

GENERATIONS

HAWAI'I'S RESOURCE FOR LIFE

MAGAZINE | VOLUME 4 • NUMBER 1

Off Air: Who Is Frank B. Shaner?

Shaner stands with his painting, Tango & Spice, at Assaggio Ristorante Italiano, Ala Moana.

'Iolani's One Mile Project

page 20

Caregiver Legislation

page 30

Neurotrauma Registry

page 35

Major Distribution Partners:



YMCA of HONOLULU
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Vacations Hawaii
HAWAII ♦ LAS VEGAS

Complete Distribution Locations on Page 7



Visits clinic regularly.
Takes Pilates.

Believes 62 is the new 39.

Our convenient neighborhood Straub Clinics, and screening and education programs, make it easy for you to take control of your health. Go to hawaiiapacifichealth.org to learn more.

Choose Healthy, Live Well

Diabetes is an epidemic in Hawai'i. It affects over 100,000 people in our state and the number increases daily. Prevention is the key, so it is important to learn about dietary and physical activity recommendations and know your risk factors.

Choose Healthy, Live Well is a pre-diabetes education program offered by the Straub Health Management Department. This 5-session program can help people at risk for Type 2 diabetes take the first step toward preventing diabetes and living a longer, healthier life.

For more information, call the Straub Health Management Department at 522-4325.



One of just 13 hospitals nationwide to earn all three Healthgrades awards in 2013.

STRAUB

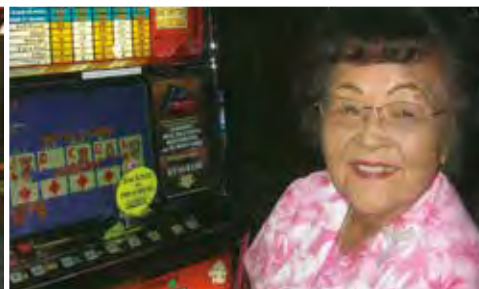
CLINIC & HOSPITAL
An Affiliate of Hawai'i Pacific Health

Hawai'i Pacific Health is a not-for-profit institution.

BIG WINNERS! *at the Cal*



James F. from Honolulu, HI
\$4,000 Winner



Chiyoko K. from Hilo, HI
\$4,000 Winner



Raymond C. from Lihue, HI
\$1,000 Winner

Special Hawaiian Packages *Great Kama'āina Rates*

Starting at only
\$4375
per person per night*

Includes:

- Hotel accommodations
- 3 meals per person per day, includes one Prime Rib dinner with dessert per stay
- Free shuttle to Sam's Town and the Strip
- Bellman gratuities
- No resort fees
- Even includes the tax!

Call **800-634-6255** or visit **TheCal.com** to book your stay

*Based on a 5-day/4-night package double occupancy. Price subject to change without notice.

Your Direct Connection to Las Vegas

Vacations Hawaii

HAWAII ♦ LAS VEGAS

Ala Moana Pacific Center
1585 Kapiolani Blvd.,
Suite 900 Honolulu, HI 96814
808-591-4700
BoydVacationsHawaii.com



Aloha

SPOKEN HERE



“It’s time to ask AlohaCare about your Medicare options!”

Al Harrington
Educator, Healer & Entertainer

This is a paid endorsement.

You get more benefits beyond Original Medicare

Our benefits include:

- » Drug Coverage
- » Vision Coverage
- » Hearing Coverage
- » Preventive Services
- » Tests, X-rays & Lab Services
- » Acupuncture
- » 24-hour Nurse Advice Line
- » Local Customer Service

Call: 973-6395 • Toll-free: 1-866-973-6395 • TTY: 1-877-447-5990
8 a.m. to 8 p.m., 7 days a week • www.AlohaCare.org



AlohaCare Advantage (HMO) is a HMO plan with a Medicare contract. AlohaCare Advantage Plus (HMO SNP) is a HMO plan with a Medicare contract and a contract with the Hawaii Medicaid program. Enrollment in AlohaCare Advantage or AlohaCare Advantage Plus depends on contract renewal. The benefit information provided herein is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits may change on January 1 of each year. AlohaCare Advantage Plus is available to anyone who has both Medical Assistance from the State and Medicare.

H5969_400250_1 CMS Accepted 101313

What is a good day?
Listening to the rain
pelt the giant leaves
of the ‘ulu tree.

--Frank B. Shaner



COVER STORY

14 OFF AIR: WHO IS FRANK B. SHANER?

EDITORIAL

- 6 Editor’s Note
- 7 Distribution Locations
- 8 Contributors
- 9 Web Navigation
- 10 Don’t Be Limited By Your Fitness
- 11 Vegas Celebrations

EDUCATION

- 20 One Mile Project; One Planet Community
- 21 Back To School: Learning How To Age

SENIORS OF SERVICE

- 22 Top Tutors
- 23 Tony Lenzer Earns Andrus Award

LIFESTYLE

- 24 Chef Michi: Braised Chicken Thighs
- 26 New Memoir: The Society Of Seven
- 27 Playing Hard

RESOURCE GUIDE

- 28 Senior Support & Caregiving Services
- 29 Consumer Advocacy Agencies

CAREGIVING

- 30 AARP: Caregiver Legislation On The Table
- 31 Tips For Senior Skin Care

HEALTH

- 32 Dr. Fernandes: Hearing Loss Types & Tips
- 33 Benefits of Cardiac Rehab
- 34 Healthy New Year’s Resolution
- 35 Introducing The Hawai’i Neurotrauma Registry
- 36 The First Thing
- 37 Are Your Medications Working?

US GOVT PROGRAMS & SERVICES

- 38 Medicare: Mirror, Mirror On The Wall
- 39 Social Security: Ring In The New Year

WISDOMS

- 40 Boo! Now Give Me Your Money
- 42 Financial: Gender And Retirement
- 43 Legal: Do You Have Four-Legged Children?
- 45 Legal: The Family Meeting

Cover & Feature Story Photography by Brian Suda

Sometimes we have to work hard and long to change our lives, and then sometimes it just happens — for better or for worse. When 9/11 happened, many lives were changed forever in an incendiary flash ... and in unthinkable ways.

In the days following 9/11, most of us struggled to process the turn of events. For comedian and media personality Frank B. Shaner it meant picking up a paint brush and embarking on a journey he could never have imagined.

In this issue's cover story, we catch up with this self-taught painter and learn how art has brought Shaner solace in his sixties. Turn to page 14 to read *Off Air: Who is Frank B. Shaner?* and to view some of his most recent pieces.

In this issue we launched a new section called Seniors of Service, with two stories of people who are making a difference in their communities. The first recognizes Dr. Anthony Lenzer who is a volunteer board member for five organizations that advocate for aging, caregiving and disability policies at the Legislature, page 23. The second shines a light on a husband and wife team — Richard and Pat Endsley — who have run a volunteer-based tutoring program in West Maui for 13 years. Turn to page 22 to meet the Endsleys — perhaps the busiest “retired” couple on Maui.

If you know a senior who deserves recognition for his/her volunteerism or contributions to the community, please feel free to contact me at aimee@generations808.com.

I'd like to thank our readers for the positive feedback we received on our previous issue (Dec./Jan.), which included a report on Maui — *Maui Mindset: Why the Valley Isle has some of the happiest seniors*. It was the magazine's first off-island venture. Since it was so well received, we've decided to visit a Neighbor Island at least once a year to hear more about programs and services that work in their communities.

Also, to help you stay connected to healthy aging issues, we are supplementing the magazine with two, back-to-back radio talk shows every Saturday on AM 690. For details, see page 12.

And, don't forget to attend the 20th Annual PrimeTime Wellness Fair. With nearly 100 vendors, the fair offers cooking demos, craft workshops, travel gift prizes, free health screenings and more.

Enjoy the read, aloha!



Aimee Harris
Associate Editor

First Hawaiian Bank.

20th Annual PrimeTime Wellness Fair

Tuesday, March 4, 2014
Neal S. Blaisdell Exhibition Hall

8:15 a.m. Opening Ceremonies to 12:30 p.m.



Editor's Choice: Interplanetary Travel,
by Frank B. Shaner

Correction (Dec./Jan issue, Maui Mindset): Kaunoa Senior Center is in partnership with Loiloa (org.) rather than the Hawai'i Nature Center (HNC). Loiloa (org) operates in Lo'iloa (place) by permission of HNC and Wailuku Water Co. Kawewehi Pundyke is the project director of Loiloa (org.).

PERCY IHARA, *Publisher/Editor*
808-234-3117
Percy@Generations808.com

AIMEE HARRIS, *Associate Editor*
808-754-3349
Aimee@Generations808.com

SHERRY GOYA, *Sales & Distribution*
808-722-8487
SGoyaLLC@aol.com

WILSON ANGEL, *Art Director*
Wilson@Generations808.com

BRIAN SUDA, *Photographer*
BSuda@aloha.net

PETERSON ROSARIO, *Webmaster*
Webmaster@Generations808.com

GENERATIONS MAGAZINE

www.Generations808.com

OAHU DISTRIBUTION LOCATIONS:

15 Craigside
AARP Chapter 60
Airline Machinists Union (IAM)
Allstate (Ewa Beach)
Aloha Nursing Rehab Centre
Ameriprise Financial
Arcadia
Attention Plus Care
Avalon Care Centers
Big City Diners
Catholic Charities
Child & Family Services
City & County of Honolulu's
Dauterman Medical & Mobility
Don Quijote Waipahu
Elderly Affairs Division
Filcom Center
Gold Coast Real Estate
Hawaii Association of Retired Americans
Hawaii Kai Retirement
Hawaii Okinawan Center
Hawaii State Executive Office on Aging
Hawaii State Legislature
Hino Hairstyles (Ala Moana Center)
HMSA (main office)
Honolulu Christian Church
Japanese Cultural Center
Kahala Nui
Kaiser Permanente
Kapahulu Community Center
Kapiolani Hospital
Kuakini Health System
Kuhio Pharmacy I & II
Lanakila Meals on Wheels
Lanakila Senior Center
Leahi Hospital
Logo's Bookstore

Longs: Ewa Beach, Hawaii Kai, Kahala Mall, Kapolei, Manoa, Pearlridge, University/King St
Love's Bakery
Love's Bakery Thrift Stores
Makua Alii Senior Center
Maluhia Hospital
Manoa Cottages Homecare
McKinley Carwash
Moiiliili Community Center
Na Mea Hawaii (Ward)
Olaloa Retirement Community
One Kalakaua
Pacific Rim Bank
Pali Momi Medical Center
Palolo Chinese Home
Plaza at Mililani
Plaza at Moanalua
Plaza at Punchbowl
Pohai Nani
Project Dana
Queen's Cancer Center
Queen's Gerontology
Rehabilitation Center of the Pacific
Roots & Relics
Safeway: Enchanted Lake, Kaneohe, Kapolei, Salt Lake, Waimalu
Salvation Army
Scott Makuakane Law Office
Senior Move Managers
St. Francis Hospice
Straub Clinic & Hospital
The Care Center of Honolulu
The Ihara Team
Times: Aiea, Waipahu, Kahala, Kaimuki, Kaneohe, Liliha, Mililani
Vacations Hawaii
Waianae Comprehensive Health Center
Waikiki Community Center

Windward Mall Food Court
YMCA
YWCA

PUBLIC LIBRARIES:

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

DISTRICT PARKS:

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

COMMUNITY PARKS:

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

NEIGHBOR ISLANDS:

HAWAII: Kamuela Inn, Love's Thrift Store (Hilo), Na Puuwai

KAUAI: Love's Thrift Store (Lihue)

MAUI: Maui County Executive Office on Aging, Kaunoa Senior Center, Kalama Heights Senior Community, Hale Makua (Kahului), Hale Mahaolu, Roselani Place, Love's Thrift Store (Kahului)

MOLOKAI & LANAI: Na Puuwai

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)

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, as well as being liable for damages arising out of any content, products or events mentioned in the magazine.

Copyright © 2013 Generations Magazine is produced bimonthly as a free resource for Hawai'i'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 Hagadone, O'ahu, Hawai'i | 808-847-5310 | Neighbor Islands Toll-Free: 800-491-4888

Our Contributors

Generations Magazine calls upon Hawai'i's experts—from financial advisors to professional chefs—to produce an informative and meaningful publication for our local seniors and their families. Mahalo for their contributions.



TAYLOR HAMAI is a senior at 'Iolani School. She has a passion for serving others, dancing, traveling, video-making and art. She is a member of 'Iolani's Team Service group, and she is also co-president of the Storytellers Club and is an adviser to the 'Iolani Writes Competition. She serves as a volunteer tutor and volunteers in 'Iolani's Big Brother/Sister program. She hopes to major in business as she heads off to college in the fall.



VIOLET E. HORVATH, PH.D., MSW, MFA has served as interim director of the Pacific Basin Rehabilitation Research and Training Center since the end of September 2013. She is a social work researcher, educator, consultant, and project and program coordinator and has worked on numerous grants and contracts covering a variety of topics. For information on the Neurotrauma Registry, call 808-692-1375/1372, 1-866-447-9023 or visit HawaiiNT@hawaii.edu.



