

# GENERATIONS

MAGAZINE | VOLUME 5 • NUMBER 4

HAWAII'S RESOURCE FOR LIFE

## Introducing the Executive Office on Aging



**Getting to Know  
the Greatest  
Generation**

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**Resource  
Guide: Senior  
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**A Resource  
For Seniors &  
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**Alzheimer's  
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Vacations Hawaii  
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Complete  
Distribution  
Locations on  
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Cover & Feature Story Photography by Brian Suda



**H**ow do the state and counties work together for seniors? We asked all four county executives on aging who administer and deliver services to the elderly to tell us about their favorite senior programs. There are so many departments, programs and organizations for seniors, that Wilson Angel, our art director, decided to list them for you and on the bottom of each page—like a program at a UH football game.

One thing is certain: seniors and persons with disabilities are not forgotten in Hawai'i. You will be impressed at how much our state and counties do to support and bring services to seniors. Volunteers and nonprofits come together with government and make it happen. When you visit a county agency or they come to your home, please extend your aloha for all they do. I suspect they get many requests and some complaints, but not very many thank-you's.

Look at these two senior programs with upcoming application deadlines: Hawaii Food Bank Foodbox Program (p.46) and the State Tax Relief Office Property Tax Credit for seniors (p.37).

Next, meet Barbara Service in our Volunteer Highlight (p.17). Barbara has found success and fulfillment, working on community initiatives at Keiki Caucus and Kupuna Caucus.

Last October, we reported on Alan Parker and his retirement as Director of Hawai'i County Office on Aging. Alan comes back to *Generations Magazine* as an author with retirement lessons he learned over these past six months (p.56).

On page 53, learn what Dr. Liow and Dr. Bowman are doing to diagnose and treat Alzheimer's and dementia at their treatment center and clinical research institute.

It looks like we are in for extended "Dog Days of Summer" in this El Niño year. Get out of the heat at *Generations Magazine* and KHON2 Elderhood Project's "9th Annual Aging In Place Workshop." We also look forward to seeing you and your family at the Hawai'i Seniors' Fair in September.

**9th Annual Aging In Place Workshop**  
**Saturday, Aug. 15**  
 Ala Moana Hotel Conference Center

**Hawai'i Seniors' Fair**  
**Friday – Sunday, Sept. 25 – 27**  
 Neal Blaisdell Center



Every Day is Brand New!

Katherine Kama'ema'e Smith, Associate Editor

**Correction June/July issue, "Keiko Matsui Higa Recalls Being Local," pg. 31:**  
 To order copies of "Being Local in Hawaii" by Julia Keiko Higa, or book a lecture, call: 808-852-1892

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# Our Contributors

**G**enerations Magazine calls upon Hawai'i's experts—from financial and legal advisors to health care professionals and noted chefs—to produce an informative and meaningful resources for our local seniors and their families. We are grateful for their contributions.



**DR. KORE KAI LIOW**, founder and director of Hawaii Pacific Neuroscience, leads a clinical and research faculty serving over 24 thousand neurology patients each year. He is Dept. of Medicine Chair at Castle Medical Center and Clinical Professor of Neurology at University of Hawaii John A. Burns School of Medicine. A nationally renown researcher in integrated neurology, Dr. Liow is bringing new treatment modalities for memory loss and dementia to Hawaii Center for Healthy Aging and Memory.



**BRITTANY NAKAMOTO** In June, Brittany joined Generations Magazine as an editorial intern, where she is learning copyediting and story development, and the publishing business by preparing resource articles for GM. She attends The University of Hawai'i at Mānoa, majoring in English, and writes articles for Ka Leo, the university newspaper. Brittany's father, Lester Nakamoto, is a Branch Manager at Bank of Hawaii, and her Mom, Della Nakamoto, is an independent insurance agent with Atlas Insurance in Maui.



**ANNETTE PANG** owns two licensed Adult Residential Care Homes for the elderly, where she observes that many families are unable to come together to care for their loved ones. She developed 10 modalities for providing tools to families that help strengthen, relieve and heal family interactions. She also was a teacher at Hanahau'oli School. As a Relationship Coach for families of seniors, she provides personal coaching in peacemaking, and offers public service advice, via her blog and podcasts at [www.legendarywisdoms.com](http://www.legendarywisdoms.com).



**ALAN PARKER** Recently retired, having served as Hawaii County's Executive on Aging for the past 14 years, Alan Parker ended a career that totaled 42 years with Hawai'i County. His career started in 1972 as the first director of the Retired & Senior Volunteer Program (RSVP) and included stints as Deputy Director of the Elderly Activities Division of Parks and Recreation and Deputy Director of the entire department. He was a planner with the office of aging for 26 years.



**GARY POWELL** is an O'ahu native with a history of service to the communities of Hawai'i. He founded and serves as Executive Director of The Caregiver Foundation, where he devotes his time to providing education and support for caregivers and services for those needing care. Gary views caregiving not as a job, "but an opportunity," to help make the lives of those needing care more comfortable and dignified.



**SCOTT SPALLINA** supervises the Elder Abuse Justice Unit at the Office of the Prosecuting Attorney in Honolulu. He created this unit in 2008, at the direction of then Prosecuting Attorney Peter Carlisle, and remains the team's supervisor under current Prosecuting Attorney Keith Kaneshiro. During his 18-year career with the Prosecutor's Office, Scott also headed the Domestic Violence Team. Scott also reaches out to various clubs and organizations around the state, with presentations on crime prevention.

And a continuing mahalo to our ever-present contributing partners (in alphabetical order):

PAMELA CUNNINGHAM | MARTHA KHLOPIN | CHRISTINA LANEY | SCOTT MAKUAKANE  
KIRK MATTHEWS & LINDA COBLE | CHEF MICHI | JULIE MOON | Dr. DENNIS NAGATA  
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Our two great website features are “Generations Radio” and “Aging In Place Workshop Videos,” where past radio shows and workshops are available.

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Entering the homepage, a recent segment is displayed for listening. Simply click the PLAY or PLAY ALL button and listen to useful information on aging.

To search for a particular topic, CLICK on any of these buttons:

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- **AGING IN PLACE WORKSHOP** – This will hyperlink you to Youtube on a separate window. You may scroll the list to your desired topic.

If you’re more into reading, then certainly look at our PAST ISSUES section on the right column. Information contained there is always useful.

Mahalo for visiting our website.

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The show is airing at a critical time. In a decade, one-third of Hawai‘i’s population will be 65 or better. The state is urging kūpuna and their families to prepare now for home and community-based care. Financial and legal advisors to caregiving and government programs are invited for open mic conversation. Join me for an informative hour of radio.

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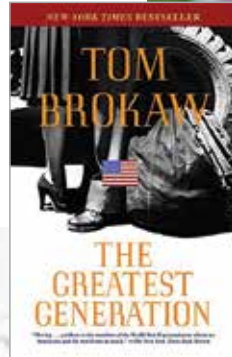
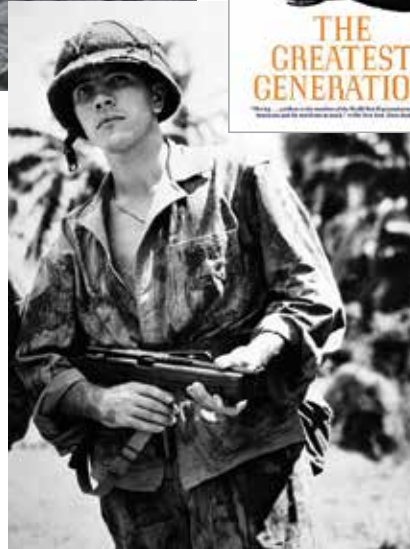
by Percy Ihara, Publisher, Generations Magazine

Our oldest seniors, members of “The Greatest Generation,” remember Great Depression and World War II. By facing fear and surviving hardship and loss, they grew strong and confident. They don’t flaunt their accomplishments, even though we may call them heroic.

Popular News Commentator and NBC News Anchor Tom Brokaw coined the name “The Greatest Generation” as the title of his 1998 best seller. If you have never read this classic, check it out at your local library or look it up on Amazon. It’s a collection of profiles and historical commentary about people whose lives and moral fibers were tested by the great upheavals of the early 20th century. Their stories are riveting.

As a child in the ’40s, Brokaw recalled, “The grown-ups all seemed to have a sense of purpose... Whatever else was happening in the neighborhood, there was something greater connecting us all, in large ways and small.” In our fast-paced “communication age,” connectedness is often mistaken for socializing on Facebook. The Greatest Generation shared high ideals—sacrificial commitment to family, community and nation. Personal gain and entertainment were low priorities. Brokaw beautifully describes a generation drawn together by a sense of duty to and responsibility for the common good. Challenges and sacrifices pulled together a nation, and the nation pulled as a team.

Brokaw actually describes values like respect and fortitude—the characteristics we see in our Hawai’i seniors. Our state politics may be liberal,



but our way of life is conservative. Families are multigenerational and tight-knit. We nurture relationships. Making a living in Hawai’i is hard, and cost-of-living is high, so everyone must sacrifice a little of the American dream to “live Hawai’i.” Everyone in the canoe paddles.

Tom Brokaw admits that he holds a “missionary zeal” for this generation that birthed more than its share of public heroes—Sen. Daniel Inouye, President Dwight D. Eisenhower and Admiral Chester W. Nimitz.



But Brokaw also writes about people we never heard of: soldiers who came home and never said much about the war, and men and women who worked civilian jobs that were crucial to the war effort.

Seniors tell of hard times, when life was unsettled—making “do” with a little rice and fish, nightly blackouts and barbed wire on the beaches. In 1941, four men of the Adams/McCabe family in Kaneohe were killed by a Japanese rocket on Pali Highway, as they drove to work at Pearl Harbor. These civilians are heroes too.

During the month of August, take your grandchildren to visit a kūpuna in their ’90s and listen to their stories, like Brokaw did. Or pick up a copy of *The Greatest Generation* at your local book store or at [www.amazon.com/books](http://www.amazon.com/books). If you are in the greatest generation, like my Mom and Dad, don’t be shy about sharing your story! ■



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# Computer Savvy Seniors

by Sherry Goya, Generations Magazine Staff

As I was thinking about how many seniors don't use email or the web, it occurred to me that perhaps they don't have children or grandchildren who "insist" on training them. So I checked out a couple of places that specialize in teaching seniors computer skills.



Bilingual System Links, LLC

One is Bilingual System Links LLC, which has classes personalized for seniors 60 and over in both English and Japanese. Students may bring their personal laptop, iPhone, tablet or smartphone. The instructors are very patient, speak clearly and allow students to work at their own pace. Beginners may choose to learn the basics of keyboard typing, Microsoft Word formatting, and how to save and file documents for easy retrieval. They also offer instruction on safe use of Internet/email and computer basics for Mac or PC. Intermediate level students can learn Excel, Powerpoint, Facebook, YouTube and Skype, etc. Classes are small and students learn theories and practice hands-on. Call 808-952-0712 or visit [www.BSL808.com](http://www.BSL808.com).



The Emeritus College at HCC

The Emeritus College at Honolulu Community College offers adults 55-plus a wide range of computer-related courses throughout the year taught by volunteer instructors. Tuition fees are used to

cover the costs of the facilities, equipment and maintenance services for the program. Class offerings include the "basics"—Internet, email, Excel, Word, Windows, iPad and other fun workshops. Senior instructors know how to work with their senior students and enjoy the interactions. Joining the Emeritus Senior Club offers member discounts for classes and includes the Open Computer Laboratory. For a course schedule and full details, call 808-845-9296. General information is available online at [www.honolulu.hawaii.edu/node/387](http://www.honolulu.hawaii.edu/node/387) or [pcatt.org/emertus](http://pcatt.org/emertus).

If you're on the Neighbor Islands, check with your local senior center for classes—you might just find more things to be interested in.

Whichever classes you decide to take, you will be pleased with the knowledge and care of all instructors. Don't be afraid of the computer, because it will probably bring you closer to your children, grandchildren and great-grandchildren. Be fearless as you join them in the "computer age!" ■

Stories for and about seniors and their caregivers are always worth sharing, like a 100th birthday announcement, send it to me, Sherry Goya, with a photo. 808-722-8487 | [SGoyaLLC@aol.com](mailto:SGoyaLLC@aol.com)



# Peace & Love. Not War.

by Kirk Matthews & Linda Coble

Peace. That's a word we hippies used for "goodbye." (Yes I was, and yes, I had hair down to my shoulders.)

