

## IKEBANA

### A Conversation With Nature



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*Eric Larsen, a retired Līhu'e library technician and branch manager, says many seniors pick up Generations Magazine at Līhu'e's library.*

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Printed by Southwest Offset Printing through Trade Media Hui | 808-848-0711 | [trademediahui.com](http://trademediahui.com)

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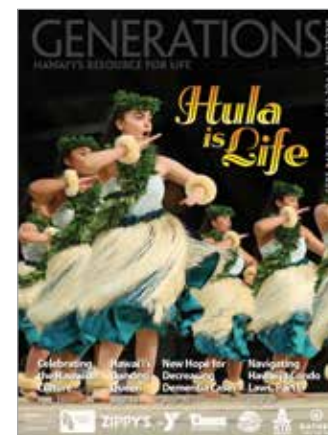


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**M**ay Day—Lei Day in Hawai‘i—on May 1 is a tradition that signifies the spirit of aloha. The giving of lei to family, friends and friends-to-be weaves the tapestry of our diversity closer together with every exchange. As part of our ongoing series to highlight this diversity, we recognize both Japanese and Okinawan traditions, history and art in this issue. “Ikebana: A Conversation With Nature” by Rosa Barker (pg. 24) explores ikebana, the Japanese art of flower arranging. Like the practice of ikebana itself, the feature is beautifully designed by GM Art Director Wilson Angel. To see some amazing ikebana designs in person, visit the Ikenobo Ikebana Society Honolulu Hawaii Chapter’s 45th Anniversary “Creating Harmony” exhibit on June 14 and 15 at Ala Moana Hotel.

Other articles that offer a glimpse into Hawai‘i’s divergent composition include “Celebrating the Japanese Culture” by Haley Burford (pg. 20), in which she shares information about Japan’s earliest immigrants who came to Hawai‘i, and their ongoing contributions and influence.

In addition, we are honoring my own heritage. In “125th Anniversary of Okinawans in Hawai‘i,” Jodie Chiemi Ching writes about the Okinawan immigration to Hawai‘i (pg. 23). The celebration is not a single event: It’s a yearlong series of commemorative activities and festivities.

In Hawai‘i, May is “Honor Our Kupuna Month.” The new proclamation coincides with national Older Americans Month. This is a time to honor the contributions of older Americans and reaffirm our commitment to serving older adults. Look for events throughout the islands that honor our kūpuna. Check out our calendar at [generations808.com/calendar](http://generations808.com/calendar) to view or post a kupuna event.

On two Sundays, May 11 and June 15, respectively, we celebrate two of the most important people in our lives—our mother and father. Mine mean the world to me, along with my daughter, Lexie, of course! Being a mother has been the best 13 years of my life!

After this whirlwind of celebrations, don’t forget to save the date for our **17th Annual Generations Magazine–Aging in Place Workshop on Saturday, Aug. 2**, from 8am to 2:15pm at Ala Moana Hotel. As we continue to expand our presentation lineup, we are looking forward to more than 50 vendors offering a wide variety of information for our attendees. The AIP schedule will be available in the July/August issue. See you there! ■



Aloha... and Roll Tide!

Cynthia Arnold, *Owner-Publisher*  
A Faithful Alabama Crimson Tide Fan



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A brief preview of two of our presenters:

## ■ AARP HAWAI‘I

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# Who's Behind Generations Magazine?

**G**enerations Magazine relies on Hawai'i's experts—from financial and legal advisors to healthcare professionals and grandparents—to write articles that are important to seniors, their families and their caregivers. The magazine also employs and utilizes writers from across the island chain who are advocates for our kūpuna and passionate about issues that affect our senior community.



**SANTOS BARBASA** earned a BFA from the University of Hawai'i at Mānoa. His enjoyment of three-dimensional art is reflected in his hobbies. He creates origami designs (1001 cranes) for weddings and other celebrations. His tabletop fountains are made by carving rocks to form waterfalls and "garnishing" them with plants. He officiates high school football and other football leagues. He is the manager of the editorial, design and production department at the University of Hawai'i Press.



**JODIE CHIEMI CHING**, Vice President of the Hawaii United Okinawa Association, is a writer and an advocate dedicated to preserving Okinawan culture. She is a former editor of The Hawai'i Herald, current editor for the San Times (a news website highlighting the Japanese community in Hawai'i) and the author of the Okinawan children's book IKIGAI: Life's Purpose under the pen name Chiemi Souen. Her poetry has appeared in Bamboo Ridge and Riksha Magazine.