SCOTT MAKUAKANE is a lawyer whose practice has emphasized estate planning and trust law since 1983. He hosts Est8Planning Essentials, a weekly TV talk show which airs on KWHE (Oceanic channel 11) at 8:30 p.m. on Sunday evenings. For more information about Scott and his law firm, Est8Planning Counsel L.L.C., visit www.est8planning.com.



CO-WRITERS WAYNE SHIBATA and MELVIN AOKI. Both grew up in Honolulu (St. Louis Heights and McCully respectively) playing baseball for their high school. They are active community members through the enjoyment of softball, promoting goodwill and fellowship.



MICHAEL W. YEE has a financial advisory practice of Ameriprise Financial Services, Inc. As a financial advisor, Yee's customized advice is anchored in a solid understanding of client needs and expectations. For more information, please contact Michael W. Yee at 808-952-1240.

Also, a continuing mahalo to our everpresent contributing partners (in alphabetical order):

AARP | JANE YAMAMOTO-BURGISAY | TERI BRUESEHOF | DIANE CADINHA | DR. RITABELLE FERNANDEZ | SHERRY GOYA | KIRK MATTHEWS | CHEF MICHU | JULIE MOON | SAGE PLUS | JANE SAKURADA | JEFFREY SISEMOORE | SCOTT SPALLINA | STEPHEN YIM

Welcome To Generations808.com

Main navigation menu: Use these topics to navigate to the various pages in our site. As you run the cursor over the word, it'll become bold. These topics will always exist on every page. Throughout the homepage, there are also various other buttons that'll take you to any one of these topics.

Home is the main page.

This Issue will take you to the current issue's table of contents with live links to individual articles.

Resources will take you to resource guide archives.

AIP Videos show a list of the Aging In Place Workshop speakers.

Advertising contains all of our advertising and marketing information.

About Us is just a little background.

Contact Us via mail, phone or email.

Subscribe provides a subscription form so you can enjoy *Generations Magazine* delivered to your door every other month.

Navigational Menu (points to the top menu bar)

Play the video that's existing on the screen or click in the gray box to link to **AIP Videos** (points to a video player)

Links to not just "resources" but the entire issue (points to a resource link)

Links to **This Issue** (points to the 'This Issue' button)

Click on any logo to open the company's website on a separate window (points to a logo)

Links to **Resources** (points to the 'Resources' button)

Downloads a PDF version of the magazine (points to a PDF download button)

Click "full story" to read the remainder of that specific article (points to a 'Full Story' link)

Links to archive articles organized by topic (points to a 'Past Issues' link)

A perfect gift opportunity—one-year subscription to Generations Magazine: Birthdays, or any day! A gift to show you care.

Hawai'i's Resource for Life
GENERATIONS
MAGAZINE

SUBSCRIPTION

6 issues for \$12
(1 issue every other month)

Please send this form and a check payable to:
GENERATIONS MAGAZINE
1414 Dillingham Blvd., Suite 201
Honolulu, Hawai'i 96817

Name _____

Address _____

Phone _____

Email _____

Signature _____



PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am–12:30 pm





Don't Be Limited By Your Fitness

by Kirk Matthews of KHON's The Elderhood Project

On the KHON2 Elderhood Project, we meet many seniors and the ones who impress me most are those who stay active. Recently, our cameras went to a softball tournament where we watched seniors as they laughed and joked with each other. But when the gloves were put on and the ball was pitched, they were no longer seniors. Rather, they became competitive, energetic athletes having fun on the field. They were turned young again... a feeling that they take with themselves off the field and into their everyday lives.

If you go to the Ala Wai Clubhouse and watch the seniors ballroom dancing, you can see that gleam in the eye, the high heel lifting delicately, the smile on the face. Although dancing is great exercise, you can just tell that there's more to it.

Experts will tell you that exercise is important as we age. I agree. But to me, it's about more than just the exercise. It's that chemical reaction in the

brain that surges and tells you, "I can do this!"

The publisher of this magazine Percy Ihara and I play golf from time to time. We walk, we talk, we swing the club—not wisely, but with spirit. When we're through, we laugh and talk about the round. That may be the most important part of our game. If you have the chance to join others in your activities—than do it. It is an important part in keeping us young.

Why is it important to stay active? To explain why, here's a funny for you...

A woman comes home from shopping and says to her husband who's watching television, "Let's run upstairs and make love!"

He replies, "You have to choose."

Stay active, and you won't have to pick between activities. ■

The Elderhood Project airs on KHON2 Friday morning news at 5:45 a.m. and Thursday news at 5 p.m.



Vegas Celebrations

by Sherry Goya

Many milestones are celebrated in Las Vegas. At least that was the reason my husband and I started going to Vegas—from celebrating our 40th birthdays to this past October when we celebrated our 60th. When we started going to Vegas, we went with another couple, Sharon and Steven Wong of Mililani (a little later, we convinced Nelson Lara, the best man at our wedding 37 years ago, to join us). We've celebrated birthdays, anniversaries—and even took our children for their 21st birthdays. And every time we go to Vegas, we travel with Vacations Hawaii.

The Vacations Hawaii packages are great because we don't have to worry about transportation to and from the Vegas airport; and we can eat breakfast, lunch and dinner with our free coupons (including swapping our lunch coupons for mid-night steak and eggs at the California Hotel & Casino).

When we first started going to Vegas, we rode on the city's bus system. It wasn't bad, but we didn't go too far from downtown Vegas. Now, Nelson drives us around like a "local," taking us to shopping centers, casinos and shows on the Strip, plus to Trader Joe's.

The weather seems to be the best for our trips in October because Vegas is still a little warm (in the 80s during the third week of this past October) and the nights are in the 50s. We usually wear shorts and T-shirts during the days and jeans or slacks at night. Since Vegas is the 9th Hawaiian Island, we always see people from "home" walking around downtown or at The Cal. The hotel is a home away from home for us, and holds so many good memories. ■



Clifford, Sherry & the Buddha statue at the California Hotel & Casino. Rub his tummy for some good luck!

p 10
COLUMN

p 11
COLUMN

WAKE UP WITH A SMILE



get your daily dose of news, weather, and traffic

weekdays at 4:30am

khon2.com



TAIZO KANOË JAI RON OLENA

Get discounts and save with PrimeTimeSM!

Join us at the PrimeTime Wellness Fair
March 4 • Blaisdell Exhibition Hall



Sign up by March 30, 2014 and receive an easy grip flashlight*

If you're 50+ and maintain a First Hawaiian personal checking account, join PrimeTime today! Get discounted banking services, merchant discounts with our PrimeTime Value Book & online SaversGuide®, gas savings with the Kama'aina Rewards® Card, plus invitations to special events!

LEARN MORE.
Call 844-4444, or visit any branch or fhb.com.



Yes, We Care.



* PrimeTimeSM is available to those age 50 or better with a First Hawaiian Bank personal checking account. Banking services and special benefits depend on the PrimeTime level you apply for and maintain. These benefits may be lost and membership cancelled if the checking account is closed or converted to another type of account. Discounts cannot be combined with Priority BankingSM benefits, any other special promotions or discounted services. A flashlight will be given to you when you sign up for PrimeTime. Limit of one gift per customer. We reserve the right to substitute an item of similar value. Offer expires March 30, 2014, or when supplies are exhausted. PrimeTime is only available in Hawaii.

Premium Senior Services Independence in the comfort of your home.

Designed for seniors who want to remain independent, Premium Senior Services provides a helping hand. All of our service providers are screened and trained to insure the highest level of quality service and care.

- Home helper services like: house cleaning, light meal preparation, errands and companionship.
- Transportation to medical appointments, shopping and activities.
- Expert advice on identifying, accessing and coordinating Medicare, Medicaid, Social Security, Long Term Care planning and more.



For rates and more information
call 527-4777 or visit
www.PremiumSeniorServices.com

A fee based alternative from  CATHOLIC CHARITIES HAWAII

The Baby Boomer Show
4pm–5pm | AM690

FRANK B. Shaner
Local Radio Legend



For one hour my MISSION is to talk to Hawai'i's MOVERS & SHAKERS ... people who make a difference in our lives. The conversation is quick, open and to the point. I don't pull any punches. I ask the tough questions, with respect and dignity mixed with a lot of laughter and coupled with the greatest music of our generation. And if you know anything about me, you'll know that the music will move your soul. Tune in, or I'll come to your house and rearrange your furniture ...

And if you know anything about me, you'll know that the music will move your soul. Tune in, or I'll come to your house and rearrange your furniture ...

AM 690 THE ANSWER
NEWS. OPINION. INSIGHT.

Generations Radio Show
5pm–6pm | AM690

PERCY Ihara
Baby Boomer Specialist



Generations Radio Show is a weekly series on senior issues. The show is airing at a critical time. In less than one decade, one-third of Hawai'i's population will be 65 or better. The state is urging kūpuna and their families to brace for a shortage of living and caregiving options and to prepare for home and community-based care. I invite experts — from financial and legal advisors to caregiving and government programs — to answer your questions. Join me for an informative hour of radio.

AM 690 THE ANSWER
NEWS. OPINION. INSIGHT.



15 Craigside



Arcadia

Setting the standard for retirement living. Twice.

Two retirement communities, each unique in their own way. No matter which you select, you can rest easy knowing it's your choice.

We've been focused on delivering peace of mind for almost five decades. We have the experience and expertise to provide the highest level of guaranteed lifetime care. You wouldn't expect anything less from Hawai'i's premier retirement communities.

 **15 CRAIGSIDE**
AN ARCADIA COMMUNITY

533-5416
15craigsideside.org

 **ARCADIA**

983-1722
arcadia-hi.org

Learn about our other services for seniors at arcadia-hi.org

 **ARCADIA**
COMMUNITY SERVICES

 **KILOHANA**
SENIOR ENRICHMENT CENTER

 **CENTRAL UNION CHURCH**
ADULT DAY CARE & DAY HEALTH

 **ARCADIA**
HOME HEALTH

MONTH
DAY

 **First Hawaiian Bank.**

PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am–12:30 pm

Frank B. Shaner **PUSHING PAINT** Edited by Aimee Harris



"Painting is like a portal... a way out of my skin, to get off this planet, get away from humans.

When I paint, I'm free!"

-F.B. Shaner

With a desire to express himself, comedian and media personality Frank B. Shaner moves from the mic to the paint palette.

Toward the end of 2011, popular radio personality Frank B. Shaner did his last stint as host of the morning show on KUMU radio. After seven years, his contract was not renewed. At the time, Shaner was quoted as saying, "At this particular point in my life, we'll see what happens. There's a whole new realm, a whole new world out there that's starting to open up for me."

To be sure—the art world.

As a voice in radio, a mentor to many local musicians, the founder of the Annual Frank B. Shaner Hawaiian Falsetto Contest and the winner of a Nā Hōkū Hanohano Award for a comedy album featuring many of his humorous voices and personas, Shaner is no stranger to art and media... but "pushing paint" was never in the picture. Not until September, 11, 2001 (9/11).

Like most everyone, 9/11 changed the way Shaner viewed the world... taking him down a path he could have never imagined. "I became a different person," Shaner recalls. "For most of my life, I have been in radio but on that day—after working around the clock broadcasting news feeds from New York—I was exhausted. It was extremely painful and numbing to talk about these tragedies for hours and seeing the rubble of broken lives."

Tired and confused, Shaner walked out the door of the studio and into a local art store, where he bought canvases, tubes of oil paint and brushes of all sizes. "I had never painted a stroke in my life. The closest I had ever come to creating any art was my incessant doodling on cocktail napkins and scrap paper," Shaner says. "However, I was so affected by that day and its events, I have since dedicated myself to painting every day."

His first piece was an oil painting that's still in his possession... a small 5"x 6" painting of a clump of trees. "Then, I painted fish swimming along the coastline... why? I have no idea," he says.

Shaner says painting is like a portal, "a way out of my skin, to get off this planet, get away from humans. When I paint, I'm free!"

He readily admits that he has no idea what all his art means, as he explains his paintings are like ocean waves—unpredictable. But perhaps it really isn't the artist's job to tell viewers what things mean. It's our job to make meaning out of the virtue of the artist's imagination, talent and skill.

Here, amongst his art, *Generations Magazine* sits down with Shaner for a Q&A session. We could start circa 1950, O'ahu where Shaner of mixed race—Hawaiian, Chinese, Portuguese, German, Irish—grew up... but his mind's eye takes us on another sort of journey...



CLARENCE HONAN, WILLIAM AH NEE, FRANK B SHANER, JOHN KAUIANANA, RONALD NOA

1963 Kaimuki High School football teammates

GM: Where were your hanabata days?

FS: I grew up on planet Earth, but I came here in a most unusual way, I must say. You see, my family would stop on Earth on our way to Jupiter for our annual vacation. Stopping on Earth is like pulling into 7-Eleven. I got out that day just to pee and my family left me stranded. They took off! I ended growing up in ‘The Great State of Kapahulu,’ where I had the pleasure of eating manapua from the Chinese man who walked down Makini St., right across from the rose garden. He had two barrels dangling from the ends a bowed bamboo draped across his shoulders. And, man... the manapua were fat and heavy. Sure, flies would fly out of the can and they were fat as well, but we survived and the memories — from playing street football to eating mangos dangling just out of reach — are cherished. I love this planet Earth... I think I’ll stay.