Peace is easy to say. As a concept, it may be harder to understand. It's not just the absence of war. I first learned about worldwide peace when I was 16 and had the opportunity to spend a week at the United Nations. I grew up in a small town in Oregon, so you can imagine the culture shock when I saw New York. Multiply that shock a hundred times when I walked through the U.N.

There were people from countries all over the world wearing their native garb. They walked those halls with a single purpose—to represent their countries. They were looking for ways to get along with their neighbors—near and far.

Many organizations are busy trying to foster peace. Rotary comes to mind. Rotary International sponsors exchange programs for teens and peace

fellowships for college students. Local Rotarians were responsible for one of three Peace Forums in the world. The work never stops.

Peace is like a good marriage. It's working hard at communication, trust and faith. Nations find peace the same way—everyone working at it.

During this International Year of Peace, you will see the newspaper filled daily with conflicts among nations. It could be and often is discouraging. But as Bishop Desmond Tutu once told me, "Peace has to start with the individual."

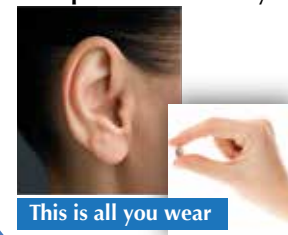
Please don't think I'm a namedropper. I hate that. In fact, as I said to Prince Charles just the other day... ■

Retired Broadcast Personalities and Journalists Kirk Matthews and Linda Coble speak from the heart on issues concerning boomers and seniors. Post comments for them on [Generations808.com](http://Generations808.com).

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# A Random Act of Aloha

by Katherine Kama'ema'e Smith

The trouble with traveling to the mainland for surgery is getting home. Negotiating planes, cars and vans on crutches or a walker was a problem my husband Harry faced after his total knee surgery. For seniors, decreased strength and flexibility is a distinct disadvantage in planes, airports, lavatories, security and baggage claim—all built based on military designs for 20-year-old soldiers.

After Mayo Clinic released Harry “into the community,” I drove us from Mayo to Minneapolis airport (about two hours). Harry did pretty well on his crutches, getting on and off the rental car shuttle at the airport. Then the fun began. At six feet, two inches tall and 240-pounds, he was not able to flex his operated knee enough to put his foot on the wheelchair footrest. He went through security on crutches. We figured a way he could ride and use one crutch to hold up the bad leg, so it didn't hit the floor. Crowds of travelers, ignored our “excuse us,” as they defended their space.

Once on the plane, we discovered that bulkhead seats now have LESS leg room than regular seats. Fortunately, the stewardess said Harry could move his seat. After he was up and balanced on his crutches in the aisle, she reappeared yelling, “What are you DOING?” I stammered, “You said my husband can change his seat.” She shot back, “Well. I can't help you! We're not allowed to assist disabled passengers.”

I was dumbfounded, but Harry was already hobbling down the aisle, hoping to stretch out his leg and get some relief.

Then a sweet, calm voice said, “I'll help you.” With three words, a very attractive woman in the row behind us taught a planeload of passengers a lesson in compassion. I thanked her for her kindness, but Harry was already flopping into his new seat, with a groan. The stark contrast between the flight attendant, the self-absorbed, now curious travelers, and this lady's act of aloha—brought tears to my eyes.

I was grateful that we were on our way home to Hawai'i. We are so used to living aloha that we forget the mainland can be so hard and cold.

We began to chat. Her name was Denise Hollis, a Healing Touch practitioner from St Paul. She said, “Perhaps I can relieve the pain. Do you think he would be open to a treatment?” Neither Harry nor I knew what Healing Touch was, but we both said, “Yes!” For fifteen minutes Denise hovered her hands about two or three inches over Harry's incision, to relieve the pain and encourage healing. Harry, a kidder, asked her, “Is this voo doo or woo woo?” She giggled. Harry relaxed and started to breathe normally for the first time in four hours. Soon he was asleep.

I found that Healing Touch focuses on restoring the natural energy fields that surround the body. Opening up normal energy flow that has been blocked by stress, anxiety, pain or trauma, allows the body to heal itself faster. Healing Touch schools, train practitioners to do this ancient practice of energy field therapy.

Denise's compassion makes her well-suited to Healing Touch practice. She has never been to Hawai'i, but I told her that here, compassion is a way of life, and we call it “aloha.” She was amazed that our newspapers will often report a “random act of aloha,” a compassionate act extended to a stranger, in the moment of need.

So now I report to you, how Denise Hollis treated my husband's pain with Healing Touch. We found Healing Touch practitioners in Hawai'i too. Mahalo Denise, for your aloha. You come visit Hawai'i soon! ■



Denise Hollis, Healing Touch® Instructor and Practitioner treats a client

# Barbara J. Service: Citizen at Work

by Generations Magazine Staff



(L-R) Carlos Brandenburg, regional volunteer director, AARP; Barbara Service, nominee, AARP Hawaii Andrus Award for Community Service; Barbara Kim Stanton, state director, AARP Hawaii; Gerry Silva, state president, AARP Hawaii. Photo courtesy of AARP Hawaii

Keiki Caucus and Kūpuna Caucus, headed by Hawai'i State Sen. Suzanne Chun Oakland. The caucuses consist of 30 house and senate members, and 150 advocates from every corner of our community who all try to find solutions to community problems.

“I thought that after the legislative session was over, our legislators took a vacation, but they are hard at work with their constituents all summer, and that really impresses me,” says Barbara. “In the caucus, anyone can voice an idea or comment. Issues and solutions we work out during the summer are presented to the full legislature in January. It is American democracy in action.”

Barbara is also a member of Kōkua Council, one of Hawai'i's oldest advocacy groups. The council invites leading speakers to their public forums at Harris Methodist Church. This summer, Virginia Pressler, M.D., director of health, and Rachael Wong, Department on Human Services Director, will speak and entertain questions. “It's a wonderful forum and I am eager to hear the fresh perspectives these new Ige appointees bring to our community,” says Barbara.

Anyone may get involved in community affairs. We have the freedom to discuss, deliberate and debate community solutions—in our neighborhoods, counties and state. With so many needs, it takes plenty of citizens to figure out solutions. ■

Democracy relies on ordinary citizens like us to define needs and find solutions to improve our community. We interviewed Barbara Service, a passionate, yet mild-mannered community volunteer, who has no government post or fancy title, but makes a difference by being a deeply engaged citizen.

“I worked in child welfare for many years,” says Barbara. “I know how government works, so now I help out on community issues that I think are important. I help advocacy groups prepare testimony and work on community fairs and workshops in my spare time. On the AARP steering committee, I work with others to promote needs, well-being and interests of kūpuna in Hawai'i.”

Barbara enjoys her work. “Public testimony is such a privilege in Hawai'i. Our legislators actually listen to every citizen who comes before them. If you lived in California, Sacramento could be a 100-mile trip, and when you get there, the meeting rooms are not open to everyone. We are really very fortunate to have access to government.”

Barbara comes from a family of volunteers. In 1947, her great aunt Ethel Percy Andrus started the National Retired Teachers' Association, and in 1960, founded AARP. Since Barbara retired as child welfare supervisor for the State of Hawai'i Department of Human Services, she has been working “from the community side” through

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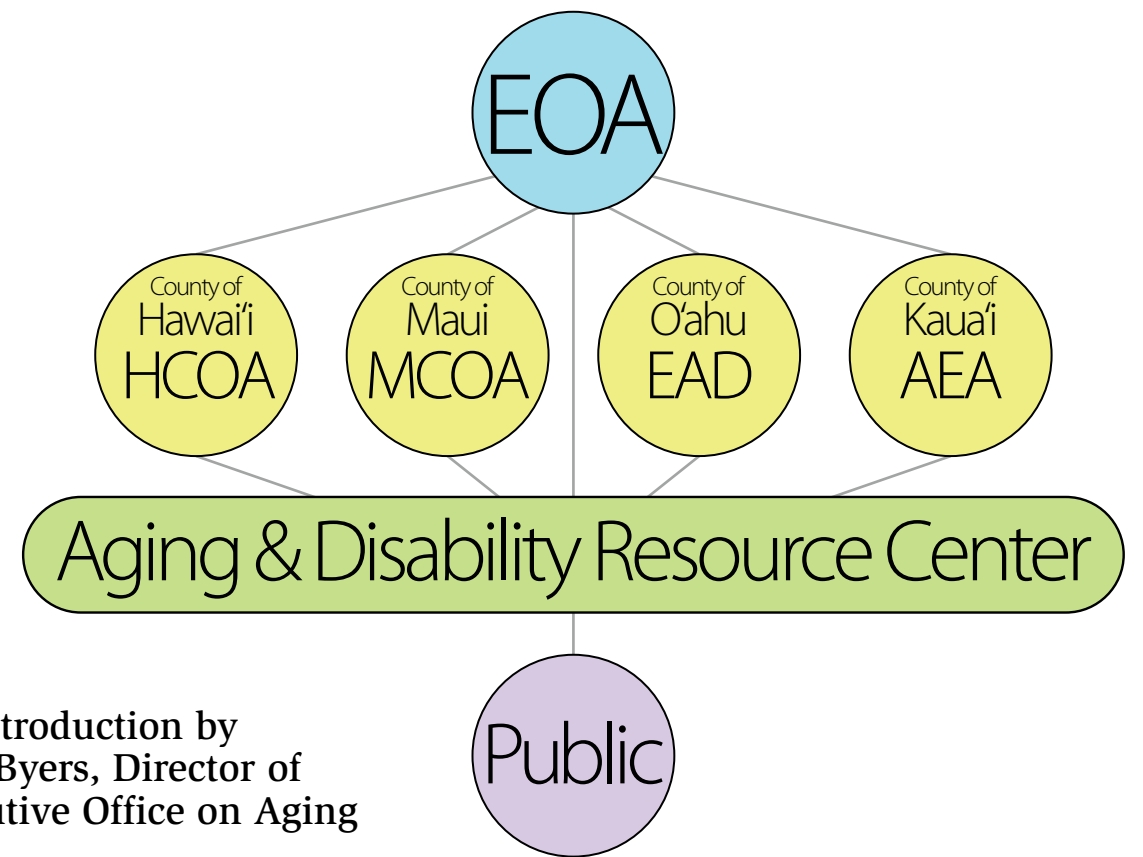
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# Introducing the Executive Office on Aging



Cover & Feature Story Photography by Brian Suda



An Introduction by  
Terri Byers, Director of  
Executive Office on Aging

**M**ahalo to *Generations Magazine* for the opportunity to introduce myself to you. When I was appointed director of the state Executive Office on Aging (EOA) by Gov. David Ige earlier this year, I joined a fantastic team of professionals and volunteers dedicated to honoring our kūpuna. The office is funded primarily by grants under the Older Americans Act, state appropriations and other federal grants. EOA has a staff of 25, assisted by volunteers from the Long Term Care Ombudsman program, the Senior Medicare Patrol and the Hawai'i State Health Insurance Program.

We work with all four county Area Agencies on Aging (AAAs) via local Aging and Disability Resource Centers (ADRC) to enable older adults to live in their own homes for as long as possible. Connecting them to direly needed support and services can be a complex process.

Alternatives to institutional care are called home and community based services. In Hawai'i, these supports are made available through DHS, Quest Integration (QI), EOA's Kupuna Care and Older Americans Act services provided through your county's AAA. EOA provides training and

technical assistance to the AAAs so they can meet federal guidelines for a fully functioning ADRC.

#### **A Driving Need for Change**

Section 2402(a) of the Affordable Care Act requires the U.S. Department of Health (DOH) and the Hawai'i Human Services (HHS) create regulations that:

- Respond to beneficiary needs and choices;
- Provide strategies to maximize independence, including client-employed providers; and
- Provide support and coordination necessary for "individualized, self-directed, community-supported life."