**SAVINA "SAVY" MAKALENA** is a caregiver, daughter, mother and mentor with a BA in business management. She is the founder/CEO of Gimme A Break, producer/creator/host of the "Caring Caregiver Show" and publisher of Givers Guides Magazine. She is board president for Hawaii Family Caregivers Coalition. She's a member of the Hawai'i Dementia Initiative Coalition and the Inspire Core Team. She received the 2021 Ruby Award, 2022 Remarkable Women and was a 2023 Andrus Award nominee.



**DOMINIC NIYO**, Class of 2026, is the editor of The Pinion, McKinley High School's student-run newspaper. He oversees print and online publications, and manages the school's social media platforms. He joined as a freshman to explore the journalism industry, because he was inspired by the journalists covering the 2020 pandemic. He returned to the job in 2025 to continue The Pinion's 100-year legacy of delivering insightful content. He aims to highlight stories that reflect the values of our community.



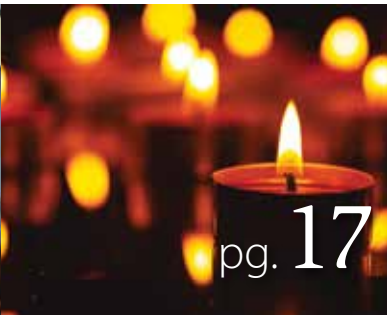
**JENNY OSTLIND** is the Membership & Healthy Lifestyle Program Executive at the YMCA of Honolulu. She was born and raised in Alaska, and after graduating from Boise State University in Idaho, she moved to O'ahu. She's worked at the YMCA of Honolulu since 2004. She is a certified strength and conditioning specialist and certified group exercise instructor. She loves to work with people of all ages to help them adopt healthier, more active lifestyles.



**MADISYN SIM**, the Community Outreach and Recruitment Coordinator at Project Dāna, is dedicated to serving Hawai'i's kūpuna. With a passion for elder care and community engagement, she connects volunteers, caregivers and social service partners to support aging-in-place initiatives. Through outreach, education and advocacy, she strengthens intergenerational bonds and expands resources for kūpuna and their caregivers. Madisyn fosters a network of support that honors aloha.

Mahalo to all of our writers and loyal contributing partners, whose dedication to the senior community is greatly appreciated and whose presence continues to enhance this magazine's value.

ROSA BARKER | HALEY BURFORD | LEIGH DICKS | MAE FUJII | MICK GARRY  
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Cover photo: Rikka Shimputai by Senko Ikenobo. PC: Ikenobo Headquarters, Japan

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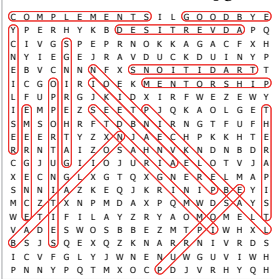
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# Developing Disaster Resiliency

by Keali'i Lopez, State Director, AARP Hawai'i

Even before the Lahaina fire of August, 2023, Evelyn Lane, 67, was concerned about what would happen if a natural disaster struck the Kahuku Elderly Hauoli Hale senior and disabled low-income housing project that she lives in.

Who will help them if a fire broke out in the forested area near the complex? What if there's a tsunami? Who would help residents in wheelchairs and those who have difficulty walking?

"All of these people could be left behind and I worried that would include me," Evelyn said.

The complex is developing an emergency plan with help from neighbors, local community groups and an AARP Community Challenge grant.

The grant helped the neighboring Hui O Hau'ula community organization purchase satellite internet system communication devices that provide internet to populations with little or no connectivity. The grant also provided training on emergency preparedness, and the use of WiFi and the internet during a disaster to the Hau'ula community and neighboring valleys in Northwest O'ahu.

Hui O Hau'ula President Dotty Kelly-Paddock notes that the communities between Ka'a'awa and Kahuku could be cut off if Kamehameha Highway is damaged in a disaster. She used the AARP grant to buy three internet devices. She used a grant from the Castle Foundation to buy two more devices for all of the Ko'olauloa communities in Northeast O'ahu, and helped Lane and other community activists get training so they could help organize their neighbors to become disaster resilient and prepare for emergencies.



An AARP Community Challenge grant provided training on emergency preparedness on O'ahu.

Lane is organizing meetings with residents, the Kahuku Community Association, churches and other neighbors.

"You have to be really resilient to live on the North Shore of O'ahu," Evelyn says, adding that internet system and the disaster resilience plan "are going to be a real benefit to our community."