GM: Any childhood experiences that are still on your mind?

FS: As long as I can remember I never understood school. I just didn’t get it. Back in the day when I was attending Waikiki Elementary students had to hand carry their report cards home to their parents. My father, who was a cop back then, was usually the one who read mine. I remember this one school year that was particularly bad for me. He read the report in front of me, looked over the top of the card and then looked down at me and said, “Son, I know one thing for sure, you’re not cheating!” He was a good man.

GM: Even though you didn’t care for school, didn’t you receive a college football scholarship?

FS: Yes, I had a full-ride scholarship to play football at the University of Idaho and played defensive tackle. They must have thought I was pretty good to award me full tuition for four years, but I was restless with the whole thing. I had just

spent three years in the Army and coming back to school was quite an adjustment back in 1969. When I became a junior I gave it all up, got on a plane and flew home to start my life and never looked back.

GM: What/How did you get into broadcasting?

FS: From 1970, I worked as a tour escort for Tradewind Tours for nearly 10 years. I picked up groups up at the airport, briefed them in the mornings, prepared them for the island tours of which I made all of the accommodations and travel plans. I got to meet and greet people from all over the world and show them my state. It was a great learning time for me. From that experience I knew that my life would be centered around people in some way. It got me ready for what was to come.

In 1978, I heard Kamasami Kong on the radio and he was having so much fun. I decided I wanted to do that. You see, in college I studied broadcasting, hoping to be a play-by-play sports announcer. I had a college radio show as well and played contemporary Hawaiian music for one hour. The signal only reached about one mile off campus, but the experience was an introduction to being ‘on the air.’

One day I answered an ad to be a radio jock at a local radio station, AM KIKI. They asked me if I had any experience, and I explained that I did a college radio show and for the last 10 years I talked to thousands of people in the tour business. The radio station said I needed more experience, and I asked how was I to get experience if they wouldn’t hire me? Then I said, I’ll work for free! And right then and there the general manager said I was ‘hired.’ I ended up being everyone’s gopher, did odd jobs, learned production, watched jocks do their shows and learned from them. Within a matter of six months I was working my own show once a week from midnight to 6 a.m. every Sunday. I was off and running ...



Left: Ham and cheese — Kamasami Kong and Shaner. Above: Shaner in the studio on the Baby Boomer Radio show.

GM: Did you have a mentor?

FS: J. Akuhead Pupule wasn’t a mentor of mine but while riding in the back of my dad’s ‘59 Chevy Impala on the way to school every day, Aku’s show caught my attention. What I remember the most was how I could hear the newspaper he was reading rustle pass his mic as he turned the pages. It was magic to me.

Later I came to know Bob Zix (Kamasami Kong). He was a huge star in Hawai‘i and his antics on the radio captured my imagination. Later, as a mentor, Bob started me on the journey of a lifetime in radio goofiness. We are friends still... some 35 years now. He’s a big media star in Tokyo, Japan these days.

GM: If you weren’t in broadcasting, what would you have done?

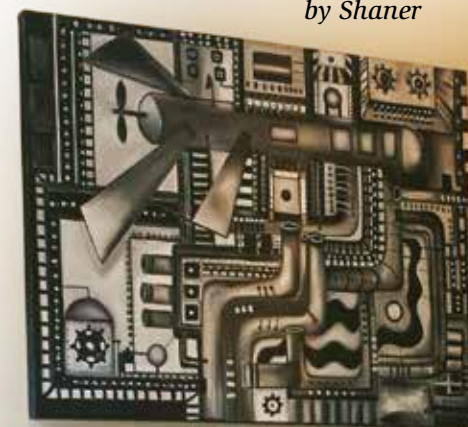
FS: I have no idea. Like painting, I threw everything into the ‘art of broadcasting’ and talking to people without seeing them for years. I was passionate about what I was doing, relating to people every morning, having fun and acting goofy and getting paid for it. I never thought of doing anything else. It paid the bills and more.

GM: How does art offer you a new/different “voice”... a voice beyond comedy and radio?

FS: Art is a very subjective form of communication. It’s like stand up comedy, what I believe to be funny some might think is not that funny at all. As in art, what I believe is interesting others might not think so.

I believe art should move the viewer emotionally. For example, my art is displayed at Assaggio (Ala Moana and Kahala), and one evening a waiter at the Ala Moana location told me that there had been a complaint about one of my paintings. He explained that a lady wouldn’t sit under this particular painting (a large 36”x48” black and white oil on canvas called *Patent Pending*) because it upset her and she couldn’t eat. So she asked to be moved to another table. I laughed for a moment and said, ‘That’s the best compliment I’ve had on my work so far!’

The painting was doing its job. Moving people and creating a kind of energy force. I guess to answer your question, painting lets me scream at the top of my lungs on canvas. It’s a personal expression for myself, and if people find it interesting or amusing... or even disturbing... well, there you have it.



Patent Pending by Shaner

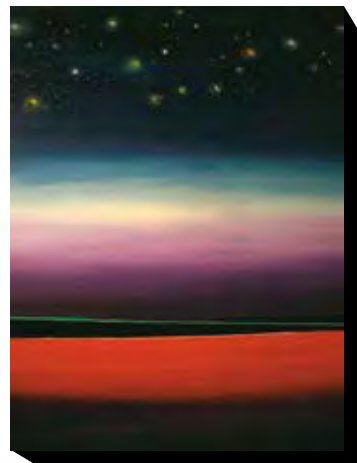
“Painting lets me scream at the top of my lungs on canvas.” —F.B. Shaner



Siri, manager/owner, and Frank at Assaggio Ristorante Italiano, Ala Moana.



Welcome To My Head



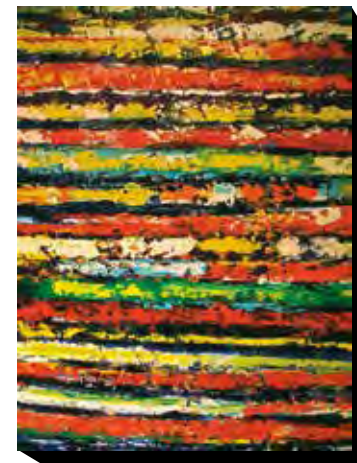
Fifth Star From The Middle



High Octane Ride



The Queen Is Dead



Memory



Petri Dish

GM: Without any formal art training, what is your process for learning?

FS: As soon as I paint a line or splash color onto a canvas, the learning starts. Each painting has a different form of life to it. The painting will tell you what steps to take, what kind of line or stroke of the brush to use. Then you make the next move. You follow that path and continue on. It's very important to sit back and look at your work in progress. Stare at it for awhile, listen and observe. Sometimes the next day brings a whole new look to your work from the night before. Every painting is a new learning experience. I learn by doing.

GM: I know it's difficult to describe, but can try to explain the connection between the disaster of 9/11 and your self expression with art?

FS: I'm not sure if 9/11 has had any impact on my painting, all I know is that it was on that day I started to push paint around. I'm not sure if the event of the day was the impetus that started me painting but that day was the day I picked up a paint brush and started this venture that has changed my life.

GM: What do you hope to share/express with your art?

FS: Not sure what the meaning is, all I know is that I paint every day and it goes deep into my *na'au* (gut). I look at my paintings like how some people like to scrapbook... each painting has a personal meaning to me. All my paintings are like my own children. When someone purchases a painting I demand that they send me a photo of it hanging on their wall... and that I can call them at least once a year.

GM: You've mentioned a few times that you've painted every day since 9/11. Why is your "daily paint" important to you?

FS: There is a lot going on in my head and at this point in time I'm trying to satisfy all aspects of my thinking by painting my thoughts.

GM: Is art a hobby and/or a revenue source?

FS: Neither, it's a burden at times ...

GM: We know that some of your time spent away from your art studio is spent with us... writing your column Frankly, As Always and



"Each painting has a different form of life to it."

joining our publisher Percy Ihara on the radio with the new Baby Boomer Show every Saturday. We've heard you say that you're "not ready to be called a senior" ... why not?

FS: 'Cause I'm not ready to submit... to be called *kupuna*, senior... when you're referred to in these terms people have a tendency to put you in a pigeon hole. I hate pigeons, they smell and are foul and they have become a pain to society and I don't think I'm ready to be called that, so don't ask me that question anymore. Let's move on.

GM: In reading your past columns in *Generations Magazine*, you seem to be quite nostalgic. You seem to find value in the past... if so, does this play out in your art or thought process?

FS: No, my art is a spontaneous combustion. When it starts happening, and when the paint starts flowing, step aside because it flows like hot lava rushing, gushing and moving down the side of a steep volcano.

In regards to my column in *Generations Magazine*, I love to write and what better thing to write about than the past? It's clear, it's revealing, it's comforting. Through writing you can find out a lot about society, how we live today and how we prepare for the future.

GM: Regarding *The Baby Boomer Show*, what do you hope to share with listeners by coming back to radio?

FS: I just love radio... and doing it once a week is fine right now. I'm not trying to make any statement. It's a new canvas, different players now, different circumstances, different sound... and that's a good thing.

GM: I know you love to golf, why?

FS: I love the game of golf. Golf is like life... each hole represents a new day. What ever happened on the last hole—good or bad—we should learn from it. Take the good plays with you, and try to learn from the bad.

GM: What is a good day for you?

FS: Listening to the rain outside my screen door as I paint on a large canvas, stopping every once in awhile to listen to the rain pelt the giant leaves of the 'ulu tree that stands just moments from my screen door. And in the background, Oscar Peterson playing jazz.

GM: Do you know what your next canvas art will be? Anything in the pipeline?

FS: Well, I'm starting to sense great emotion—pain, suffering, hope—large globs of paint, dark hues, shadows, heavy lines softened as they penetrate the light. I see light bouncing off collar bone. I see a tide rising like a cleansing, like bathing, like entering the ocean just off the Diamond Head side of Waikiki early in the morning... there is nothing like it. Ah, planet Earth—you got to love her! And I do... and so it is. ■



Samoan Fruit

If you want to hear more from Frank, tune to AM 690 every Saturday at 4 p.m. His artwork is displayed at Assaggio Ristorante Italiano at the Kahala and Ala Moana locations or visit frankbshaner.com.

One-Mile Project; One Planet Community

by Taylor Hamai, 'Iolani School student

My passion for kūpuna has grown tremendously over the past months since I first enrolled in 'Iolani School's "One Mile Project" class. This semester elective course is a new offering in the state-of-the-art Sullivan Center for Innovation and Leadership. The course was geared toward giving students a greater appreciation for older adults in our community (within a one-mile radius of our Mōili'ili/Kapahulu campus).

Although I would love to say that I have always been this excited to help older adults, my feelings weren't always this strong. During our first One Mile gathering, we were given an exercise to express our thoughts on kūpuna. There were many negative words thrown out such as "old, slow and grumpy." These downbeat impressions, however, slowly changed to thoughtful and respectful ideas as my class worked with nearby organizations, such as the University of Hawai'i Center on Aging, Mōili'ili Community Center, Pālolo Chinese Home, Nu'uano Hale, AARP and the Project Dana. With these partners, we completed walkability audits, proposed solutions to the problems in our streets, conducted interviews, learned vocabulary terms, took excursions to a Good Life Expo and nursing homes, interviewed a caretaker, conducted an empathy challenge, and reached out to a hospice patient. Thanks to these activities, we gained a better understanding of the elderly and made

connections to our own lives. With a newfound love of older adults, my class has spent the past couple months putting together a project proposal that we recently presented to 60 school and community leaders in a special January 10 event.

Our proposed "One Mile, One Planet Community Center" hopes to:

- provide services to the elderly & our community
- educate for the future
- provide a new experience for all generations

As our vision statement reads, "This Center will bring independent older adults and 'Iolani students together through intergenerational programs that promote active aging, sharing of knowledge and service to the community."

We hope to improve the daily life and satisfaction of the elderly in our community. We want to work together as a school to create a thriving, age-friendly city. As thousands of Baby Boomers approach retirement each day, we hope to instill the importance of caring for our kūpuna. We want to stress healthy living, so that future elderly

generations may live independently and freely. It is our mission to reach out and better prepare our parents and grandparents for the upcoming stages of their lives while offering students the unique opportunity to learn from, work with, and serve our kūpuna.

'Iolani students, Lindsay Teruya (lt.) and Taylor Hamai (rt.) with a senior participant, George Miyamoto.

Although the One Mile, One Planet Community Center is hypothetical at this point, we are confident that our project proposal can serve as a starting point for 'Iolani and its students to be a part of helping older adults maintain active, independent, healthy lives. ■



David Frantzen, photographer for Iolani. Courtesy of WSP.



The Sullivan Center for Innovation and Leadership at 'Iolani School.

Back To School: Learning How To Age

by Aimee Harris



Virginia Hinshaw of JABSOM speaks to a Geriatric Medicine group, which is one of the school's highly accomplished programs and has helped develop the idea of the mini-medical school.