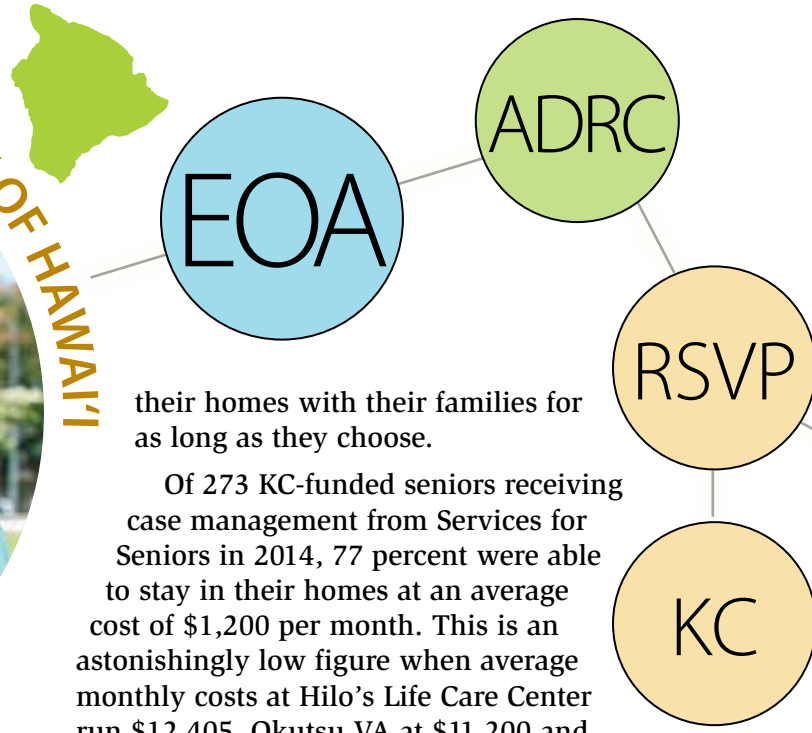
We use ADRC as a mechanism to comply with these federal requirements, and we are actively seeking new private and nonprofit partnerships to help us serve the needs of older adults and family caregivers. Read on and find out what's going on in your county. You will see why I am excited about the future of aging in Hawai'i. To become involved with EOA planning activities, please call our office at **808-586-0100**. >>

*Volunteer honoree delegates throughout the state were celebrated on Friday, June 5th, at Cafe Julia, Honolulu, with the directors of each Hawai'i county for the Executive Office on Aging (they are also known as the AAAs). Volunteer honoree delegates (L-R top) Roger Caires (Kauai), Robert Ferolano (Hawai'i Island), Donald Jensen (Maui), Alan Kumalae (O'ahu), (middle): Pat Simpson (Kauai), Janet Murakami (Hawai'i Island), Katsuko Enoki (Maui), Yolanda Morreira (O'ahu); (bottom) AAA directors Nalani Aki, (O'ahu County), Deborah Stone-Walls (Maui County), Kealoha Takahashi (Kauai County), Kimo Alameda (Hawai'i County).*





COUNTY OF HAWAII



# by C. Kimo Alameda

HI County Executive Director, Office of Aging

**K**ūpuna Care (KC) program provides funds to “...help frail and vulnerable older persons lead independent, meaningful and dignified lives in their own homes and communities.” Services for Seniors and the Hawai‘i County Office of Aging (HCOA) has increased the number of seniors receiving Kūpuna Care funding in Hawai‘i County by creating a unique case management and transition approach, that doubles the impact of the state’s fiscal investment while ensuring seniors are safe, happy and living in



their homes with their families for as long as they choose.

Of 273 KC-funded seniors receiving case management from Services for Seniors in 2014, 77 percent were able to stay in their homes at an average cost of \$1,200 per month. This is an astonishingly low figure when average monthly costs at Hilo’s Life Care Center run \$12,405, Okutsu VA at \$11,200 and Foster Home Care or a Care Home between \$3,000 and \$5,000. Services for Seniors reduced out-of-pocket costs through its “least restrictive placement” approach to transition planning that involves the development of lasting informal partnerships for seniors at every level.

After a Kūpuna Care consumer receives three to six months of case management and wrap services, Services for Seniors staff works diligently to replace formal services with community and volunteer supports. These supports are provided by caregivers in the family, friends, faith-based members and/or community volunteers willing to be a part of the consumer’s caregiving team. Transition to informal supports reduces the use of Kūpuna Care funds, which then enables other eligible seniors to participate in the program. This system also reduces the number of consumers on a wait list, allowing Services for Seniors to help a larger number deserving elders age in place with dignity.

For every Kūpuna Care dollar HCOA and Services for Seniors spends, the State of Hawai‘i and its taxpayers save either \$2 to \$3 in foster care home costs, or \$10 to \$12 in long-term residential costs. By listening to our kūpuna and connecting them to their circle of support, Services for Seniors creates successful relationships that benefit the whole community.

Services for Seniors Office Team, (L-R) Kim Takehiro-Jack, Michelle Yamasaki and Tessie Hernando

## Active Seniors Give Back Through RSVP

Hawai‘i County’s Elderly Activities Division is one of the most active senior entities in the state, serving over 12,000 older adults. One of its prized programs is the Retired & Senior Volunteer Program (RSVP) that places close to 1,700 Hawai‘i Island seniors in over 150 volunteer stations. This year, RSVP celebrates 42 years and will accumulate 130,000



Pete Velasco, RSVP Volunteer

hours of service—a value of \$1.3 million given back to the community. RSVP also gives our active seniors meaningful volunteer work that enables them to engage with their community as well as live independently in their own homes.

You never know whom you might run into as you walk the halls of Hawai‘i County’s Aging and Disabilities Resource Center. How would you like to chat with a guy who was inducted into the Volleyball Hall of Fame?

Hall of famer and Olympic volleyball legend Pedro “Pete” Velasco is an RSVP volunteer who spends several hours a week answering the phone and welcoming walk-in clients at Hawai‘i County’s Nutrition (HCN) program—one of many duty stations available to RSVP volunteers aged 55 and older. Pete’s wife, Adelle, oversees the Keaau HCN program. “She introduced me to RSVP,” says Pete. “I answer phones, and I help make connections between people.”



Connections between people and leadership is what led Pete to the pinnacle of volleyball—first as part of the Outrigger Team that won tournaments across the nation in the ‘50s. He played on the United States National teams at the 1963 and 1967 Pan American Games. In 1964, he was elected captain of the USA Olympic volleyball team for the Tokyo games, where volleyball was first recognized as an Olympic sport. He returned to the Olympics in Mexico City in 1968.

Pete has a great recipe for life: “I live by seven words—commitment, dedication, and sacrifice. If you do these three things, God is bound to give you success. But to maintain success you need



Pete Velasco and Tom Haine, 1966 USVBA National Champions

the next two words—creativity and innovation. And to perpetuate the success you need the final two words—humility and compatibility.” Pete is truly a humble man. “At my point in life, I give from the heart. You don’t owe me anything, because I already received when I gave to you.”

Giving is what RSVP is all about. Pete says, “I love what I do. The RSVP program helps me to share my aloha with those I can help.”

Join RSVP and share your aloha with those you can help. RSVP volunteers come from all walks of life: homemakers, landscapers, postal workers, salespersons and coffee growers all bring their successes and wisdom to their volunteer work. If you are over 55 and can commit to several hours a week, please call 808-961-8730 or visit our office at Kamana Senior Center, 127 Kamana St. in Hilo. And contact our ADRC office for information on our various programs and services.

Aging & Disability Resource Center  
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Pete is still winning points, answering telephone requests at the ADRC office, and finding out the answers.





COUNTY OF MAUI

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ADRC

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BCBH

disease, obesity, high blood pressure and many others). The six-week workshop covers how to deal with pain, fatigue and frustration, and teaches action planning, in addition to ways to improve fitness and manage medications.

Another BCBH workshop is the Diabetes Self-Management Program (for those who are pre-diabetic or suffer from diabetes). Both workshops provide the necessary self-management tools that reduce symptoms and promote better health and overall enjoyment of life. The once-a-week class for people with diabetes meets for six weeks, building awareness for healthy choices, and creating good habits that allow participants to bring themselves into better control and increased overall health. Family members may attend to reinforce and support healthy choices. Jose and Lana Queding from Kēōkea in Upcounty Maui are enjoying their retirement with the improved quality of life that came from attending our program.

## by Deborah Stone-Walls Maui County Executive on Aging

Maui County Office on Aging (MCOA) is an office filled with activity. Since implementing standardized tools and procedures of the Aging and Disability Resource Center (ADRC), new referrals to MCOA have increased as much as 400 percent a month. While the numbers of seniors and individuals with disabilities requesting assistance has increased, the available funding to serve the seniors of Maui, Moloka'i, and Lāna'i has remained mostly static. Therefore, MCOA finds it necessary to look for opportunities to creatively solve the issue of how to meet the increasing need without the luxury of an increase in funding.

A major way that MCOA is working to find solutions is to greatly increase emphasis on helping seniors, family caregivers and individuals with disabilities improve their overall health. Two "evidence-based" (proven to create expected outcomes) healthy-aging programs now available on Maui are Better Choices, Better Health (BCBH) and Enhance®Fitness (EF).

BCBH includes a Chronic Disease Self-Management Program (for those with a long-term health conditions, such as diabetes, arthritis, heart



Lana and Jose Queding of Kēōkea, Maui, attended a six-week Better Choices Better Health training class that "Gave us back our life," according to Lana. Many seniors can benefit by learning how to manage their chronic disease and enjoy a better quality of life.

These dynamic, interactive and fun workshops are offered to seniors on Maui, Moloka'i and Lāna'i. Evidence shows that program participants experience positive outcomes, such as improved health behaviors, positive changes in health, increased confidence, better communication with health providers, fewer visits to physicians, expanded support networks, more energy and less fatigue. Participants experience a better quality of life when they are no longer totally controlled by their chronic disease.

MCOA is also excited to continue work with community partners by offering Enhance®Fitness, a nationwide, evidence-based physical activity program for seniors. The program has been nationally recognized by the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, U.S. Administration on Aging and the National Council on Aging. More importantly, folks on Maui who have participated in



Leona Medeiros and Rodger Mellema have fun in Kīhei's Enhance®Fitness class. The "stepping-over-object" exercise improves balance as students lift one foot off the ground while balancing on the other leg for a short time.

Enhance®Fitness report that they are noticeably stronger and more physically fit! Many have been astounded that physically, they now can do more than they have in years. Even small increases in strength, flexibility and balance can make household chores and errands much easier.

Enhance®Fitness is a fun, one-hour, interactive class offered three times a week at various locations on Maui and Lāna'i. MCOA is in the initial stages of planning for Enhance®Fitness implementation on Moloka'i.

The program challenges active, older adults, as well as individuals who are unfit or near-frail, with exercises and activities geared to every level of fitness. Participants "work out" standing, seated or in their wheelchairs — each as they are able. Every class is like four classes in one: aerobics, balance, strength training and stretching. No special or expensive equipment is needed, and soft wrist and ankle weights are provided.

Enhance®Fitness instructors are specially trained. Individual participant progress is followed with fitness checks at enrollment and every four months thereafter. Exercises are safe and may be modified according to participant ability. The class also affords social interaction and reinforcement among persons who have a common desire to get healthier. Enhance®Fitness classes are a great way to get stronger, have more energy and maintain independence.

For further information on all Maui County Office of Aging programs and services, please call Monday through Friday 7:45 am to 4:30 pm:

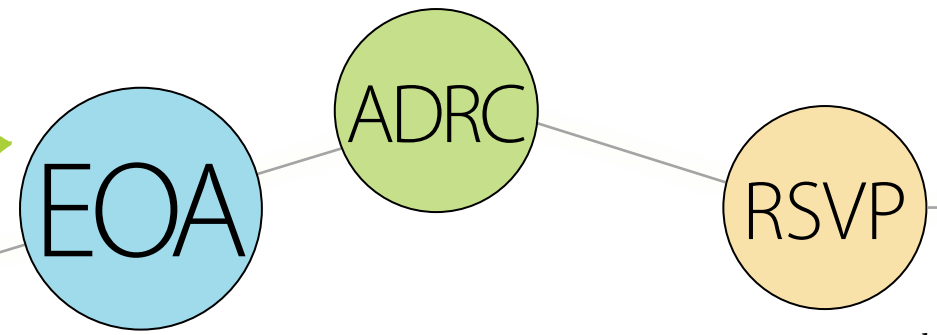
Maui: **808-270-7774**  
Moloka'i: **808-553-5241**  
Lāna'i: **808-565-6818**

Or visit us online: [www.mauicountyadrc.org](http://www.mauicountyadrc.org) >>





COUNTY OF O'AHU



by **Nalani Aki**  
 County Executive on Aging,  
 City & County of Honolulu, Elderly Affairs Division

**F**or O’ahu elders over 60 and people with disabilities of any age, obtaining information and referral assistance starts with the Elderly Affairs Division, ADRC “one-stop” Senior Helpline: **808-768-7700**. Trained community service aids assess needs and refer callers to service providers in Honolulu County, and conduct assessments for frail elders 60 and older who may qualify for publicly funded services. For example, a homebound elder in need of meals would be assessed and connected to local agencies that provide meal service.