As hurricane season approaches in June, AARP Hawai'i encourages you and your family to have a personal disaster plan in place—especially if you are a kupuna or a caregiver for one. AARP also encourages community leaders to talk to neighbors about creating a disaster resilience plan so everyone can know what to do before the next one strikes. For more information, search online: "AARP How to Prepare for Natural Disasters" and "AARP Disaster Resilience Tool Kit." ■

AARP HAWAII'I (nonprofit)

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# New Executive Director at Project Dāna

by Madisyn Sim, Community Outreach and Recruitment Coordinator, Project Dāna

Project Dāna proudly welcomes Maria Raiza Morales as its new executive director. Honored to uphold the organization's mission, she builds on the vision of its founders, Shimeji Kanazawa and Rose Nakamura. With gratitude for the mentorship of Rose and former Executive Director Cyndi Osajima, Maria steps into this role with a strong commitment to their legacy, supported by a dedicated team and community.



improving volunteer coordination and client services. With Hawai'i's aging population growing, these services are more critical than ever.

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To learn more, visit our website, or contact us by phone or email if you are interested in volunteering or need assistance. ■

Project Dāna continues to serve Hawai'i's kūpuna and caregivers by providing companionship, transportation, errands and respite support. Its Caring for the Caregiver program offers public presentations, training, support groups and counseling. To enhance these efforts, Project Dāna recently introduced Mon Ami, a software platform

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# Finding My Purpose in Retirement

by Mae Fujii, Hawai'i State Executive Office on Aging and RSVP Volunteer

I found my perfect niche when I met Director Kimberly Itagaki, who launched her "RSVP Newsletter" in 2020. The Retired and Senior Volunteer Program (RSVP) is a nationwide volunteer program for people ages 55 and over who are passionate about sharing their time and talents with their community. For me, RSVP opened a whole new world of service.

I work alongside exceptional individuals who have taught me what service involves—time, helping others one-on-one, maintaining a garden and other special projects that promote different cultures and customs.

Two volunteers I work with are distinguished for their outstanding service. Linda Dyer, a stage designer at church functions, shared Japanese



customs, diverse perspectives and critical thinking with Leeward students.

Ed Tagawa, on his bent knees and with his bare hands, pulls weeds weekly to keep the Ho'ola 'Aina Pilipili Garden (UH College of Education) green and flourishing for the community.



Linda and Ed exemplify true volunteerism—service starting from the heart along with time, effort and a spirit of selflessness.

Blessed with fellowship and friendships, I have found purpose as an RSVP volunteer. ■

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<sup>1</sup> Kaiser Permanente is the highest-rated Medicare health plan in Hawaii, according to NCQA's Medicare Health Insurance Plan Ratings 2024-2025, National Committee for Quality Assurance, 2024: Kaiser Foundation Health Plan, Inc., of Hawaii – HMO (rated 4.5 out of 5). <sup>2</sup> The Kaiser Permanente Medicare health plan in Hawaii has been highly rated for 15 consecutive years (2011-2025). Every year, Medicare evaluates plans based on a 5-Star Rating system. In 2025, Kaiser Permanente Hawaii received 4.5 out of 5 Stars.

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# Hawai'i Veteran Dr. Takashi Manago

by Kathleen Hayashi, President and Education Chair, 100th Infantry Battalion Veterans

Dr. Takashi Manago is one of six known living veterans of the mostly Hawai'i-born, Japanese American unit—the 100th Infantry Battalion (the 100th). At age 101, Dr. Manago is an active member of the 100th Infantry Battalion Veterans organization, affectionally called “Club 100” and tirelessly makes public appearances to represent those killed in action during World War II and those who have since passed. With the 442nd Regimental Combat Team (RCT), the 100th became the most decorated in US military history for its size and length of service.

Dr. Takashi “Taka” Manago was born on Jan. 20, 1924, in Captain Cook, Kona, Hawai'i. He is the son of Kinzo and Osame Manago, the founders of the Manago Hotel in Captain Cook.

Taka was a 17-year-old student at Konawaena High School when Pearl Harbor was attacked. In 1944, he was inducted into the Army with the 442nd RCT and later joined the 100th Infantry Battalion—Company A, as a replacement. The boat trip from Hawai'i to the mainland was seven days of seasick torture.

After basic training at Camp Hood, Texas, Taka was deployed to Italy in April 1945. He served as a litter bearer in Northern Italy. His assignment was bringing the injured soldiers from the front line under the cover of night. He remembers the “ack-ack” sounds and 88mm shells whizzing overhead.



After a few weeks in combat, they got word that the Germans had surrendered, and on May 8, 1945, the war in Europe was over.

Taka's next assignment was receiving and processing the German prisoners of war. He decided to reenlist and continued to serve in Florence, Italy, where he took medical classes at the Army training school. He married Italian sweetheart Silvana Cozzi and later had a daughter, Rita.

Taka was discharged in 1948 as a staff sergeant. After the war, Taka attended Creighton College and the Fairleigh Dickinson University School of Dental Medicine. He established a successful dental practice in Honolulu. Taka married Jane Toyoko Iida and had three children: Jennifer, Beverly and Jeffrey. He enjoys watching sports, eating out and helping to perpetuate the legacy of the 100th Infantry Battalion.