The John A. Burns School of Medicine (JABSOM) is partnering with the University of Hawai'i Foundation in sponsoring the new Mini-Medical School on Healthy Aging.

The Mini-Medical School is designed to prepare participants for the second half of their lives. The school will deliver relevant scientific information on aging, similar to what JABSOM medical students learn, but the curriculum will be tailored for a lay audience so that participants can become "mini-medical students."

The inaugural course is being piloted this spring with a class of UH donors and partners. They will have a chance to learn about healthy aging, evaluate the course's content and offer input in the development of this new program. Their evaluation will be used to extend the program more broadly to the public.

Virginia S. Hinshaw, Chancellor Emeritus/Professor at JABSOM, says she wanted to create a program that would have a positive impact on the community, particularly our kūpuna. She notes that the geriatrics program is a strength of the John A. Burns School of Medicine and the Mini-Medical School embraces the respect for kūpuna that is so central to Hawaiian culture.

"Our state is in a unique position in that over the next 10 years it will have the highest number

of senior citizens as a percentage of its overall population. One-third of us will be 65 years or older," Hinshaw says. "Since healthy aging is a goal most of us share, we want to provide Hawai'i's seniors with information on the best way to maintain their health and well-being."

The Mini-Medical School is a six-week course on Saturday mornings for two hours. The content includes lectures, panels, Q&A periods, interactive exercises and, yes, even homework.

The speakers are aging experts from across UH Mānoa and will present on a range of topics—from *Healthy at 100: Genetic vs Lifestyle Factors* to *Caregiving and Palliative Care in our Health System*—focusing on the keys to healthy aging, which are staying:

- physically active
- mentally engaged
- socially connected

The hope is that the education about healthy living will enable Hawai'i's seniors to stay healthy, maintain their independence and potentially reduce their health care costs.

"We want to prepare seniors for the realities of aging—the pros and the cons," Hinshaw says. "And, we want to provide resources to help along the way."

To learn more about the Mini-Medical School, visit www.jabsom.hawaii.edu/minimedschool. ■



Top Tutors

A Valley Isle couple commits to academics & nurtures Maui schoolchildren & families.

by Aimee Harris

The Lahaina Complex After School Enrichment Tutoring Project, founded by Richard and Pat Endsley of Lahaina over 13 years ago, helps students in the four public schools of West Maui. The project offers 3rd through 8th graders free after school tutoring in reading, writing, math and drama.

As former educational administrators in Berkeley, CA, the Endsleys moved to the Islands in 1992. Pat, 75, says, "Although we moved to Maui to retire, we purposely didn't move into a retirement area. As educators, we wanted to be connected to our new community where students lived and we wanted to contribute in some way."



A group of tutors and students, with Richard Endsley (far left) who at 85 continues to tutor three days a week.

In 2000, the couple started the tutoring project to increase literacy of schoolchildren in various subjects. They started with 50 middle school students and a handful of tutors — most of them retirees from the community. Today, the project has grown to include 300 students and 150 tutors of all ages. The tutors are comprised of 90 adults (about 65 percent which are 55 or better) and 60 high school student tutors. Many of the student tutors are in the honor society and use the volunteer experience to help them fulfill requirements for college and scholarship applications.

All tutors are trained to be curriculum specialists to ensure that the program meets the latest core standards in language arts/reading and math.



Left: Pat and Richard Endsley at Leilani's On The Beach where the manager treats tutors to an honors luncheon. Right: Richard in action, as he tutors math, reading/writing and ELL.



"By comparing standardized test scores, we know that the program is a success," Pat says. "But for me, I know it's working when I observe our tutors in action. We provide active learning and the kids look forward to it. This year, for the 6th graders alone, we have 16 students on the mathematics waiting list."

The program receives no state or federal funds. It is run by all volunteer tutors and support staff and provides bus service and snacks, annual curriculum and incentives for students. "The project has been maintained completely by the county and two Lahaina non-profit foundations, along with donations from two Lahaina Rotary Clubs." Pat says. "It is successful thanks to our dedicated and caring volunteers and donations from local citizens and businesses — restaurants, stores and hotels."

As part of the unique after school program, theatre lessons were recently added to the curriculum. Theatre Maui presents drama lessons on Mondays at Lahaina Intermediate School. "We aim to build students' self-confidence, self-esteem and leadership qualities," Pat says. "Creativity is important in their school studies and in their everyday lives."

In addition, last year a new program for English Language Learners (ELL) was initiated after the Endsleys learned that this group was identified as the most needy in the middle school. The pilot program for 20 students was so successful that this school year 42 ELL students will receive mostly one-to-one tutoring services.

"We always intended to be of service... Richard and I initially just set out to help the neighborhood kids. We never expected that the entire community would get involved. West Maui is quite unique in that way," Pat smiles. We've had a very busy retirement..."

For information, please visit www.pfee.org or www.razoo.com/story/Lahaina-Tutoring-Program. ■

Tony Lenzer Recognized With 2013 Andrus Award for Community Service

Dr. Anthony (Tony) Lenzer was recently selected as the Hawai'i recipient of the 2013 Andrus Award for Community Service—AARP's most prestigious volunteer recognition. He accepted the award from AARP national president Rob Romasco at a volunteer recognition luncheon in November. The Andrus Award is an annual award for exemplary volunteer leadership named after AARP's founder Ethel Percy Andrus (1884-1967) who exemplified AARP's motto: "To serve, not to be served."

Lenzer's distinguished career in gerontology began in Ann Arbor, Michigan, as executive secretary of a legislative council on aging. He held that job for four years, while doing doctoral work, then taught seven years at the University of Michigan's School of Public Health where he helped set up a Chronic Disease and Aging Program.

He came to Hawai'i in 1969 with his wife and five children to help the University of Hawai'i develop its gerontology program, teaching the first course on aging in 1970.

In ensuing years he helped to establish key aging-related organizations. Among them: Hospice Hawai'i, the Hawai'i Pacific Gerontological Society and the Hawai'i Family Caregiver Coalition, of which he is president. He also chairs the legislative committee for the Policy Advisory Board for Elder Affairs in the Executive Office on Aging.

Lenzer has been volunteering with AARP and other organizations since retiring from the UH Center in 1994. He's a volunteer board member for five organizations that advocate for aging, caregiving and disability policies at the Legislature. He helped create the annual "Aging and Disability Issues" report and is working with AARP now to help people understand the complex Affordable Care Act.

In the words of AARP Hawai'i state director Barbara Kim Stanton: "No one has done more to advance our understanding of what it means to grow older in Hawai'i and prepare a generation of state policymakers to begin addressing the challenges and opportunities of our aging population." ■



Left to right: AARP state director Barbara Kim Stanton, AARP volunteer national president Rob Romasco, 2013 Andrus Volunteer Award Winner Tony Lenzer and volunteer Hawai'i state president Gerry Silva.

Lanakila Wants You!

VOLUNTEER SHUTTLE DRIVERS: Deliver meals from our Liliha kitchen to Windward or Leeward areas. Drive every week, once a month, or any time that fits with your schedule.

VOLUNTEER ON-CALL/BACK-UP DRIVERS: Deliver meals to homebound seniors, 9 a.m.–2 p.m., Mon.–Sat. Require flexible schedule. Routes close to home or work. Help cover vacations and absences. Qualifications include access to an insured vehicle and background check. Training is provided and mileage is reimbursable.

Help ensure our kūpuna receive nutritious meals and companionship. Do good. Feel good. Become a part of the Lanakila Meals on Wheels 'ohana!

For information contact Lokata:
808-356-8532 | littleelk@lanakilapacific.org
www.LanakilaMealsonWheels.org



PRIMETIME WELLNESS FAIR • FREE Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am–12:30 pm

Sign up for your FREE digital magazine  email Percy@Generations808.com



Braised Chicken Thighs With Tomatoes & Olives

by Chef Michi

Featuring olive oil and herbs, this one-dish dinner cooks for less than a half an hour, yet has the satisfying, melded flavor of a long-simmered stew.

Ingredients:

- 1 Tbsp. olive oil
- 8 chicken thighs (about 3 lbs.), with skin on
- Salt and fresh ground pepper
- 1 medium onion, chopped
- 4-5 garlic cloves, sliced paper thin
- 2 tsp. fresh rosemary, chopped (or 1 tsp. dry)
- 1 14-oz. can of diced tomatoes
- 3/4 cup black olives, sliced in half
- 3/4 cup low-sodium chicken stock
- 2 Tbsp. tomato paste
- Fresh basil or green onion, thinly sliced

Directions:

In a large pan with a lid, heat the olive oil on medium heat. Season both sides of the chicken with salt and pepper, and brown well on both sides. Remove chicken from the pan. Drain off some of the oil, leaving about 1 tablespoon.

Add the onion, garlic and rosemary and stir for about 3 minutes, then add the chicken stock. Bring to a boil and scrap off any brown bits from the bottom of the pan. Let the liquid reduce by half. Add the tomatoes, olives and tomato paste and stir to blend. Add the chicken, skin side up, cover and simmer gently for 25 minutes.

Before serving, top with fresh basil or green onion.

Serves: 4 | **Time:** About 35 minutes ■

For more of Chef Michi's fresh recipes, visit www.cookingfreshforyou.com 808-286-6484 | cookingfreshforyou@gmail.com

Also, visit her **Cooking FRESH locations:** 909 Kapahulu Ave. Queens POB I-1329 Lusitana St., Queens POB II-550 S. Beretania St. Lunch Truck-UH Manoa on East West Road by Kennedy Theatre.



Applying for benefits can be very difficult. Without assistance, many applications are denied. Since 1996, Cardon Outreach has helped people across Hawaii get coverage for Nursing Home or Home and Community Based Medicaid services.

We are committed to working with you and helping you through the Medicaid Long Term Care Eligibility Process.

Call us for a **FREE** screening and more information.

808.566.6666

TOLL FREE FROM ALL ISLANDS
855.690.8977

CARDON OUTREACH®
www.cardonoutreach.com

Active licensees with RERC can receive commissions from referrals made on any island or the Mainland. Call for a new agent packet.

Real Estate Referral Center, Inc.

1888 Kalakaua Ave, #C312
Honolulu, HI 96815

Sherry A. Goya (S), President

808-722-8487
sgoyallc@aol.com

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

Hawaii's De-clutter Specialists



DID YOU KNOW?

That clutter can **AFFECT** your mind and overall health? Here's a tip to help you de-clutter this year!

A HOME FOR EVERYTHING It's easy to create piles, so make sure that each item has a home. If you take something out, remember to put it back.

For more information about our services, call 221-8345 for a free consultation or visit www.declutterhawaii.com.

We Specialize in:

- Downsizing & De-Cluttering Years of Personal Belongings.
- Aging In Place: Organizing & Creating A Safer Home.
- Selling, Donating & Disposing of Unwanted Items Off The Property.



Robert Ching
Manager

Cynthia Arnold
Vice President

Hawaii's COMPLETE SOLUTION FOR SENIORS

CALL US AT 256-7873 TO LEARN ABOUT:

- Your Senior Living Options
- Retirement Communities - Monthly rental versus "Buy-In"
- Downsizing/De-cluttering with minimal stress
- Preparing your home for sale to increase its value
- Selling your home in today's market

If you'd like to arrange a private seminar for you, your church or group, call 256-7873 or email us at ihara@iharateam.com.



DAN IHARA (RA)
JULIE IHARA (RA)
(808) 256-7873
ihara@iharateam.com
www.oahuhomes.biz



The **IHARA Team**

The Complete Solution

kw HONOLULU
KELLER WILLIAMS



First Hawaiian Bank.

PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am - 12:30 pm

Sign up for your **FREE** digital magazine email Percy@Generations808.com

New Memoir: The Society of Seven

For five decades—from their early years in Hong Kong as the Fabulous Echoes to standing-room-only performances in clubs and concert halls around the world—the saga of the Society of Seven has been one of the most enduring success stories in show business. Now the band's colorful history has been captured with the release of **The Society of Seven: Last of the Great Show Bands**, authored by the group's long-time manager, Frances Kirk. In her lively 362-page memoir, Kirk recounts the wild ride of a revolving cast of world-class entertainers, who overcame personal tragedy to build a legacy in the rough-and-tumble world of showbiz.

"Simply put," entertainment writer Wayne Harada notes in the book's foreword, "the SOS wouldn't have been able to succeed without Frances, and vice versa." In the book, Kirk recounts their journey through many shining moments, including performances on



The Ed Sullivan Show, headlining for more than 40 years at the Outrigger Waikiki hotel and a series of regional hit records. It is a legacy that lives on, as the Society of Seven continues to perform today.

Intertwined with the band's history is Kirk's own life story. A savvy businesswoman born and raised in Hong Kong, she joined the family business, Diamond Music Company, in 1960 when her father fell gravely ill. She established the company's recording department and concert promotion arm, building the company into a major player in the Asian entertainment industry.

Legacy Isle Publishing. Softcover, \$19.95, available at bookstores. Call **866-900-BOOK** or visit www.legacyislepublishing.net. ■

Playing Hard

by Coach Wayne Shibata and Melvin Aoki,
of the Hawaii Dream Team

Each year, more than a dozen teams play in the softball Hinohara Cup Tournament in Japan. The tournament is named after Dr. Hinohara who is 102 years old and still goes to work every day. He believes in an active lifestyle, as well as working in an occupation for which you are passionate. With that passion, work becomes play.

