in a row—2018–2021.

² When appropriate and available. If you travel out of state, phone appointments and video visits may not be available due to state laws that may prevent doctors from providing care across state lines. Laws differ by state.

Kaiser Foundation Health Plan, Inc., 711 Kapiolani Blvd., Honolulu, HI 96813

H1230_KPHI20210324_M

Get Your Magazine at These Locations

OAHU DISTRIBUTION LOCATIONS

15 Craigside
Ameriprise Financial
Arcadia
Altres Medical
Attention Plus Care
Avalon Care Center
Big City Diners
Care Centers of Honolulu
Catholic Charities Hawaii
C&C of Honolulu's Elderly Affairs Div.
Copeland Insurance
Dauterman Medical & Mobility
Don Quijote Waipahu
Financial Benefits Insurance
Filcom Center
Franciscan Vista—East
Good Samaritan Society—Pohai Nani
Hale Hauoli Adult Care
Hawaii Kai Retirement
Hawaii Okinawan Center
Hawaii State Executive Office on Aging
HMSA (main office)
Honolulu Christian Church
Honolulu Design Center
Ilima at Leihano
Japanese Cultural Center
Kahala Nui
Kaiser Permanente
Kalakaua Gardens Senior Assisted Living
Kapahulu Community Center
Kapiolani Hospital
Kuakini Health System
Kuhio Pharmacy I & II
Lanakila Meals on Wheels
Lanakila Senior Center
Leahi Hospice
Logos Bookstore
Longs Drugs / CVS: Ewa Beach, Hawaii Kai, Kahala Mall, Kapolei, Manoa, Pali, Pearlridge, University/King St.
Love's Bakery Thrift Stores—Middle St.

Lunalilo Home & Adult Day Care
Makani Kai Air
Makua Aalii Senior Center
Maluhia Hospital
Marukai
McKinley Carwash
Moiliili Community Center
Na Kupuna Makamae Center
Olalo Retirement Community
One Kalakaua Senior Living
Pali Momi Medical Center
Palolo Chinese Home

Pharmicare: Aiea Medical Bldg., Joseph Paiko Bldg. (Liliha), Pali Momi Medical Center (Aiea), Tamura Super Market (Waianae), Straub Pharmacy (Honolulu)

Plaza: Mililani, Moanalua, Pearl City, Punchbowl, Waikiki

Project Dana

Safeway: Beretania, Enchanted Lake, Ewa Beach, Kaneohe, Kapolei, Hawaii Kai, Salt Lake, Waimalu

Senior Move Managers

St. Francis Healthcare System

Straub Clinic & Hospital

Straub Geriatrics

The Ihara Team

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

Vacations Hawaii

Waialae Senior Residence

Waianae Comprehensive Health Center

Waikiki Community Center

Windward Mall Food Court

YMCA (all locations)

PUBLIC LIBRARIES

Aiea, Aina Haina, Ewa Beach, Hawaii Kai, Hawaii State, Kahuku, Kailua, Kaimuki, Kalihi-Palama, Kaneohe, Kapolei, Liliha, Manoa, McCully-Moiliili, Mililani, Pearl City, Salt Lake, Wahiawa, Waialua, Waianae, Waikiki-Kapahulu, Waimanalo, Waipahu

DISTRICT PARKS

Aiea, Halawa, Kailua, Kilauea, Makiki, Manoa, Pupukea Beach, Salt Lake, Waimanalo, Wahiawa, Waipahu

COMMUNITY PARKS

Aina Haina, Ala Puumalu, Ala Wai, Asing, Crestview, Ewa Beach, Kahala, Kaimuki, Kaneohe, Kuapa Isles, Makakilo, Mililani, Moanalua, Pearl City, Piliilaa, Whitmore

OUTDOOR RACKS (OAHU)

Alakea Street (by CPB Building)
Bishop Street (by Bank of Hawaii)
Kaheka Street (by PanAm Building)
King Street (by Down to Earth)
King Street (by Tamarind Park)
Merchant Street (by Post Office)
Merchant Street (by Pioneer Plaza Building)

NEIGHBOR ISLANDS

HAWAII: ADRC, Hawaii County Office on Aging, Hilo Hospital, Kona Health Center, KTA Super Stores (all), Love's Outlet Stores (Hilo)

KAUAI: Agency on Elderly Affairs

MAUI: Maui County Office on Aging

MOLOKAI: Molokai Drugs Inc.

ALL PUBLIC LIBRARIES

GENERATIONS TV & RADIO

Access the archived television episodes and radio segments online at...



www.generations808.com

FACEBOOK
www.facebook.com/genmag808

■ For distribution location questions or requests call 808-600-4383

Generations Magazine's content—editorial or advertising—should not be used as a substitute for advice from your doctors, financial advisors or life planners. Accounts, views and opinions expressed in this magazine do not necessarily reflect the views of the Publisher, Editor, or its staff and distributors, nor are they liable for damages arising out of any content, products or events mentioned in the magazine. Copyright © 2021; Generations Magazine is produced bimonthly as a free resource for Hawaii's mature community. All rights reserved. No part of this magazine may be reproduced or transmitted in any form or by any means, except for the inclusion of brief quotations in a review, without permission in writing from the publisher.

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

We've Got You Covered!



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 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.

- www.generations808.com
- www.generations808.com/radio-tv
- www.facebook.com/genmag808



Like to read a hard copy 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.

www.generations808.com/contact/subscribe/

SUBSCRIBE HERE... or Online



HAWAII'S RESOURCE FOR LIFE GENERATIONS MAGAZINE

SUBSCRIPTION FORM

6 issues for \$18
(1 issue every other month)

Please send this form and a check payable to:

GENERATIONS MAGAZINE
PO Box 4213
Honolulu, HI 96812

Name _____

Address _____

Phone _____

Email _____

Signature _____

Online subscriptions: Go to **www.Generations808.com** and click **SUBSCRIBE** on the menu bar. Fill out the online form; pay online via **PayPal** or simply choose to send a **check**.



MDX Hawai'i

Are you turning 65 this year, over 65 and finally retiring or losing your employer coverage, or a U.S. Veteran, and qualify for Medicare?

When Choosing a Medicare coverage option, make sure your preferred doctors and hospitals are in-network.

MDX Hawai'i Physician Network represents over **630** top primary care physicians, and more than **2,200** leading specialists and **22** hospitals.

Our physicians provide exceptional care for nearly **39,000** members of these Medicare Advantage plans:

- ❖ Humana HONOR PPO
- ❖ Humana HMO
- ❖ Humana PPO
- ❖ AARP Medicare Advantage PPO
- ❖ AARP Medicare Advantage Patriot PPO

We are grateful to our doctors, nurses and healthcare workers on the front line fighting for all of us.

#HawaiiStrong



For more information, call us today at (808) 426-7600 or visit www.MDXHawaii.com.

We are here to help!

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

What is mRNA?

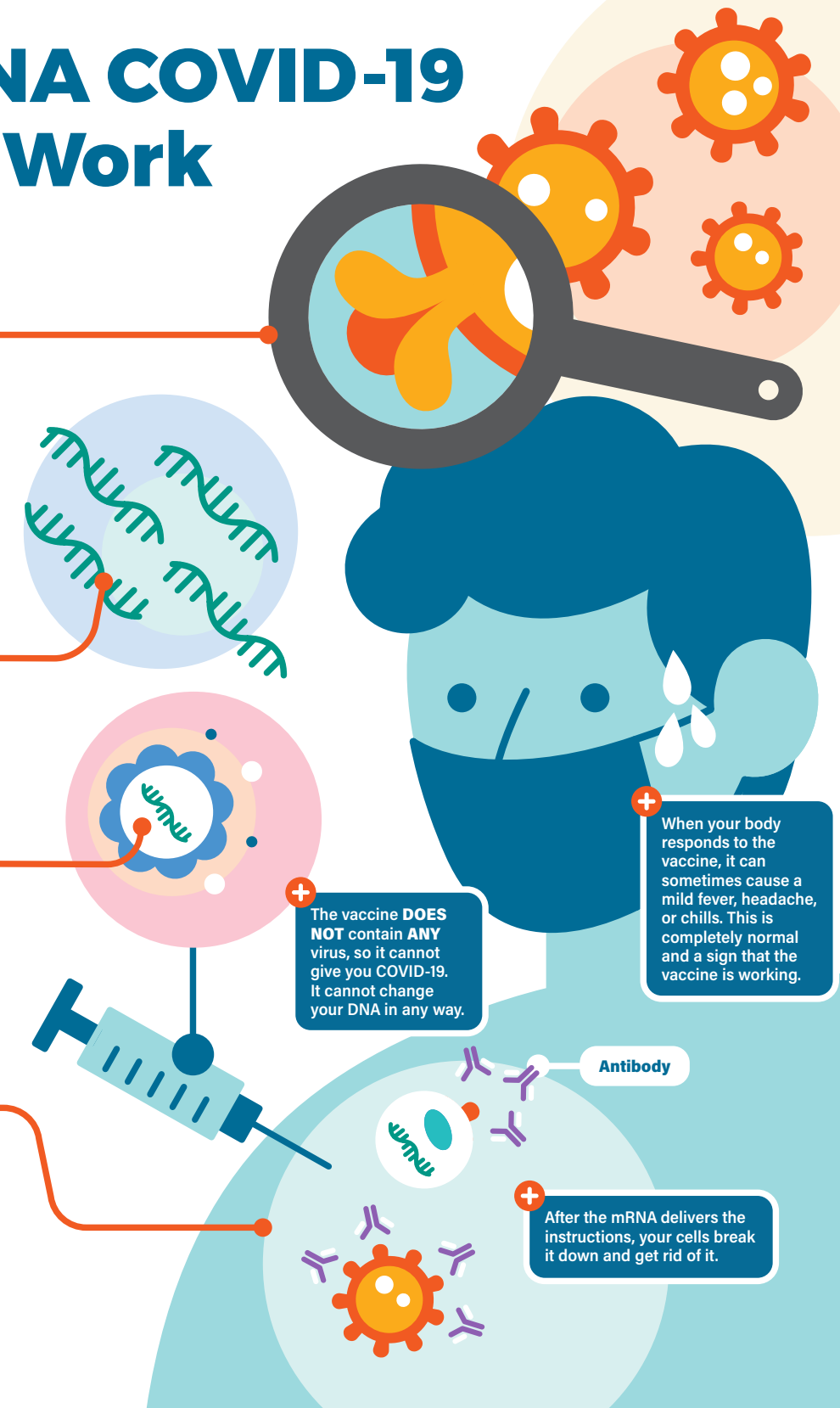
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



GETTING VACCINATED?

For information about COVID-19 vaccine, visit: cdc.gov/coronavirus/vaccines



One of the perks of being a writer is getting to know people you may never have otherwise met. For me, in this issue, these people are former University of Hawai'i football coaches and players. I feel I really "scored" with this opportunity, because our lives would probably have never intersected if it wasn't for my job as a writer and editor for Generations Magazine. Although it is indeed work for me, it was also an honor and privilege to interview some of Hawai'i's most outstanding players and coaches of all time for "The Coach's Playbook" (pg. 22).

As a senior myself, I am well aware of pervasive stereotypes and ageist attitudes. But as a senior writing about other seniors, it never ceases to amaze me how much the Greatest Generation and the Baby Boomer Generation continue to contribute to our communities. For example, senior volunteers across the islands are helping visitors in need by providing free moral support, translation services and emergency assistance through the Visitor Aloha Society of Hawai'i. In the last year, VASH members have also helped protect Hawai'i from the spread of COVID-19. Read about what the organization does and how you might be able to help (pg. 44).

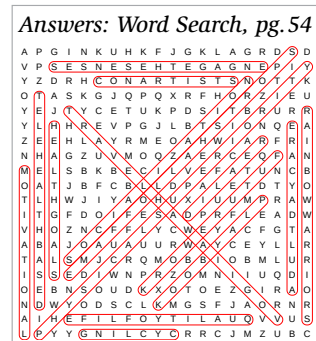
Now that travel has opened up, we have included information about navigating new rules and procedures. An interview with Vacations Hawaii Sales & Promotions Manager Kevin Kaneshiro provides some guidance for seniors and others about the latest travel requirements during the ongoing pandemic (pg. 12).

If you find that traveling is still stressful, we know now more than ever that the wonders of modern technology can transport the sights and sounds of our loved ones onto our phone, tablet and computer screens. Specialized equipment is also available for those who are deaf, hearing-challenged or speech-disabled — at no cost (pg. 47).

Although the times of high tech have enabled us communicate with each other and even see each other, there is just no substitute for a hug. We may have difficulty even imagining a future in which we can embrace again, shake hands, converse maskless and exchange smiles at a public gathering, concert or sporting event. But you can do your part to make it happen a lot quicker by getting vaccinated. Read about the science behind COVID-19 vaccines (pg. 7). In the meantime, follow CDC, state and county guidelines and protocols. You know the drill.



Stay safe. Stay well.
Debra Lordan, Associate Editor



PERCY IHARA
Editor/Publisher
Percy@Generations808.com
808-600-4383

DEBRA LORDAN
Associate Editor
Debra@Generations808.com

WILSON ANGEL
Art Director
Wilson@Generations808.com

LEIGH DICKS
Ad Sales/Content Coordinator
Leigh@Generations808.com

RICK TABOR
Community Development Director
Rick@Generations808.com
808-285-5936

MAHLON MOORE
Webmaster
Mahlon@Generations808.com

BRIAN SUDA
Photographer
Brian@BrianSuda.com

Sponsored by **Financial Benefits Insurance, Inc.**

Generations Magazine on Zoom Brown Bag Lunch Webinar

Hosted by Rick Tabor, GM Community Development Director

3rd Wednesday, 11:30am (log in @ 11:20am) – 1pm

Take a lunch break with Rick, a mental health professional, to learn more about well-being and care management for seniors and caregivers. **FREE** to the public.

For questions, contact Rick: 808-285-5936 | rick@generations808.com

June 16 – Exercises for Stress Management

by Charlene Childs, Body & Brain Yoga Tai Chi

Charlene will discuss very basic exercises, and how creating a "Happy Cow" in your body can lead to more energy and creativity, stress reduction and overall improved physical health.

July 21 – Caregiver Challenges & Best Practices

by Dr. Poki'i Balaz

Dr. Balaz shares real-life experiences, and uses her own insights as a professional and family caregiver as she explores the joys and challenges of providing care for loved ones with dementia.

Aug 18 – Medicare: All Without Paying a Dime

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

Medicare covers a list of preventive screenings, vaccinations, and more at no cost to beneficiaries, without applying deductible, copayment, or co-insurance.

Sept 22 – Medicare Basics

by Mae, Stephen and Jean; Certified SHIP Volunteers

Hawaii SHIP is a federally funded volunteer based program under the DOH, Executive Office on Aging. Its mission is to provide free, local, unbiased Medicare counseling.

Visit [generations808.com/lunch-webinars](https://www.generations808.com/lunch-webinars)
for Zoom links and meeting ID numbers.

GMWEBINARS **GMPODCAST** **GENERATIONS** RADIO SHOW 101.1FM
www.Generations808.com

Who's Behind Generations Magazine?

CONTRIBUTORS

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 scenes:



JESSICA LANI RICH has been the president and CEO of the Visitor Aloha Society of Hawai'i on O'ahu for the past 16 years, after serving as chair of the board for four years. She is a certified critical incident specialist and a trained Stephen Minister. She has helped hundreds of visitors in crisis. She received her bachelor's in communications from San Francisco State University and did her master's graduate work at UH Mānoa. She is also an author, and TV producer and show host.



TONI MURAKANA has been the executive director of the Aloha Medical Mission since 2016. She has over 25 years of nonprofit experience; 13 of those years at the American Heart Association. She has a unique background, spending 20 years in management; international public relations; community programs, development and implementation; team building, public speaking, sales and marketing, event planning, events design and e-commerce. She also co-authored two children's books. Toni is a Weinberg Fellow, taking four world tours as a Hawai'i ambassador.



