



# The 16th Annual

# GENERATIONS MAGAZINE HAWAII'S RESOURCE FOR LIFE



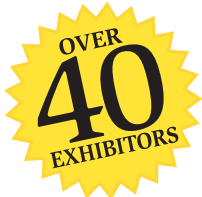
ALOHACARE

## AGING IN PLACE WORKSHOP

### Saturday, Aug. 3, 8am–2:15 pm

### Ala Moana Hotel

\*Hotel parking validations available\*  
FREE Event | No Reservations Required



Call for more information:  
**808-722-8487**



NA HO'OKELE  
FINANCIAL ADVISORY TEAM  
Powered by Ameriprise Financial



|               | HIBISCUS ROOM  | GARDEN LANAI  | PAKALANA ROOM   | PLUMERIA ROOM  | ILIMA ROOM  | CARNATION ROOM  |
|---------------|--|---|---|--|---|---|
| AM Session    | <b>8:30 – 9:15</b><br><b>Six Pillars of Brain Health</b><br><i>Amy Kelley, Certified Brain Health Trainer</i><br>AARP Hawai'i  | <b>Staying Healthy, Safe &amp; Social — Tips &amp; Resources for Seniors</b><br><i>CJ Johnson, Product &amp; Member Engagement Manager</i><br>AlohaCare | <b>Reverse Mortgages: All You Need to Know</b><br><i>Percy Ihara, Hawai'i Reverse Mortgage Expert</i><br>One Trust Home Loans | <b>Real Estate Planning for the Future &amp; Beyond</b><br><i>Dan Ihara, CEO &amp; Founder and National Coach</i><br>The Ihara Team/<br>KW Real Estate Planner | <b>Beyond Joint &amp; Muscle Support — Breakthrough Longevity Results from NIH with ZanthoSyn</b><br><i>David G. Watumull, CEO</i><br>Cardax Inc.             | <b>Let's Talk About Adult Day Care</b><br><i>Kathy Wyatt, President</i><br>Hale Hau'oli Hawai'i             |
|               | <b>9:30 – 10:15</b><br><b>Tech: Intro to Smart Homes</b><br><i>Sherlyn Freeman &amp; Kristina Demery</i><br>Senior Planet      | <b>Social Security 101</b><br><i>Marianne Bray, Operations Supervisor</i><br>Social Security Administration   | <b>The Heartfelt Method To Estate Planning</b><br><i>Monica Yempuku, Esq. &amp; Christina Leos</i><br>Yim & Yempuku Law       | <b>Unveiling the Allure of Today's Long-Term Care Solutions</b><br><i>Roger Higa, CLTC Financial Professional</i><br>Roger Higa Financial Services             | <b>Safe Falling for Kūpuna</b><br><i>Bill Doi, President</i><br>Kupuna Aikido   | <b>Decluttering Tips for Your Home</b><br><i>Cynthia Arnold &amp; Jon Vendiola</i><br>Lets Move LLC         |
|               | <b>10:30 – 11:15</b><br><b>Care Resources at Every Stage</b><br><i>Nicole Coglietta</i><br>Care Sift                           | <b>Navigating Medicare in These Challenging Times</b><br><i>Travis Motosue, President</i><br>Financial Benefits Insurance Inc.                          | <b>Do You Have a Plan for Extended Care?</b><br><i>Michael Yee, CFP</i><br>Ameriprise Financial Services LLC                  | <b>Recognizing Fall Risk: An Occupational Therapist's Perspective</b><br><i>Damian Sempio, Thrive for Life &amp; Joni Kamiya, OT</i><br>Association of HI      | <b>Wandering &amp; Dementia: Triggers, Tips &amp; How to Keep our Loved Ones Safe</b><br><i>Dr. Poki'i Balaz</i><br>Alzheimer's Association — Hawai'i Chapter | <b>Est8Planning for Geniuses</b><br><i>Scott Makuakane</i><br>Counselor at Law<br>Est8Planning Counsel LLLC |
| Mid-Day Break | Visit Exhibitors (Open all day)  | Visit Exhibitors (Open all day)   | Visit Exhibitors (Open all day)   | Visit Exhibitors (Open all day)  | Visit Exhibitors (Open all day)   | Visit Exhibitors (Open all day)   |
| PM Session    | <b>11:30 – 12:15</b><br><b>Tech: Intro to Digital Wallets</b><br><i>Sherlyn Freeman &amp; Kristina Demery</i><br>Senior Planet | <b>Staying Healthy, Safe &amp; Social — Tips &amp; Resources for Seniors</b><br><i>CJ Johnson, Product &amp; Member Engagement Manager</i><br>AlohaCare | <b>Reverse Mortgages: All You Need to Know</b><br><i>Percy Ihara, Hawai'i Reverse Mortgage Expert</i><br>One Trust Home Loans | <b>Real Estate Planning for the Future &amp; Beyond</b><br><i>Dan Ihara, CEO &amp; Founder and National Coach</i><br>The Ihara Team/<br>KW Real Estate Planner | <b>Beyond Joint &amp; Muscle Support — Breakthrough Longevity Results from NIH with ZanthoSyn</b><br><i>David G. Watumull, CEO</i><br>Cardax Inc.             | <b>Let's Talk About Adult Day Care</b><br><i>Kathy Wyatt, President</i><br>Hale Hau'oli Hawai'i             |
|               | <b>12:30 – 1:15</b><br><b>Fight Fraud!</b><br><i>Curt Hasegawa</i><br>AARP Hawai'i   | <b>Social Security 101</b><br><i>Marianne Bray, Operations Supervisor</i><br>Social Security Administration   | <b>The Heartfelt Method To Estate Planning</b><br><i>Monica Yempuku, Esq. &amp; Christina Leos</i><br>Yim & Yempuku Law       | <b>Unveiling the Allure of Today's Long-Term Care Solutions</b><br><i>Roger Higa, CLTC Financial Professional</i><br>Roger Higa Financial Services             | <b>Fun After 55 — Recreational Programs</b><br><i>Steven Santiago, Senior Citizens Coordinator</i><br>HCC Department of Parks & Recreation                    | <b>Decluttering Tips for Your Home</b><br><i>Cynthia Arnold &amp; Jon Vendiola</i><br>Lets Move LLC         |
|               | <b>1:30 – 2:15</b><br><b>Tech: Streaming &amp; Smart TV's</b><br><i>Sherlyn Freeman &amp; Kristina Demery</i><br>Senior Planet | <b>Navigating Medicare in These Challenging Times</b><br><i>Travis Motosue, President</i><br>Financial Benefits Insurance Inc.                          | <b>Do You Have a Plan for Extended Care?</b><br><i>Michael Yee, CFP</i><br>Ameriprise Financial Services LLC                  | <b>Recognizing Fall Risk: An Occupational Therapist's Perspective</b><br><i>Damian Sempio, Thrive for Life &amp; Joni Kamiya, OT</i><br>Association of HI      | <b>Wandering &amp; Dementia: Triggers, Tips &amp; How to Keep our Loved Ones Safe</b><br><i>Dr. Poki'i Balaz</i><br>Alzheimer's Association — Hawai'i Chapter | <b>Est8Planning for Geniuses</b><br><i>Scott Makuakane</i><br>Counselor at Law<br>Est8Planning Counsel LLLC |