My job is to oversee Honolulu’s Aging and Disabled Resource Center (ADRC), a component of the Elderly Affairs Division. Each month, our helpline connects answers hundreds of calls regarding long term service and supports on O’ahu.

We understand that transportation is a challenge for many people, so ADRC is a helpline to we connect older adults and people with disabilities to the agencies that can help them. Aids answer questions Monday through Friday from 7:45 am to 4:30 pm except holidays. Many call to ask what programs are available and how to qualify; those interested in specific services may be in directly referred to a service provider.

In addition to connecting O’ahu elderly and people with disabilities to specific government and community agencies, a community service aid will also arrange to visit potential clients to verify assessment information and help them create a support plan. Many seniors wish to continue to live in their own homes, but need assistance with meals, transportation or other services. A support plan may include state or federally funded services, identifies members of support, such as family members, friends and neighbors, volunteers or paid professionals. It is a plan that covers all options for assistance—formal and informal.

Some seniors say the hardest step is admitting that they need help and picking up the phone to ask for help. Our aids will guide you to community services that make sense and connect you to publically funded services you qualify for.



A warm “aloha” from our O’ahu EAD Staff: front row (L–R): Sandy Esaki, Kaimanaonalani Makekau, Andrea Golden, Remy Rueda, Carol Makainai, (middle row) Ryan Gallardo, Pablo Venenciano, Melanie Hite, Kelly Yoshimoto, Sharra Feliciano, Matu Marrero, Lenny Fabro, Jade Kauwe-Lopez, (back row) Robyn Meyer, Joel Nakamura, Alex Blackwell, Daleena Castaneda, Roger Clemente, Carolyn Tellio, Craig Yamaguchi. Not pictured: Carlton Sagara.

ADRC also supports a website packed with information. Family members and caregivers use it most. During the next year, we plan to enhance the site for easier navigation. We are still evolving. It has taken a lot of time and effort to roll out our “one-stop” helpline and ADRC services to such a large audience of seniors and people with disabilities. Agencies and community programs are changing and improving their services, too. We ask for your understanding as we continue to meet the challenge of guiding everyone to the best options to meet their specific needs.

O’ahu’s Retired and Senior Volunteer Program (RSVP) is the volunteer end of help and assistance. RSVP engages people age 55 and over in a diverse range of volunteer activities offered by more than 25 “volunteer stations” (nonprofit or government agencies who deliver services to the elderly, as well as providing other community needs). Project Director Lenny Fabro heads this very successful island-wide program.

RSVP is federally funded under the Corporation for National and Community Services (CNCS). In 1972, it was initiated on O’ahu by Helping Hands Hawaii. Since 2010, the City/County of Honolulu, under the Elderly Affairs Division (EAD), sponsors RSVP O’ahu. Currently, over 200 RSVP O’ahu volunteers contribute over 14,000 hours. “Two-hundred more volunteers are needed,” says Fabro.

“We make it easy for citizens to volunteer,” Fabro continues. “Persons over 55 who can commit time each week may enroll by calling **808-768-7700**, or by filling out the online form at [www.elderlyaffairs.com/site/460/rsvp.aspx](http://www.elderlyaffairs.com/site/460/rsvp.aspx) or on Facebook at [www.facebook.com/RSVPOahu](http://www.facebook.com/RSVPOahu). We also reach out with presentations at fairs, community gatherings and organization meetings. We invite volunteers to an orientation that explains all the many types of volunteer opportunities available. The beauty of RSVP is flexibility. Volunteers pick what they want to do based on their skills and tastes. If they want to help on Mondays



Carl Nakamura preparing to load his truck with meals. Carl’s duty station is “shuttling” and distributing meals outside the Honolulu area. Other volunteers will meet Carl in Wahiawa and deliver the meals to seniors.

delivering a meal to a senior, and on another day help with blood donors, they can do it. If an activity does not suit them, they may switch to another more compatible assignment.”

Some of the volunteer stations now available are: Hawai’i Literacy, The Next Step Shelter, Office for Social Ministry, Blood Bank of Hawai’i, Lanakila Meals on Wheels, State Executive Office on Aging, HCAP Head Start and several elementary schools providing tutoring and mentoring. One important volunteer opportunity is with the EAD. Volunteers assist with important independent living services, such as transportation, companionship and telephone reassurance, to homebound elders. Another station that assists with independent living services is the Waikiki Friendly Neighbors program.

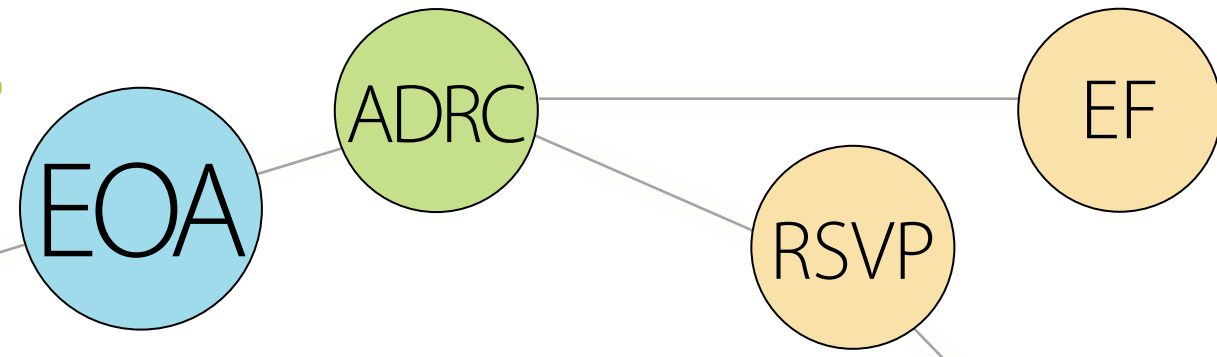
Fabro encourages people 55 and over, to apply their knowledge, skills, and experiences to volunteer and help meet community needs. If you have some time to commit, sign up and check out the many ways you can help our O’ahu community.

Elderly Affairs Divison RSVP  
 715 South King St., Ste. 211, Honolulu  
**808-768-7700 | [www.elderlyaffairs.com](http://www.elderlyaffairs.com) >>**





COUNTY OF KAUAI



by **Kealoha Takahashi**  
 Executive on Aging, County of Kaua'i Agency on Elderly Affairs, Office of Community Assistance

Elders on Kaua'i are just a phone call away from our Agency on Elderly Affairs. Our receptionist will answer requests for information, and process requests for assistance by taking the caller's name and address and making an appointment for visit and needs assessment from a Community Service Assistant. Our goal is to be sure elders know what federal, state, county and community services are available to them, and to refer them to agencies and care providers who can deliver those services. Funding is limited and helping those who live alone is top priority.

While most people call us, we also assist elders who email us, visit our office or submit questions on our website. Last year, we processed over 4,000 requests for information and referrals.

Kaua'i County is part of a nationwide Area Agency on Aging program, which was created by the Older Americans Act. It mandates that we provide elders access to health, transportation, information and referral services in our community. To be

sure that all elders have access to us, we reach out to the community with presentations and workshops, too. We follow our elder clients as they age, and send caseworkers to do annual assessments.

It is important for seniors on Kaua'i to know that services are available to them and to their families. Never believe that you have nowhere to turn.

That goes for caregivers, too. Plan ahead for the time when your loved one will need more help than you can give. Find out what services are available to you now and in the future. Don't wait until you are exhausted and stressed out before you call for assistance with your loved one. We have information about daycare for elders and respite services for worn out caregivers that can help them manage better and maintain their own mental and physical health. Call us — we can help.



In April, at the 2015 Mayors' Day of Recognition for National Service, Kaua'i Foster Grandparents Program and RSVP volunteers presented William Arakai, Kaua'i District superintendent, with a cartful of school supplies for Kapa'a Elementary School.



Friendly Agency on Elderly Affairs staff help Kaua'i seniors "Live well and age well."



Enhance®Fitness classes are very popular with seniors, because exercises are modified to each senior's ability. Here, participants do upper body strength training while seated.

school. Undivided attention, unconditional friendship and mentoring from elders can create a positive framework for the child at school and play.

**Healthy Aging Program on Kaua'i**

It's never too late to get healthy! We encourage seniors to participate in our newest programs for healthy aging. Doctors have proven that exercise and careful management of chronic disease can keep body, heart and mind healthy as we age, and improve quality of life.

**Kaua'i RSVP Volunteer Opportunities**

The Corporation for National Community Services (CNCS) grants funds to Kaua'i County that help pay for Community Service staff salaries. Actually coordinating and delivering services takes the work of a full community. On Kaua'i, over 350 volunteers donate their time to assist 24 different organizations that deliver services to the elderly. All skills can be used to help others. If you want to learn new skill, we will teach you. All you need is to be active, age 55 or older, and able to commit to several hours a week to help the elderly. To volunteer, call 808-241-4479.

**Foster Grandparents Program**

Another statewide program that CNCS funds is Foster Grandparents. This program teams elders with school children who don't have grandparents. Educational research shows that kids who spend time with grandparents perform better in

**Enhance®Fitness**

We currently run nine Enhance®Fitness classes at seven different sites on Kaua'i. Instructors monitor students' progress and record increased flexibility, balance, overall strength and endurance. Fitness also improves attitude. Just the social interaction of attending class is a happy benefit for elders who spend most of their time at home.

**Diabetes Self-Management Workshop**

This important program meets once a week for six weeks. It helps diabetic seniors make better choices. We currently have a two-hour-a-week Diabetes Self-Management workshop that helps diabetics keep their "numbers" under control, become more active and generally feel better. For more information on Healthy Aging workshops on Kaua'i, please call or visit us online.

County of Kaua'i Agency on Elderly Affairs  
 4444 Rice St., Ste. 330, Lihue  
 808-241-4470 | [www.kauaiadrc.org](http://www.kauaiadrc.org)



	Min.Age	Date	Discount
<b>DINING &amp; SNACKS</b>			
Anna Miller's Coffee	62 All	Mon - Thu Birthdays	10% off check total & whole pies 1 free entree (dine-in only)
Big City Diner	65	Mon-Fri	Early Bird Senior Menu
Burger King	55	Daily	16 oz. soft drink or 8 oz. coffee for 75 cents
Denny's	55	Daily	Senior menu
Genki Sushi	65	Mon - Thu	10% discount
Gyotaku Japanese Restaurant	60	Daily	Senior menu for lunch & dinner
Hakone (Hawaii Prince Hotel)	50	Tues - Thu	Dinner \$46
IHOP	55	Daily	Senior menu
Jack in the Box	55	Daily	Drinks at special price
Love's Bakery Thrift Stores	62	Tue/Fri	10% off Love's products-All islands
Makino Chaya	65 65	Daily Birthdays	5% off Lunch Free with ID
Maple Garden Restaurant	60	Daily	Lunch: \$13.95, Dinner: \$17.95
McDonalds	55	Daily	Coffee & soft drinks. <i>Prices &amp; participation may vary.</i>
Pagoda Restaurant	60	Daily	15% off check total, except holidays
Papa John's Pizza	50	Daily	50% off with 50-50 card
Prince Court (Hawaii Prince Hotel)	50	Mon - Thu	Breakfast \$20, lunch \$25, dinner \$42
Samurai Snacks Aiea LLC	55	Wed	10% off, no special orders
St. Germaine's Bakery	60	Wed	10% off all items (except specials)
Stadium Camellia Restaurant	90	Daily	Free lunch or dinner
Stage Restaurant	60 60	Tue - Fri Tue - Sat	Lunch 15% off food only Dinner 15% off food only
The Willows	65	Daily	Senior discounts everyday except holidays
Wendy's	55	Daily	Free Coffee & soft drink w/purchase
Zippy's	65	Daily	10% off with Senior Card

**GROCERY & MERCHANDISE STORES**

Don Quijote	60	Tue	5% or 10% off regular prices
Foodland	60	Thu	5% off all items, with exceptions
Shirokiya	60	Wed	10% off regular priced items

**SAVE THE DATE** **THE 9TH ANNUAL AGING IN PLACE WORKSHOP**  
 Saturday, Aug. 15, 8:30 am - 2:30 pm, Ala Moana Hotel Conf. Ctr. **FREE EVENT**  
**OVER 45 EXHIBITORS**

**APPAREL & SPECIALTY SHOPS**

	Min.Age	Date	Discount
Goodwill	60	Tue	20% off regular prices
Kamaka Hawaii, Inc.	65	Daily	10% discounted on selected items
Hallmark	62	Tue	10% off all items
Ross	55	Tue	10% off all items
Savers	55	Tue	30% off all items
Supercuts	55	Daily	10% off service

**ENTERTAINMENT**

Aiea Bowl	50	Daily	\$2.50 per person per game
Bishop Museum	65	Daily	\$10.95 Kamaaina/military
Children's Discovery Center	62	Daily	\$6 admission
Regal Theatres	60	Daily	\$8.57 per ticket
Waikiki Aquarium	65	Daily	\$5 per ticket
Wet 'N Wild Hawaii	60	Daily	\$37.99 admission

**MISCELLANEOUS**

APN Alarm Company	65	Daily	20% off product only
Hawaii Self Storage	55	Daily	Up to 50% off Units + Free Pickup + \$10 packing supplies ( <i>promo code: HSS Seniors</i> )
Marc Dixon, Allstate	55	Ongoing	Retired, 10% discount
Pacific Design & Contracting LLC	65	Daily	10% off, one-time in 2015
Senior Move Managers/DeClutter Hawaii	55	Daily	Free safety evaluation and decluttering consultation
Ohana Hearing Care	60	Daily	Minimum 40% off manufacturers suggested list price on all new hearing aids plus free audiometric tests and consultation.