Dr. Poki'i Balaz, a family nurse practitioner serving our kūpuna, those with dementia, caregivers, and underserved populations, such as Native Hawaiians, works to improve financial resources, advocacy and community involvement. She received her Doctor of Nursing Practice degree from the UH Hilo and her Executive Master of Business Education degree from the Shidler College of Business. She is director of nursing at Lunalilo Home and a clinician at Kokua Kalihi Valley. Her passion stems from her experience as a caregiver of her father, who has Alzheimer's disease.



STEVEN RHEE, DO, is a board-certified ophthalmologist at Hawaiian Eye Center. Hawaiian Eye's dedicated doctors and support staff are committed to educating the public about the importance of preventative eye care. Dr. Rhee hosts "The Hawaiian Eye Show," a weekly informational radio program about healthy vision broadcast live every Saturday at 8am on KHVH 830 AM. To learn more about a variety of eye health issues, call 808-621-8448 or visit HawaiianEye.com.



DR. CHRISTOPHER DUBUQUE moved to O'ahu to establish his medical practice in 2019 after completion of his residency in Internal Medicine at Samaritan Regional Medical Center in Corvallis, Ore. He received his medical degree from Pacific Northwest University College of Osteopathic Medicine. His interest in geriatrics developed from caring for his grandmother with Alzheimer's dementia. He has extensive training in end-stage chronic diseases, and research with remote patient monitoring in patients with end-stage kidney disease.

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 | FAITH GIANAN | CAROL HICKMAN
- MELISSA AH HO-MAUGA | KAHALA HOWSER | | RON LOCKWOOD | CARLEEN MACKAY
- SCOTT A. MAKUAKANE | DEBBIE KIM MORIKAWA | EILEEN PHILLIPS | GARY POWELL | ROBIN REISINGER
- LISAANN TOM | KATHY WYATT | MICHAEL W. K. YEE | STEPHEN B. YIM



COVER:

22 **The Coach's Playbook** (Cover photo was taken in the Hawai'i Sports Hall of Fame, Aloha Stadium.)

DEPARTMENTS:

EDITORIAL

- 12 How to Navigate Travel Requirements & Restrictions During the COVID-19 Pandemic
- 14 Dealing With Our Feelings
- 15 Finding Freedom Once More
- 16 Beware of COVID-19 Scams
- 17 Prepare Yourself to Sleep Better
- 18 Adapting to a Changing Job Market

LIVING LIFE

- 19 Do You Have a REAL ID?
- 20 Easier Rider: Boomers Boost E-Bike Use
- 21 Gerofit for Veterans

RESOURCE GUIDE

- 30 Generations Partners

GIVING CARE

- 32 Nutritional Supplements & COVID-19
- 33 Caregiver Tips for Coping with Stress
- 34 Preparing Yourself for Caregiving Needs
- 35 ARCHs: A Home-Like Setting for Seniors
- 36 Booklets Offer Help Amidst Life's Crises

37 Activities & Dementia

38 Adult Day Care Supports Aging in Place

HEALTH

- 39 Strengthen Foot & Ankle Foundations
- 40 Free Dental Care & Education for Seniors
- 41 Prevent Permanent Disability Due to Stroke
- 42 See Your Dentist if Your Mouth Feels Dry
- 43 Protect Your Eyes From Computer Overuse

PROGRAMS & SERVICES

- 44 Visitor Aloha Societies in Hawai'i Care for Travelers Touched by Adversity
- 46 What's the 'Advantage' in Medicare Plans?
- 47 Relay Conference Captioning Service
- 48 SSA Helps Small Businesses

WISDOMS

- 50 Alzheimer's: Steps to Prepare Financially
- 51 Make Plans to Win the Game of Life
- 52 Passing on Keepsakes

WORDSEARCH

- 54 Find 16 Words From This Issue

How to Navigate Travel Requirements & Restrictions During the COVID-19 Pandemic

by Generations Magazine Staff



An interview with
**Kevin Kaneshiro, Sales
& Promotions Manager
at Vacations Hawaii**

How has interisland travel changed for Hawai'i residents during the pandemic?

With frequent changes to travel requirements, make sure to check for updates prior to your travel. As of April 5, 2021, Neighbor Island travelers entering O'ahu do not need a test and no quarantine is required. If you are entering Kaua'i or Maui counties, you can avoid a 10-day quarantine with proof of a pre-approved negative test within 72 hours of your arrival. For Maui, you will also have to download the AlohaSafe Alert app (www.alohasafealert.org). For the Big Island, visitors can either do the 72-hour pre-test like the other islands or they can quarantine until negative test results confirmed from a post-arrival test.

How does the proof-of-vaccination process work for interisland, mainland and international travel?

Whether traveling interisland or out of the state, you will first need to set up your Safe Travels account at www.travel.hawaii.gov before your arrival to Hawai'i. You will then need to get a PCR test (polymerase chain reaction) or NAAT (nucleic acid amplification test) from a State of Hawai'i-approved testing site within 72 hours prior to your arrival. Most results take up to 48 hours, so you will want to take that into account when scheduling your test. Most COVID-19 test sites will direct you to the valid test dates to book when you submit your arrival date.

Many testing locations require you to make a reservation online. Once you take your test, the company will email you a positive or negative test result in the form of a PDF. If negative, you can then upload the result to your State of Hawai'i Safe Travels account or you can print a copy of

your result to present upon arrival at your destination. I recommend both uploading your result and printing a copy as a backup.

At your destination, present your negative test result on your Safe Travels account and you're done. If you don't already have it uploaded to your account, you would then need to process your negative test result at the airport with a representative. Lastly, within 24 hours of your arrival, you will want to fill out the 24-hour health questionnaire on the Safe Travels Hawaii site. Once complete, you will receive a QR code that will save you time at the airport.

What kinds of protections have been put in place for kūpuna visiting Las Vegas?

On Omni Air charter flights and at all Boyd Gaming Hotels, enhanced cleaning, disinfecting and sanitization measures have been put in place. An electrostatic fogging sprayer further sanitizes the aircraft. Boarding protocols to allow for social distancing have been established. All flight attendants and passengers wear masks or face coverings during the flight. Pillows and blankets have been removed from the planes, so you may want to bring your own and/or warm outer apparel. Bottled water, canned soda, coffee or tea will be offered only with meal service. Customers are encouraged to bring their own beverages.

At Vacations Hawai'i hotel properties, temperature checks are being conducted upon arrival. All guests are required to wear facial coverings. Hand sanitizer is available and complimentary for all guests. Guest spaces are cleaned and disinfected multiple times daily with EPA-approved products. This includes slot machines, chairs, table games, restaurants, kitchens, restrooms, doors, handrails, counters, ATMs, kiosks and Team Member areas. The frequency of air filter replacement and HVAC system cleaning has been increased. Slots, table games, and restaurant and bar seating are configured, and limited to adhere to social distancing recommendations. Guest occupancy limits are followed in retail shops, and banquet and meeting spaces.

Hawai'i-bound travelers can bypass the 10-day quarantine by receiving a negative COVID test result within 72 hours of their return to Hawai'i. Convenient COVID testing in Las Vegas provided by Worksite Labs is available at the Main Street Station for Vacations Hawaii and Hawaiian Airlines customers.

These PCR nasal swab tests do not require assistance. All customers must be scheduled no later than 72 hours before the departure of the last leg of the journey. The price per test starts at \$90.

To qualify for a test, you must have an upcoming Hawaiian Airlines or Vacations Hawaii flight with a Hawaiian destination in the next 72 hours and proof of a ticket.

Hours of operation are 6am to 2pm, seven days a week. An appointment is required and can be made at www.schedulecovidtesting.com.

Walk-up testing will take place in the Main Street Station Social Club; drive-through testing will be held in the parking area immediately outside the Social Club (around the Main Street garage entrance).

Is there any way to arrange special meals?

Due to COVID restrictions, we cannot accommodate special meal requests at this time. Current meals consists of prepackaged items such as sandwiches, chips and candy. You may also bring your own food onboard for a long trip.

What accommodations can be provided for someone who requires a wheelchair?

You have the option of bringing your own wheelchair on Omni Air charter flights. There is no charge for transporting the wheelchair. Airport wheelchair service is available curbside; travelers will also receive assistance boarding the plane.

The same service in reverse will be provided upon arrival. Should you need a lift bus to eliminate walking up the steps of the bus or an aisle chair to be transported to your seat on the airplane, let us know and it will be arranged. We can also assist you with wheelchair rental.

What travel safety tips do you recommend for kūpuna traveling to Las Vegas?

Do your research prior to travel as to COVID restrictions and requirements for your destination. If you don't have a mobile phone for uploading your test result, make sure you have access to a place to print a hard copy. Most hotels will assist or will direct you to a location that can help, like an internet café, FedEx or UPS store.

What changes do you foresee in your industry?

A vaccination passport, which would allow vaccinated people the ability to travel and interact with others with less restrictions, is gaining support. As more become vaccinated, I believe this could work. After you get vaccinated, keep your vaccination card handy. That card may become a requirement for some venues. ■



DRIVING FREEDOM AND INDEPENDENCE

COME SEE US FOR YOUR MOBILITY NEEDS

- ACCESSIBLE VEHICLES
- HAND CONTROLS
- SEATING & TRANSFER SOLUTIONS
- WHEELCHAIR SECUREMENT
- WHEELCHAIR & SCOOTER LIFTS



NEED A LITTLE HELP GETTING IN & OUT OF A CAR?
CALL TO SCHEDULE AN APPOINTMENT

SODERHOLM BUS & MOBILITY
(808) 834-1417

2044 DILLINGHAM BOULEVARD, HONOLULU, HI 96819
SoderholmMobility.com | Info@SoderholmBus.com



Dealing With Our Feelings

by Rick Tabor, Generations Magazine Community Development Director

No problem has ever been resolved through emotional upheaval.

As I mentioned in my April/May column ("Nine Coping Skills For Managing Stress"), to find our way to productive solutions, we'll first want to deal with our feelings.

Feelings are important because they can tell us what we need to do. To deal with our feelings, we must name them, realize it's ok to feel them and express them in a safe way. Then we can decide what to do to feel better.

It's ok to have negative feelings. But owning our feelings rather than blaming others for them is the key to a sustainable resolution.

Using the "I feel" sentence is helpful, for example, "I feel lonely because I'm social distancing for my safety." Remember, life is 10 percent what happens and 90 percent how we respond. No one makes us do or feel anything. We are responsible for our feelings or responses. So if we own our feelings and actions, we'll be on our way to more reasonable outcomes.

To change or break a negative response pattern, note these few physiological facts:

- Our brain needs oxygen to think clearly.
- Negative feelings like anger and fear trigger adrenaline, shifting oxygen from our brain to our air passages to provide our muscles with the oxygen needed for flight-or-fight responses.
- Without oxygen, our brain focuses on familiar reactive, defensive response patterns rather than



proactive, solution-oriented, productive outcomes.

To relearn and find helpful stop-gaps to break patterns, we'll first need to agree there's an issue we'd like to change. Once motivated to change, we'll face the realization that change is a challenging process. But with patience, persistence and practice, anyone committed to change can break the habit of engrained negative response patterns.

The simplest tool used to manage a stressful event is the STOP sign acronym technique: **Stop, Think, Options, Plan.**

If we stop our undesirable emotions before they escalate, we'll automatically think of options and create a more reasonable plan. By stopping, we'll breathe, calm down and reach a better plan than if we fly out of control driven by emotions.

Because we are all human, we all experience negative emotions. But it's what we do with them that defines us. Working toward eliminating personal attacks or put-downs will enhance the quality of our relationships with ourselves and others. Learning to manage stressors also improves our physical and mental health.

Accept imperfection, practice forgiveness, and give yourself and loved ones a break. ■

RICK TABOR
GM Community Development Director
808-285-5936 | Rick@Generations808.com

ZanthoSyn
500mg Anti-Inflammatory
FOR HEALTH & LONGEVITY

IMMUNE HEALTH | JOINT HEALTH | HEART HEALTH | BRAIN HEALTH

DOCTOR RECOMMENDED

ZanthoSyn.com Amazon.com GNC
Newtown Square Pharmacy (Aiea)

Kimberly Cooper
Licensed Sales Representative
kimbercooper@juno.com

Medicare
Need a Helping Hand?

Mobile: 808.485.7319

- Medicare Advantage Plans
- Medicare Supplement Insurance
- Medicare Part D Prescription Drug Plans

GM BROWN BAG LUNCH WEBINAR Zoom Presentations: **JUNE 12, JULY 21** 11:30 am - 1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT **WWW.GENERATIONS808.COM**

Finding Freedom Once More

by Faith Gianan, General Manager of Roselani Place Assisted Living

The overall mission for senior living communities is to provide socialization, wellness, a sense of community and independence. As the general manager for Roselani Place, my mission is to enrich the lives of our kūpuna and manifest my passion to enable them to live their lives to the fullest each and every day.



simple freedoms of our residents and fighting to keep our communities safe.

Over a year later, the pandemic continues to defer our freedom—the freedom to do what we please, visit with others at any time and travel anywhere in the world to live our best life.

Independence Day 2021 will be a period of reflection on our own personal freedoms and our nation's. Don't give up hope; we are turning a new leaf. It will take courage to gain back our freedom and a sense of peace. ■

COVID-19 impacted this industry greatly—it may never be the same again. We had to stop large gatherings, monthly meetings and communal dining, restrict visitors, volunteers and even family members who uplifted our community on a daily basis, and social distance ourselves when hugs and closeness were once shared.

Many administrators like myself had to take swift action to attain the balance of retaining the

ROSELANI PLACE (501(c)3 nonprofit)
88 South Papa Ave., Kahului, Maui, HI 96732
808-871-7720 | Toll Free: 800-554-9853
info@roselaniplace.com | www.roselaniplace.com

Sponsored by **Copeland Insurance Group**

GENERATIONS
RADIO PODCAST

LISTEN to KORL OLDIES 101.1FM
SUNDAYS, 8-9am

A weekly series on **aging** and **senior issues** with **Percy Ihara**, Publisher of Generations Magazine

As Hawai'i's 65-and-older population continue to grow, the state is urging kūpuna and their families to prepare for home and community-based care. Join Percy for an informative hour of radio with guest advisors and professionals from financial, legal and caregiving businesses, and government agency programs, and hear from outstanding seniors for insights on aging.

Visit Generations808.com for a podcast replay of the radio broadcast.

GENERATIONS RADIO PODCAST Online: HAWAIISTREAM.FM
OLDIES 101.1FM | SUNDAYS, 8-9am Cable: SPECTRUM CHANNEL 883



Beware of COVID-19 Scams

by Christopher Duque, Online Security Advisor



Now that COVID-19 vaccination is in full swing along with economic relief packages from the federal government, scammers are using phishing emails and texts, bogus social media posts, robocalls, impostor schemes and more to prey on the public. Federal and state agencies are reporting a flood of vaccine scams, with phony websites and email campaigns promising easy and early access to coronavirus shots. They also anticipate a rise in financial stimulus scams targeting relief payments, unemployment benefits and small business loans.

From the earliest beginnings of the COVID pandemic, fraudsters have been luring consumers with fake remedies; now they're using the vaccine rollout as bait to lure unsuspecting consumers.

The Hawai'i Department of Health and Human Services says consumers should be on the lookout for the following signs of vaccine scams:

- Requests that you to pay out-of-pocket to receive a shot or get on a vaccine waiting list
- Ads for vaccines via websites, social media posts, emails or phone calls
- Marketers offering to sell or ship doses of COVID-19 vaccines

The FBI says con artists are still advertising fake COVID-19 antibody tests to mine personal information to be used in identity theft or health insurance scams. This includes fake unemployment filings and even stealing one's stimulus check.

Other scammers claim to be selling or offering supplies such as masks, test kits and sanitizers, often in robocalls, texts or social media ads.