In a previous article, I wrote about elders staying healthy by being social and purposeful. Dr. Manago is a great example of how young a 101-year-old mind can be. Thank you, Dr. Manago, a Hawai'i-born veteran, who helped liberate Europe while spreading the seeds of aloha. ■

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# Students Promote Fall Safety

by Dominic Niyo, Reporter, The Pinion, McKinley High School

Strength and balance are essential to staying independent as we age. But fall prevention isn't just about exercise—it's also about confidence. To that end, McKinley High School's occupational therapy students recently partnered with kūpuna at the Lanakila Multi-Purpose Senior Center, guiding them through exercises designed to improve stability and mobility.

Coached by a professional occupational therapist, students (many aspiring healthcare professionals) put their knowledge into practice by assisting kūpuna with fall prevention techniques. They measured vital signs, led stability exercises and shared strategies to help maintain mobility, while determining whether kūpuna could safely continue daily activities or if further care was needed.

## EXERCISES FOR FALL PREVENTION

- **Single-Leg Stance Tests:** Holding this position for at least five seconds helps build balance and ankle stability.
- **Seated Leg Lifts:** Strengthening the quadriceps and hip flexors enhances walking ability and reduces instability.
- **Guided Walking Drills:** Focusing on posture and step control helps kūpuna move with greater confidence and safety.

Regular practice of these exercises can significantly reduce fall risk, making them essential for long-term health and mobility. However, if any kūpuna experienced difficulty with the exercises or showed signs of instability, further medical evaluation was recommended.

Beyond the physical benefits, the event brought generations together through mutual experiences. Kūpuna shared their commitment to staying active, while students gained valuable hands-on experience in patient care. “I felt very safe during



McKinley High School occupational therapy students Jason Lin and Shirley Yang assist a kupuna with a single-leg exercise to improve balance and stability.

the exercises and it gave me the confidence to keep moving,” says a kūpuna participant.

“It was a wonderful experience. I learned so much from working with them,” says Shirley Yang.

Kūpuna left with valuable techniques to maintain independence. Students gained a deeper understanding about how small, consistent efforts can positively impact someone's well-being. Together, both generations took steps—both literally and figuratively—toward a stronger, safer future. The collaboration has inspired interest in future partnerships between McKinley High School and local senior centers. ■

## GENERATIONS

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*Generations Magazine* is seeking local writers who have an interest in the welfare of Hawai'i's kūpuna. *Generations* is interested in experienced writers as well as novices who have a desire to contribute to an award-winning print and online magazine that provides essential resources and timely information on the issues that affect our seniors, and their families and caregivers.

Email the *Generations Magazine* editor at [Debra@generations808.com](mailto:Debra@generations808.com) for more information about writing for “Hawai'i's Resource for Life.”

Please include your reasons for wanting to contribute to *Generations Magazine* along with two writing samples.



# Who's in Charge?

by Anita 'Ilima Stern



PC: iStock / Jacob Wackerhausen

"We're not in charge anymore" is the phrase I find myself repeating over and over again to my husband, Bill. The first time I heard myself say that to him was when he complained about waiting for our son and his partner to choose a date in September to move some of our furniture from the three-bedroom townhouse in 'Ahuimanu to the newly renovated one-bedroom unit downstairs in Kailua, where we will live out the rest of our lives. They chose the Labor Day holiday.

I should explain that Bill suffered a stroke the summer of 2020 during the pandemic. I realize now that Bill's stroke was a mild one. He only spent one week at Kaiser. I was not allowed to visit. I remember being allowed to see him on the hospital grounds before he was transported by ambulance to the rehab facility in Nu'uuanu. He spent four weeks there and during that whole time, I never got to see him because of COVID-19.

The first time I saw him there was when I picked him up to bring him home to 'Ahuimanu. At home a physical therapist worked with him enough so that he was only on a walker for one week, graduating to a cane after that. He's been walking with the cane ever since then. So it's been hard for Bill to realize that he is not able to do a lot of what he was able to do before his stroke, such as lifting heavy furniture and moving heavy items easily.

After my sister died last year and her partner cleared out of the space downstairs in the house we'd built in Kailua, we had the space renovated with new kitchen cabinets, new appliances, a walk-in shower (replacing the whirlpool tub), new flooring and bright off-white paint on all the interior walls. After the house was finished in 2006, we lived upstairs until 2015, but arthritis in my right knee made it impossible for us to stay there. That's when we moved into our daughter's townhouse in 'Ahuimanu and she moved upstairs in the Kailua house. We've been helping her with her mortgage ever since.

Now it's time for us to move back to Kailua so we can be taken care of in our declining years.