In 2010, Hawai'i was invited to participate in the tournament for the first time. Thirteen of Hawai'i's top senior softball players swept the competition, winning the Tokyo All Japan Cup, the Hinohara Cup, the Meya Makule Cup and the Grand Trophy. Although the team was invited back to play in 2011 and 2012, the Tōhoku earthquake and tsunami made it unfavorable to accept the invitation.

In 2013, 22 teams from Japan, Taiwan and Hawai'i participated in the Hinohara Cup Tournament. Taiwan and Hawai'i are the only outside



2013 Hawaii Dream Team (top row, lt.-rt.): Robert Oshiro, Gary Yamaguchi, Robert Kunimitsu, Gordon Okuhara, James Koishigawa, Gerard Takiguchi, and Bobby Chinen. Kneeling (lt.-rt.): Coach Wayne Shibata, Clinton Tanimoto, Jeffery Kamiya and Melvin Aoki.

teams that are invited to play annually. The first day of the tournament was rained out. On the second day, the Dream Team won its first game but lost the second and was thereby eliminated. However, the nine-day whirlwind trip through Japan was an experience of a lifetime, and the team thanks Bobby Chinen Tours for the excellent escort services.

The team looks forward to the 2015 tournament. It will visit Hokkaido and travel to Akita to play the local team, then travel to Tokyo to play in the Hinohara Cup again. ■



*Fun is just one
of the reasons
life at Arcadia
never gets old.*



The Arcadia 8th Annual Follies stage production dedicated to our military veterans.

With all of our the planned activities, there's never a dull moment. We offer first-class amenities, guaranteed lifetime care and a variety of activities that will fit any lifestyle. Arcadia, it's the perfect place to call home.



ARCADIA
The Benchmark for Senior Living in Hawaii.

808-983-1722
www.arcadia-hi.org

Guaranteed Lifetime Care
Residences available now.

Shaping Up!

with Diane Cadinha
ACE & NASM CERTIFIED

- ◆ Personal training for all ages
- ◆ Specializing in senior fitness
- ◆ Locations: Mililani & Honolulu

808-221-3905

shapingup@hawaii.rr.com
shapingup808.com

Victor, 88 yrs., is doing a moving lunge on the TOTAL GYM Gravity System. Great for balance, flexibility and CORE stability.

Joan Packer, 91 yrs., working on the ball to strengthen the hip muscle for balance and stability to prevent shuffling.



PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am–12:30 pm

Sign up for your **FREE** digital magazine



email Percy@Generations808.com

SENIOR SUPPORT & CAREGIVING SERVICES

STATEWIDE

AARP Hawai'i	545-6006	www.aarp.org/hi
Alzheimer's Association	981-2111	www.alz.org/hawaii
Alzheimer's Association Help Line	1-800-272-3900	www.alz.org/hawaii
Executive Office on Aging	586-0100	www.health.hawaii.gov/eoa/
Sage PLUS	586-7299	www.health.hawaii.gov/eoa/home/sage-plus/
Senior Medicare Patrol (SMP)	586-7281 1-800-296-9422	www.tinyurl.com/seniormedicarepatrol
Social Security Administration	1-800-772-1213	www.ssa.gov
Social Security Office Locations		www.socialsecurityofficelocation.net
State Long-Term Care Ombudsman	586-7268	www.tinyurl.com/hawaiiombudsmanLTC

O'AHU

Adult Protective Services (Abuse)	832-5115 832-5673	www.tinyurl.com/HIgovadultprotectiveservices
Aging & Disability Resource Ctr. (ADRC)	768-7705 768-7700	www.elderlyaffairs.com
Castle Home Care	247-2828	www.castlemed.org/home-care.htm
Catholic Charities Hawai'i (Sr. Services Div.)	524-4673	www.catholiccharitieshawaii.org
Central O'ahu Caregivers' Support Group	625-0420	www.tinyurl.com/eldercareshawaii
Child & Family Services Gerontology Prgm.	543-8468	www.tinyurl.com/cfsgerontology
Eldercare Support Group	395-9082	www.tinyurl.com/eldercaresupport
Project Dana	945-3736	www.projectdana.org
Respite Companion Services	586-5192	
Senior Helpline (Elderly Affairs Division)	768-7700	www.elderlyaffairs.com
Univ. of Hawai'i Elder Law Program	956-6544	www.hawaii.edu/uhelp
VA Caregivers Support Group	433-7646	www.tinyurl.com/vacaregiverssupport

HAWAII

Hawai'i Co. Area Office on Aging - Hilo	961-8600	www.hawaiicounty.gov/aging/
Hawai'i Co. Area Office on Aging - Kona	327-3597	www.hawaiicounty.gov/aging/

KAUAI

Kauai Agency on Elderly Affairs	241-4470	www.kauai.gov/elderly
---------------------------------	----------	--

MAUI / MOLOKA'I / LANA'I

Hana Office on Aging Senior Center	248-8833	
Lana'i Senior Citizens Center	565-6282	
Maui County Office on Aging	270-7774	www.co.maui.hi.us/index.aspx?nid = 255
Maui County Office on Aging -Lana'i	565-7114	www.co.maui.hi.us/index.aspx?nid = 255
Maui County Office on Aging- Moloka'i	553-5241	www.co.maui.hi.us/index.aspx?nid = 255

CONSUMER ADVOCACY AGENCIES

STATEWIDE

Affordable Housing and Homeless Alliance	845-4565	www.hawaiihomeless.org
Aloha Independent Living Hawai'i	1-800-385-2454	www.AlohaILHawaii.org
Better Business Bureau	808-536-6956 1-877-222-6551	www.hawaii.bbb.org
Community Assistance Center	537-2917	www.cachawaii.org
Consumer Affairs Office-Adult Mental Health	586-4688	www.health.hawaii.gov/amhd/
Disability & Comm. Access Board	586-8121	www.hawaii.gov/health/dcab/
Department of Commerce and Consumer Affairs	587-3222	www.cca.hawaii.gov
Hawai'i Centers for Independent Living	522-5400 1-800-645-4651	www.cil-hawaii.org
Hawai'i Civil Rights Commission	586-8636	www.labor.hawaii.gov
Hawai'i Disability Rights Center	949-2922 1-800-882-1057	www.hawaiidisabilityrights.org
Hawai'i State Hospital (psychiatric hospital)	236-8244	
Legal Aid Society	536-4302	www.legalaidthawaii.org
Legal Aid Society of Hawai'i	536-4302 1-800-499-4302	www.legalaidthawaii.org
Maximum Legal Services Corp.	585-0920	www.maxcorp-hi.org
NAMI-National Alliance on Mental Illness	591-1297	www.namihawaii.org
Self-Advocacy Advisory Council	586-8100	www.hiddc.org/about.htm
United Self-Help	947-5558	www.unitedselfhelp.org
Volunteer Legal Services of Hawai'i	528-7046	www.vlsh.org

MENTAL HEALTH CONNECTIONS

STATEWIDE

Mental Health America of Hawai'i Help Line	521-1846	www.mentalhealth-hi.org
National Suicide Prevention Lifeline	1-800-273-8255	www.suicidepreventionlifeline.org
Hawai'i ACCESS line	832-3100 1-800-753-6879	

This Programs & Services Resource Guide was derived from the Mental Health America of Hawai'i "Finding Help Phone List."



THERE'S NO PLACE LIKE HOME!

CUSTOMIZED & PERSONAL IN-HOME CARE
THE AFFORDABLE ALTERNATIVE TO ASSISTED LIVING FACILITIES

Call **734-5555** • www.kokuacare.com
 LEEWARD 671-9000 • WINDWARD 262-1155 • EAST O'AHU 396-9555
 Screened, Trained, Bonded & Insured

FREE • **IN-HOME ASSESSMENT & HOME SAFETY EVALUATION**
 • **10 HOUR SERVICE (After purchase of first 100 hrs.)**

Caregiver Legislation On The Table

Family members, partners and close friends are an important source of support for older people who need help taking care of themselves at home. In Hawai'i, these caregivers provide most of the care for loved ones who need help with activities such as bathing, dressing and transportation. Many caregivers also perform complex tasks such as providing wound care, managing medications and operating medical equipment.

But despite the importance of caregivers in the day-to-day care of our kūpuna, they are often left out of discussions involving a patient's care while in the hospital. And when loved ones are discharged from the hospital, caregivers often receive little or no instruction on how to help prevent readmission.

To address this issue, AARP Hawaii is urging passage of a bill in the 2014 state Legislature that would allow patients to designate a caregiver as part of their medical record — or that hospitals voluntarily adopt this practice. The bill requires hospitals to notify and meet with the designated caregiver to discuss the patient's plan of care prior to discharge or transfer to another facility. It also requires hospitals to instruct caregivers in how to care for loved ones after they are discharged.

"This bill will have the two-pronged effect of supporting family caregivers and keeping health care costs in check," says Steve Tam, AARP Hawaii director of advocacy. "It enables caregivers to support their loved ones at home and in the community, and discourages costly and unnecessary hospital readmissions."

The federal Centers for Medicare & Medicaid Services (CMS) estimates that \$17 billion in Medicare funding is spent each year on unnecessary hospital readmissions. The bill is intended to reduce readmissions by engaging caregivers more intentionally in the care of their loved ones. It also comes as hospitals across the country are seeking to avoid admission penalties under the federal Affordable Care Act.

In Hawai'i, family caregivers already play a critical role in the care of our elderly and dis-

abled populations. On any given day an estimated 247,000 residents provide unpaid care valued at a staggering \$1.9 billion annually, according to 2009 data. Caregivers are often members of the individual's immediate family, but friends and other community members also serve as caregivers.

AARP is dedicated to helping Hawai'i's caregivers by providing the tools, information and support they need to care for their loved ones and themselves. For information on the status of this legislation, or to get involved as an advocacy volunteer, contact Steve Tam at **808-545-6005**.

For information on resources for caregivers available online, visit the AARP Caregiving Resource Center at www.aarp.org/caregiving. ■

AARP Hawai'i state office:
808-545-6024 | Toll-Free: **866-295-7282**
aarp.org/hi | [facebook.com/AARPHawaii](https://www.facebook.com/AARPHawaii)
twitter.com/AARPHawaii

Let's Talk

- Are you turning age 65 or new to Medicare?
- Ready to retire, and will lose your employer group coverage?
- Confused about Medicare Advantage, Supplement, and Drug Plans?

Call me for a personal consultation.
Specializing in senior health insurance.

Taryn Kumamoto, MBA
(808) 365-7700
taryn@pbchawaii.com

 **PREMIER**
BENEFIT CONSULTANTS
www.pbchawaii.com
1221 Kapiolani Blvd, PH 50
Honolulu, HI 96814





Tips for Senior Skin Care

by Teri Bruesehoff, Chief Operating Officer HiHomeCare (The Hawaii Group subsidiary)

Skin is our body's largest organ, and it's exposed to all the elements of our environment and lifestyles. As we age, our skin becomes dryer and thinner, which can lead to skin breakdown, especially with an immobilized person.

Skin breakdown occurs when there is unrelieved pressure to an area on the body. This pressure impedes the circulation to the skin and causes an ulcer to form. Other factors that can contribute to skin breakdown are poor hydration, poor nutrition and maceration caused by prolonged exposure to wetness.

Many families with an elderly person at home may rely on a home care agency to provide appropriate care. But here are 5 tips to keep seniors as comfortable as possible throughout the day, whether or not you have a caregiver's helping hand:

- Turn and reposition the person at least every 2 hours. Massage pressure points with each turn.

- If they are incontinent, change the diaper when soiled to prevent maceration of the skin.
- Clean skin well and use barrier creams with each diaper change.
- Check all areas of the body daily for early signs of skin breakdown. Early signs include discoloration and redness that doesn't go away with massage or pressure relief.
- Offer plenty of fluids and meals with protein.

Caregivers are trained to observe their clients for skin issues and to report changes to the family and to their agency's nursing supervisor. The supervisor should assist the family in determining the best plan of action for future care. ■

HiHealthCare, 745 Fort Street, Honolulu, HI 96813
808-534-7815 | info@hihealthcarehawaii.com
hihealthcarehawaii.com

SEE WHAT YOU'VE BEEN MISSING.



JENKINS EYE CARE offers routine eye examinations and the latest advancements in treating common or more serious eye conditions. Dr. Jenkins has performed more than 570 bladeless laser cataract surgeries using LenSx® technology since 2012. A medical pioneer, Dr. Jenkins was the first in Hawai'i to perform LASIK and LenSx® eye surgery and to use the iStent® implant for patients suffering from both glaucoma and cataracts.