Scammers are also impersonating banks and money lenders, offering bogus help with bills, credit card debt or student loan forgiveness.

Beware of calls, texts or emails, and social media posts originating from what appear to be government agencies that instruct you to click a link, pay a fee or confirm personal data (your Social Security number) to secure your stimulus check.

The FTC and the Justice Department also issued an alert about phishing texts and phone calls

that are supposedly from contact tracers, warning you that you've been exposed to someone with COVID-19. If you click the text message link, malware downloads to your device. These messages will appear to be from actual businesses or government agencies, but clicking on links or downloading attached files could enable the theft of personal information and your identity. Messages from actual contact tracers will not include a link, or ask you for money or personal data.

Also use care when conducting an internet search for coronavirus information. Are you going to the actual CDC or WHO website, or to a scam portal created by a cybercriminal? ■

Contact me with questions about online security. Christopher Duque | aikea808@gmail.com



Roselani Place
MAUI'S ASSISTED LIVING COMMUNITY



Nurturing Hawaii's Seniors Since 2002

- Independent
- Assisted Living
- Respite Care
- Memory Care

88 South Papa Avenue, Kahului, Maui, HI
www.roselaniplace.com (808) 871-7720



Prepare Yourself to Sleep Better

by Jen Angeli, Brain Education Instructor, Kaimuki

Have you ever examined your bedtime routine? You probably take care of basic bodily needs like brushing your teeth, but what about the rest of you? Where does your mind go? What about the stress and tension you've carried all day? Do you do anything to show your body and brain you really care about them?




Start by turning off the TV and putting your phone out of reach when you get in bed. Then, raise your feet and do some ankle rotations. Use your arms and hands to gently stretch your legs, hips and lower back as you inhale through your nose, and exhale long, slow breaths through your mouth.

Say, "Thank you, body. Today has ended. Anything unfinished will still be there tomorrow. Rest now." Release your thoughts and reassure your mind and body that all is well. Try it for a week. Your body and mind will thank you. ■

If you want to age well, getting proper rest is essential for your health, happiness and relationships. Quality of sleep is just as important as quantity when it comes to focusing and functioning well during the day. If you go to bed with stressful thoughts, you will probably not sleep well. If you do manage some shut eye, you may end up feeling tired in the morning.

So how can you help yourself find better rest?

KAIMUKI BODY & BRAIN
3569 Harding Ave., #B, Honolulu, HI 96816
808-738-5522 | www.bodynbrain.com/kaimuki



Veteran's INCREASED BENEFITS with Medicare!

The VA is a provider - it is NOT health insurance.


- » The VA is healthcare for veterans, reservists and National Guards
- » The VA is NOT available to all veterans
- » Eligibility and qualification are required to receive service
- » VA Health care is affordable but NOT FREE
- » Treatment must be at VA healthcare facilities only-travel often required
- » Can be difficult to obtain a 2nd opinion within the VA
- » The VA is NOT creditable medical coverage for Part B of Medicare
 - » Late enrollment penalties may apply.

Medicare Advantage Plans for Veterans


Contact **Copeland Insurance Group** to learn about all the benefits available for Veterans!

- » Medicare Advantage Plans available to Veterans with Medicare A & B
- » Access to more providers, specialists and location options.
- » Second opinions from specialists and providers
- » Drug formulary options to include access to specialty medications
- » Access to Non-VA Emergency Rooms and Services
- » Access to Urgent Care Facilities
- » Added Value embedded benefits at no additional cost
- » Medicaid Plans based on low income status

The VA does NOT recommend veterans cancel or decline coverage in Medicare Part B solely because they are enrolled in VA healthcare.
Source: <https://www.va.gov/health-care/about-va-health-benefits/va-healthcare-and-other-insurance/>



Margaret Wong
Copeland Insurance Group
808-591-4877 TTY711 MON-FRI | 8AM-5PM
1360 S. Beretania St., Suite 209 | Honolulu, HI 96814
Calling the number above will direct you to a licensed sales agent.





Adapting to a Changing Job Market

by Carleen MacKay, Emerging Workforce Expert

COLUMN

This past year has served as a glaring spotlight for many people who assessed their slim chances of ever working again. The truth is that the changes we have experienced — those due to COVID-19 and more — have opportunities embedded within their threats. As previously promised, here is a straightforward, basic planning model for future work. It's a guiding light to follow as you plan to continue to work in one of several ways in the foreseeable future.

Step 1 Look inward.

Forget endless chronology and look instead at your unique interests, gifts and verifiable accomplishments. Write them down. What do you want to highlight in any work you do in the future? For example, you may have been working in a company full-time as an accountant. You loved some — but not all — of the work. The work you loved are the highlights you are selling to a future employer, client or customer. Ask former teammates for their strongest impressions regarding your contributions. Think about new areas of interest and how your strengths might be an asset. Ask yourself how the work you will do in your older years will contribute to achieving your goal of living a purposeful and even longer life?

Step 2 Be open to change.

Keeping your interests in the forefront of your mind as you check the market. Where are the strongest opportunities that meet your interests? Be sure to check options beyond the full-time job market because you may find that one of the strongest opportunities for mature workers is in the flexible workforce.

The flexible workforce option is growing at warp-speed and is a treasured opportunity for many of us facing the need to continue to earn, learn and to be a part of a larger community.

Yes, you may need to enhance your skills by learning how to use a laptop, the internet and social media. Fear alone, not competency, makes this hard for many seniors. Be aware that the answers to most of your questions about your future work are at your fingertips.

Step 3 Learn.


Put this in perspective! Do you still drive in the crazy traffic on most of our islands? If so, learning to use the basic technology at your fingertips will seem simple by comparison.

Where might you learn and/or improve your knowledge? Any adult school, the community colleges, the universities and vocational schools across all islands are here to help now.

Finally, for today, ask yourself life's central questions — "Am I creating the meaningful, longer lifetime I desire and deserve? What form of work, beyond the old-world of jobs, will help me achieve this goal?"

In the next issue, I will address flexible opportunities in the field of health and wellness; options that are exploding for older workers. ■

NEW WORKFORCE HAWAII
Carleen MacKay
916-316-0143 | carleenmackayhi@gmail.com
www.linkedin.com/in/carleenmackay



CATHOLIC CHARITIES HAWAII

BENEFITS ENROLLMENT CENTER

Are you a senior having trouble paying your monthly expenses or having to choose between paying for your medical bills, utilities or FOOD? **We can help.** Call us at (808) 527-4777 for more information. www.CatholicCharitiesHawaii.org



Manoa Cottage

Serving Hawaii's Seniors for over 25 years
Specializing in Dementia & Alzheimer's Care

Call Jocelyn Ribao, Admissions Coordinator, at (808) 800-4089 or j.ribao@mckaimuki.com

Two locations in Manoa & Kaimuki
Visit manoacottage.com for more info




Do You Have a REAL ID?

by Generations Magazine Staff



In Hawai'i, residents were asked to obtain a REAL ID-compliant Hawai'i driver's license or state identification card with the star in a gold circle marking by Oct. 1, 2020. But due to the COVID-19 pandemic, the Department of Homeland Security has extended the REAL ID enforcement deadline to Oct. 1, 2021.

After Oct. 1, 2021, only federal-compliant REAL ID driver licenses and state ID cards will be accepted to get on domestic airline flights and to enter certain federal buildings and military bases. A US passport or military ID can be used as an alternate identification.

When acquiring or renewing a driver license or state ID card, residents must indicate on the application whether the card will be federal-compliant REAL ID. There is no additional fee for the star.

Having a state ID is voluntary, not required, and

typically used only by those who don't have a driver license. You may hold a REAL ID-compliant driver license or state ID, not both.

There is no rush to acquire one if your state ID is not nearing expiration. Valid Hawai'i state ID cards are compliant with Department of Homeland Security standards until Oct. 1, 2021.

A state ID costs \$40 and is good for eight years. It can take six weeks for your permanent card. ■

STATE ID ISSUING LOCATIONS FOR EACH COUNTY
City/County of Honolulu: <http://bit.ly/stateIDHonolulu>
Maui County: <http://bit.ly/stateIDMauiCounty>
Hawai'i County: <http://bit.ly/stateIDHawaiiCounty>
Kaua'i County: www.kauai.gov/DMV
For more information: <http://bit.ly/stateIDfaqs>



*H*ow to be free of more than your house.

When you move to our senior community, you can have more time to do what you want, and enjoy being part of a caring community.

To learn more, call (808) 247-3448.




All faiths or beliefs are welcome.

LIVING LIFE

Easier Rider: Boomers Boost E-Bike Use

by Debra Lordan, GM Associate Editor

Fueled by the pandemic, bicycling in general has experienced a boom. Biking is an ideal way to exercise while socially distancing.

Electric bicycles (e-bikes), much like toilet paper, face masks and hand sanitizer, are another pandemic success story. As Americans emerged from lockdowns, most e-bike companies saw sales skyrocket. While people of all ages buy e-bikes as an eco-friendly, alternative means of transportation, seniors are the largest target market.

E-bikes are revolutionizing cycling for senior adults, allowing us to ride longer, faster and with little or no pain. The low-impact exercise is simply easier on an aging body. With an e-bike, "over-the-hill" boomers can get a little help getting over that hill without injuring muscles and joints.

Health Benefits

Cycling improves cardiovascular health while pumping more blood to the brain, contributing to improved mood. Medical researchers have even discovered that cycling helps alleviate the symptoms of Parkinson's and Alzheimer's diseases.

Seniors who bike together also reap social benefits in the safety of the great outdoors. Seniors who live in bike-friendly communities can use e-bikes as regular means of transportation to do shopping and errands.

While riding an e-bike may not be as intense a workout as riding a regular bike, users are much more likely to ride longer and more often, because the e-bike experience is more enjoyable.

How an E-bike Works

E-bikes are conventional bicycles with assistive superpowers. Riders use gears and pedals most of the time, just like with a traditional bike, but have the option to give themselves a boost, thanks to a rechargeable lithium-ion battery-powered motor. The small motor can be engaged to help you whiz up hills and battle head winds more easily.

Buying an E-Bike

Just like traditional bikes, different models of e-bikes are available depending on the rider's



Recently retired Maui schoolteacher Sharon Heinzman loves her new e-bike. "It's all the fun of a bike ride without all of the work battling Upcountry's hilly terrain."

needs. The most popular styles for seniors are cruiser bikes, trikes and recumbents. E-bikes are more complicated and expensive than conventional bicycles, so you need to do your research.

There are three classes of e-bikes: Pedal-assist electric bikes provide assistance only when the rider is pedaling and only up to 20 mph. Throttle-assist e-bikes let you use the motor without pedaling, also up to 20 mph. Speed pedal-assist e-bikes are similar to pedal-assist bikes, except the motor will assist with speeds of up to 28 mph.

The average e-bike weighs about 50-plus pounds. Prices vary widely, starting at about \$1,000 and going as high as \$12,000.

Find a bike shop in your area so you can test-ride a few and begin rolling back the years!

For information about Hawai'i's e-bike laws, visit <http://bit.ly/HawaiiE-bikeLaws>. ■

Let us find the quality long term home placement for your loved one. We provide information, support and assistance at no cost.

Contact us for your FREE consultation
808-425-5101

kuunani@caregivershearhawaii.com
www.caregivershearhawaii.com



Gerofit for Veterans

by Ron Lockwood, Commander, VFW Post 8616

Gerofit is a group-based exercise program for veterans aged 65 years and older. This program, meeting at the Veterans Affairs Pacific Islands Health Care Systems (VAPIHCS) in the Community Living Center (CLC), has transitioned to a telehealth-based exercise program offered two or three times weekly.

Joe Kuroda (93) and Henry Lee (90) are active participants giving younger veterans aged 65 to 88 a purpose. In addition to being a former state Senator, Joe also served in World War II in the US Army, rising to the rank of colonel. Harold is a retired command sergeant major who served in three conflicts. Both lead by example, motivating those decades younger than them in exercising and the importance of a healthy lifestyle. To join Gerofit, you must be referred by a VA doctor.

Classes are limited to seven per group, allowing the therapist/instructor to closely monitor



Gerofit has demonstrated improved health, mental, physical function and well-being for veterans.



the progress of each veteran. Currently there are six active groups. It was a challenge initially to convert to telehealth, but veterans eventually connected through iPads, tablets and personal computers and the program grew.

When it is deemed safe to reopen the CLC, everyone is looking forward to returning for the comradery and potluck *kaukau*! ■

VFW DEPARTMENT OF HAWAII (501(c)3 nonprofit)
438 Hobron Lane, Ste. 407, Honolulu, HI 96815
808-946-7250 | adj@vfw-dept-hi.org
www.vfw-dept-hi.org



THE PLACE TO FIND PEACE OF MIND

Call 808.674.8022 for more info and to schedule a safe, socially-distanced tour!

At 'Ilima at Leihano, safety and security is an integral part of our wellness philosophy - something we practice every day. As the only senior living community of its kind in West O'ahu, 'Ilima at Leihano fosters independence and a feeling of 'ohana that provides a sense of community and peace of mind, so residents can truly enjoy their next journey in life.

Our community is truly unique in so many ways:

- We are the only company that does surveillance testing on a weekly basis
- Large apartments most with large private lanais
- Walkable community with lots of green open space
- 95% of our community is fully vaccinated
- In-person guest visitation is allowed with safety measures in place
- Continued weekly surveillance testing and moving safety protocols
- High-quality lifestyle with socially distanced programs and activities
- Offering Independent Living, Assisted Living and Memory Care
- Most of all, peace of mind for you and your family



739 Leihano Street · Kapolei, Hawaii 96707 | IlimaAtLeihano.com | [Facebook.com/IlimaSeniors](https://www.facebook.com/IlimaSeniors)

GM BROWN BAG
LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
11:30 am - 1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM



The Coach's Playbook

By Debra Lordan
Photography by Brian Suda

Larry David Price prefers to be known as a coach and educator, rather than a media personality. Although those who know of his many accomplishments, talents, awards and accolades may entertain the descriptor Renaissance man, he'll always be remembered simply and reverently as "Coach" to those whose hearts and lives he has touched.



His handsome face and brilliant smile are instantly recognizable. Larry Price, Hawai'i's longtime radio and TV personality, and celebrated scholar-athlete, is a legendary icon — one of the islands' treasured human resources. He is a quiet man who means what

he says and says what he means — a multidimensional man with a passion for encouraging others to find their power and attain success through education and hard work.

He has earned multiple advanced degrees. He also found success in many sports, as a player, coach, mentor and advocate. He studied martial arts, earning black belts in a number of disciplines. He was also an award-winning boxer during his eight-year stint in the Army. But his vast oeuvre includes much more than sports. He is also an accomplished musician, published author, college professor, political columnist, government administrator, small business management program director, sought-after motivational speaker, generous philanthropist and valued advisor.

But without hesitation, Coach Price says his most beloved career was coaching football at the University of Hawai'i, first as a defensive coordinator and then as head coach of the Rainbow Warriors from 1974 to '76.

Although the popular Hawai'i broadcaster may be best known to many as a media personality, the depths of his knowledge, experience and many talents warrant exposition. A cursory internet search will reveal a vast amount of information about his many achievements. But what his former players and assistant coaches say about him here may give us more insight into his character. The mere mention of his name opened a floodgate of memories from the players and coaches who will forever hold him in high esteem.

(Top photo, L-R) Mike Perkins (#27), Head Coach Larry Price (seated), Pat Richardson (#75), Coach Rick Blangiardi, Coach George Lumpkin, Levi Stanley (#74), Simeon Alo (#92), Cliff LaBoy (#93) and (not pictured in top photo) Dexter Gomes (#68) today and as members of the 1973 team (bottom photo).