*\*Hawaii seniors look young, so be sure to ask for these discounts before ordering or being serviced.  
 Information confirmed but subject to change.*

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*"What sets Kīnā 'Ole Estate apart from others is that we are not focused on just the medical aspect of the care. We look holistically at the health of the mind, body and spirit."*  
 ~Beth Slavens

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## Oh What a Month

by Pamela Cunningham, Hawai'i SHIP Coordinator

Looking back, the month of July seemed to just fly by (they say time does that as we "mature"). Many of us don't realize what a monumental month July is.

We all enjoy the Fourth of July and celebrating Independence Day or just sleeping in and then relaxing by the grill, but let's take a moment to look at some of the historical legislation that has been passed in the month of July and has impacted our aging and disabled communities.

July 2, 1964, the Civil Rights Act was signed into law by President Lyndon Johnson. This act outlawed segregation in businesses, banned discriminatory practices in employment and ended segregation in public places. President Johnson invited hundreds of guests to a televised signing ceremony in the East Room of the White House, and, after using more than 75 pens to sign the bill, gave away those pens as mementoes of the historic occasion.

July 14, 1965 the Older Americans Act was signed into law by President Johnson. It established the Administration on Aging within the Department of Health, Education and Welfare, and called for the creation of State Units on Aging. This law was passed in response to policymakers' concerns about the lack of community social services for older persons (defined as 60 and older). This act authorizes funds for the states and territories to provide a wide array of service programs — from home delivered meals to transportation assistance. Funds are also provided to 244 tribal organizations and two Native Hawaiian organizations.

July 26, 1990, the Americans with Disabilities Act (ADA) was signed into law by President George H.W. Bush. The ADA is considered one of the most comprehensive pieces of civil rights legislation ever written. It prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in all the activities that many take for granted. Like the Civil Rights Act the ADA is an "equal opportunity" law for people with disabilities. The ADA was the act of thousands of people across America who spoke up in many different

ways to reverse the injustices faced by people with disabilities.

July 30, 1965, President Lyndon Johnson traveled to the Truman Library in Independence, Missouri, to sign into law the Social Security Act Amendments of 1965, (Medicare/Medicaid). Actually, the proposal to assist retirees with pensions and insurance was not a new idea at all. Congress first held hearings on government insurance in 1916 during the Progressive Era. At that time President Franklin Roosevelt felt that it was a better strategy to first pass the "old age pension" provision (we know that as Social Security). (Note: The Social Security Act was signed in 19 years later, in 1935). Medicare has seen many changes since 1965, including the addition of benefits for individuals with disabilities, the Medicare Advantage program (managed care) and prescription drug coverage.

Yes, indeed, July is a landmark month in which to celebrate our freedom and all the benefits of living in America.

If you would like more information on Medicare or to volunteer in your community, please call the Hawai'i SHIP. ■

Hawai'i SHIP (State Health Insurance Assistance Program)  
1-888-875-9229 | 808-586-7299  
help@hawaiiiship.org | www.hawaiiiship.org  
facebook.com: Hawaii SHIP-Sage PLUS Program

*This SHIP project was supported, in part, by grant number 90SA0004-02-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C., 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.*



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### THE 9TH ANNUAL AGING IN PLACE WORKSHOP

Saturday, Aug. 15, 8:30am–2:30pm, Ala Moana Hotel Conf. Ctr.

• FREE EVENT

• OVER 45 EXHIBITORS

## Social Security Turns 80

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

Eighty years ago, on Aug. 14, 1935, President Franklin D. Roosevelt signed the Social Security Act into law. The new law guaranteed a basic income for retirees and, at the time, the unemployed.

Over the years, Social Security has expanded its safety net beyond retirees to provide benefits for people with disabilities and the chronically ill, and spouses and children of deceased workers. The agency has evolved to serve the needs of a changing America. This year, we celebrate our past successes and look down the path to an even brighter future.

Social Security is there for you during all stages of life. We issue a unique Social Security number to most newborns when an application is taken at the hospital. We track income over your working career and accurately calculate your retirement benefit. We provide disability benefits to injured and chronically ill workers and their families. We provide survivors benefits to widows, widowers and minor children of deceased workers. We also provide Supplemental Security Income (SSI) to those with low income and resources, and Extra Help with Medicare prescription drug costs for people who qualify.

Social Security evolves to meet the demands of our digital world. "My Social Security account" lets you view your Social Security Statement, verify the accuracy of your earnings record, and get estimates of future monthly benefits — all online. Once you begin receiving Social Security benefits, you can use your online account to manage your record, including changing your address and phone number, checking your benefit information, changing your electronic payment method, and obtaining an instant benefit verification letter or replacement SSA-1099/1042S. If you don't have one, sign up for a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Our safe and secure online services allow you to apply for retirement, spouse's, Medicare and disability benefits from the comfort of your home. Visit [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

Looking to the future, we recently released our Vision 2025, a strategic plan to help us shape the future of Social Security services and maintain clear communication with you. For more information about our vision for the next ten years, visit [www.socialsecurity.gov/vision2025](http://www.socialsecurity.gov/vision2025).

We look to the next 80 years to proudly serve Social Security customers throughout their lifetime, when and where you need us. See how Social Security has evolved over the years at [www.socialsecurity.gov/history](http://www.socialsecurity.gov/history).

### MARK YOUR CALENDAR

**Social Security 80th Anniversary Webinar**  
Friday, Aug. 14, 2015, 9–11 am

Sponsored by  
State of Hawai'i Insurance Assistance Program  
(SHIP, formerly known as Sage Plus)

Speakers:

- **Jane Yamamoto-Burigsay**, Social Security Public Affairs Specialist in Hawai'i
  - Retirement, Spouse's and Disability benefits
  - How to file, Social Security's online tools
- **Pamela Cunningham**, SHIP Coordinator
  - Medicare A, B, C and D

For more information and to register, please visit online at [www.hawaiiiship.org](http://www.hawaiiiship.org). ■

For questions, online applications or to make an appointment to visit a Social Security office, contact:

1-800-772-1213 (toll free) | 1-800-325-0778 (TTY)  
[www.socialsecurity.gov](http://www.socialsecurity.gov)



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Friday–Sunday, Sept. 25–27, 8:30 am–4:30 pm, Neal Blaisdell Ctr.

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• OVER 275 EXHIBITORS







# Stretch Your Vacation Dollars

by Michael W. K. Yee, Certified Financial Planner

Summer vacations are perfect for hitting the road for adventure or staying close to home to simply recharge. The slower pace and rest a vacation offers are priceless, but you can still practice financial vigilance. Here's how to get the most for your money as you travel this summer.

## Consider Off-Season Tropical Destinations

During the winter months, tropical hot spots command top dollar. But you can find bargains south of the equator during the summer months. Land a package deal to a Caribbean or South American destination and enjoy less crowded beaches and hotels in paradise.

## Dollars Go Further in Europe

For the first time in over a decade, the U.S. dollar is approaching a 1:1 ratio with the euro. American travelers can expect their vacation budgets to go further in all 19 countries operating on the euro currency. Airfare to Europe is also less expensive this summer. If you plan to visit several countries, consider purchasing a 30-day Eurail pass and travel by train between countries for one reasonable price.

## Think Outside the Hotel Room

Check out websites that coordinate home sharing in hundreds of countries around the world, typically at prices far below standard hotel rates. Also consider family-run pensions (short-stay boarding houses in Europe) or bed and breakfasts (B&Bs) for cheaper and more intimate lodging. If you like making your own meals (also a money-saver), look into short-term vacation home and apartment rentals.

## Be Flexible

If you aren't particular about where you travel or specifically when, you can often find last-minute package deals online to specific cities or attractions that include airfare, hotel, a rental car or some meals. Compare offers and determine which provides the best value. Also, when you're booking airfare, be flexible with your travel dates to improve your odds of landing a better price. Consider a midweek departure and return to

avoid higher weekend rates. Keep an eye out for airline promotions early each week, when their sales start.

Traveling costs money, but vacation memories are irreplaceable. If you need help planning your trip, ask a travel agent to provide information and tips for saving money on specific locales. Also, ask your financial advisor to help you budget and work toward your short- and long-term financial goals, including traveling, buying a home, saving for college and retiring. ■

Michael W. K. Yee, CFP  
1585 Kapiolani Blvd., Ste. 1100, Honolulu  
808-952-1222 ext. 1240 | michael.w.yee@ampf.com

Michael W K Yee, CFP®, CFS®, CRPC®, is a Financial Advisor and 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 30 years. Ameriprise Financial Services, Inc. Member FINRA and SIPC. © 2015 Ameriprise Financial, Inc. All rights reserved. File #1205686



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# Real Property Tax Credit For Homeowners

by Fusao Nishibun, Tax Relief Supervisor, City and County of Honolulu Property Tax Office

Property owners who meet certain eligibility requirements may apply to the City and County of Honolulu for a real property tax credit to reduce their property taxes. Depending on your age, you may qualify for a tax credit equal to the amount of taxes owed for the 2015 and 2016 tax year that exceed 3 or 4 percent of the total of the titleholders' income. For homeowners 75 or older, the rate is 3 percent. If approved, the tax credit will be applied to the July 1, 2016–June 30, 2017, tax year.

## What are the eligibility requirements?

- Homeowner must have a home exemption for the 2015 and the 2016 tax years.
- Titleholders of the property cannot own other property anywhere.
- The combined income of all titleholders for the 2014 calendar year does not exceed \$60,000.

## How do I apply for this tax credit?


Applications are available at:

- All satellite City Hall locations
- Treasury Division at 530 South King St. Room 115, Honolulu
- Tax Relief Section at 715 South King St. Room 505, Honolulu
- [www.honolulu.gov/rep/site/bfs/treasury\\_docs/2016-2017\\_Tax\\_Credit\\_Application\\_PDF\\_Final.pdf](http://www.honolulu.gov/rep/site/bfs/treasury_docs/2016-2017_Tax_Credit_Application_PDF_Final.pdf)

Applications must be filed by Sept. 30, 2015, and must be filed annually. For further information, please call 808-768-3205.


\*Information subject to change without notice. ■

Tax Relief Office  
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68	6.0%	75	6.7%	82	8.0%	89	10.1%
69	6.0%	76	6.9%	83	8.3%	90+	10.5%
70	6.1%	77	7.0%	84	8.6%		
71	6.2%	78	7.2%	85	8.9%		

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## Keeping Peace in the Family

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

On May 27, 2015, Reuters reported that a Georgia judge had appointed a mediator to help the family of the late Dr. Martin Luther King Jr. decide whether to sell Dr. King's Nobel Peace Prize and his personal Bible. Dr. King carried this Bible during the historic marches and rallies of the '60's, and President Obama took the oath of office on it at his second inauguration. According to the article, the "fight pits the slain civil rights leader's sons, Martin Luther King III and Dexter King, who want to sell the medal and Bible, against King's surviving daughter, Bernice King, who opposes the sale of items she calls 'sacred' to the family."