Specializing in the treatment of: Nearsightedness, Farsightedness, Astigmatism, Cataracts, Glaucoma, Dry Eye Syndrome

Call today to make an appointment. (808) 591-9911



JENKINS EYE CARE

www.JenkinsEyeCare.com
Facebook.com/jenkinseyecare | Twitter: @jenkinseyecare
YouTube: www.youtube.com/jenkinseyecare
615 Pi'ikoi Street, Suite 205 Honolulu, Hawai'i 96814



 **First Hawaiian Bank.**

PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am – 12:30 pm

Sign up for your **FREE** digital magazine  email Percy@Generations808.com



Hearing Loss Types & Tips

by Dr. Ritabelle Fernandes, MD

Hearing loss is one of the most common conditions affecting older adults. Approximately 47 percent of adults 75 years of age or older have a hearing impairment. Men are more likely to experience hearing loss than women. It may be embarrassing and often leads to social isolation or depression, as many find it hard to have a conversation with friends and family. There are other unintended consequences to a person's quality of life such as trouble understanding a doctor's advice, responding to warnings and hearing phone calls or alarms.

Hearing loss is a common problem caused by noise, aging, disease and heredity. Hearing is a complex sense involving both the ear's ability to detect sounds and the brain's ability to interpret those sounds.

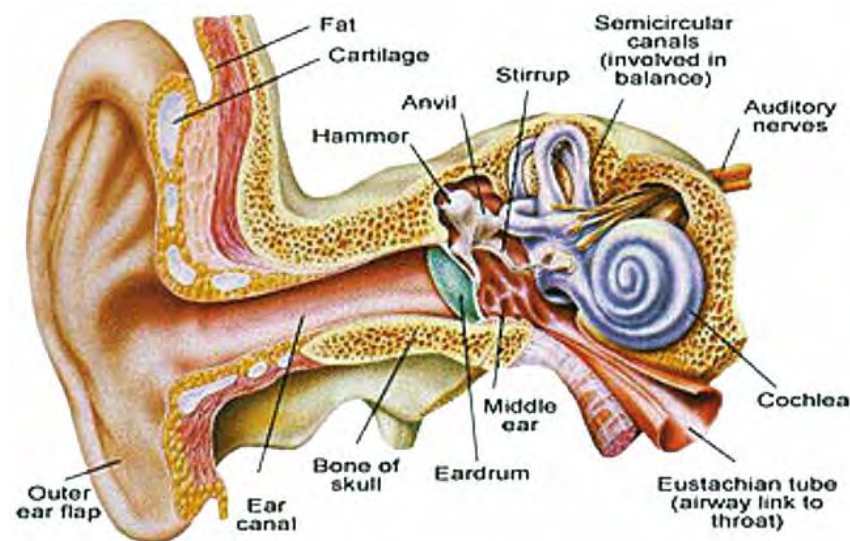
What are the different types of hearing loss?

There are two general categories of hearing loss.

- ✦ **Sensorineural hearing loss** occurs when there is damage to the inner ear or the auditory nerve. This type of hearing loss is usually permanent.
- ✦ **Conductive hearing loss** occurs when sound waves cannot reach the inner ear. The cause may be earwax build up, fluid or a punctured eardrum.

What is Presbycusis?

A type of sensorineural hearing loss is called Presbycusis and comes on gradually as a person ages. Presbycusis can occur because of changes in the inner ear, auditory nerve or hearing pathways in the brain. Some of its causes are aging, loud noise, heredity, head injury, infection, illness, certain prescription drugs and circulation problems such as high blood pressure. Presbycusis may make it hard for a person to tolerate loud sounds or to hear what others are saying.



How is hearing loss treated?

Seek help right away, hearing problems that are ignored or untreated can get worse. The physician will refer to an audiologist, otolaryngologist or ear, nose and throat specialist. The audiologist uses an audiometer to test the ability to hear sounds of different pitch and loudness. These tests are painless. Audiologists will select a hearing aid best suited to the senior. Assistive and adaptive devices such as telephone amplifying devices, TV and radio listening systems can help seniors to live well with less than perfect hearing. Hearing aids, special training, certain medicines and cochlear implants are some of the choices for people with hearing problems.

Tips to use when talking with someone who has a hearing problem:

- Face the person and talk slowly and clearly.
- Stand in good lighting and reduce background noises to a minimum.
- Use facial expressions or gestures to give useful clues.
- Repeat if necessary, using different words.
- Include the hearing-impaired person when talking, this helps keep the senior from feeling alone and excluded.
- Be patient and stay positive. ■



Benefits of Cardiac Rehab

by Julie Moon, Physical Therapist

Cardiac rehabilitation, as defined by the American Heart Association, is a medically supervised program to help patients who have sustained a heart attack, undergone heart surgery (bypass) or those with identified risk factors (coronary artery disease or angina). Cardiac rehab is used to stabilize, slow or even reverse the progression of cardiovascular disease, ultimately reducing the risk of heart disease, another heart attack or even death.

A physical therapist specializing in cardiac rehab will perform an evaluation and develop a plan consisting of patient education on diet, relaxation techniques, aerobic training and strengthening exercises. The therapist will closely monitor vital signs, such as blood pressure, heart rhythm and rate, and oxygen saturation levels. The therapist should also prescribe a safe exercise program, with appropriate duration, frequency and intensity. While everyone can exercise at a

gym or at their home after a cardiac event, a rehab program offers a safe and effective environment to improve your heart health with the supervision of a medical professional.

The benefits of cardiac rehab are well documented. Studies show that there is a 95 percent three-year survival rate for those who attend rehab, versus a 64 percent survival rate for those who do not.

A great rehab program can help people make life changes and achieve a level of health that may even be better than it was before the cardiac event. ■

Moon Physical Therapy's Cardiac Rehab Program
320 Ward Avenue, Suite 107, Honolulu, HI 96814
808-597-1005 | www.moonpt.com



Home Care Specialists

Many families are not sure what help is available. We'll take the time to give you honest answers to your questions.

If you need caregivers in the home, we customize our services to your family's needs and lifestyles, from bathing and preparing meals to just giving a family member much needed time away.

- Reliable, trustworthy personnel with proven experience, background checks and drug screening
- Total patient care with assistance in daily living activities, housekeeping, running errands, giving meds, wound care, oxygen admin, blood sugar checks and tube feedings
- Reachable staff 24/7
- Locally owned and operated
- From 2 hours to 24 a day, to meet your specific needs
- 31 years caring for Hawaii
- Finding answers for a loved ones care is priceless

Office: (808) 951-0111
1357 Kapiolani Blvd., Suite 850, Honolulu, HI 96814

www.kahumalama.com

Kahu Malama Nurses
We Care for Hawaii

Hawaii's only temp service to earn JCAHO's coveted seal of approval.



PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am - 12:30 pm

Sign up for your **FREE** digital magazine email Percy@Generations808.com



Healthy New Year's Resolutions

by Diane Cadinha, Certified Personal Trainer

Every one of us, regardless of our age, can make plans and set goals. Each new year is a new beginning... a time to start fresh and hopefully get it right.

Write down what you would like to see happen in the year ahead. It's a way to solidify your dreams and desires, and move into the new year with an upbeat, positive attitude.

The top New Year's resolution is to lose weight and live a healthier lifestyle. We all start with good intentions and then seem to fall back into bad habits. Experts say it takes 21 days for a new activity to become a habit and six months for it to become part of our personality. It doesn't happen over night, so be persistent and patient. Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day and take one day at a time. The key is to start small and set realistic goals for yourself.

Here is a list of things you can start doing today to feel better and move toward a healthier lifestyle in 2014.

- **Start each day with a 8 oz. glass of water.** Water has many benefits. It carries nutrients to our cells, flushes the kidneys, lubricates joints and prevents constipation. The goal is to work up to 1 to 2 liters a day.
- **Eat more fruits and vegetables.** Start by adding a salad to your daily diet or making yourself a green smoothie. Fruits and vegetables protect your body from disease and help fight cancer cells. The goal is 3 to 5 servings a day.
- **Eat a handful (1 oz.) of raw nuts every day.** Walnuts, macadamia nuts, almonds. Healthy proteins and fats are important for preserving muscle and brain function.
- **Move your joints every day.** Moving helps keep and improve function. Start at your neck, look left to right and then up and down. Go to the shoulders, arms out to the side, palms up and make small to large circles from the shoulder joint. Go both directions. Same with the wrist. Work your way down the body.

- **Try not to sit for longer than 15 minutes.** Sitting for long periods slows the metabolism and can raise insulin and cholesterol levels. Taking a 10-minute walk every 2 hours can improve your health dramatically.
- **Practice taking deep breaths.** Breathe in through the nose and out the mouth. This clears the lungs of toxins, increases energy, calms the mind and allows you to think more clearly.
- **Educate yourself on staying healthy.** For example, Dr Oz came out with an updated version of *YOU: The Owners Manual*. It contains a lot of great info on health and longevity.

Remember empowerment comes from doing! ■

Join Diane online at www.shapingup808.com, or call 808-221-3905; email shapingup@hawaii.rr.com.

Living at Home is the BEST place to be

Customized Personal Care in Your Own Home

- ♥ Warm companionship
- ♥ Light meal preparation
- ♥ Light housekeeping
- ♥ Bathing and dressing assistance
- ♥ Medication reminders
- ♥ Respite for family caregivers

Comforting Hands Senior Care
Call 545-3700 or 262-8586
for a FREE assessment in your own home!

Visit us at ComfortingHandsHawaii.com

Introducing the Hawai'i Neurotrauma Registry

by Violet E. Horvath, Ph.D., interim director, Pacific Basin Rehabilitation Research and Training Center



Nearly 800,000 Americans have a stroke each year, according to the CDC.

We probably all know someone who has experienced a stroke, spinal cord injury, concussion or traumatic brain injury. You may be the one this has happened to. These are called *neurotraumatic* injuries. Whatever the cause—a fall, burst blood vessel, car accident, sports injury, being hit by an object—the results can be devastating. They may be life-changing for the survivor and those around her or him.

What happens to people who have had one of these neurotraumatic injuries once they leave the hospital or rehabilitation clinic? Do they return home to live? Are they able to keep a job? Can they drive anymore? Will they have to take medication for the rest of their lives? Do they need help to go to the grocery store or clean the house? Will they need assistance later down the line? Might they need a cane, walker or a wheelchair? What happens to their appetite and sleep? Why do they seem to get upset more often?

Medical professionals know about their patients' needs while they're still in the hospital, clinic or other facility. However, **we don't know much about what happens to people once they leave a medical center. The Hawai'i Neurotrauma Registry (NT Registry) wants to find out.** The NT Registry is administered by the Hawai'i Department of Health, Developmental Disabili-

ties Division. It is managed by project staff at the Pacific Basin Rehabilitation Research and Training Center (PBRRTC).

Help Others & Join The Registry

The NT Registry is a voluntary, statewide effort to gather information about people of all ages who have experienced one or more neurotraumatic injury. This information helps us better understand the needs of survivors and their families. The knowledge may help develop a system of support, educate service providers and justify the need to fund services.

The NT Registry looks to you, our kūpuna, and your families and friends for assistance. If you have experienced a neurotraumatic injury, please consider becoming a part of the NT Registry. If you know of others who have had injuries, let them know about us. Every individual who becomes a part of the NT Registry has the power to help shape the future of care for people with neurotraumatic injuries.

You may fill out the confidential survey online at <http://svy.mk//1a5Ya5m>. We can schedule an appointment with you in person or over the phone to help you fill out the survey if you do not have Internet access, have difficulty seeing, etc. Only with your help can the NT Registry be a success. ■

University of Hawaii at Manoa
John A. Burns School of Medicine, Pacific Basin RRTC
677 Ala Moana, Suite 202, Honolulu, HI 96813-5417
808-692-1375/1372 | 1-866-447-9023
HawaiiNT@hawaii.edu

KASHIWABARA
PHYSICAL THERAPY

Dean I. Kashiwabara
Physical Therapist

1314 S. King St. # 654
Honolulu, HI 96814
596-7077 email: dean@kashpt.com

Specializing in:
Fall prevention/Gait Difficulty
Sports & Orthopedic Rehabilitation
Neck/Back Pain, Hip/Knee/Shoulder/Ankle
Post Arthroscopy/Surgery

Accepts most insurance
Referral via physician
Validated Parking



The First Thing

by Jeffrey Sisemoore, Director of Planned Giving for the National Kidney Foundation of Hawai'i

At the National Kidney Foundation of Hawaii we are often asked about Chronic Kidney Disease (CKD) and what a person should do to find out how if he or she has the disease.

There is good reason for concern. According to recent research, the lifetime risk of having moderate kidney disease for Americans is nearly 60 percent. Moreover, CKD is often called a "silent killer" because people can have the disease without exhibiting any apparent symptoms until the disease is in late stages.

CKD is a disease in which the kidneys are unable to filter blood as well as they should. The effect is to have waste products build up in the body and lead to further health problems, including cardiovascular disease, among other things. The disease is usually irreversible and can lead to kidney failure over time if it is not treated. However, if CKD is detected early, treatment with medication and lifestyle changes may slow down the progress of the disease or even prevent kidney failure altogether. There is no cure for CKD, and the only treatment options for kidney failure are dialysis or a kidney transplant.