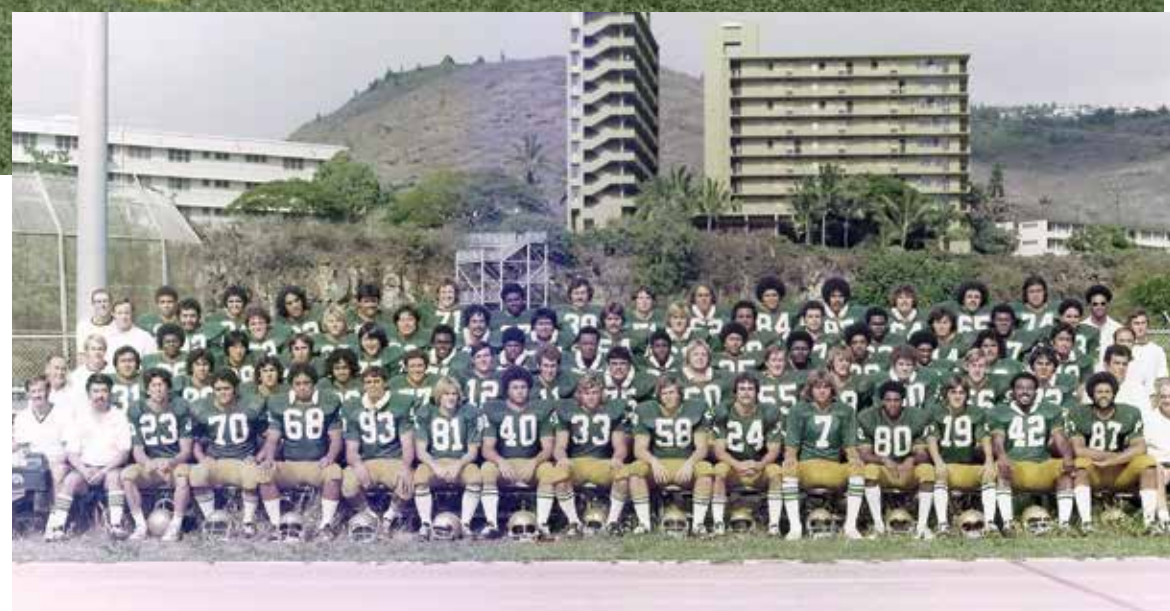


Photo credit: UH Athletics Department

'Many are called; few are chosen.'

If diamonds are made by applying pressure to coal, Coach Price's football players are the crown jewels of UH football. Coach whipped his players into top shape each week with a brutal training regime, leading his aggressive Warriors onto the gridiron each weekend.

"It's important for a coach to select the right guy to perform certain tasks," says Coach. Coach Price used his own innate abilities to recognize and identify each player's gifts, potential, possibilities and contributions, enabling them to tap into their own personal driving force that came from their hearts. His strong leadership pulled players toward a deep belief in themselves.

His team was a meritocracy, where meeting high standards with hard work paid off. Although Coach Price's expectations were high, the rewards were great, both on and off the field.

"Saying the right thing at the right time is an art," said Coach Price, who often used idioms and proverbs to motivate his team. For those who responded both physically, mentally and spiritually, "Many are called; few are chosen" had a life-changing impact. They were members of the traveling team—the chosen.

**'We're going to battle tonight.'**

Coach Price says he viewed the football field as a battlefield. His Warriors prided themselves on winning the physical side of the game.

Cliff LaBoy, a Farrington High School graduate, played football at Washington State for one year before returning to Hawai'i. Coach Price called him "out of the blue." Cliff became the left defensive end from 1972 to '75, when Coach Price was a defensive line coach, then head coach.

"Coach was very straightforward and serious—a no-nonsense kind of guy," says Cliff. "You either listened or you paid for it. He made sure we focused on our grades and he worked us very hard to get us to be the best we could be. His style of play was speed, physical and being technically sound at all positions. Back in the day, UH had the best defensive team than you can imagine. We beat a lot of big schools because of the strength of our defense."

Even if they lost, UH prided themselves on winning the physical side of the game. "We worked so hard and we were in such great shape that we wouldn't even be tired at the end of the game. Coach Price made sure of that."

"He was an excellent defensive coach. He could take an ordinary player and get him to play at a higher level. He gets so deep inside of your head, that he can tell you what's in there. He could see the potential in us all even though we were so kolohe."

"But when he started chewing on that cigar tip, with that big smile of his... you knew you were in trouble. 'OK, today Richardson and LaBoy are going to donate their bodies for the team.' We had to do 1,000-yard bear crawls. It was an impossible task, but we always finished."

There were a lot of Richardsons and LaBoys on the team. "But he knew when Saturday night came, all he had to do was turn us loose and we would perform for him."

"'We're going to battle tonight. We take no prisoners. Whatever is in front of you, destroy it on your way to the ball,' Coach would say. He would get you so pumped. We loved it."

"He taught us to be strong and positive, and never give up. He taught us to work hard toward our goals and everything will fall in place. The things he instilled in us really helped me in my life. He changed us kolohe players into good human beings who contribute to our communities. We all respect that man so much."

'I will take you to a place where you've never been before.'

Practice and play with Coach Price included the whole player—body, mind and spirit—as he propelled them to "a place where they had never been before."



Larry Price was an All Army Judo Champion, an outstanding player for the Army's Cacti football team, the winner of the All Army Talent Contest on 'ukulele...



SFC Larry Price, 35th ... will be ready



Coach Price and Dexter Gomes discuss defensive strategies on the sideline.

Coach was the head coach when Mike Perkins started as a free safety in 1974. "I was only 5-foot-8 and 150 pounds. Coach Price gave me the opportunity to play for UH and prove to him and myself that I belonged on the field. I was never going to disappoint him," says Mike.

Coach Price's own coach at Roosevelt High School, Kato Chung, also gave Larry "a place in the game," despite his small size at that time. Coach passed that forward, giving players with identifiable potential the opportunity to prove themselves.

"I will always remember Coach Price saying, 'I will take you to a place where you've never been before.' I didn't understand that until I started playing for him," says Mike. "'There is no way I can do this,' I used to think. But when you are going through the grueling drills he made us do, he would take you to a place where you had never been before. It made all of us physically and mentally tough."

"Although he recruited mainland players, he wanted the local boys to do well. He would have high expectations of you. And nobody wanted to disappoint Coach Price. He was a guy that you sometimes hated, because he put you through so much. But you couldn't play for anybody better. He got us to believe in ourselves and what we could do. I would go to war for the guy. That's the kind of impact he had on his players. To this day, we would do anything for him."

"I took those lessons and applied them in life after football. They are things I will never forget—the harder you work, the greater your success and the greater the benefits."

'The greatest motivational factors are love and fear.'

Coach Price had a gift for motivating his players, driving them to exceed normal expectations both on the field and off.

Dexter Gomes played for Coach Price as a middle linebacker between 1970 and '75.

"What I remember best is when he said, 'The greatest motivational factors are love and fear,' a phrase he adopted from the Bible. "If you could scare your players into playing for you, you might be able to motivate them, but it worked the other way, too. We gave the last drop of our blood to perform for him because we loved him that much—for all he did for us," says Dexter.

"Back in the old days, coaches used to berate their players. They all thought they had to be so hard. The greatest thing I learned from Coach Price is that all you have to do is treat people with respect to get them to *want* to perform for you. It doesn't just apply to coaching; it applies to everyday life. It all boils down to respect and treating people how you want them to treat you."

"Back in the days when we played, it wasn't like today. It was physical. Everything back then was three yards and a cloud of dust—everything was done in the trenches. When you got into the third and fourth quarter, if you weren't in shape, the other team could take advantage." Coach Price made sure the team could go the distance... and then some.

"He had a saying, especially when we didn't live up to his expectations: 'Today you are going to run to the horizon. The horizon is as far as you can see, but you will never reach it. Get on the line!' We ran until guys were falling on the ground. 'Jump over them!' Coach Price ordered. It was not punishment; it was for the betterment of each of us and for the team."

"But I'll tell you this, when the offense across from us was sucking wind, that's when we knocked them out and dragged them into the deeper waters. When we pulled off some big games, we'd see that everything Coach Price said worked. We believed and trusted him."

"There were a lot of life lessons. That is what he was all about. A lot of times I reflect on what he used to say and do."



'Don't you ever quit on me.'

Coach Price kept his players in line by making football fun, using his dry wit to "keep it interesting."

Former UH defensive end Pat Richardson was a member of the 1973 Rainbow Warriors team that beat Washington 10-7 in an epic competition.

"Coach Price made football fun. He made practice fun. You would never know what he was going to say. He made everything interesting. He would give you that look of death, but he'd be smiling at the same time with his nice bright white smile and stogie in his teeth," says Pat. "He did things that would make everybody laugh.

"I motivated the players by putting everything in the form of a challenge," says Coach.

"The better shape you are in, the less your chance of getting seriously injured," Pat says about the coach's rigorous practices.

Disciplinary action also involved conditioning. When Pat accidentally stepped on Coach's stogie that he had put on the ground for safe keeping, Coach said, 'Run.' "How long?" Pat asked. "Until I tell you to stop," Coach replied. "Although I was suffering, Coach would say, 'Don't you ever quit on me.' And we never would."

"Local boys from Waianae, Makaha, Nanakuli, Aiea and Farrington played for him... they didn't have a lot of money, but they gave us a good education, took us to the mainland, gave us good uniforms and a beautiful stadium — and all because of him — because Coach Price had a dream about Rainbow football."

"He took all us local boys to another level. When we would mess around, we would pay the price more than the mainland players, because we should know better," Pat says. "He expected more from his local players. He was hard on us when we deserved it — hard and fair."

"If you did your job and came to practice in shape with a good attitude, you had no problem with him. But he would take nonsense from nobody. I knew I was one of his favorites because he was always getting after me. So I always tried to do better for him. The time went by so fast under him because he made it so much fun. I'll always remember that guy."

'Physical superiority cancels out all theories.'

Practices with Coach Price were so hard and so brutal that the games were easy by comparison.



Simeon Alo, a Kamehameha Schools graduate, anchored the Hawai'i defensive line as a defensive end from 1969 to '70 and 1972 to '73.



He got a scholarship through Coach Price to play football at UH in 1969, and as a freshman rookie, made the travel squad as a versatile player on a variety of vital defensive teams.

"Levi Stanley, a Waianae High School graduate, and I made every mainland trip," says Simeon. "It was an honor because we were only freshmen." Simeon and Levi were unable to play in 1971, but returned in 1972.



One Cannoneer who stood out well in both departments was Larry Price, a six-foot, 260-pound offensive tackle and defensive center.



Larry Price USAREUR this past year.

The big tackle's success is partly due to his football "sense". As a defensive signal caller, Price seems to know what the opponents are up to, shown by the fact that he is continuously on the bottom of tackles and pileups. Against the Mainz Troopers he was in on 21 tackles.



Larry Price became a member of the Cacti football coaching staff in 1959, after a stellar performance as a lineman for the All Army team.

"Levi and I really enjoyed ourselves out there. What we managed to accomplish is a tribute to Coach Price. He really got us in shape."

"Among Coach Price's many pearls of wisdom, I remember he used to say, 'Physical superiority cancels out all theory.' In other words, if you are physically and mentally superior to who you are playing against, the game became easy," says Simeon. "He made practices so hard that the games seemed easy!"

"Before you can play Division I, you've got to think Division I," Coach explains. "In the early days, prior to Division I taking hold, the majority of the people we played were physically superior. UH was viewed as inferior to Division I opponents. Sports writers and newscasters used to laugh at us. So when people tell you that you are inferior, you got to prove them wrong. The first order of business was to convince them we were not inferior to anybody. This equated to hard practices." The strategy paid off, making Price the UH's first NCAA Division I head coach.

"I'll never forget playing Grambling State University [La.]. The whole team was huge," says Simeon. "The left tackle was 8 inches taller and weighed over 100 pounds more than I did," recalls Simeon. Although the Warriors lost, Simeon's opponent shook his hand after the game and said, "Bro, good game!" "It was out of respect. 'Ask no quarter, none given.' That's how we played."

"I will be forever grateful to Coach for giving me the opportunity to play Division I football," says Simeon. "He helped shape me into the man I am today." "And I wouldn't be here if it wasn't for Coach Price," Levi added. "I owe him my life."



'Come out and prove yourself.'

Coach Price's influence and support indirectly impacted the course of Hawai'i politics.

In 1965, Rick Blangiardi wrote a letter to UH inquiring if it had a foot-

ball program. His father was being transferred to Pearl Harbor and he wanted to ensure he could play college football.

"If you want a scholarship to play football here, you are going to have to come out and prove yourself," said Coach.

"My relationship with him started with that challenge," says Rick. "The day that I met Coach Price was the day that changed my life forever. He had just finished playing football. He was a physical force of nature and a fearsome creature."

Although Rick did prove himself, he returned to Massachusetts in 1966 when his mother became ill. He stayed, graduated and started his coaching career at the University of Connecticut. Then he got a letter from Coach offering him the opportunity to coach varsity linebackers.

"I made the decision to return to UH predicated on Coach Price, my relationship with him and my complete confidence and respect for him."

After Rick got his master's degree, he was offered a full-time job by Coach Dave Holmes. When Larry became head coach, he promoted Rick to associate head coach and defensive coordinator — Larry's former job.

"Him influencing me to come back to Hawai'i and giving me the opportunity, promotions and titles all tremendously shaped my life."

Married and with a baby on the way, Rick's coaching salary didn't go far. At age 30, with Coach's counsel, instead of accepting a higher-paying coaching position on the mainland, he accepted a sales position at KGMB TV. Ultimately, his love of Hawai'i kept him here. "I knew I would never coach with anybody better than Coach Price, which lessened the pain of leaving coaching."

"It all goes back to how Coach perceived, supported and believed in me. That has continued throughout my entire career. He is a powerful force; he was my mentor. I have a reverence for him. I learned so much from him that has served as guiding principles in business and in life. He helped me lock in my belief systems that have carried forward throughout my life. To this day, I can't call him Larry... it's always Coach Price."

Now 74, Rick is the current mayor of the City and County of Honolulu. "I wouldn't be here today if it wasn't for him," says the mayor.

'If you cut me, I bleed green and white.'



Coach attained an amazing level of excellence at everything he did. From the outside, it did not look like a pursuit—it was simply an acquisition.

George Lumpkin was a defensive back in 1970 and '71, when Coach was the defensive coordinator. After his player eligibility came to an end, George became a graduate assistant. When Coach became head coach in 1974, he made George a full-time coach.

"He was a great disciplinarian, but at the same time, he had a soft heart. The players just loved him because of who he was as a person. The harder he disciplined them, the more they loved him. They knew the drills were for their own good. They loved him because they knew that he cared about them as people, not just players. He was an outstanding coach, but probably an even better person. If a player needed help outside of football, he was there for them. He would give you the shirt off his back."

"He was very good at everything he touched—chess, martial arts, slack key guitar and much more—not only football. He seemed just naturally exceptional at it all. But he has always been a humble guy, not talking about himself or patting himself on the back."

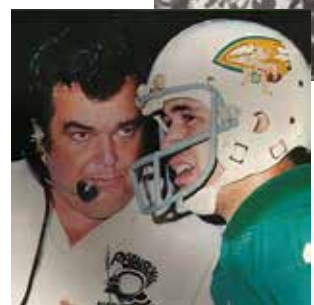
"He was always moving forward—always thinking outside the box. 'Nothing is as dead as yesterday's football hero,' he said. 'You have to always stay on top of your game. People are quick to forget what you have accomplished.'"

"He's an amazing person. The players are also really great people with good hearts who ended up doing good things. I think Coach Price had a lot to do with that. Many of his former players credit him for their successes in life."

"We would do anything for Coach and he would do anything for us. We knew that without a doubt. 'If you cut me, I bleed green and white,' he used to say."

The Coach's Playbook

A good coach tells you what you don't want to hear and shows you what you don't want to see, so you can be who you have always known you could



(Above, L-R) Coaches Larry Price, George Lumpkin and Rick Blangiardi provided a framework that guided their players along the path to success — both on and off the football field.

be. A great coach makes you do what you don't want to do — what you think is impossible — and makes you into someone better than you ever dreamt you could be.