This family drama illustrates two important principles. The first is that a well-thought-out and thoroughly implemented estate plan will give your family priceless guidance. The second principle is that there are better places than courtrooms to resolve conflicts.

### The Benefits of Good Planning

Putting time and effort into devising a plan with enough details to make it work effectively will pay enormous dividends for your loved ones. Putting the right managers in place, and making your wishes very clear will help your family to focus on honoring your memory and moving on with their lives. In order to work, an estate plan needs to be reviewed and updated from time to time. Things change constantly and sometimes rapidly (the law, your finances, your family, your list of trusted advisors); failing to make necessary adjustments will cause your plan to fall short.

### Mediate Rather Than Litigate

Mediation is a way of getting disagreeing parties together, helping to find their common ground, and then working toward solutions that may not make everybody happy, but satisfy their shared goals and values. If you know that your loved ones are at odds, you might engage a skilled mediator now, to assure that the eventual settling of your estate will be done peaceably later on. If you find yourself in conflict after a loved one or family member dies, propose that your differences

be mediated privately rather than hashed out in open court. Mediation saves time and money; sometimes it opens the door to heal relationships.

Even if you don't have a Nobel medal or a historic Bible, you can give your loved ones alternatives to shooting it out in court over "who gets what" or which heirloom gets sold. You may not be able to make everybody happy with your estate plan or with the assistance of mediation, but you can head off or minimize problems that may tear your family apart and tarnish your legacy. ■

Scott Makuakane, Counselor at Law  
Focusing exclusively on estate planning and trust law.  
Watch Scott's TV show, **Malama Kupuna**  
Sundays at 8:30pm on KWHE, Oceanic channel 11  
[www.est8planning.com](http://www.est8planning.com)  
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## What Legacy Will You Leave?

by Jeffrey Sisemoore, Director of Planned Giving, National Kidney Foundation of Hawaii

You may be surprised to learn that an estimated 70 percent of American adults have not yet made a will or trust, even though these documents are vitally important to all individuals and families. For those who never complete their estate plans, the government will apply a series of laws that may or may not be what is desirable for the families or heirs.

You may also be surprised to learn that those who check out planned giving as part of the will and trust process often discover opportunities that not only help their favorite charity, but also provide added benefits for themselves and their families. Even those who already have made plans may find that working with a qualified charity can provide additional benefits they never knew were available.

Years ago, when I was a estate planning lawyer, I discovered that people would approach this sub-

ject with foreboding, only to end up feeling good and relieved after completing their plans. Many of them actually enjoyed the process, and the peace of knowing their lives were in order and their families were better off for the planning.

National Kidney Foundation of Hawaii is offering a free "Wills Guide" packed with helpful information to consider before making an appointment with your attorney. It is our way of encouraging you to take the first step towards leaving your legacy. Should you like a free copy, please call me at 808-589-5976 or send an email requesting the guide to [jeff@kidneyhi.org](mailto:jeff@kidneyhi.org). ■

National Kidney Foundation of Hawaii  
808-589-5976 | [jeff@kidneyhi.org](mailto:jeff@kidneyhi.org)  
For Planned Giving: [www.kidneyhawaii.org](http://www.kidneyhawaii.org)  
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## A Conversation About Life

by Stephen B. Yim, Attorney at Law

This past year, our office established the Heartfelt Legacy Foundation™, which in turn, purchased the right to associate with Honoring Choices®. This national group is raising awareness about making end-of-life choices, encouraging family discussions so that loved ones' choices may be honored and respected.

In the coming months, Honoring Choices® Hawaii plans to bring awareness to the Hawai'i community by providing free seminars, engaging community leaders and training advance care facilitators to engage in planning with individuals to begin the advance care planning dialogue.

In order to bring to the Hawai'i community a uniform, systematic, normalized process, we look for everyone's support. Honoring our loved one's intentions at the end of life, to me, is such a universal desire, that it transcends cultural, economic

and social differences; the conversation resonates with every individual.

What's at risk if we do not engage in these conversations? Needless suffering by the individual and their family members; unknown intentions and choices that cannot be honored and respected; dying in an isolated and lonely place surrounded by strangers (caring strangers, but strangers nonetheless). Stress and guilt, felt by surviving family members, can linger a lifetime.

You will hear more about Honoring Choices® Hawaii. Right now, we can all help by starting the conversation with our own families. ■

Stephen B. Yim, Attorney at Law  
2054 S. Beretania St., Honolulu  
808-524-0251 | [stephenyimestateplanning.com](http://stephenyimestateplanning.com)



## Who You Gonna Call? Scambusters!

by Scott Spallina, Senior Deputy Prosecuting Attorney

In the movie *Ghostbusters*, when someone needed help with anything paranormal (ghosts, demons... or maybe even night marchers), there was only one number to call—Ghostbusters!

Unfortunately, when a person suspects fraud or financial scams going on, there are a variety of agencies that handle different aspects of this dishonest behavior. As we discussed in the last issue of *Generations Magazine*, if you suspect elder abuse is occurring, call your local police department; for immediate emergencies, don't hesitate to dial 911. But if you suspect fraud, there are other agencies you may call:

**Charity Division of the Attorney General—808-586-1480:** This division will look up a charity and indicate whether it is licensed. This service is a *big* factor in determining if the charity is real.

**American Institute of Philanthropy—www.charitywatch.org:** Here is another resource that monitors charities and if charitable donations are being put to good use.

**DO NOT CALL Registry—888-382-1222 or www.donotcall.gov:** This helps reduce phone calls from legitimate businesses (unfortunately scammers can still call saying you won the lottery). And solicitors from charities and politicians will still call you.

**Direct Marketing Association (DMA) Mail Preference Service—202-955-5030:** This number removes your name and address from prospective mailing lists to decrease the amount of junk mail you receive from them.

**Opt Out Prescreen.Com—888-567-8688:** This number will allow you to “opt-out” of getting offers for preapproved credit cards and insurance deals. This decreases junk mail and the risks of having your mail stolen and someone opening up a credit card in your name.

**Medicaid Fraud & Patient Abuse Unit—808-586-1058:** This is a department within the Attorney General's Office that investigates abuse of dependent adults committed by Medicaid providers, care facilities and paid caregivers.

**Long Term Care Ombudsman 808-586-0100:** This department investigates and resolves complaints about the care or services provided in long-term care facilities, including nursing homes, adult residential care homes, assisted living facilities and community care foster family homes.

**Consumer Resource Center 808-587-3295 or 808-587-4272:** This agency handles complaints against merchants and licensed professionals, and one can call them for license verification and complaint history of professionals or businesses.

**Hawaii Internet & Technology Crimes Unit 808-587-4111:** This unit within the Attorney General's Office investigates and prosecutes computer-facilitated crimes. Call this department if you fall for a dishonest email or an Internet scam.


**Office of Consumer Protection 808-586-2630:** They review, investigate and prosecute allegations of unfair or deceptive business practices.

**Financial Crimes Unit 808-723-3609:** This unit within the Honolulu Police Department investigates telemarketing scams, investment frauds and various other white collar crimes.

**U.S. Postal Inspection Service 877-876-2455:** This department investigates crimes that use the U.S. Mail, the postal system or postal employees.

Be safe and visit our office's new elder abuse channel on [www.youtube.com](http://www.youtube.com). Search for “Elder Abuse Hawaii” to watch videos on elder abuse. ■

To report suspected elder abuse, contact the Elder Abuse Unit at: 808-768-7536 | [ElderAbuse@honolulu.gov](mailto:ElderAbuse@honolulu.gov)  
[www.ElderJusticeHonolulu.com](http://www.ElderJusticeHonolulu.com)




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p40 WISDOMS

p41 WISDOMS




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Friday–Sunday, Sept. 25–27, 8:30 am–4:30 pm, Neal Blaisdell Ctr. **• FREE EVENT**  
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# A Resource For Seniors and Caregivers

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

Getting older is not something we all look forward to in our lives. All those physical things start cropping up to slow us down just when we have to handle the details of Social Security, Medicare, estate planning, health directives and more! Just a small percentage of people over the age of 65 actually have sat down to plan out the “what-ifs” in their lives. *What if I get sick? What if I run out of money? What if I start losing my memory? What if...*

All too often for the children of aging parents, these questions have not been answered and the kids are left trying to help and figure things out. Sometimes their help works and sometimes their help places too much strain on themselves and their own relationships. Caregivers can burn out.

For others, failing health and cognitive ability may make them vulnerable to exploitation and fraud. We have all read about telephone, mail and email scams on seniors; of family members taking money, changing wills and trusts. *How do you protect yourself?*

The Caregiver Foundation works with seniors, disabled adults and their caregivers, offering them a very comprehensive array of supports and services. Often, the foundation is called upon by the courts to provide guardianship services or conservatorship services to seniors and disabled adults who are likely to be exploited or have already been harmed by some form of abuse. Families with internal conflicts call upon The Caregiver Foundation to act as a neutral third party to focus on the best use of resources and to provide the care a parent may need. Some seniors ask the foundation to protect them from exploitation by utilizing our Daily Money Management services. Caregiver support groups sponsored by the foundation and our many workshops and lectures serve the community at large.

Whether the need is basic financial management, placement for a senior or a complex situation requiring a wide range of professional expertise, we are able to provide complete coordination and management of needs of seniors or disabled adults who have no family or close associates.



Our services continue to care for them through every stage of their lives. And, when the time comes, the foundation manages their end-of-life wishes, and closing and distribution of their estates. Real expertise and compassion — the hallmarks of The Caregiver Foundation. ■

The Caregiver Foundation  
 808-625-3782 | [gary@thecaregiverfoundation.org](mailto:gary@thecaregiverfoundation.org)  
[www.thecaregiverfoundation.org](http://www.thecaregiverfoundation.org)  
*The Caregiver Foundation is a registered 501 (c) 3 organization and operates on all the Hawaiian Islands.*

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# There's Gold in Dem Der Walls

by Eileen Phillips, R.N., Attention Care Plus

**H**ave you ever noticed a big gold seal on your hospital's walls? It's hard to miss. The emblem — The Joint Commission Gold Seal of Approval — stands out as a commitment to deliver safe, high-quality patient care under the most rigorous standards of performance. The Joint Commission is the largest and oldest standard-setting and accrediting body in health care, accrediting more than 20,500 organizations worldwide, including hospitals and home health care agencies. "People want to know The Joint Commission awards accreditation to home health care agencies, holding to the same processes as hospitals. But there's more to it," says Honolulu physician Dr. Stephen Lin, M.D.

"Through The Joint Commission accreditation process, health experts look for an organization to deliver continuous improvement on patient safety, high-quality care, treatment and services. There are literally thousands of ways to say you

did these things, but you need to prove it. The process can be stressful and you need to always be prepared to showcase your procedures and outcomes," says Lin.

It's good news when a provider is awarded The Joint Commission Gold Seal of Approval. The distinction means that the organization submitted to the accreditation process and meets nationally recognized standards of excellence. Achieving the gold standard strengthens community confidence in the quality and safety of health care, holds caregivers participating within those systems accountable and shows that the provider is willing to deliver care at a higher standard. For our Kūpuna, that's worth its weight in gold. ■

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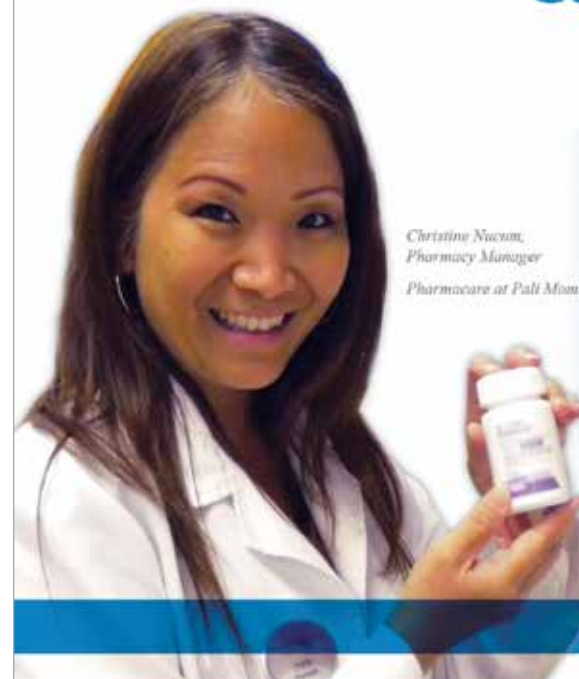
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\*Advocates can provide you with psoriasis education and resources and offer support, but cannot provide medical advice or replace your conversations with your health care provider.