So what's the first thing someone should do if they want to know whether they might have Chronic Kidney Disease? Since early stages of the disease do not typically involve symptoms that a person can "feel" perhaps the first thing to do is have yourself screened for CKD. Your personal physician can order a simple blood test and/or urinalysis that will provide good indications of your kidney health. You might also attend a free screening offered by the National Kidney Foundation of Hawaii, which is designed to provide basic information that might warrant a visit with your



doctor. Also, you may want to visit www.kidneyhi.org about an upcoming screening currently scheduled for **March 14 at the Ala Moana Hotel** as part of World Kidney Week.

Screening is particularly important for people who have high blood pressure or diabetes, as these two conditions are the leading cause of

CKD. Additionally, you may be at greater risk if members of your family have a history of kidney failure or if you are over the age of 60 (although CKD can strike people at any age). Certain ethnic groups have a higher incidence of CKD, including Hawaiians and other Pacific Islanders, Asians, African Americans and Hispanics, although no ethnic group is immune.

First Thing: Learning the truth by getting a simple screening will enable you to make changes that just may save your life. ■

MONTH DAY **MARK YOUR CALENDAR**

Free Screening!

MARCH 14, 2014
ALA MOANA HOTEL

Offered by the National Kidney Foundation of Hawaii as part of World Kidney Week.



National Kidney Foundation of Hawai'i
808-589-5976 | jeff@kidneyhi.org
www.kidneyhi.org | www.kidney.org

1 Epidemiology. 2007 July; 18(4): 501-506. doi: 10.1097/EDE.0b013e3180646338
2 AKA Framingham Offspring Study
3 <http://www.kidney.org/news/monthly/phosphorus.cfm?hometatic=PhosphorusInfographic?homeslider=Phosphorus>
4 Food and Nutrition Board, Institute

Are Your Medications Working?

by Jane Sakurada



It is sometimes difficult to be sure whether we, as seniors, are taking our multiple medications correctly. Help has arrived. If you have a Medicare drug plan and take medications for more than one chronic health condition — such as hypertension, diabetes or cardiac disease — you may be eligible for Medication Therapy Management (MTM) at no cost to you. Local pharmacists can review your medications and discuss any concerns. Contact your drug plan to see if your plan will cover MTM.

- Get more benefit from the drugs you're taking.
- Know how to best take your medications.
- Clear up any concerns about reactions, side effects, costs and insurance.

Whether you qualify for MTM or not, remember that each medication prescribed by your doctor is meant to serve a particular purpose, but when taken incorrectly, a drug can become inef-

fective or even dangerous. Problems often arise when no one has a clear record or understanding of all the medications you have been prescribed.

If you are prescribed drugs by more than one doctor, or visit more than one pharmacy, you will want to be sure that all of your doctors and pharmacists are aware of all your prescriptions. Be sure to include all herbal and nonprescription agents as well.

For more information, call Pharmacare Hawaii at **808-840-4123**. ■

Moon PHYSICAL THERAPY, LLC

with Honolulu's only Endless Pool and one-on-one direct therapy care!

Orthopedics, Sport Medicine and Manual Therapy

Indoor, Private Aquatic Physical Therapy

Cardiopulmonary Rehabilitation & Geriatric Therapy

Moon Physical Therapy, LLC
Julie Moon, M.P.T.
Owner & Treating Physical Therapist

320 Ward Avenue, Suite 107
808-597-1005
www.moonpt.com
Email: jsomoon@hotmail.com

As a heart transplant recipient, I realized that exercising properly will make for a faster successful recovery. The pool therapy was full body and so relaxing afterwards. I have taken Julie's principles of exercise to heart and will be using them in my daily life.
Dennis C.

We accept all major private health insurance, as well as Worker's Comp and No Fault.

Mirror, Mirror On The Wall: A Tale About Medicare Eligibility

Information provided
by the Hawaii SHIP
(State Health Insurance
Assistance Program)

The Hawaii SHIP office recently received a call from a woman who left the message, "I looked in the mirror this morning and this young 50 year old was looking back at me. Then my high school classmate called and asked if I had enrolled in Medicare yet? I realized I will be 65 this year, how the time has flown by."

Our caller wasn't sure where to start and these were some of her questions, along with our answers that you may find helpful.

How do I sign up for Medicare?

If you are currently receiving a benefit (check) from the Social Security Administration then you will be automatically enrolled in Medicare Part A & Part B. Otherwise, you will need to enroll at www.socialsecurity.gov/medicareonly.

Can I sign up at anytime?

Medicare has several enrollment periods. But be aware. If you miss enrolling when you are first eligible, you may not be able to enroll when you need the coverage and you could face a penalty.

- **Initial Enrollment Period (IEP).** This is the first enrollment period and it has a seven-month window around the month of eligibility (which for most is when they turn 65 years old).
- **General Enrollment Period (GEP).** This is for those who did not sign up for Part B (or Part A if it includes a premium). The GEP annually is from Jan. 1 - Mar. 31. Coverage begins July 1.
- **Annual Enrollment Period (AEP).** This is the next regular enrollment period which is also called *Open Enrollment*. This is each year from October 15 - December 7 with the change in coverage taking affect January 1.

There are also Special Enrollment Periods (SEPs), which are due to special circumstances and the enrollment period will depend on what the special circumstance is.

What does Medicare cover?

Part A covers inpatient hospital care, skilled nursing care, home health services (on a medically necessary basis), hospice care and blood.

Part B covers physician services, labs and x-rays, durable medical equipment and preventive services.

Part C plans are also called Medicare Advantage Plans (managed care). These plans contract with Medicare to provide all your Part A & Part B services and can include additional benefits.

Part D is prescription drug coverage and is sold by private companies that contract with Medicare or by the Medicare Part C companies. Medicare Part B and Part D have different special enrollment periods so make sure you ask about both.

Enrolling in Medicare is a very timely issue. The state-certified Hawaii SHIP volunteers can assist you in navigating the Medicare maze. ■

Hawaii SHIP (State Health Insurance Assistance Program):
1-888-875-9229 | help@hawaiiiship.org
www.hawaiiiship.org

For 2014 Medicare updates: www.medicare.gov

**ONE COMPANY.
ONE AGENT.
MANY WAYS TO SAVE.**

Let me help you save time and money. Protecting more of your world with Allstate makes your life easier. And it can put more money in your pocket. Bundle your policies and you can save even more. Why wait? Call me today.

M Dixon & Associates Inc.
808-689-9770
marcdixon@allstate.com
www.allstateagencies.com/47049

Allstate
You're in good hands.
Auto • Home • Life • Retirement

Subject to terms, conditions and availability. Savings vary. Allstate Insurance Company, Northbrook, Illinois © 2011 Allstate Insurance Company.

Ring In The New Year With A Cola

by Jane Yamamoto-Burgisay, Social Security Public Affairs Specialist in Hawai'i



Many people ring in the new year with champagne. People who receive Social Security or Supplemental Security Income (SSI) got to ring it in with a COLA. This year, more than 60 million Americans are receiving a 1.5 percent cost of living adjustment (COLA) in their monthly benefit payment.

The 1.5 percent COLA began with increased benefits for Social Security beneficiaries in January 2014, and payments to SSI recipients started in late December 2013.

The estimated average monthly Social Security payment to a retired worker is \$1,294 (in 2014), up from \$1,275 (in 2013). The average monthly SSI payment is \$1,148 (in 2014), up from \$1,131 (in 2013).

The basic monthly federal payment for SSI is \$721 (in 2014), up from \$710 (in 2013).

Some other changes that take effect in January

of each year are based on the increase in average wages. For example, the maximum amount of earnings subject to the Social Security payroll tax (taxable maximum) will increase to \$117,000, up from \$113,700. Of the estimated 165 million workers who will pay Social Security taxes in 2014, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

The amount of earnings needed for one credit of Social Security coverage has gone up as well, but all workers can still earn up to four credits in a year. In 2014, a worker earns a credit after earning \$1,200 (\$1,160 in 2013). It takes 40 credits to be fully insured for retirement benefits. ■

For 2014 updates, other information and locations:
1-800-772-1213 (toll free) | 1-800-325-0778 (TTY)
www.socialsecurity.gov
For more on COLA: www.socialsecurity.gov/pressoffice

Est8Planning
Counsel LLC
Estate Planning & Administration

Alakea Corporate Tower
1100 Alakea Street, Suite 2424
Honolulu, Hawai'i 96813-2840

How can a little red wagon work for YOU?

Reserve your space by calling
(808) 587-8227 or
register online at
www.est8planning.com

Please join us for a free, no pressure, no obligation
Est8Planning Essentials workshop,
and discover how a little red wagon can work for you.



Boo! Now Give Me Your Money

by Scott Spallina, Senior Deputy Prosecuting Attorney

Fear has always been a tool criminals use to get money from others. Whether it is created by holding a weapon to a cashier to get their compliance, or simply using a verbal threat against someone on the street to make him/her surrender their wealth, a robber wants his victim to believe they have to act quickly to avoid being harmed.

The Office of the Prosecuting Attorney's Elder Abuse Unit has seen fear also being used to scam seniors out of their money and assets. Unlike direct threats to their safety, however, many fear-based scams involve the illusion that the victim will lose their wealth, their security, or someone close to them if they don't act quickly.

One such scam that is occurring in Hawai'i is the *Distressed Relative Scam*. This scam relies on the victim making a quick emotional decision, before they have time to verify the facts or to ask for advice from others. The victim will get a message, either a telephone call or an email, relating to them that a family member is in dire straits and money will solve the problem.

An example of the charade can include a "doctor" calling the victim to inform them that their family member was injured while traveling and money needs to be sent *immediately* so that the loved one can be saved. Another has involved the con-man (or woman) claiming to be their grandchild or some other relation to the victim and informing them they were unlawfully arrested and need bail money to escape the mistreatment they are receiving in jail.

The perpetrator of this scam goes on to instruct the victim how they can either wire the money to



The Scream by Edvard Munch (1893)

them or tells them to get a Green Dot loadable charge card from Walgreens or Wal-Mart and put money into the card's account and relay the account number on the back of the card to them.

When hearing about this scam in the light of day, one can easily realize that there is something suspicious about the above scenarios. But as any parent or grandparent will tell you, the call they dread the most is one informing them that someone precious to them needs help. It is a message like this that will force them to panic and act before they think clearly about what is being said.

Fear is also incorporated into other types of scams seniors encounter — such as when seniors receive a call from "the bank" saying that suspicious activity is occurring on their account, and then they are asked to give the caller their personal account information so that "the bank" can secure the account's money. Additional scams include the lottery and sweepstakes scams featured in the December/January issue of Generations, and Sweetheart Swindles featured in the August/September issue.

If you are ever contacted by someone and feel pressured to make a decision out of fear, then it is time to stop and verify the facts. This can be as easy as calling a relative to compare notes or calling **Crime Stoppers at 808-955-8300**. ■

To Report Suspected Elder Abuse, call:
Elder Abuse Unit
808-768-7536

ElderAbuse@honolulu.gov
or visit www.ElderJusticeHonolulu.com.
All reports are confidential.

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 **54 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

Long Term Care Advisors

National Leaders in Long Term Care Protection

"John was able to show me policies from various companies and compare them side by side all at once. This helped tremendously, as having to compare companies and plans by myself would have been time consuming & confusing. John helped me get the best policy for my budget."

Denise A.



John Nakao, Vancouver, B.C.

Why disrupt & burden your family with the 70% risk of needing long-term care? Protect & pass on your wealth; get care in your own home & NOT a nursing home. Long-Term Care Advisors brokers major LTC insurers with up to 40% couple & 15% health discounts with sharable benefits & paid up policies. Some programs RETURN UNUSED LTC BENEFITS TAX FREE. Please call or email for no-obligation long-term care, life policy or lifetime income annuity quotes.

JOHN NAKAO, Long-Term Care Risk Specialist
808-485-8888 • ltca@hawaii.rr.com
www.LTCAdvisor.info/usa



841 Bishop Street, Suite 725
Honolulu, HI 96813

Serving Oahu, Kauai, Maui and the Big Island

General Inquiries(808) 536-8531
Hearing ImpairedCall TTY 711

COMMUNITY PLAN

Local Customer Service
QUESTCall Toll Free 1-877-512-9357
QUEST ExpandedAccess (QExA)Call Toll Free 1-888-980-8728
www.UHCCommunityPlan.com

MEDICARE SOLUTIONS

Local Customer Service
AARP MedicareCompleteCall Toll Free 1-888-736-7435
UnitedHealthcare Dual CompleteCall Toll Free 1-866-622-8054
UnitedHealthcare MedicareCompleteCall Toll Free 1-866-238-7220
www.uhcmedicareolutions.com



First Hawaiian Bank.

PRIMETIME WELLNESS FAIR • **FREE** Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am – 12:30 pm

Sign up for your **FREE** digital magazine



email Percy@Generations808.com



What Does Gender Have To Do With Retirement?

by Michael W. K. Yee, CFP

When it comes to planning for retirement, women feel less prepared than men. That's according to the *New Retirement Mindscape*® 2013 City Pulse index survey, commissioned by Ameriprise Financial. Only 38 percent of women surveyed say that they feel on track for retirement (or the remainder of retirement) compared to 46 percent of men.