Coach Price, who extolled the virtues of hard work and its rewards, influenced others through the example of his own hard work. He loved and respected his players and coaches. "They all worked hard and were willing to put in what was needed to accomplish the mission," says Coach.

"Knowing I played for Los Angeles Rams must have helped convince them they could get to that level, too." After completing two degrees, Coach became a free agent, multi-position player for the team. He was also sought-after as a coach, but Coach Price would not leave his beloved Hawai'i.

He has left an indelible mark on the hearts, minds and lives of those who knew him. As Dexter said, Coach Price and Assistant Coach Rick Blangiardi provided his players with "a book of everything we needed to be successful in life." Coach's former football players and staff will continue to turn to the pages of his playbook for success for the rest of their lives.

Now in his 80s, Coach enjoys an occasional round of golf at Waialae Country Club, where many of his former players meet with him.

Coach Price continues to champion up-and-coming athletes to "give them a place in the game" through the Oahu Interscholastic Association, and brings revitalized recognition to the state's accomplished athletes through the Hawai'i Sports Hall of Fame.



The first HSHOF inductee was swimmer and surfer Duke Kahanamoku. Class of 2020 inductees include Ben Aipa, surfing; Egan Inoue, racquetball; and Roland Leong, auto racing.



HAWAI'I SPORTS HALL OF FAME

As with his football meritocracy, Coach Price felt meeting high standards with hard work, excellence and integrity should be rewarded and recognized, so he set out to rejuvenate the Hawai'i Sports Hall of Fame.

"Because Hawai'i is so remote, our athletes had not gotten the attention they deserve," says Coach. "Hawai'i has produced many young talented athletes and Olympian-level athletes who have gotten no recognition," Coach said to the group. "We have enough to warrant honoring them and holding them up as role models for future generations of athletes."

Although a hall of fame was already in place, it was not being used to its full potential. Coach breathed life back into the HSHOF, which now serves as "an educational repository to honor athletes, pioneers and contributors of Hawai'i's rich sports history and to serve as role models for our youth, encouraging them to emulate the same characteristics of devotion, dedication, pursuit of athletic excellence, steadfast and moral character."

The first year was spent catching up by adding about 30 athletes who should have been included, starting with Duke Kahanamoku. A huge banquet

was held to honor the overdue inductees. After the first five catch-up years, three or four athletes have been inducted per year.

Those inducted last year bring the total number of Hawai'i Sports Hall of Fame members to 158. Coach says, "The 2020 inductees span a wide variety of pursuits, exemplifying Hawai'i's unique and profound impact on the sports world. It is no small thing to be accepted into this elite group. Criteria for induction is strictly adhered to." Selection is made with due process—a what-you-do process. The selection committee is made up of sports media members. "They write stories about these athletes, so they know who is who," says Coach.

"My message to young athletes is just to keep on going," says Coach. "If you come up against a hurdle, overcome it and go on to the next hurdle until you don't have any hurdles left."

Coach Price, a constant presence as chairman of the board, is transitioning the management of the organization to new leadership who will continue to solicit new inductees and ensure they meet the HSHOF's stringent qualifications.

Hawai'i's world-class Aloha Stadium houses a public displays of inductee photographs and profiles. The Bernice Pauahi Bishop Museum is home to the flagship exhibition for the hall, and includes inductee photographs, profiles and memorabilia. In addition to the permanent display venues, the HSHOF also maintains portable display screens with a full complement of the inductee photographs and profiles. This "traveling" hall of fame is used at events such as the Annual Induction Banquet and the Hall of Fame Golf Tournament. Arrange a tour of the HSHOF by calling the Aloha Stadium Office. ■

HAWAI'I SPORTS HALL OF FAME
To arrange a tour, contact the Aloha Stadium office: **808-483-2500**, Mon-Fri, 8am-4pm
alohastadium@hawaii.gov
For HSHOF nomination and donation information:
www.hawaiisportshalloffame.com
Executive Committee President Calvin Nomiyama:
admin@hawaiisportshalloffame.com

GENERATIONS MAGAZINE PARTNERS

MEDICARE & MEDICAID ASSISTANCE

Table with 4 columns: Organization, Service, Website, Phone. Includes Copeland Insurance Group, Financial Benefits Insurance Inc., Hawaii SHIP, Humana Medical, Kaiser Permanente - Hawaii Region, Kimberly A. Cooper Insurance LLC, MDX Case Management, The Medicare Geek.

CAREGIVING & SENIOR MANAGEMENT

Table with 4 columns: Organization, Service, Website, Phone. Includes AARP Hawaii, Hawaii Aging & Disability Rsrc. Center, Attention Plus Care, Caregiver's Heart Hawaii, Catholic Charities of Hawaii, Hawaii Care Choices - Hilo, Home Care By ALTRES Medical, Kokua Mau, Malama Nui Home Care LLC, Navian Hawaii, Project Dana, Right at Home, The Caregiver Foundation.

HOUSING & ADULT DAY CARES

Table with 4 columns: Organization, Service, Website, Phone. Includes Aiea Heights/Wai'ala Senior Living, Hale Hau'oli Hawaii, 'Ilima at Leihano, Kalakaua Gardens, Lunalilo Home, Manoa Cottage Care Home, One Kalakaua Realty, Pohai Nani - Good Samaritan Society, Roselani Place, St. Francis Healthcare System, The Plaza Assisted Living.

HEALTH & PHYSICAL WELLNESS

Table with 4 columns: Organization, Service, Website, Phone. Includes Alzheimer's Association, American Diabetes Association, Body & Brain, GYMGUIZ Urban Honolulu, Hawaii Dental Service, Hawaii Pacific Neuroscience, Hawaiian Eye Center, Makai Mobile Rehab LLC.

Table with 4 columns: Organization, Service, Website, Phone. Includes Natl Alliance on Mental Illness Hawaii, Ohana Hearing Care, Ohana Pacific Medical LLC, Pacific Cancer Foundation.

AIDS & EQUIPMENT

Table with 4 columns: Organization, Service, Website, Phone. Includes Assistive Technology Resource Center, Soderholm Mobility Inc., T-Mobile Relay Hawaii (Hawaii CapTel).

FINANCIAL SERVICES

Table with 4 columns: Organization, Service, Website, Phone. Includes Na Ho'okele Financial Advisory Team, Social Security Administration.

LEGAL SERVICES

Table with 4 columns: Organization, Service, Website, Phone. Includes DPA, Elder Abuse Unit, Est8Planning Counsel LLLC, The Law Offices of Stephen B. Yim.

REAL ESTATE

Table with 4 columns: Organization, Service, Website, Phone. Includes Real Estate Referral Center Inc., Senior Move Managers/De-Clutter HI, The Ihara Team, Keller Williams Honolulu.

OTHER

Table with 4 columns: Organization, Service, Website, Phone. Includes Annette Pang-Life Coach Village LLC, Captain Cook Coin, Cardax Inc., Center On Aging - UH, Manoa, City Mill/Simply Organized, Kind2Kupuna, Lanakila Pacific Meals on Wheels, Vacations Hawaii, Veterans of Foreign Wars, Dept. of HI.

Each year, Generations Magazine recognizes and applauds its statewide partner companies and nonprofits, as well as government entities that are devoted to supporting Hawai'i's kūpuna. Readers can contact our well-vetted partners with confidence because they provide reliable information through their articles and advertisements in Generations Magazine. Their expertise is also shared via our monthly Brown Bag Lunch Webinars and weekly Sunday radio podcasts. Contact Ad Sales/Content Coordinator Leigh Dicks at Leigh@generations808.com to recommend potential partners.

The Caregiver Foundation logo and text: Helping you help those you love! Care Coordination, Conservatorship, Money Management, Family Care Planning, Trust Administration, Webinars / Workshops... and more. 808-625-3782 | info@thecaregiverfoundation.org

FREE CONSULTATION Helping you find the tools for your best life! Independence through Technology. Nonprofit serving all Hawaiian Islands. Assistive Technology Resource Centers of Hawai'i atrc.org | 808-532-7112 | barbara@atrc.org



Nutritional Supplements & COVID-19

by Eileen Phillips, RN, Attention Plus Care



Facing the potential that the COVID-19 variants may keep this virus around, it makes sense that practitioners are looking for other treatments to slow the spread of the disease. The results of a clinical trial in India using two natural supplements to treat COVID-infected individuals showed that these herbal products can speed up recovery time from the disease. On average, after five days, 88 percent of those treated tested negative for the virus, compared with 72 percent of those receiving hospital-standard anti-viral medications. By day 10, the ratios rose to 100 percent versus 88 percent. This begs the question, how can nutritional supplements assist the body in fighting the virus?

When considering specific supplements such as vitamins, it should be noted that the real issue is not the amount of vitamin that is ingested, since the body can only utilize so much of it before expelling it. A person's "nutritional profile" is what really matters. Someone who lacks vitamins and minerals needed for proper immune system function will benefit from adding certain supplements to their diet. A German study indicates that vitamins D, K and A could bind to the viral spike protein of the COVID-19 virus and reduce its effect. This is already being used in hospitals as part of an integrative approach to COVID-19.

Other individuals have a lack of vitamins and nutrients because of poor nutrition, and will need to develop healthier eating habits before any boost from supplements will help. Adopting a healthier nutritional attitude can be as easy as adding specific foods to your diet. Another study found

the natural compounds in green tea, muscadine grapes, cacao and dark chocolate interact with the COVID virus to make it harder for it to propagate in humans. On the other hand, cholesterol was found to have the opposite effect, making COVID-19 more severe by interacting with the spike to increase concentrations of the virus. This supports evidence of more severe cases of the disease among overweight individuals.

This confirms what we have known all along—the overall quality and balance of nutrition has a strong influence on our immune system's ability to fight infection. Once the system is out of balance, it is vulnerable and more likely to result in a longer, more severe illness from the disease. Making up for lack of nutrition by taking lots of vitamins does little to restore the needed nutritional balance. It comes down to these basics:

- 1 Eat a variety of fresh, raw produce
- 2 Strictly limit processed foods and sugar
- 3 Get regular exercise, preferably outdoors
- 4 Maintain a healthy physical and mental equilibrium in your daily routine

The goal here is not to load up on 1,000 percent of any particular supplement, most of which will be flushed out of the system, but to establish a good nutritional foundation, eat regular meals of the right size, and build on this base with natural supplements as recommended by your physician or naturopath.

And of course, COVID-19 vaccines are now available to all age groups to give your immune system a head start in warding off the virus. ■

ATTENTION PLUS CARE HOME HEALTHCARE
Accredited by The Joint Commission

1580 Makaloa St., Ste. 1060, Honolulu, HI 96814
808-739-2811 | www.attentionplus.com

AGING IN HAWAII EDUCATIONAL OUTREACH PROGRAM
by Attention Plus Care — a program providing resources for seniors and their families, covering different aging topics each month. For class information and upcoming topics, call 808-440-9356.

Caregiver Tips for Coping with Stress

by Melissa Ah Ho-Mauga, Vice President—Client Services, St. Francis Healthcare System

Caring for a loved one can be stressful, even for the most resilient people. Over time, this can harm your health. Consider these four caregiver tips to help preserve your health and well-being:

■ **Accept your limitations.** It's normal to feel guilty sometimes, but understand that no one is a perfect caregiver. Believe that you are doing the best you can at any given time.

■ **Seek help.** Be prepared with a list of ways others can help you. Let friends and family members choose what they would like to do. Some may offer to take your loved one on a walk a couple of times a week. Others may be able to run an errand or cook for you.

■ **Set personal health goals.** For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week,

eat a healthy diet and drink plenty of water.

■ **Get connected.** Find out about caregiving resources in your community. St. Francis Healthcare System has free caregiver education and wellness classes that offer practical tips to help you avoid burnout. Connecting with other caregivers can be a source of inspiration and a reminder that you aren't alone. ■



ST. FRANCIS HEALTHCARE SYSTEM (501(c)3 nonprofit)
2228 Liliha St., Honolulu, HI 96817
808-547-6500 | info@stfrancishawaii.org
www.stfrancishawaii.org



FOR A FREE STRATEGY
CONSULTATION, YOU MAY
CONTACT US AT

Dan Ihara (RA)
RS-65892
808-256-7873
dani@iharateam.com

Julie Ihara (RA)
RS-67440
808-754-2225
juliei@iharateam.com

iharateamhawaii.kw.com

SENIOR LIVING OPTIONS 2.0

CARING FOR MOM? TOP TIPS TO HELP CARE FOR MOM

Learn the answers to these questions

- Are you concerned about mom living alone?
- Are you seeking help with how to handle mom's care?
- What are the Top 5 conversation our family should have with mom?
- At what point should the family make a decision if mom doesn't?
- How do we plan for the inevitable?

CONTACT US, IF YOU
WISH TO LEARN MORE

(808) 468-9190

The
IHARA
Team

The Complete Solution™
Of Keller Williams Honolulu RB-21303

kw KELLER WILLIAMS
HONOLULU

The Ihara Team of Keller Williams Honolulu RB-21303 | 1347 Kapiolani Boulevard 3rd Floor, Honolulu, Hawaii 96814 | Every Keller Williams office is independently owned and operated

GM BROWN BAG
LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
11:30 am–1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM



GENERATIONS RADIO PODCAST
OLDIES 101.1FM | SUNDAYS, 8–9am

Online: HAWAIISTREAM.FM
Cable: SPECTRUM CHANNEL 883



Sponsored by
Copeland Insurance
Group

Preparing Yourself for Caregiving Needs

by Gary A. Powell, Founder & Executive Director, The Caregiver Foundation



When our loved one with dementia cannot clearly express their own wishes, it becomes a guessing game. When you stumble across an unanswered question in your role as caregiver, just think of the difference guidance from your loved one would have made! So it is clearly important that we do *our own* preparation for *our own* potential caregiving needs. Documenting your wishes for your future will be a much-appreciated tool for your own loved ones.

A **Personal Care Planning Notebook** can be an invaluable tool. It should include:

- A Physicians Orders for Life Sustaining Treatment (POLST) form (update it regularly)
- An Advanced Health Care Directive
- A Power of Attorney document that goes into effect only when you become incapacitated
- A copy of your birth certificate, wedding certificate and the birth certificates of your children
- A will including a nomination for personal representative
- Location of your trust document
- Your health insurance, dental insurance and Medicare cards
- A list of the doctors you normally see
- A Quality of Life Statement

A **Quality of Life Statement** is a document for your family that describes the care you want:

- Where would you like to receive that care? Get as specific as you like.
- Who would you permit to bathe you, etc.?
- If your finances are depleted, what are other finance options for your continued care?

- Include details about life support or physical conditions you would find acceptable.
- What treatment or loss of physical ability would you not accept?
- A topic that also needs to be addressed is what you consider to be a “good death.” Do you want to be left alone or be surrounded by family? You will lessen stress for your loved ones by providing this important information in advance.

Start on your Personal Care Planning Notebook today and update it at least once a year — your family will be eternally grateful to you. ■

THE CAREGIVER FOUNDATION (501(c)3 nonprofit)
 926 3rd St, Pearl City, HI 96782
 808-625-3782 | gary@thecaregiverfoundation.org
www.thecaregiverfoundation.org
 Contact Gary for a more complete notebook list.



Hawaiian Eye CENTER
Leading The Way In Eye Care



Hawaiian Eye Center is the leader in Laser Assisted Cataract Removal providing reduced dependence on eyeglasses through precise, advanced laser technology and advanced lens implants.