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Christine Nuum,  
Pharmacy Manager  
Pharmacare at Pali Momi

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# Senior FoodBox Program: Good & Healthy

by Brittany Nakamoto, Generations Magazine Staff

What if there was an easy, affordable way to get necessary nutrients for good health, without having to figure it all out yourself? Hawaii FoodBank on O'ahu is taking applications for the Senior FoodBox Program, an ongoing supplemental food program in addition to the current Hawai'i FoodBank food voucher program. Each Senior FoodBox provides about 32 pounds of nutritious USDA foods, including canned meats, fish, juice, peanut butter, beans, nonfat milk, and ready-to-eat cereal. This federal Commodity Supplemental Food Program is managed by the Hawai'i State Office of Community Services and distributed monthly at nine Hawaii Foodbank locations.

## O'ahu Senior FoodBox Program Locations:

- Kookia Kalihi Valley Elderly Services — Kalihi  
– 1846 Gulick Avenue  
– Kuhio Park Terrace Community Center
- Hale Ola Ho'opakolea — Nanakuli  
89137 Nanakuli Avenue
- Dynamic Compassion — Waimanalo  
Waimanalo District Park, 41415 Hihimanu St.
- Sts. Peter & Paul Church — Honolulu  
800 Kaheka Street (across Don Quijote)
- Waipahu United Church of Christ — Waipahu  
94330 Mokuola Street
- Once A Month Church — Haleiwa  
66-434 Kamehameha Hwy.
- St. Jude Catholic Church — Kapolei  
92-455 Makakilo Drive
- Sacred Hearts Church — Waianae  
85-786 Old Government Road

## Requirements:

- You must complete an application every year and re-certify after six months. Applications are accepted at any time. Once maximum caseload of 2400 seniors is met, a continuous waitlist will be maintained at each site.
- You must be at least 60 years of age and show a photo ID confirming age and residence on Oahu.
- Your gross income must be at or below 130 percent of Federal Poverty Income Level (FPIL)

## How it Works:

- Apply at your nearest FoodBox location. You must pick-up your monthly FoodBox from the same site where you applied.
- Because the boxes are heavy (32 lbs), participants are highly encouraged to bring their own carts with wheels in order to pick up the food, or assign a proxy to pick up the box for you.
- After six months, you will be asked to re-certify your qualifications in order to continue the program for the remaining six months of the year. ■

Hawaii Foodbank

2611 Kilihaui St., Honolulu, HI 96819

808-836-3600 x238 | [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)

View similar neighbor island programs online at:

[www.foodpantries.org/st/hawaii](http://www.foodpantries.org/st/hawaii)



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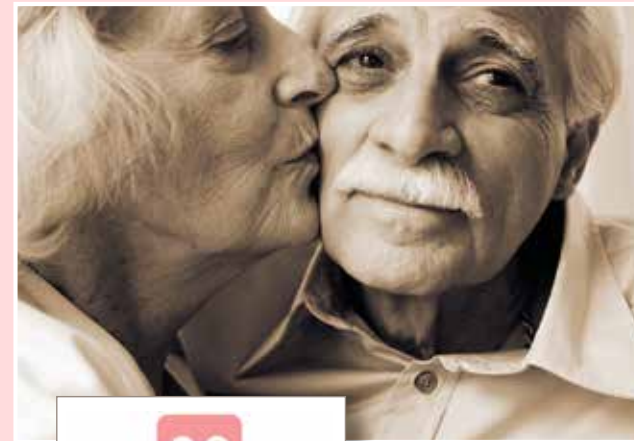
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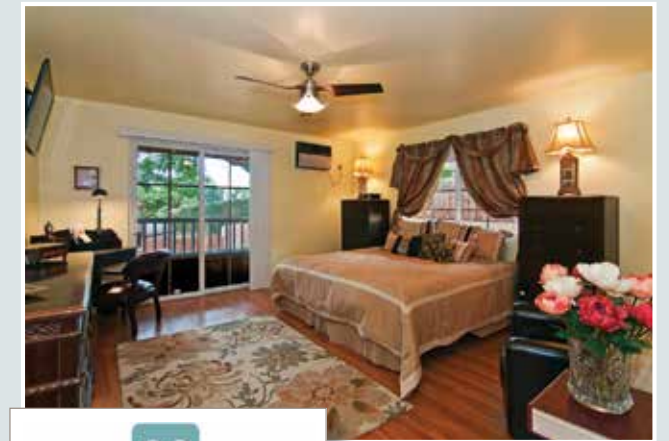


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## It's My "Nursing Home" And I Live Here!

by Martha Khlopin, Radio Host of "A Medicare Moment With Martha"



Legendary singer Diana Ross recently graced the stage of the Neal Blaisdell Center for an amazing evening of Motown hits and so much more. The stunning 71-year-old looked decades younger than her "baby boomer" audience. Ross sauntered down the aisle

singing, "I'm Coming Out!" I was in the audience, enjoying a welcome respite from my "sandwich generation" lifestyle. Weeks earlier, my son and I were discussing whether he should return to the dorm next semester, seek off-campus housing or move home. My octogenarian mom, now in nursing rehab, is deciding whether to permanently reside in the nursing home, live alone or move

in with us. As the music of my youth and the crowd's energy eclipsed those thoughts, Ross sang "This is my house and I live here." The words really hit home. While I am busy at work, a professional, well-managed and caring staff administers Mom's medications, serves her meals and organizes activities, like keiki hula performances and even a karaoke hour. She enjoys the activity and being with the other residents. I never seriously considered long-term nursing as an option; but listening to Ross sing helped me realize that the nursing home is my mom's home and she lives there! ■

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## Senior Housing—Can I Afford It?

by Christina Laney at LIST Sotheby's International Realty

There are a lot of housing options available for seniors in Hawai'i, but they all have their own rules, costs, types of services and levels of care. The most common housing options are retirement communities, assisted living, nursing homes, CCRCs and ARCHs. It can get a bit confusing and time consuming to visit all of these facilities; therefore, you may want to narrow your search before tackling site visits.

After a little bit of research, you will soon learn about the exorbitant costs of long-term care and senior housing. Most people realize they do in fact need a financial plan. The three most common ways to pay for senior housing and/or long-term care is, personal monies, Medicaid/SSI and long-term care insurance. Educating yourself on senior housing options and planning are the two most important ways you can prepare for a comfortable move and be able to afford it.

For more information on senior housing options, Medicaid, Medicare, long-term care insurance, and other topics related to seniors and real estate, consider attending a free seminar hosted by LIST Sotheby's Senior Concierge:

**August 29, 2015—Medical & Healthcare Options Workshop** - Healthcare Laws, Medicare, Medicaid & Long-Term Care

**October 24, 2015—Senior Housing Options & Case Management** - Retirement Communities, Assisted Living, Nursing Homes, CCRC & ARCH

For more information, registration and a 2015 schedule of free senior seminars, please call **808-282-1399**. ■

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# Family Peace is Important to Elders

by Annette Pang, Relationship Coach for Families

You knew one day you and your family would be taking care of Mom or Dad. Yet, your family feels pinched; nothing is coordinated. Blame and guilt bubble up because you don't know how to work as a care team.

Lack of agreement, finances and rivalry causes stress. Your own family and career commitments, and worries about your own declining health and welfare blur your roles as devoted daughter or son, wife, husband, mother or worker. This all-consuming situation takes a toll on everyone.

You are not alone. Many children caring for their elders bicker with siblings and feel frustrated and flustered trying to meet the needs of their elderly parents, children and spouses.

The sad reality is that elders crave attention from peaceful, cooperative family members, even if they aren't in leadership roles. Therefore, sincerely getting along, giving up rivalry and healing

past hurts become the foundation of family caregiving. Your loved one's deepest desire is for you and your extended family to get along, treating one another with open hearts and kindness.

Sylvia Booth Hubbard reported on a United Healthcare survey showing that a positive attitude, diet and exercise all influence longevity. "... family was very important to them[elders], with 97 percent calling family a top priority."

Successful family peacekeeping can bring you together before the "final goodbye." Active healing methods and processes can allow your family to come to peace and give your aging loved one their greatest wish. It is possible, and it can happen — with effort, skill and focus. ■

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# How Can We Be Better Patients?

by Generations Magazine Staff

Being diagnosed with a “chronic” disease like arthritis or diabetes often comes as a shock. Changes sneak up on our bodies or slowly weaken our ability to do our chores or enjoy pastimes. We don’t want to hear that our “little problem” is the first sign of a terrible disease.



joint and wearing down the cartilage between our joint bones causes osteoarthritis. Bones don’t like rubbing together and the resulting inflammation is very painful. Yet, to be a good patient, you must gently exercise the joint every day. It doesn’t make sense, but sitting around until the joint gets

stiff just makes things worse. A little painful exercise in the morning decreases pain all day.

Rheumatoid arthritis asks even more of patients who just want relief from pain and fatigue. Doctors know that can only happen if they can get the disease into remission. So being a good patient requires patience, trust and doing exactly what the doctor prescribes, even though you are still tired and in pain.

One great way to be a good patient is to learn as much as you can. Ask your doctor or clinic for educational materials and beware of expensive “supplements” that claim to cure everything. Remember, informed patients are good patients.

For more information on arthritis, visit: [www.arthritis.org/hawaii](http://www.arthritis.org/hawaii); to educate yourself about diabetes visit: [www.diabetes.org](http://www.diabetes.org). ■

But doctors all agree that treatments work better when diseases are diagnosed early. So why do we put off going to the doctor? That’s easy. The body has the ability to heal on its own, and we rely on it. Home remedies often do the trick. Aches and pains often go away. But quirky things that don’t go away should be checked out by your doctor.

Chronic diseases like diabetes and arthritis are usually not life-threatening when they first appear, so we must live with them a long time. Early diagnosis helps reduce damage to internal organs. If you are diagnosed with diabetes, being a good patient is a much bigger job—controlling diet and exercise every day, so your blood and urine “numbers” come out good.

Arthritis is another chronic disease. Again, being a good patient is difficult. Overusing our

# Alzheimer’s Facts—Not Fiction

by Kore Kai Liow, MD, FACP, FAAN, Principal Investigator and Director, Hawaii Pacific Neuroscience

The increasing longevity of our nation’s population contributes to the increasing burden of Alzheimer’s dementia on our society—especially caretakers. As a state, we face unique challenges due to our large number of kūpuna and our geographic isolation. There are problems ahead, but I am excited about some very capable individuals and organizations working to benefit our elderly.

Let’s dispell some common myths about alzheimer’s dementia:

**What is the use of getting checked out, since there is nothing they can do?**

Early, accurate diagnosis is important; some neurologic conditions that mimic dementia with memory loss are treatable and may be reversed. Alzheimer’s is only one of many different types of dementia. If your diagnosis is unclear, you should still seek further care from a specialist, such as a neurologist or geriatrician, because each disorder is treated differently. Although we do not have a cure for Alzheimer’s, new medications can slow mental decline and lifestyle changes can improve memory. Groundbreaking research clinical trials are coming to Hawai’i every year. The Memory Research and Clinical Trial Unit of the Hawaii Pacific Neuroscience works closely with Hawaii Center for Healthy Aging and Memory to make experimental treatments available to many patients with mild to moderate memory loss. You may inquire at **808-261-4476**.

**I am afraid to be diagnosed.**

“I don’t want to burden my family.” There is nothing more important to your family and loved ones

than knowing early about your condition, so they may plan early and learn what to expect. Putting things off until a crisis arises is the worst burden. In fact, you owe it to your family to have a firm

Alzheimer’s dementia is the sixth leading cause of death in U.S., affecting one in six seniors over 65 and one in three over 85. It is the only top-ten U.S. disease without a cure or prevention. It is a neurological disorder that decreases a brain’s ability to function. Eventually, individuals are unable to care for themselves.