Women's lack of confidence in the realm of retirement readiness may be tied in part to planning. Seventy-five percent of men surveyed reported that they've done at least some preparation for retirement, compared to 70 percent of women. And over half of men (55 percent) say they've contributed to a 401(k) plan, while only 47 percent of women claim they've done the same.

What accounts for the gender divide? It may have to do with the fact that women often face three unique financial hurdles on the road to retirement, including:

1] Women often take time away from work to be caregivers. While caregiving is often the best option for a family's situation, the reality is that spending time out of the workforce — whether to raise children or to provide care for a family member — can have a negative impact on one's earning potential. Women (and men) who anticipate pausing their careers at some point in time to focus on other priorities should consider setting aside extra money at other times when they're able to do so, in order to offset the loss of income.

2] On average women live longer than men. This results in the need for additional retirement funds and increased health and long-term care costs. Yet, only 15 percent of women surveyed in the *New Retirement Mindscape* survey say that they've estimated the amount of money they'll need to pay for healthcare during retirement, compared to 21 percent of men. It's critical to create a plan for how you're going to handle healthcare expenses.

3] Women tend to be more conservative with investments. This may not be all bad, but defining and taking the appropriate amount of risk with your investment portfolio may be beneficial.

Although, it's important to have a balanced approach in your investments.

Gender aside, baby boomers are feeling unprepared for retirement. With fewer years left to build up a nest egg, it's important to focus on what you can control. **Here are five steps you can take to feel more prepared for retirement:**

1] Think about what you want retirement to look like. Do you want to travel? Relocate? Spend more time with your grandkids? When you have a clear vision of retirement, it's easier to determine what it will take to get there.

2] Take advantage of employer-sponsored retirement plans. Make sure you're maxing out your 401(k) contributions if you're able. If you're self-employed, take the time to establish your own retirement plan.

3] Consider purchasing long-term care insurance.

4] Break down your expenses into two categories — essential and lifestyle. Determine if there's anything you could forego on the lifestyle side.

5] Focus on saving more, especially while you're still working.

Planning for retirement is complex and it's not the same for everyone. Each person's situation is unique. The key is to outline your goals for retirement, and then determining a path to get there. Consider meeting with a financial advisor who can help you with this. ■

Michael W. K. Yee at (808) 952-1222 ext. 1240

1585 Kapiolani Blvd., Suite 1100 Honolulu, Hawai'i 96814

Michael W. K. Yee, CFP®, CFS®, CRPC®, is a Financial Advisor CERTIFIED FINANCIAL PLANNER practitioner™ with Ameriprise Financial Services, Inc. in Honolulu, HI. He specializes in fee-based financial planning and asset management strategies and has been in practice for 26 years.

*Ameriprise Financial created the New Retirement Mindscape 2013 City Pulse index utilizing survey responses from 10,045 U.S. adults ages 40-75. The survey was commissioned by Ameriprise Financial, Inc. and conducted online by Harris Interactive from June 6 – June 26, 2013. The national average sample and the 30 U.S. metropolitan areas were each weighted independently to best represent each area. Propensity score weighting was also used to adjust for respondents' likelihood to be online.

Ameriprise Financial does not offer tax or legal advice. Consult with a tax advisor or attorney.

Brokerage, investment and financial advisory services are made available through Ameriprise Financial Services, Inc. Member FINRA and SIPC.

© 2013 Ameriprise Financial, Inc. All rights reserved. File # 780995



Do You Have Four-Legged Children?

by Scott A. Makuakane, Counselor at Law

While I was growing up, we almost always had a dog (or two) in the house, and they always became treasured family members. You may have had the same experience, and you would not be alone if you have pets today that you consider to be your "children." I know people who claim to prefer their kitties over their kiddies.

So what happens to your four-legged family members if you become incapacitated, or if you die? Are you comfortable leaving their fate to chance, or do you want to take steps to provide for their well-being for the rest of their natural lives? Believe it or not, Hawai'i law allows you to create trusts for your hairy household members.

Section 560:7-501 of the Hawai'i Revised Statutes specifically allows you to create trusts "for the care of one or more domestic or pet animals." You can even designate a human watchdog who will make sure that your intentions are carried out. In theory, there would be nothing to prevent your terrier's trustee from making a quick stop at the local dog pound and then pocketing the trust assets that you had intended to be used for your poor pet. However, your watchdog could whisk the trustee in front of a judge and make sure the trustee is held accountable for failing to honor your wishes. Of course, if you choose the right caretaker in the first place, none of this will be an issue.

But what if your two-legged children get jealous of your basset hound's bequest? Is there a way for them to attack your trust? The short answer is "yes," and if they can convince a



judge that you have left "too much" for your toucan, the judge can reduce the amount in the trust to whatever amount is "enough" to provide adequately for the care, maintenance, health and appearance of the designated critter. In any event, if there is anything left when your pooch passes the pearly gates, you get to say where it goes.

Some pets have very long lifespans, such as certain birds, reptiles and

fish. Your pet trust will not be subject to the rules that limit the lifespans of conventional trusts, so you can be sure that, as long as the trust assets hold out, there will be provisions for your pet.

Another consideration that should go into your zoological estate plan is choosing who will provide the day-to-day care for your pets. Some animals bond closely with one human and are extremely persnickety about whose company they keep. When you are gone, someone could end up with a very irritable iguana. Hopefully, you have someone waiting in the wings to become the manager of your menagerie. Your passing is not a matter of "if" but "when," and you should be brutally honest with yourself when choosing to bring a pet into your home and evaluating the future implications of that choice. ■

Scott Makuakane, Counselor at Law
Focusing exclusively on estate planning and trust law.

Watch Scott's TV show, *Malama Kupuna*
Sundays at 8:30 p.m. on KWHE, Oceanic channel 11

www.est8planning.com
O'ahu: 808-587-8227
Email: maku@est8planning.com



PRIMETIME WELLNESS FAIR • FREE Admission
March 4 • Blaisdell Exhibition Hall • 8:15 am – 12:30 pm

Sign up for your FREE digital magazine  email Percy@Generations808.com



The Family Meeting

by Stephen B. Yim, Attorney at Law

Clients often ask me, "Do you do like they do in the movies, where the attorney sits with the family and reads the will after someone dies?" I tell them that I never do that after someone dies. Most clients then respond, looking puzzled, "You don't?" I then explain that while I never do the "reading of the will," I do suggest to every client that they consider, when appropriate, to engage in a meaningful discussion about the estate plan while everyone is alive and well.

I feel that clients are not only asking me to help them to prepare a Will or Trust and leave a legacy, they are asking me to help speak for them when they no longer can. I hold this as a serious responsibility, as conversations can be difficult enough when everyone is here.

Who should attend an estate planning meeting? You; the people you appointed to carry out your

wishes; when appropriate, the beneficiaries; and your professional advisors, such as the financial advisor, estate planning attorney and accountant.

What should be talked about during this meeting? First, you will want to explain your intent and meaning in establishing this plan. In other words, the "why" of the plan. Second, you should talk about how you would like to be cared for during periods of incapacity. And third, you will want to express your wishes for care should you find yourself in an end of life situation.

Don't believe everything you see in the movies. Even death takes planning. ■

Stephen B. Yim, Attorney at Law
2054 S. Beretania St., Honolulu
808-524-0251 | stephenyimestateplanning.com

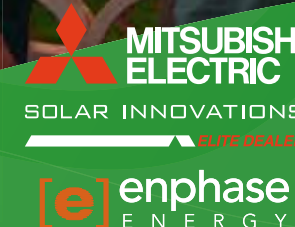
Solar Electric Photovoltaic Systems • Solar Water Heating • Solar Attic Fans



Call now for a FREE solar consultation **842-5853**
Visit www.AlternateEnergyHawaii.com for more information

"AEI gave us a good price and the best quality panels. Their service was terrific. There's no need to go anywhere else."

The Misakis, Pearl City homeowners
Monthly Savings: \$200/month




Meet Eddie and Grace Misaki, Pearl City residents since 1960. The Misakis got to know Alternate Energy in 1998, when they installed a solar hot water heater for their family home. Last year, as electric rates kept creeping up, the retired couple decided to take the PV plunge. Of course they called Alternate Energy. They took advantage of the little-known 24.5% solar tax credit that can be perfect for most seniors, and today they are proud owners of a new solar PV system.

Over the last few decades, the Misakis have seen a lot of changes in Honolulu. But according to Eddie, one thing has stayed the same: great solar service from Alternate Energy. Find out more about our products and services at www.AlternateEnergyHawaii.com or call **842-5853**.



Alternate Energy Inc., 803 Ahua Street, Honolulu Hawaii 96819 | License No. C-26041
phone 808 842 5853 | fax 808 847 7594 | web www.AlternateEnergyHawaii.com

Kidney Clothes

How can you Help

Make your car a Kidney Car!
It is fast and hassle-free! And, you still get a great tax deduction. For more information on how you can donate your vehicles on Oahu call 593-1515, on Maui call 270-8890 or go online to www.kidneyhi.org



Accepting gently used clothes, small household items and HI5¢

Look for the YELLOW MAILER that tells when we're in your neighborhood or call 596-7575 or go online to www.kidneyclothes.org

National Kidney Foundation of Hawaii, 1314 S. King St., Suite 1555, Honolulu, HI 96814
Phone: 593-1515 • www.kidneyhi.org

Go to learn more about our programs, support groups and volunteer opportunities: www.kidneyhi.org
Donations • Kidney Cars: 593-1515 • Clothes: 596-7575 • Monetary: 589-5968

The IHARA Team
The Complete Solution

FREE SENIOR LIVING OPTIONS SEMINAR

WHEN: Friday March 14, 2014
TIME: 9:30 a.m. to 12:30 p.m. - Lunch provided
WHERE: Hawaii Kai Retirement Community & Assisted Living
 ~ 428 KAWAIHAE STREET

RSVP IS REQUIRED & SEATING IS LIMITED.
 Visit www.ihara.eventbrite.com or call 208-2047 to rsvp.

If you'd like to arrange a private seminar for you, your church or group, call 256-7873 or email us at ihara@iharateam.com.

Find, Like or Follow us on: IharaTeam | @IharaTeam | The Ihara Team | Zillow Ihara Team

THE IHARA TEAM | 3465 Waiālae Ave., Ste. 240 • Honolulu, HI 96816 • Visit our website at: www.oahuhomes.biz
 KELLER WILLIAMS HONOLULU | 725 Kapiolani Blvd., Ste. C302 • Hon. HI 96813 | Each Keller Williams office is independently owned & operated.

Your Home For Life

Sophisticated living for every stage of your life



Virtual images created by Ventus Design

Do you sometimes ask yourself:

- Can my house be "safe" and functional for all members of my family?
- When I update my house with grab bars and roll-in showers, will my property value decrease?
- Will my home be aesthetically beautiful while being safe and functional?

Ventus Design can answer "all of the above." Their Honolulu-based agency has been recognized with numerous awards for interior design and has extensive expertise designing for and working with Hawaii's community -- more specifically our active Kupuna (senior citizens).

Owned and managed by island resident Reiko Lewis, Ventus Design offers specialized expertise in interior architecture, space planning, art consulting and interior decoration such as furniture, carpet and fixture design, and incorporating those into senior-living environments.

Ventus Design specializes in designing senior-living spaces that are aesthetically appealing while being functional and attractive for any home and lifestyle. With a Certified in Aging-In-Place Specialist (CAPS) and a background in hospitality design, Ventus Design is able to bring good qi (harmony) into projects, evoking homes that not only offer a safer living environment, but which subtly incorporates modern and stylish elements. They are able to take their client's history and realize design ideas to create a space that reflects the values and enhances the lifestyle for a home that each family can be proud of and enjoy safely for years to come.

Please call us today at 808-396-5477 or visit us at www.ventusdesignhonolulu.com for a complimentary consultation.

WINNER OF 2013 SMART CHOICE AWARD
By 55+ Housing Council-Southern California

Ventus Design • www.ventusdesignhonolulu.com
1-808-396-5477 • rlewis@ventusdesignhnl.com

OVERWHELMED with years of stuff?

SENIOR MOVE MANAGERS

We Specialize in:

- * Retirement Community & Care Home Move-ins
- * Removing Unwanted Items From Your Property
- * Setting Up Your New Home to Fit Your Needs
- * Downsizing, De-Cluttering & Floor Planning
- * Estate Clear-Outs & Sales

We help take the stress out of downsizing & de-cluttering.

Call 221-8345 for a free consultation. Visit www.smmhawaii.com

Robert Ching Manager
Cynthia Arnold Vice President

Hawaii's 1st and Only Member of the National Association of Senior Move Managers. Bonded & Insured.

Vacations Hawaii

Special Packages from \$649

Cruise into Vegas on Our New 767



- Five chartered patterns per week
- State-of-the-art Boeing 767 signature interior
 - Twin aisle 2-3-2 seating in three classes of service
 - High ceilings with generous headroom
 - Dramatic interior lighting
 - TV monitors in every seat back with 8 channels of entertainment



Visit the New Vacations Hawaii Website

www.boydvacationshawaii.com

1585 Kapiolani Boulevard, Suite 900, Honolulu, HI 96814 • Honolulu 591-4777 and Neighbor Islands 1-800-548-8951