HAWAIIAN EYE CENTER OFFERS:

- Complete Eye Exams
- Diabetic Eye Care
- Premium Cataract care
- Optical shop

Wahiawa 621-8448
 Waipahu 678-0622
www.hawaiianeye.com

Visit us at our newest location at the Kunia Shopping Center

GM BROWN BAG LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
 11:30 am – 1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM

ARCHs : A Home-Like Setting for Seniors

by Dr. Poki'i Balaz, Director of Nursing, Lunalilo Home

What do you think of when you hear the word ARCH? A vertical, curved structure or perhaps those golden ones that McDonald's is famous for? Or do you think of a cathedral arch typically used in bridge architecture? Did you know that in senior care, the acronym “ARCH” means adult residential care home?



ARCHs are homes that are licensed and regulated by the Hawai'i State Department of Health, Office of Health Care Assurance. They provide room and board, as well as 24-hour oversight by a licensed nurse for anywhere from five to 45 kūpuna. They focus on socialization, nutrition and healthcare. Much like your own home, residents can either share a room or have their own, but they partake in meals and activities together

as a group. Residents are rarely just sitting in their room!

ARCHS also can take you to doctor appointments or bring in specialists, such as podiatrists, or physical/occupational therapists.

Hawai'i has over 200 of them! So, if you are looking for residential care, but are not quite ready for a nursing home, an ARCH may work best for you.

For more information go to, <https://health.hawaii.gov/ohca/state-licensing-section>. ■

LUNALILO HOME
 Adult Residential Care Home located in Hawaii Kai
 501 Kekauluohi St., Honolulu, HI 96825
 808-395-1000 | www.Lunalilo.org



Est8Planning
 COUNSEL LLLC
 Estate Planning & Administration

- Estate Planning
- Trust Administration
- Special Needs Planning
- Estate Litigation

Providing Peace of Mind Through Thoughtful Planning

Booklets Offer Help Amidst Life's Crises

by Generations Magazine Staff

A valuable resource to help us cope effectively during our most trying times is available through Kōkua Mau. Hawaiian for “continuous care,” the statewide network supports and assists people who may be facing serious illness, as well as their loved ones.

Kōkua Mau provides information that helps to relieve the symptoms and stress of illness. It also includes information about hospice care, in order to provide the best care possible at the end of life.

A set of five, 20-page booklets developed by the Center on Aging at the University of Hawai‘i are practical, pragmatic and easy-to-use guides available at no charge from Kōkua Mau’s website.

Booklet 1: Advance Care Planning—Making Choices Known is a workbook for documenting the kind of care you want if you are unable to make decisions for yourself. Knowing your wishes will help your family and loved ones if they have to make medical decisions on your behalf. In this booklet, you will learn about the types of decisions you can make ahead of time and how to let others know what you want.

Booklet 2: Planning Ahead—Funeral and Memorial Services offers options for funerals, memorials and burial. Which plans should you make now? Making plans ahead of time will help reduce the stress on surviving family members and loved ones when death occurs. Planning your funeral or memorial service with mindfulness is a gift you share with those you love. This booklet will help you make and document those decisions for the events following your death.



Booklet 3: Preparing To Say Good-Bye—Care for the Dying describes common symptoms experienced by dying people and how to best provide comfort. Those with a terminal illness will show a steady decline. Those with a serious chronic illness may have peaks and valleys. Learn to anticipate and manage changes that may occur.

Booklet 4: When Death Occurs—What to Do When a Loved One Dies is a guide to help you immediately following the death of a loved one. Honoring family and cultural rituals allows you to acknowledge the reality of the death and begin the healing journey. At the same time, you have much to do after a loved one passes. The document includes a checklist and practical help.

Booklet 5: Help For The Bereaved—The Healing Journey outlines what experts feel is normal grieving and what is abnormal or complicated grieving. Expressions of grief are as individual as fingerprints. There is no “right” way or specific length of time required.

Download the free updated PDFs from www.kokuamau.org/five-booklets. ■

KŌKUA MAU (501(c)3 nonprofit)
PO Box 62155, Honolulu, HI 96939
808-585-9977 | info@kokuamau.org
www.kokuamau.org

Activities & Dementia

by Carol Hickman, CTRS—Recreation Therapist at Manoa Cottage Kaimuki



Providing meaningful activities for your loved one with dementia is very possible. Activities can add meaning, boost quality of life, and provide beautiful opportunities for connection.

Here are some tips:

- **Consider past interests:** Activities that bring up memories and past skills are more likely to be successful and meaningful. So try choosing an activity that is familiar and provides opportunities to reminiscence.
- **Approach with ease:** Make your loved one feel safe—speak in a calm tone of voice and explain in simple words what is happening before you begin the activity together.
- **Sneak in physical activity:** Gardening, assisting with dishes and going shopping all involve being active, and may be able to fit more naturally into the day than formal exercise.

• **Engage the senses:** Your loved one may not be able to “do” an activity but can still “experience” an activity. Things like light-touch massage, music and sitting outdoors can provide calm engagement.

• **Share love:** Emotion still holds meaning for those with dementia, and sharing kind or loving words can bring joy.

Caregiving for someone with dementia is challenging. Keep in mind that your loved one lives in moments, so aim to provide moments of joy throughout the day to boost their quality of life. ■

MANOA COTTAGE KAIMUKI
748 Olokele Ave., Honolulu, HI 96816
808-800-4089 | info@manoacottage.com
www.manoacottage.com



Release stress and reclaim
your health & happiness

HAWAII CENTERS

Aiea (808) 486-9642
Honolulu (808) 596-9642
Kaimuki (808) 738-5522
Manoa (808) 691-9642



Helping members all over Oahu

Robin Reisinger 808-724-4993

robin@themedicaregeek.com



www.themedicaregeek.com



Right at Home
In Home Care & Assistance
The Right Care, Right at Home®

Call us today to schedule a free consultation!

808.797.2111 | www.eldercareoahu.com
2019 West Coast Caregiver | Satisfaction Award Winner

GM BROWN BAG LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
11:30 am–1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM

Adult Day Care Supports Aging in Place

by Kathy Wyatt, President, Hale Hau'oli Hawaii

Adult day care services offer professional care for seniors and adults living with dementia and other disabilities. They receive therapeutic, social and health services during the day. Adult day care is also a great solution if the senior needs supervision for safety reasons, is expressing depression or isolation, needs socialization and engaging activities, or if the caregiver simply needs respite. Adult day care gives caregivers the opportunity to work while their loved one is safe.

If Mom and Dad want to age in place at home, adult day care offers an affordable solution for working caregivers (see table). The figures are based on national averages—Hawai'i's figures are generally higher.

Adult day services information can be found at adultdaycentershawaii.org.

	Daily	Monthly	Annually
Home Healthcare			
Homemaker Services	\$147	\$4,481	\$53,768
Homemaker Health Aide	\$150	\$4,576	\$54,912
Adult Day Care			
Adult Day Care	\$75	\$1,603	\$19,240
Assisted Living			
Private, 1 bedroom	\$141	\$4,300	\$51,600
Nursing Home Care			
Semi-private room	\$255	\$7,756	\$93,075
Private Room	\$290	\$8,821	\$105,850

Genworth 2020 Cost of Care Survey

HALE HAU'OLI HAWAII (501)(c) 3 nonprofit
 98-1247 Kaahumanu St., Ste. 207, Aiea, HI 96701
 808-798-8706 | Kwyatt01@aol.com
www.halehauolihawaii.org

Strengthen Foot & Ankle Foundations

by Debbie Kim Morikawa, GYMGUYZ Owner

When building a house, having a solid foundation is key to its stability. The feet and ankles are the foundations for your body, and are critical for stability and balance while standing and walking. Yet how often do we think of exercising these muscles to keep them strong and flexible.

The intrinsic muscles of the feet (contained within the foot) and extrinsic muscles (originating outside of the foot and attached to the foot by tendons) contribute significantly to what happens at the ankles and joints above. As ground forces hit our feet, how the feet react affects our posture—the ability to keep our center of mass solidly in line over our hips, knees and ankles—and most importantly, our balance.

To test your strength, mobility and coordination, try the following (these can be done seated):



- Keeping your foot flat on the floor, alternate lifting your toes starting with the the big toe, then the other toes.
- To strengthen your feet and ankles, put your foot on a towel. Then contract your toes and relax them.

Practicing these exercises can improve the health of your feet and ankles, and ensure that they give you the best support possible. ■

GYMGUYZ Urban Honolulu
 808-638-2525
gymguyzurbanhonolulu@gymguyz.com
www.gymguyz.com/urban-honolulu-hi



Powerful Family Relationships Conscious and Compassionate Leaders

"Annette's progressive plan helped me to dig deep within myself and learn tools to enhance rapport with my mother, father and others especially during predictable aging. Her coaching is far reaching, and dramatic, and her dedication and commitment to helping families has empowered me to understand I must be an agent for change, and now there's no turning back!"

- Michele Sugihara, Honolulu



REGISTER: annetepang.com for a complimentary Webinar:

"Fix 4 Communication Misfires And Blunders For Happy Families."

Annette Pang is a Life Coach and Owner of Caring Manoa, Licensed Adult Residential Care Homes ARCH II for 20 years.

Please call Todd Pang, President, 808-779-8871. We Look Forward To Meeting You!



MALAMA NUI
 MALAMA NUI HOME CARE LLC
"We care from the heart"
 In Home Care | Hygiene & Bathing | Physical Limitations | Housekeeping
 Incontinence Support | Companionship | Meals | And Much More
CALL 808.439.4058 for FREE Assessment

Now Welcoming New Residents to Lunalilo Home

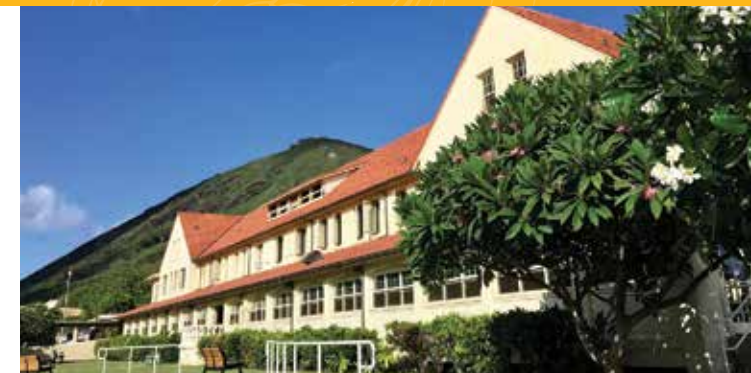
On the majestic slopes of Koko Head Crater, Lunalilo Home sets the stage for a true one-of-a-kind senior living experience. Gather here with friends and family on our 5-acre campus. Our recently renovated campus provides ample space to enjoy all Hawaii has to offer in a safe and secure environment.

Residential Care Lifestyle

Life at Lunalilo Home is meant to be full of vitality, joy and purpose. Our vibrant senior community enjoys frequent recreational, cultural and spiritual activities. Focus on enjoying life to the fullest, our staff will take care of the rest.



501 Kekāuluohi Street, Honolulu, HI 96825
www.lunalilo.org



Call Us Today
808-395-1000



GM BROWN BAG LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
 11:30 am – 1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM

Free Dental Care & Education for Seniors

by Toni Murakana, Executive Director of Aloha Medical Mission

Since 1995, the Aloha Medical Mission (AMM) Dental Clinic has provided basic dental care at no cost for adults who are unable to afford it.

AMM Dental Clinic is a secular, nonprofit organization supported by government grants, independent donors and private foundations. Our independence and dedication to our mission has allowed AMM Dental Clinic to thrive, even during the COVID-19 pandemic, while other health centers closed. In 2020 between the months of April and June, the clinic experienced a 267 percent increase in patient visits.

AMM Dental Clinic continues to be a dental health "safety net," providing care at no cost for the homeless, immigrants, abused women, the elderly, and those with financial limitations, or limited or no dental insurance.

We support the local dental community by referring patients to participating providers. As a no-cost dental clinic, care is limited to dental examinations, cleanings, X-rays, fillings, extractions, limited dentures (for abused women) and limited root canals, with the goal of treating acute dental disease and preventing systemic health problems.

AMM Dental Clinic is grateful to the local dental community for volunteering their expertise and skills and providing pro bono dental care. Each month, five to 12 dentists step up to offer pro bono care. These volunteers allow AMM Dental Clinic to be a "safety net" at no-cost to those in need.

HOW CAN SENIORS BENEFIT?

Tooth decay is common among older adults. Nearly 50 percent of adults 65 years and older have untreated dental conditions, including tooth decay, gum problems and missing teeth.

A virtual educational format called "Kupuna Smiles" has been designed by the HDS Foundation to provide training to nursing home staff and caregivers to obtain certification for oral health care. Expansion through outreach with commu-



nity partners is on the horizon. The primary goal of this initiative is to improve the oral health of senior citizens in Hawai'i through community-oriented projects.

The truth of the matter is that seniors are at increased risk for dental problems that affect their overall health and quality of life.

Dental disease is a common cause of medical and emergency room visits. AMM Dental Clinic is here to help. ■

ALOHA MEDICAL MISSION DENTAL CLINIC
(501(c)3 nonprofit)
200 N. Vineyard Blvd., Unit B-120, Honolulu 96817
Clinic hrs: M-F, 8am-5pm
808-847-3400 | www.alohamedicalmission.org

ONE KALAKAUA REALTY

Call **808-949-1111** for a Personal Tour of
ONE KALAKAUA SENIOR LIVING
1314 Kalakaua Avenue

*Honolulu's only Fee Simple,
Full Service Retirement Community*

- ◆ Assisted Living & Skilled Nursing Center
- ◆ Social Activities & Excursions
- ◆ Weekly Maid Service
- ◆ Private Dining Room with Delicious Meals
- ◆ Exercise, Dance and Ukulele Classes
- ◆ Library, Beauty Salon & Gym onsite
- ◆ Full Size Kitchen & Laundry Appliances
- ◆ Covered & Secured Parking Stall

FEE SIMPLE
1B/1B prices begin at \$579,000
2B/1B Prices begin at \$775,000
2B/2B prices begin at \$869,000
RENTALS start at \$4,000/mon.

www.1kalakaua.com



Prevent Permanent Disability Due to Stroke

by Dr. Chris Dubuque, DO, FACP Internal Medicine, Ohana Pacific Medical

Imagine being suddenly weak or paralyzed, unable to move your leg, arm, see normally or feel your face. These are some of the symptoms of a stroke—911 should be called immediately!



blood vessels, reducing the risk of heart attack and stroke. Numerous studies have proven its effectiveness in preventing stroke and heart attacks.

Will exercise help? A brisk walk 30 minutes per day has been shown to have many benefits. If you are unable to walk, many exercises can be conducted from home while seated in a chair.

Ask your doctor what can be done to prevent a stroke if you ever been diagnosed with high blood pressure, high blood sugar or high cholesterol—or if you smoke. ■

What is a stroke? A stroke or "brain attack" occurs when the brain does not get enough oxygen from the blood, causing death of brain cells. It is easier to prevent a stroke than to recover from stroke disability.

PREVENTION IS KEY

Is smoking ok? No! Smoking is the leading cause of preventable death in the United States. Try smoking one less cigarette each day to achieve the bigger goal of quitting smoking altogether.

Does diet matter? A diet such as Mediterranean diet will reduce inflammatory plaques in your

OHANA PACIFIC MEDICAL LLC
1302 Young St, Honolulu, HI 96814
808-930-9858 | opm@ohanapacific.org
www.ohanapacificmedical.org

WHAT MAKES THE PLAZA HOME?

Blessed

KAMA YIM
RETIRED CHIEF OF STAFF
TRIPLER ARMY MEDICAL CENTER

"I guess I'm an artist... I sing, and I paint. The staff here is the crux of the whole organization. Everybody seems to be concerned about how the resident is doing. This place is ho'omaika'i, I love it. I tell people we're blessed to be here."

Find out if The Plaza is right for you or your loved one.