As I said, we're not in charge anymore. The kids are in charge now even, though the kids are in their 50s now. When the kids were little/younger, we were in charge. We placed them in our neighborhood schools, paid for their hula and piano lessons, drove them to and from practice sessions, and when it was time after their elementary years, helped get them into Kamehameha and paid their tuition. We did much the same with drama, hula and band practice sessions there. We paid tuition for college and helped with car insurance.

Not it's their turn to be in charge. If that means waiting until they have time in their busy schedules to move furniture or appliances, so be it. Complaining won't help, patience will.

The more my husband complains, the more often I have to remind him and myself. We're not in charge anymore.

It meant we had to wait weeks—or a whole month—until we finally moved into the downstairs space the first week in October—where we're still not in charge.

Bill powerwashed the area on the lānai and wanted to move the fridge from 'Ahuimanu to be plugged in there for his beer and my daughter's wine weeks ago, but it had to wait until she and her husband had time last weekend.

Because, we're not in charge anymore. ■



Anita 'Ilima Stern is a retired elementary school teacher and writer who taught hula for 33 years. Her students liked learning hula and chant from her and appreciated the positive feedback they received. She lives in Kailua on O'ahu.

If you have thoughts or a story to share, email the editor: [debra@generations808.com](mailto:debra@generations808.com). It may be published in *Generations Magazine*, Facebook or our website.

# Finding Peace at the End of Life

by Alan Gamble, LCSW, Bereavement Network of Hawai'i

In American society, we are often anxious and afraid to look directly at death and accept it as a mysterious, important and integral aspect of our living. So, we ignore death and do not explore, discuss and plan for our end-of-life care.

We are too often unprepared when the time comes and we are told we have a serious progressive illness. We may not have prepared our loved ones for the time when we can no longer make decisions on our own, leaving them anxious without knowing what we want during our end-of-life journey. Because we are unprepared, we are overwhelmed with strong feelings, including fear and anxiety bringing negative thoughts, concerns and questions flooding into our life. What now?

With assistance and honest discussions with loved ones before a health crisis occurs, plans can be created and shared, which can reduce fears and can become the catalyst for healing of long-held pain from wounds which we have been carrying within.

This healing is the process of becoming whole and balanced, mentally, emotionally and spiritually, discovering life's meaning, allowing the emergence of our genuine, authentic selves. In most situations with the right care, physical pain can be treated and made manageable.

Why not plan for this ahead of time, before we are told we are dying? Part of this process of healing is clearing up relationships through honest



dialogue. Granting forgiveness and asking for forgiveness can help to set things right, releasing long-held pain. Who might you need to do this with?

Telling others "thank you" and expressing your gratitude for their role in your life provides meaningful affirmation for both you and them. Who do you need to thank?

Exploring resources and developing your support community can help you to answer the question, "Who will take care of me and my affairs?"

Sharing love is healing. Who do you love? Have you told them so lately? Is there someone you love, but haven't told them?

It's about talking to your loved ones about what you or they want for end-of-life care. Honest conversations with loved ones about what you would like to have happen at the end of your life help you to self-reflect on what is important and will let loved ones know your wishes. These conversations can happen at any time—even if you are not seriously ill.

Use the information below to learn about starting "the conversation," advance care planning and resources to bring peace at the end of life. ■

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# Beware of Going-Out-of-Business Sales

by Cameron Nakashima, Media Engagement & Digital Campaigns Manager, BBB Great West + Pacific

Seeing the big signs and online ads that say “Going Out of Business! Everything Must Go!” can be tempting, but these sales aren’t always what they seem.

## Fake “online sale” websites:

Scammers create fake websites advertising clearance sales, pretending to be popular brands. You place an order, get a tracking number but nothing arrives. Others may send cheap knockoffs instead of advertised products.

**Misleading marketing:** Not all these sales are scams, but even legitimate store closures don’t always offer the deals they promise. Many retailers hire third-party liquidators who mark up prices before discounting them or stretch out sales for months. Some businesses advertise closures indefinitely to pressure shoppers.



Shop smart by looking up the business on **BBB.org**. Verify websites by checking URL spellings and look for “https://.” Use a credit card for fraud protection. Compare prices before buying to make sure the “deal” is real.

These simple steps and Better Business Bureau insights can help you make better buying choices, keeping your money safe—even when the deal looks really good! ■

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# Flying Solo

by Leigh Dicks, GM Staff

You may now find yourself single or maybe you have been single for years. You’ve managed a home, raised children and worked 40-plus hours a week in a demanding, often stressful job.

I’ve been single for several years, so cooking for one and maintaining a home were things I had already conquered. Pat yourself on the back if you are single and have done this, as well!