**Early symptoms:**

- Short-term Memory loss
- Forgetting important events
- Confused about facts that should be easily understood
- Not recognizing familiar people or places

diagnosis so they may seek medical, legal and financial support as soon as possible. At the Hawaii Center for Healthy Aging and Memory, geriatrician Pat Borman, M.D., directs a team that provides families with a comprehensive approach to memory loss and dementia. Specialists in neurology, geriatrics, advanced care, behavioral psychology and neuropsychiatry contribute to a treatment and support plan for each patient. The earlier treatment and support start, the longer patients may enjoy good quality of life, and the lighter the burden becomes for family and caregivers.

**Nobody can help—this is our family burden.**

Many families either struggle alone or don’t know that

there are many excellent resources available to them through the Alzheimer’s Association Aloha Chapter (**808-591-2771**). Dementia causes loved ones to behave differently. Often, medications don’t help and sedatives may actually worsen the behaviors. Dealing with and accepting behavioral changes are the biggest challenges to caregivers. Early on, behavioral specialists can provide patients and caregivers with simple techniques, that modify behavior and avoid unnecessary medications, doctor visits or hospital admissions. ■

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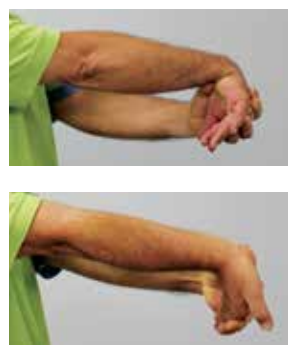
## Are You Golf-Ready?

by Julie Moon, Physical Therapist

Golf is a popular sports activity. Unlike most sports, it can be played throughout the golden years, if you can avoid injury and stay in shape. The American Physical Therapy Association says that older golfers often forget that while their passion for the game remains high, their bodies have aged. As we age, we lose flexibility, muscle mass and strength. Because the golf swing's extreme bending and twisting movements are not natural for the body, senior golfers

are at a greater risk of injury. Correct body mechanics on and off the course (lifting golf bags, etc.) play a larger role in preventing injuries. Warm-up exercises before starting a game are essential to prevent injury, and continuing with these exercises during the game will help muscles recover faster and maintain muscular balance. Keeping yourself in shape with year-round conditioning, balance, strength, endurance and flexibility training ensures an injury-free game.

### Essential Warm-up Exercises to Prevent Injury



**Wrist Stretches:** Increase flexibility. Start with one arm held outward horizontally, elbows straight, palms down. Use your other hand to bend your wrist downward. Hold it for 20–30 seconds. Then turn palms upward and repeat. Do 2–3 sets.



**Trunk Rotation:** Increases trunk ROM. Stand in the golf posture. Place your club behind your neck, on your shoulders and grasp each end. Rotate your upper body back and through in a slow and controlled motion, simulating a golf swing. Feel a stretch at the trunk region. Repeat 10 times.



**Anterior Shoulder Stretch:** Increases range of motion (ROM). Standing, hold your golf club behind your back with palms outward. Raise the club upwards until a stretch is felt in the front of your shoulders and chest. Hold 20–30 seconds. Do 2–3 sets.



**Hamstring and Groin Stretches:** Improves ROM at the hips and groin, allowing for better movement during the golf swing. Starting with one side, stand in front of a bench holding the golf club as a cane to maintain balance. Place your heel on the bench seat with the standing leg straight. Keeping hips facing forward, point your toes back toward you, hold 20–30 seconds. Next, rotate your body toward the club side and feel a groin stretch. Hold 20–30 seconds. Alternate position and repeat 2–3 times. ■



**Trunk Extension:** Increases trunk ROM and prepares muscles for your golf swing (reduces back injury.) Stand holding your golf club with both hands (palms outward), rest your club on the small of your back. Bend backwards slowly. Hold for 2 seconds and return. Repeat 5–10 times.



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## Loose Teeth May Damage Your Health

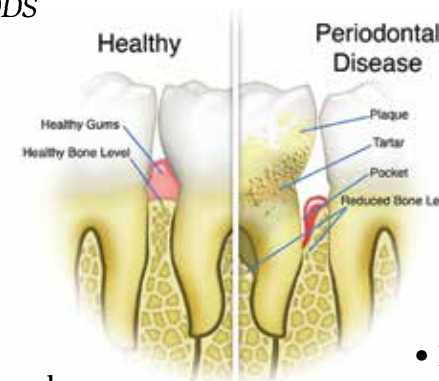
by Dennis T. Nagata, DDS

If your teeth are tight, you can floss and brush bacteria away. Loose teeth trap bacteria, allowing infection to flow into the blood stream, affect other organs and compromise overall health.

### Reasons for Loose Teeth

**Gum disease:** The No. 1 reason people lose their teeth is not age, but periodontal disease. Bacteria on the roots of your teeth may cause the gum to swell, turn red and bleed. If left untreated, the bone will corrode and the tooth loosens. Often, gum disease causes no pain.

**Trauma:** Getting hit in the mouth can loosen teeth. If a dentist can stabilize the teeth, they will tighten up again. However, if the top and bottom teeth are not connecting properly and the bite is off, the teeth may loosen more.



**Partial dentures:** Denture wires that don't fit properly may cause teeth to loosen or shift, resulting in a bad bite and more problems.

### Symptoms and Treatment

- Bad breath
- Red, inflamed gums
- Bleeding gums on brushing or flossing
- Front teeth beginning to separate, leaving spaces that were not there before
- Looseness of any or all teeth

For health reasons alone, pick up the phone and call your favorite dentist. ■

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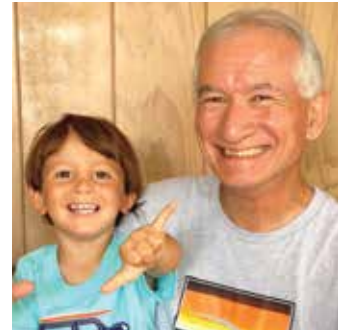
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# Retirement: Some Assembly Required

by Alan Parker, Former Director of Hawai'i County Office on Aging



**G**enerations Magazine asked me to share my thoughts about the first six months of my retirement. My feelings have definitely been surreal. I can expend all the time and energy I want to on hobbies

and interests I rarely had time for over the past 42 years; more importantly I have time to spend with my grandson, family and friends. If there's a downside to retirement, it's the loss of contact with so many great people I encountered along life's journey. It's a good feeling when people call or write—they still have you in their thoughts. Keeping in contact with old friends creates a lot of comfort. I know I am very fortunate, having witnessed firsthand over my career, the plight of many of our island's kūpuna, who struggle just to survive.

In retrospect, I think I did a fairly good job preparing for retirement. But now that I am here, I must make adjustments. With so many choices, I have to prioritize what I want to accomplish, set goals and objectives and develop action steps and time frames to get things done. But I thought retirement means getting a break from my work! I want to say, "Hey, the planner retired!"

As I write, I realize that I still get to use my talents no matter what stage in life I am in, and a little bit of planning doesn't hurt! Like it or not, planning is a part of life and the better planning results in better the outcomes! As I get my retirement goals down on paper, retirement gets even more enjoyable—maybe even less stressful...

Did I say stress? Yes, at times "enjoying myself" stressed me out. I set my pace as if I were at the office—trying to get things done immediately. Now I make a "habit" of relaxing. I have to keep reminding myself, "Why are you rushing? You don't have to finish that today!"

So yes, retirement is great—an unbelievable blessing—now that I balance "going with the

flow" with defined goals and objectives. I'm still in control—but my journey is more enjoyable.

Staying active is very important. Make exercise a priority and know your limits! Stretching is really important—muscles are resilient and react fairly well to exercise if you don't overdo. However, your tendons aren't as forgiving in old age. I tried to play softball without stretching. You know the old saying: "Your mind says, 'I can,' but your hamstring says, 'Oh, no!'" If you want your body to go along, train for the sport you want to play.

Some great advice I got from a good friend: "Don't start hiring someone to do the yard and other kinds of physical work. It's good for the body. When you start sweating, just tell yourself it's 'therapy.'" I sing with a two-man band, so now lugging amps and equipment is my "weight training." Retirement is a blessing—I hope to be rocking and rolling until I am at least 80! ■

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by Generations Magazine Staff



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Director of Golf Ted McAneeley told us, "All three nines are fairly open, with many ways to the hole, so everyone can have fun. There is no better instruction than Brian Mogg's Golf Academy, right here at Hawaii Prince. PGA teach-

ing professionals will sharpen your game or share the basics in private or group lessons." If golf is on your bucket list, check it off now.

McAneeley knows sports. He played hockey for the Edmonton Oilers in Canada and the Seibu Ice Hockey Team in Japan. The Seibu Company recruited him in 1986 to open Prince Resort properties in Hawai'i. After that, he became GM of Hawaii Prince Hotel Waikiki, and later, Mauna Kea and Hāpuna Beach resorts. Eventually, Ted found his way back to the Hawaii Prince Golf Club. For all his success, McAneeley is a humble man who lives aloha. At Hawaii Prince Golf Club, he offers seniors and golfers of every age a friendly, world-class golf experience. ■

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# Do I Have a Tip For You: PEROXIDE

by Generations Magazine Staff

Who'd have thought that "peroxide" could do so many useful things ... cleaning, disinfecting, laundering and even healing! Here are uses for that plain brown bottle of peroxide—under \$1 on sale at any drug store.

- **Canker sores:** Instead of mouthwash, hold a capful in your mouth for 10 seconds daily. No more sores and your teeth will be whiter!
- **Germicide:** Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
- **Antiseptic:** Soak any infections or cuts in peroxide for five to 10 minutes several times a day.
- **Sinus reliever:** Tilt your head back and spray into nostrils with 50-50 mixture of water and peroxide. Hold for a few minutes, then blow out.
- **Toothache:** To lessen pain of a toothache, put a capful of peroxide into your mouth and hold for 10 minutes several times a day.

- **Disinfectant:** To kill germs on your counters, clean them with a 50-50 mixture of peroxide and water in a spray bottle, and wipe dry.
- **Disinfectant:** Peroxide kills salmonella and other bacteria on your kitchen cutting board.
- **Glass cleaner:** Use peroxide to clean mirrors, without smearing.
- **Healing bath:** Half a bottle of peroxide in your bathwater helps get rid of boils and fungus.
- **Laundry whitener:** Add a cup of peroxide to a load of "no chlorine bleach" whites. If there is blood on clothing, pour directly on the soiled spot. Let it bubble for a minute, then rub it and rinse with cold water. Repeat, if necessary. ■

Help us share your wisdom by giving us your helpful tips. Contact Sherry Goya. Or comment on this article online. 808-722-8487 | [sgoyallc@aol.com](mailto:sgoyallc@aol.com) | [generations808.com](http://generations808.com)



# Creamy, Lemony Pasta with Jumbo Shrimp

by Chef Michi

A golden rule: no cheese with seafood in Italian cooking. *But* a little cheese does so well with this lemony cream sauce!

## Ingredients:

- 1 lb rigatoni or spaghetti, cooked
- 1 lb jumbo shrimp, deveined, shelled and baked
- Garlic salt to taste
- Juice and zest of two lemons
- 3/4 cup heavy cream
- 1/2 cup white wine (or low sodium chicken broth)
- 1 Tbsp butter
- 1/4 cup chopped fresh flat leaf parsley
- 1/4 cup fresh grated Parmesan cheese
- Salt and fresh ground black pepper to taste
- 1/2 tsp red pepper flakes (optional)

## Directions:

Try baking shrimp! Preheat oven to 350 degrees. Prepare a rimmed baking sheet with cooking spray and pour in 1/2 cup water onto the pan—creating a shallow bath. Place the shrimp onto the pan, season with garlic salt and bake for about 8–10 minutes (while pasta cooks). When done, set aside shrimp and cooked pasta while you prepare lemony, fresh-tasting sauce.

Zest both lemons. Squeeze juice and pulp into a cup. Set aside. In a 12" skillet or sauté pan, combine cream, white wine and butter, bring to a boil. Turn down heat and gently stir until the sauce starts to thicken (about 8 minutes). Stir in lemon juice, and season with salt and pepper to taste. Add shrimp to sauce and heat through; then toss with pasta. Sprinkle with parsley, lemon zest, Parmesan and red pepper flakes (optional). Serve.

**Serves:** 4 | **Time:** 30 minutes



Chef Michi's Cooking FRESH

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