SCHEDULE A TOUR TODAY | (808) 913-1800 | PLAZAASSISTEDLIVING.COM

KĀNE'OHE | MILILANI | MOANALUA | PEARL CITY | PUNCHBOWL | WAIKĪKĪ

THE PLAZA
Assisted Living

HAWAII'S BEST 2020 987654

BEST ST

GM BROWN BAG LUNCH WEBINAR Zoom Presentations: **JUNE 12, JULY 21** 11:30 am-1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT **WWW.GENERATIONS808.COM**



See Your Dentist if Your Mouth Feels Dry

by Kahala Howser, Wellness & Events Manager, Hawaii Dental Service

Does your mouth often feel dry and uncomfortable? Does it make eating, speaking or swallowing difficult?

Dry mouth can cause oral health issues that can affect your smile and overall quality of life. Persistent dry mouth is not a normal sign of aging and may be a possible side effect of many common medications, a symptom of certain diseases or health conditions, or a side effect of substance abuse or cancer treatment.

This uncomfortable condition can lead to tooth decay, gum disease, mouth sores, cracked lips, bad breath and may affect your ability to eat and speak. It's important to see a dentist and physician if you suffer from persistent dry mouth, so they can determine the cause and offer solutions



to alleviate symptoms and stimulate saliva flow. Solutions may include drinking more water, limiting caffeine, avoiding tobacco and alcohol, rinsing with an alcohol-free mouthwash or using an over-the-counter saliva substitute.

In addition to seeing your dentist regularly, be sure to brush twice a day and floss daily. These are small, but essential steps you can take every day to live well and smile more. ■

HAWAII DENTAL SERVICE
Kahala Howser, Wellness & Events Manager
808-521-1431 | khowser@hawaiidental-service.com
www.HawaiiDentalService.com

Protect Your Eyes From Computer Overuse

by Dr. Steven Rhee, Medical Director & Cornea Specialist, Hawaiian Eye Center

If you spend your working day behind a computer screen, you are at risk of experiencing digital eye strain, or Computer Vision Syndrome (CVS). Symptoms of this include dry eyes, blurred vision, headaches, and neck and shoulder pain.



Any combination of the following factors can lead to CVS: uncorrected refractive errors (nearsightedness, farsightedness and astigmatism), poor lighting, screen glare, and poor workstation setup for posture and viewing.

Many experts believe that daily computer use may be a contributing factor to the rise in nearsightedness and dry eye disease.

How you can help protect yourself from CVS:

- Make sure your prescriptions are correct.

- Make sure you blink regularly to rehydrate your eyes.

- Use Dr. Rhee's 20-20-20 rule. Look up from your screen every 20 minutes at something at least 20 feet away for at least 20 seconds.

- Make sure the the center of your screen is just below eye level and around 20 to 28 inches away from your eyes. Make screen brightness similar to your surroundings.

- Visit an eyecare professional to find out if you need special computer glasses or treatment for dry eyes. ■

HAWAIIAN EYE CENTER
606 Kilani Ave., Wahiawa, HI 96786
808-621-8448 | www.hawaiianeye.com

Financial Benefits Insurance Honors Top Rated Medicare Insurance Agents

 Franklin Rafanan 808-343-0252	 Naty Ragudo-Smith 808-276-8864	 Teresita Martin Quirante 808-927-1696	 MJ Kim 808-321-0770	 Laurie Smith 808-855-5328	 Sherry Lau 808-497-8866	 Yucong "Nikki" Fan 808-222-5516
 Kamaka Jingao 808-286-0022	 Damien Morales 808-371-8772	 Klem Unciano 808-354-4880	 Anjeanette Wahinekapu 808-987-8783	 Suzeth Carreon 808-779-9242	 Jessie Grace 808-896-8005	

Call us for your Medicare options!
Licensed sales agents are here to help
Medicare is our business, Service sets us apart!

1311 Kapiolani Blvd Suite 504
Honolulu HI 96814



(808) 792-5194
www.fbihi.com

Talk, Listen, and READ!



Captioned Telephone (CapTel®) service from Hawaii CapTel allows you to **LISTEN** and **READ** captions of everything during your phone conversations!

- Built-in answering machine with captions
- Built-in speakerphone
- Bluetooth® capability
- Large touch-screen display

For more information or to order a CapTel phone **AT NO COST***, contact:

Phone: 877-805-5845
Email: captel@captel.com
Website: hawaiicaptel.com



CAPTEL 2400i

* Free phone with qualified applications FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No cost is passed on to the CapTel user for using the service. CapTel is a registered trademark of Ultratec, Inc..

Visitor Aloha Societies in Hawai'i Care for Travelers Touched by Adversity

by Jessica Lani Rich, President & CEO, Visitor Aloha Society of Hawaii



Despite the ongoing pandemic, Hawai'i continues to attract scores of visitors lured by the promise of pristine beaches, picture-perfect scenery and a balmy, tropical climate. Yet, the fact remains that while our state continues to be one of the safest destinations in the world, it is not unlike anywhere else. The islands still can be a place where unfortunate circumstances may befall just about anyone.

Of course, no person goes on vacation expecting the worst. Many are even prone to letting their guard down — which is when Visitor Aloha Society of Hawai'i (VASH) steps in.

Established in 1997 by the Rotary Club of Honolulu, with the cooperation of the Honolulu Police Department, VASH serves as a temporary lifeline from which US mainland and international travelers may receive free moral support, translation services, and help with funeral arrangements and other emergency assistance.

Although there are VASH branches throughout the state, all operate independently of each other. Those found on Maui and Kaua'i, for example, work in conjunction with Maui Visitors Bureau and Kaua'i Visitors Bureau, respectively, while VASH on the Big Island and here on O'ahu operate as nonprofit organizations.

How Can VASH Help?

The way it works is simple: When a visitor files a police report, encounters a social worker in the hospital or requires emergency medical services, VASH may be called upon to assist.

Be it car break-ins at popular lookout points; incidents of theft, domestic violence or injury — or even the unexpected passing of a loved one — our team of carefully trained volunteers intervenes with empathy and guidance to help vacationers in need find solace and move forward.

In some instances, guests on cruise ships that dock in Honolulu, particularly the elderly, slip and fall, sustaining an injury, while others simply become ill. Whatever the case, they may find themselves in a local hospital, separated from loved ones in unfamiliar territory. That's when a VASH volunteer steps in to let them know they are not alone.

In another case not long ago, The Queen's Medical Center–West O'ahu reached out after treating a domestic abuse victim on vacation with her family. Every step of the way — from keeping her and her three children safe at their hotel to seeing them through TSA at the airport — VASH was right there, even following up with her after she returned home.

Unsurprisingly, our focus within the past year has expanded to include protecting Hawai'i from the possible spread of COVID-19. Last year, for example, in partnership with the Hawai'i Tourism Authority, we introduced the COVID-19 Flight Assistance Program, helping to monitor visitors who violate the state's mandatory quarantine. In some of these instances, VASH has helped violators find discounted plane fares. In others, particularly when an offender has been arrested and is found to be without any money, we have donated return flights. VASH is funded by the Hawai'i Tourism Authority. VASH is very grateful for this support.

But none of these efforts would be possible without the contributions of our dedicated volunteers, many of whom are Hawai'i seniors. With only one other full-time staffer and five part-timers, volunteers are what keep VASH running full speed ahead.

With the islands reopening to visitors from all over the world, who continue to arrive en masse, VASH welcomes anyone interested in lending their time to our organization.

The Role of VASH Volunteers

The most common role our volunteers take on is that of friend and confidante, connecting with distressed visitors over the phone from the comfort of their own home. It is through these conversations that, with a friendly, understanding attitude, VASH volunteers offer hope and compassion. More often than not — particularly for those visitors who find themselves alone, far from family and friends in other parts of the country or world — all they are looking for is a sympathetic ear.



Robert Gentry, 83, a former mayor of Laguna Beach, Calif., has been with VASH for almost 13 years.

Volunteer opportunities abound: Some prefer to spend their time helping out in our office. One woman designs floral arrangements for visitors who find themselves in the hospital. Whatever their interest, there is something for everyone.

There are no extraordinary qualifications required of potential volunteers. However, those hoping to serve as liaisons for agitated visitors should possess excellent listening skills to best determine their needs.

Everyone must undergo a mandatory four-hour training session before being put to work. All we ask for is a mere three hours of their time each month — and it isn't uncommon for an initial commitment to turn into a lifelong passion.

To learn more about getting involved, call **808-926-8274** or fill out our volunteer application form at visitoralohasocietyofhawaii.org/volunteer-program.

SAFETY TRAVEL TIPS FOR EVERYONE

While going on vacation certainly is a time to have fun, it doesn't mean throwing caution to the wind. It's all about finding a balance between leaving with both a memorable experience and everything intact. Seniors in particular should heed these simple safety tips:

- Upon arriving at your destination, take your luggage to your hotel. Even if your room isn't ready, hotels will typically store luggage, ensuring it doesn't have to sit in your car.
- Instead of traveling with all of your cash, credit cards and other valuables, use the safe in your hotel room to store personal items. Hopping out of the car just for a minute to snap a photo or grab a bite to eat? Take everything with you. On that note, don't arrive at a destination and then store something in your trunk before embarking on an activity. You can never be sure of who's watching. Never leave items unattended, as well.
- Pack a photocopy of your passport or driver's license just in case the original is ever lost or stolen. Be sure to store them separately.
- Keep your hotel door locked at all times and use the peephole if anyone knocks.
- Look and listen. Be aware of your surroundings and trust your instincts. If something doesn't feel right, leave or get help. ■

O'AHU: VISITOR ALOHA SOCIETY OF HAWAI'I

808-926-8274 | JRich.VASH@hawaii.rr.com

www.visitoralohasocietyofhawaii.org

Hrs.: Monday–Friday (except holidays): 9am–5pm

After-hour emergency number: 808-926-8274

KAUA'I VASH

24-hour: **808-482-0111** | daphne.therese@yahoo.com

www.visitoralohasociety.org

MAUI COUNTY VASH

808-244-3530 | janet@mauivb.com

www.hawaii.com/travel/visitor-aloha-society

BIG ISLAND VASH

Kona, West Hawai'i: **808-756-0785**

Hilo, East Hawai'i: **808-935-3130**

www.vashbigisland.org

What's the 'Advantage' in Medicare Plans?

by Robin Reisinger, Insurance Agent

There's been a lot of buzz about the extra benefits that come with Medicare Advantage plans. I'm asked everyday, "What's the best plan?" There really isn't a one-size-fits-all best plan — but chances are, there could be a better plan out there for you than what you have.



While choosing the most valuable plan for you, make sure your prescriptions and providers are covered and in the network. Consider the specific benefits that are most advantageous to you and what is personally important to you.

There are two times per year that most members can change plans; however, very often, there are additional windows that allow Medicare beneficiaries to make changes mid-year. These windows may be available to you.

While the employees of each carrier are trained about the specific plans they represent, they can be examples of "If the only tool you have is a hammer, everything looks like a nail."

To get the most unbiased advice, I suggest you find a local, independent insurance agent who specializes in Medicare and represents multiple plans.

Medicare can be confusing, but with a bit of help from experts, it doesn't have to be intimidating or overwhelming. ■

THE MEDICARE GEEK
1221 Victoria St., #3103, Honolulu, HI 96814
808-724-4993 | robin@themedicaregeek.com
www.themedicaregeek.com

Relay Conference Captioning Service

by LisaAnn Tom, Customer Relations Manager, Relay Hawaii

Communication access is critical to stay connected for our health and overall quality of life. As we age, hearing loss may affect our lives, making it more difficult to understand what is happening during in-person meetings, community services, safety workshops and many other events. Struggling to hear and understand what is being said in our daily activities may cause us to feel a loss of independence and dignity, and may even cause us to withdraw socially.

There's a service available that can help you feel empowered and stay engaged with individuals or co-workers. Relay Conference Captioning (RCC) is a service available at no cost* to Hawai'i residents who are deaf or hard of hearing that enables them to actively participate in multiparty teleconference calls or web conferences. The service enables you to participate in teleconference calls or webinars by reading live captions through a web browser

on your computer or mobile device. Saving a copy of the RCC transcript is one of the available options.


If you or someone you know is challenged by group online discussions or meetings, encourage them to check out this innovative solution and help regain their confidence and independence. ■



HAWAII CAPTEL®
1-877-805-5845 (toll-free) | captel@captel.com
www.hawaiicaptel.com

Relay Hawaii
844-882-3160 | relayhawaii@sprint.com
www.relayhawaii.com/rcc

*Relay Hawaii Equipment Program (RHEP) provides specialized equipment at no cost to deaf, hearing-challenged or speech-disabled individuals who are unable to use a standard telephone.



A higher level of home care.

We understand the trust involved in allowing us to care for your loved one. Here's how we deliver you a higher level of care:

- Dedicated care manager
- Customized care plan
- Highly qualified, fully-screened caregivers
- Strong commitment to continuity of care
- Consistent, timely communication

Contact us today for a free consultation!

591-3254
altreshomecare.com

HOME CARE
by ALTRES MEDICAL

Captain Cook Coin Company
OF HONOLULU

We buy & sell collectibles:

- Coins & Currency
- Vintage Jewelry
- Tokens & Medals
- Hawaiiana

Collections and Estates sought!

Captain Cook Coin Company is one of Hawaii's most respected coin dealers. Owner, Craig Watanabe has over 60 yrs. experience in buying and selling coins, currency and other collectibles. Give Craig a call or go online now!

ANA Life Member | Authorized PCGS, NGC, ANACS & CAC Dealer | ICTA Charter Member

808-531-2702 captaincookcoin.com



OVERWHELMED WITH YEARS OF STUFF?!

WE SPECIALIZE IN:

- Estate Clear outs
- Decluttering
- Moving Services
- Home set up after the move
- Organizing



CONTACT US
IF YOU WISH TO LEARN MORE

CYNTHIA | 808.779.6224
OR EMAIL INFO@SMMHAWAII.COM





SSA Helps Small Businesses

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

According to the US Small Business Administration, about 30 million small businesses in the United States employ tens of millions of people. Running a small business can be a 24-7 endeavor. Managing employees, inventory, scheduling, services and marketing at a small business can be very challenging.



Electronic filing and verifying Social Security numbers. Small business owners can also take advantage of our Business Services Online at www.ssa.gov/bso/bsowelcome.htm. You must register to use this free service, which also offers fast and secure online W-2 filing options to Certified Public Accountants, enrolled agents and individuals who process W-2s and W-2Cs.

For more information about electronic wage reporting, read our publication at www.ssa.gov/pubs/EN-05-10034.pdf.

If you're a small business owner or you work for one, we can help make your life easier with our suite of services. Our business services allow you to file W-2/W-2Cs online and verify your employees' names and Social Security numbers against our records.

If you run a business, make us your first stop at www.ssa.gov/employer. It will save you valuable time when you need information on W-2s, elec-

Call SSA at **800-772-1213** (TTY **800-325-0778**) Mon-Fri, 8:30am-3:30pm. Use the SSA Office Locator at www.socialsecurity.gov to find your local office.

Supporting you through life's toughest challenges



Stress can diminish your quality of life, causing your health to decline. As a caregiver, stress can also strain your relationships with family and friends.

You are not alone.

Franciscan CARE Plus connects you with an experienced social worker to provide the support you need, including help to reduce your anxiety and stress. Call St. Francis Healthcare System to learn more.



St. Francis

(808) 547-6500

HEALTHCARE SYSTEM OF HAWAII
* Legacy of Caring for Hawaii's People

stfrancishawaii.org

Live Every Moment

NEW LOCALLY OWNED PRIMARY CARE PRACTICE! HOME VISITS AND HOME LAB DRAWS



- Special Kupuna advantage program covered by Medicare
- Customized care plan for patients with diabetes, high blood pressure, dementia and other chronic disease



Ohana Pacific Medical
opm@ohanapacific.org
808-930-9858

www.ohanapacificmedical.org



"Committed to helping meet the needs of our elderly and their caregivers in the communities we serve."

Our mission is to promote positive aging through community education programs, caregiver support and adult day care.