I looked forward to retirement and doing whatever I wanted. But I struggled to find something I enjoyed doing with my “extra” time. But then, I discovered pickleball and my days filled up quickly! I made many new friends and even won several medals in tournaments!



(R-L) Leigh and Cathy at the 2024 NYC PPA Tournament.

I also started a card group. A friend goes on cruises with me. After downsizing and moving into my condo, a group of us started having happy hour on the beach, going to movies and attending theater performances. I have even served on my condo’s homeowners’ association board of directors.

In 2023, I began working for *Generations Magazine*, helping my daughter-in-law, Cynthia Arnold. My “extra time” filled up quickly!

So, find those fun activities—and more importantly, people you enjoy being with. Your life will be much more fulfilling doing things that bring you joy! ■

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# Celebrating the Japanese Culture

by Haley Burford



PC: Mō'ili'ili Summer Festival Committee

Since more than 1,500 years ago, Kānaka Maoli (Native Hawaiians) have welcomed immigrants from every corner of the globe, cultivating and perpetuating a tapestry of diverse cultures. In this third article in our series about the many cultures that comprise Hawai'i, we will focus on the Japanese—how they arrived here, their culture and a few celebrated observances.

## Japanese Arrival in Hawai'i

The earliest documented arrival of Japanese in Hawai'i was in 1806, when survivors of a Japanese ship became stranded in the Pacific Ocean, then rescued by Capt. Cornelius Sole of an American ship. Upon docking in O'ahu, the captain left the survivors in King Kamehameha I's care. From 1869 to 1885, emigration from Japan was suspended. In 1881, King David Kalākaua visited and successfully strengthened relations between Hawai'i and Japan, and emigration began again in 1885. Today, about 16% of Hawai'i's population is of Japanese ancestry.

## Culture and Tradition

Many aspects of Japanese culture are embedded in the local ways of life. For example, we played “jan-ken-pon” instead of “rock-paper-scissors” in our hanabata days. “Hanabata” (runny nose) is just one example of how Japanese words and phrases are infused in daily conversation. Japanese food—ramen, sashimi, bento, etc.—is also an integral part of local culture. Japanese art, such as Ikebana (flower arranging) and Gyotaku (fish printing) are popular in Hawai'i. The Honolulu Museum of Art has over 10,000 Japanese ukiyo-e woodblock prints in its collection.

## Celebrations and Obon

Many Japanese celebrations are enthusiastically honored each year in Hawai'i. Families and friends get together for *mochitsuki* (mochi-pounding) during *oshogatsu* (Japanese New Year) and pound for peace, prosperity and good health. On *Kodomo no Hi* (Children's Day) on May 5, families fly *koinobori*, carp-shaped windsocks. On *Tanabata* (Star Festival) on July 7, one writes a wish on *tanzaku* (colorful paper) and displays it.

One of the most important events, the traditional, three-day Buddhist Obon festival, is celebrated each summer to honor ancestors. Obon was introduced to Hawai'i in the late 1800s by Japanese plantation workers. On the first day, families clean ancestral graves, calling spirits home by hanging lanterns outside or lighting *mukae-bi* (welcoming fires). On the second day, *bon odori* (bon dance) is held. Unique to Hawai'i is *hatsubon*—the first memorial service to honor those who passed since last Obon season. Finally, *okuri-bon* (to send off) is held on the third day, when families light *toro nagashi* (floating lanterns) to help guide ancestors back to their world. This year, Obon festivals will be held throughout the summer, from June to September.

Visit the Japanese Cultural Center of Hawai'i's website ([jcchawaii.org](http://jcchawaii.org)), and *Generations Magazine's* FaceBook page ([facebook.com/genmag808](https://facebook.com/genmag808)) and calendar ([generations808.com/calendar](http://generations808.com/calendar)) for community events and opportunities. ■

The next article in this series will feature the influences of Okinawan culture in Hawai'i.



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# Mom's Chi Chi Dango

by Gail Kawatani



Mochi was a rare treat when I was growing up, so I ate my fill of it at family gatherings on New Year's Day: delicious homemade zenzai, nantu (Okinawan mochi), mochi filled with sweet bean paste and my favorite—soft, pillowy chi chi dango. This is my mother's version.



## Ingredients

16 oz. box of mochiko (sweet glutinous rice flour)  
2-2/3 cups water  
1/2 c evaporated milk  
1/2 c water  
2-1/2 cups sugar (or more) to taste  
kinako (roasted soybean flour) or potato starch for dusting

## Directions

Combine mochiko and 2-2/3 cups water in a large bowl and steam 45 minutes to 1 hour until solid but still sticky.

While the mochi is steaming, combine evaporated milk, 1/2 cup water and sugar in a small pot (add another 1/4 cup sugar if you like it sweeter). Bring to a boil. If you want colored mochi, stir in a few drops of food coloring.

Add liquid gradually to bowl with steamed mochiko and stir.

Butter a 9-by-13-inch glass pan and pour the mixture into it. Let it cool and set. Butter a plastic knife and cut the chi chi dango.

Cut the 13-inch length of the pan in fourths and then cut rows approximately an inch wide. Dust pieces with kinako or potato starch; brush off excess.

**Prep time:** about 1-1/2 hours

**Yield:** 52 pieces, about 1-by-2-1/4 inches. ■

Do you have a favorite recipe and story to share? For consideration in the next issue, include a photo and mail them to Generations Recipe, PO Box 4213, Honolulu, HI 96812, or email them to [Cynthia@generations808.com](mailto:Cynthia@generations808.com).

RECIPE NOTE: The Hawai'i Book of Rice, Volume 2 by Cheryl Chee Tsutsumi features 101 rice recipes, including this one. The book is available for \$22.95 at [bookshawaii.net](http://bookshawaii.net) (free shipping on all Hawai'i orders), Barnes & Noble, Walmart and other retail outlets statewide.

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# Bonsai Made Easy for Beginners

by Santos Barbasa, Bonsai Enthusiast

**B**onsai (tray planting) is a Japanese art form that originated from the Chinese practice of “penjing” from the 6th century. Eventually it was redeveloped under the Japanese Zen Buddhism representing peace, harmony and strength.

## TOOLS

The first things to consider as a beginner creating a bonsai are the basic tools: various types and sizes of shears and clippers for trimming, and an array of copper wire thicknesses.



## SELECTING A PLANT

Next is selecting a plant. For beginners, I suggest starting with a jade plant. They are durable and easy to work with. There are different types to choose from and they come in different forms. I usually let the plant dictate the style. Here, I found a plant that had potential because it overgrew its container. I saw how I could continue to direct that. So, I decided to create a cascade-style bonsai.



## SHAPING

Shaping the plant as envisioned, I use copper wires. Carefully curl them around its branches like a flexible cast to bend and hold them to the desired form. There are various thicknesses of wires depending on the thickness of each branch. During the next several months as the plant grows, methodically start pruning and shaping it, a little at a time, to the look you desire.



## POTTING

When it's beginning to take the shape of what you've envisioned, it's time to select the pot that best enhances the style that you've chosen. Here, I chose a tall, narrow ceramic pot about 8 inches in height. I had to be sure it was tall enough for my cascading branches, and that it also complements the pot's shape.



## TRIMMING

Again, I am constantly reshaping the plant to blend with the pot. This is my jade plant after six months. As the plant continues to grow, you, too, must grow with it. Accept the natural changes the plant would offer. Sometimes a little bud might catch your attention and offers you another perspective. So trimming, shaping and maintaining the plant's health is essential as it grows—as well as keeping an open mind.



## ENJOY

Bonsai is an art form. It requires patience—after all, plants have their own natural time for growth—and vision, and heart. Creating a bonsai is a meditative process; a constant dance with nature. It really is not about control, rather, it's about surrender. I find it relaxing and creative, producing these miniature forms. I hope you all find the same pleasure in bonsai as I do. ■



# 125th Anniversary of Okinawans in Hawai'i

by Jodie Chiemi Ching, Vice President, Hawaii United Okinawa Association

**T**his year, the Hawaii United Okinawa Association (HUOA) proudly celebrates the 125th anniversary of Okinawan immigration to Hawai'i—a milestone that not only marks our history, but also acknowledges the resilience, achievements and cultural legacy of our ancestors. Since the arrival of the first 26 Okinawan immigrants in 1900, the community has grown into a vibrant and integral part of Hawai'i's diverse landscape. Through perseverance, hard work and an unbreakable spirit, generations of Uchinanchu have contributed to Hawai'i's society while preserving and sharing Okinawan culture. “Uchinanchu” is the term used by Okinawan immigrants and their descendants in Hawai'i to identify themselves as an ethnic group distinct from the Yamatunchu of Japan's four main islands. Okinawa is the southernmost and westernmost prefecture.

Hawai'i's issei (first-generation immigrants) faced immense hardship, from discrimination to backbreaking labor on the plantations. Yet, they held fast to their identity, building families, businesses and communities that have thrived for over a century. Today, their legacy is evident in the Okinawan clubs, the annual Okinawan Festival and the cultural institutions that continue to educate and inspire new generations. The preservation of our language, music, dance and values speaks to the dedication of those who came before us and the commitment of those who carry the torch forward.



Leading this year's milestone celebration is HUOA President Frances Nakachi Kuba, whose theme, Miree Ya Kugani—Bright Hopeful Future, encourages us to honor our past while looking ahead with optimism. Under her leadership, HUOA continues to cultivate cultural programs, strengthen community connections and inspire the next generation of Okinawan leaders. Her vision recognizes that while we celebrate our heritage, we must also ensure its growth and relevance for future generations.