Play, learn and socialize at the Adult Day Care in Aiea, starting at \$75 per day. **Free 4-hour trial** (pre-admission physical and assessment required prior to free trial). **Mon-Fri 6am-6pm, Sat-Sun 8am-5pm.** New full-time clients receive a 15% discount for first two months.

For more information on our programs, please call Kathy Wyatt at **(808) 292-4665. NOW OPEN WEEKENDS!**
TUITION ASSISTANCE AVAILABLE!

We are excited to announce a second location is now open for your convenience.
HALE HAU'OLI HAWAII II
at St. Timothy's Episcopal Church in the newly renovated Sumida Hall.
98-939 Moanalua Road, Aiea, HI 96701
For more information, call **(808) 798-8706**



98-1247 KAAHUMANU ST., SUITE 207 | AIEA, HI 96701
98-939 MOANALUA RD. | AIEA, HI 96701
WWW.HALEHAUOLIHAWAII.ORG

FIT & ABLE

More than ever it's important to stay:

- ACTIVE
- HEALTHY
- CONNECTED



Debbie Kim Morikawa
Owner

GYMGUYZ®

#1 in Home Personal Training®

IN-HOME

GYMGUYZ offers in-person or virtual sessions in the comfort of your own home.

- BALANCE
- STRENGTH
- MOBILITY

Whatever your goals are, GYMGUYZ can help you reach them.

For information about our customized workouts or to schedule your **FREE ASSESSMENT, CALL GYMGUYZ at (808) 638-2525.**



OR OUTDOORS

Want to **CONNECT WITH OTHERS?** Join one of our **GROUP CLASSES** either in-person or through Zoom.

GM BROWN BAG LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
11:30 am - 1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM



GENERATIONS RADIO PODCAST
OLDIES 101.1FM | SUNDAYS, 8-9am

Online: HAWAIISTREAM.FM
Cable: SPECTRUM CHANNEL 883





Alzheimer's: Steps to Prepare Financially

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



If a person close to you has been diagnosed with Alzheimer's disease, it may be time to address some serious financial questions. It is wise to get financial matters in order as soon as possible due to the debilitating nature of Alzheimer's and other forms of dementia that affect your loved one's ability to make sound decisions.

Here are four important steps to take:

1) Look for signs of unusual financial activity

Discrepancies involving money can often be among the early signs of cognitive challenges for an individual. Red flags may include difficulty paying a proper amount for an item, leaving bills unpaid or making out-of-the-ordinary purchases. If you observe signs of a loss in judgment related to financial matters, additional action may be required.

2) Identify and designate a power of attorney

Many people are reluctant to hand over control of their personal finances. It's important to have an honest discussion with your loved one and help them appreciate the importance of having someone look out for their interests.

It is important to identify a trusted surrogate to help manage day-to-day money matters when that becomes necessary. The individual should be designated as the financial power-of-attorney, authorized to sign checks, pay bills and help keep an eye on the affected person's finances. The power-of-attorney designee can ease into the role, only assuming full control when it becomes absolutely necessary as the person receiving the diagnosis loses capacity to make rational decisions.

3) Make sure proper documentation is in place

An individual needs to be considered competent to complete or update legal paperwork such as wills, trusts and other estate planning documents. This should include an advanced health care directive that will indicate the levels of care

that should be provided if health deteriorates. Also check beneficiary designations on any retirement and financial accounts, as well as life insurance policies. With all relevant documentation, be sure the information and named beneficiaries are up to date and that proper processes are followed. Check with an estate planning attorney for help.

4) Assess costs of care and how it will be covered

A top priority is to determine a strategy for how your loved one will be cared for, particularly if his or her cognitive abilities should deteriorate over time. Will specialized care be required, either in the home, or in a nursing or assisted living facility? If so, are there resources or long-term care insurance policies in place to help deal with those costs? This will greatly affect any decisions regarding a care strategy. Talk to an elder law attorney about trusts that can be established to provide for care for the disabled individual while still protecting the family's assets.

Be proactive in your approach

Waiting too long to address financial considerations after an Alzheimer's diagnosis can exacerbate an already stressful and emotional time.

Take steps to get on top of the situation as soon as you become aware of an impending problem. Keep in mind that establishing a plan for addressing these issues even before a form of dementia is firmly diagnosed also makes sense.

Consult with your financial advisor for guidance on how to manage these challenging times. ■

MICHAEL W. K. YEE, CFP®, CFS®, CLTC, CRPC®

1585 Kapiolani Blvd., Ste. 1100, Honolulu, HI 96814

808-952-1222, ext. 1240 | michael.w.yee@ampf.com

Michael W. K. Yee, CFP®, CFS®, CLTC, CRPC®, is a Private Wealth Advisor, Certified Financial Planner™ practitioner with Ameriprise Financial Services Inc. in Honolulu, Hawai'i. He specializes in fee-based financial planning and asset management strategies, and has been in practice for 36 years.

Investment products are not federally or FDIC-insured, are not deposits or obligations of, or guaranteed by any financial institution, and involve investment risks including possible loss of principal and fluctuation in value.

Investment advisory products and services are made available through Ameriprise Financial Services LLC., a registered investment advisor.

Ameriprise Financial Services LLC. Member FINRA and SIPC.

© 2020 Ameriprise Financial Inc. All rights reserved.



Make Plans to Win the Game of Life

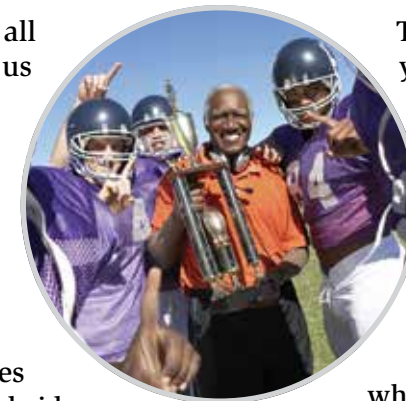
by Scott A. Makuakane, Counselor at Law, Est8Planning Counsel LLLC

The clock will wind down on all of us some day, and most of us are going to need some level of long-term care before it does.

Winning the game of life — and death — depends on having an effective plan in place before the inevitable happens.

If you do not have an advance healthcare directive, your loved ones may find themselves blindsided and sidelined at the precise moment you need them to step in and make medical decisions for you.

If you do not have a will or a trust to pass your assets to your chosen receivers, not only might your estate be intercepted by the wrong team, it may also be sacked by creditors, or disgruntled family members and their lawyers.



Think of your trusted advisors as your coaches. They have playbooks filled with strategies to overcome every opponent. Think of yourself as your estate's quarterback. If you listen to your coaches and execute the right plays, your loved ones will eventually be wearing championship rings.

Where will your loved ones be when the final gunshot sounds and the lights go out? It's up to you. Nobody plans to fail, but too many of us fail to plan. ■

SCOTT MAKUAKANE, Counselor at Law
Focusing exclusively on estate planning and trust law.
www.est8planning.com
808-587-8227 | maku@est8planning.com

PROJECT Dana

Have you Fallen?
1 out of 3 Seniors fall every year!
30% of falls are preventable.

Call Project Dana for a **FREE** Home Safety/Fall Prevention Assessment!

808-945-3736
www.projectdana.org

Turning 65? Retiring? Have questions?

FREE LOCAL MEDICARE HELP

- ✓ How do I enroll in Medicare A & B?
- ✓ How do I avoid a late enrollment penalty?
- ✓ Am I eligible for a low-income subsidy program that can help with my premiums, copayments, & deductibles?
- ✓ How can I learn more about volunteering with **Hawaii SHIP?**

SHIP HAWAII
STATE HEALTH INSURANCE ASSISTANCE PROGRAM

586.7299
1.888.875.9229
www.hawaiiship.org

Hawaii State Department of Health, Executive Office on Aging
250 S. Hotel St., Ste 406, Honolulu, HI 96813

This project was supported, in part by grant number 90SAPG005-02, 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.



Passing on Keepsakes

by Stephen B. Yim, Attorney at Law



Question: Should I write instructions regarding my jewelry and other personal assets in my will?

Answer: The best method for passing on keepsakes is to use a Personal Property Memorandum.

The State of Hawai'i allows you to make your own list of beneficiaries of tangible personal property. Just hand-write the list of property and the beneficiary, sign it and date it.

What are the Benefits of Creating a Personal Property Memorandum?

Passing on keepsakes to those we care about and who we know will cherish them can be a meaningful experience. We hope that the recipient of these items will continue to find value and meaning in the keepsake long after we are gone.

- It can help reduce any conflict that might occur between siblings after parents die. A parent's death can be a very stressful time as people are asked to deal with assets while they are grieving. This can strain relationships. A parent making the decision rather than leaving it up to the children to decide can greatly reduce conflict.

• It can reduce legal fees. A Personal Property Memorandum does not require the assistance of an attorney, thus eliminating attorney costs.

- Enrich your relationships by fostering communication now. It can bring relationships closer when you engage in a conversation with each beneficiary, in person, to tell the story and value of the item you intend to leave for him or her. ■

STEPHEN B. YIM, ATTORNEY AT LAW
2054 S. Beretania St., Honolulu, HI 96826
808-524-0251 | www.stephenyimestateplanning.com

Helping Families Hear Better Since 1966



- Low Cost Guarantee
- 45 Day Risk Free Trial
- FREE Hearing Consultation
- All Major Brands/Styles
- HMSA, HMAA, HMA Providers
- Medicare/Kaiser Discounts
- State-of-the-art Technology
- No Interest Budget Plans
- Ample Free Parking
- No Stairs or Elevators
- Near the Bus Stop



Call for more information
593-2137



1296 S. Beretania St. (Next to Times Supermarket & Grace's Inn)
www.ohanahearingcare.com

GM BROWN BAG LUNCH WEBINAR

Zoom Presentations: **JUNE 12, JULY 21**
11:30 am - 1pm | see pg. 9 for details

COMPLETE SENIOR RESOURCES AT
WWW.GENERATIONS808.COM



- Licensed Adult Residential Care Home
- 24/7 Care
- RN Supervised
- Wellness Program
- Daily Activities
- Private Rooms Available
- Fully Furnished
- Meals Included



AIEA HEIGHTS SENIOR LIVING

99-1657 Aiea Heights Dr, Aiea, HI 96701



WAIALAE SENIOR LIVING

2945 Kalei Road (Near UH Manoa), Honolulu, HI 96826

Call 979-6229 for more information
www.aieaheightsseniorliving.com

Fully licensed by the State of Hawaii, Office of Health Care Assurance.



"Restoring Strength, Flexibility, Balance and Happiness!"

Makai Mobile Rehab has earned the trust of Oahu's top geriatricians, orthopaedic and spinal surgeons, servicing their patients since 2010.

- Providing in-home physical therapy.
- Helping you to regain functional strength in your own environment.
- Accepting most insurances except workers comp and no fault.
- Specializing in geriatric, balance, neurological, post-surgical, post fracture and spinal rehab.
- Covering all of Honolulu, Waipahu, Pearl City/Aiea, and Waimanalo to Kaneohe



Makai Mobile Rehab, LLC
Jason Dacumos, PT, MPT,
President/Owner
www.makaimobile.com
808-783-9320
jason@makaimobile.com



GENERATIONS RADIO PODCAST
OLDIES 101.1FM | SUNDAYS, 8-9am

Online: HAWAIISTREAM.FM
Cable: SPECTRUM CHANNEL 883



Find 16 Words From This Issue

A P G I N K U H K F J G K L A G R D S D
 V P S E S N E S E H T E G A G N E P I Y
 Y Z D R H C O N A R T I S T S N O T T K
 O T A S K G J Q P Q X R F H O R Z I E U
 Y E J T Y C E T U K P D S I T B R U R R
 Y L H H R E V P G J L B T S I O N Q E A
 Z E E H L A Y R M E O A H W I A R F R I
 N H A G Z U V M O Q Z A E R C E Q F A N
 M E L S B K B E C I L V E F A T U N C B
 O A T J B F C B L L D P A L E T D T Y O
 T L H W J I Y A O H U X I U U M P R A W
 I T G F D O I F E S A D P R F L E A D W
 V H O Z N C F F L Y C W E Y A C F G T A
 A B A J O A U A U U R W A Y C E Y L L R
 T A L S M J C R Q M O B B I O B M L U R
 I S S E D I W N P R Z O M N I I U Q D I
 O E B N S O U D K X O T O E Z G I R A O
 N D W Y O D S C L K M G S F J A O R N R
 A I H E F I L F O Y T I L A U Q V V U S
 L P Y Y G N I L C Y C R R C J M Z U B C

WORD LIST & DIRECTION: → ↓ ← ↑ ↘ ↙ ↖ ↗ Answers on pg.8

- | | | | |
|-------------------|----------------------|------------------|---------------------|
| ADULT DAY CARE | FUTURE WORK | PLAYBOOK | SOCIALIZATION |
| CON ARTISTS | HEALTH GOALS | QUALITY OF LIFE | SPORTS HALL OF FAME |
| CYCLING | MOTIVATIONAL | RAINBOW WARRIORS | TELEHEALTH-BASED |
| ENGAGE THE SENSES | PHYSICAL SUPERIORITY | REAL ID | TRAVEL.HAWAII.GOV |



SCAN ME & TAKE A LOOK INSIDE



This summer choose one of three ways to save \$3,500
 when you move into a one-bedroom or private studio.
 Call us at **(808) 892-4500** to ask about this limited-time offer
 and to schedule your tour by July 31, 2021.

Kalākaua Gardens
 1723 Kalākaua Avenue, Honolulu
 KalakauaGardens.com | (808) 892-4500



The Gold Seal of Approval™

Kama'āina Company and Industry Leader
 Attention Plus Care is a kama'āina company, and industry leader in home health care with over a quarter century of experience in Hawai'i. As an industry leader, we have proven to be an exceptional choice in home care services, and trusted to provide the best care available.

A Trusted Partner
 Our commitment to serve in a special way has earned Attention Plus Care the highest level of trust with our clients, major health, community and social organizations in Hawai'i. Our partners know the value in our services and can rely on Attention Plus Care.

High Quality Affordable Care
 Since 1983, we have provided high quality, affordable care, to meet a full range of client personal and health care needs. Every year, thousands of our clients, families, and friends, request our very special way of caring in the comfort and familiar surroundings of home.

More Home Care
 Attention Plus Care understands and delivers more home care like no other agency in Hawai'i. As one of the largest home health care organizations in Hawai'i, we can meet your needs reliably and safely.

Great Care Comes From the Heart
 Demonstrating that great care comes from the heart, our handpicked team of caregivers, receive and exceed the highest marks, and go above and beyond the minimum standards set forth in home health care. Whether your need is just one hour a week, or around the clock care. Our team of professionals will be there for you.

A Higher Standard: The Gold Seal of Approval
 Attention Plus Care has earned and maintains the Joint Commission's Gold Seal of Approval and Accreditation in Home Health Care. Having this national distinction means safer and higher quality standards in home care for you. Look for the Gold Seal of Approval™ when selecting your home care provider.



Hawaii's Choice for Home Health Care
 (808) 739-2811 • www.attentionplus.com

© 2019 Attention Plus Care. All rights reserved.





SEE WHAT'S NEW *at the Cal*



Cruise in comfort on wide body 767 aircrafts!

Hawaii's favorite casino just got better, enjoy the newly renovated California Hotel & Casino!

Visit Vacations Hawaii's Website
BoydVacationsHawaii.com

facebook [facebook.com/VacationsHawaii](https://www.facebook.com/VacationsHawaii) twitter [@VacationsHawaii](https://twitter.com/VacationsHawaii)

1585 Kapiolani Boulevard, Suite 900, Honolulu, HI 96814 • Honolulu 808-591-4777 and Neighbor Islands 800-548-8951



Vacations Hawaii

HAWAII ♦ LAS VEGAS

IT'S GOOD TO **B**RELAXEDSM | BoydVacationsHawaii.com