As we reflect on this historic anniversary, we recognize that our community's success is built upon the sacrifices and dreams of our ancestors. We honor them by continuing their work—preserving our culture, uplifting our people and embracing new opportunities. The journey of the Okinawan community in Hawai'i is one of resilience and unity, and with Miree Ya Kugani as our guiding light, we look forward to a future as bright and hopeful as the one our ancestors envisioned. Ippee nifee deebiru—thank you to all who have contributed to this remarkable legacy.

The celebration of 125 years of Okinawan immigration to Hawai'i and emigration to the world is not a single event, but a yearlong series of commemorative activities and festivities. Each milestone and program reflects the legacy and enduring contributions of the Okinawan community in Hawai'i. There will be many opportunities to celebrate this milestone year, and more information can be found at [huoa.org/events](http://huoa.org/events). ■

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# IKEBANA

## A Conversation With Nature

By Rosa Barker

Photos courtesy of  
Barbara & Roger Tinius

Ikebana is instantly recognizable as a Japanese style of floral art, no matter where in the world it is created. One thing that sets it apart as a style is that the arrangement is simple and uncluttered. But that simplicity is full of deeper meaning, dating back many centuries, when an Ikenobo priest taught that “With a spray of flowers, a bit of water, one evokes the vastness of rivers and mountains.”

### Ikenobo Ikebana

Ikenobo Ikebana is the original school of ikebana in Japan. The school’s headquarters are in Kyoto, close to the art’s origins at the Rokkakudo Temple, which was founded nearly 1,400 years ago. Priests who made floral offerings at the temple’s Buddhist altar lived near a pond (*ike*) in a small hut (*bo*). The priests became known as “ikenobo,” and people came to watch and learn from them. The Buddhist name “Senkei Ikenobo” first appeared in historic records as “master of flower arranging” in 1462.

In the mid-16th century, Senno Ikenobo established the philosophy of ikebana, completing a compilation of Ikenobo teachings called “Senno Kuden.” He taught that “Not only beautiful flowers but also buds and withered flowers have life, and each has its own beauty. By arranging flowers with reverence, one refines oneself.” As the Ikenobo Ikebana Japan website explains, the spirit of Ikenobo Ikebana is embodied in the idea that “arranging flowers and finding beauty in them is linked to a heart that values nature and cares for other people.” Flowers are not only beautiful but they can reflect the passing of time and the feelings in the heart of those who arrange them.



### Ikenobo Ikebana Styles

Ikenobo Ikebana has three main styles: *shoka*, *rikka* and *jiyuka* (Free Style). The first two have both traditional (*shofutai*) and more modern (*shimputai*) variations. The modern variations and the *jiyuka* style were all introduced during the current Kyoto headmaster’s term. He based these “new” styles on old scrolls showing materials being used in a simpler manner.

**SHOKA** uses no more than three kinds of floral materials and is the most dignified flower style among the three, created originally during the mid-Edo era (18th century) for placement in the *tokonoma* (alcove) of a traditional Japanese *tatami* room. It has only three main components that can represent past, present and future, or heaven, man and earth. This style expresses the longing for nature.

Left: *Shoka Shimputai* style by Claire Sakauye



**RIKKA** is the most classical ikebana style, having been handed down since the 16th century, during the Muromachi Era (approximately 1336 to 1573). Because it represents “a harmony of a wide variety of plants in the natural world,” this style is more elaborate and more challenging to create than *shoka*. It expresses grace of tradition and magnificent landscape and has nine main components with optional additional parts to fill in or round out the arrangement.

Featured left: *Rikka Shimputai* style by Sensei Kida

Left: *Rikka Shofutai Suna no mono* style by Jean Marutani



**JIYUKA** has no specific pattern or set of rules but falls into two basic categories: naturalistic and designed, in which materials are used in a less natural manner. The creator has complete freedom to express their personal inspiration. The finished arrangement might hang on a wall like a picture or be suspended from the ceiling like a lamp. Very few modern homes have an alcove or a *tatami* room, and this style was introduced in response to that architectural change.

Left: *Jiyuka* style by Kay Hanano





## From Kyoto to Hawai'i Kai

Beryl Ono and Diana Salansky are both long-time members of the Ikenobo Ikebana Society Honolulu Hawaii Chapter, one of 41 chapters worldwide. For both of them, the relationship between the teacher (*sensei*) and the student is key to what kept them wanting to learn more. Diana's *sensei* here in Hawai'i always told her, "You can do it!"



Beryl Ono Stapleton and her Shoka Shimputai arrangement  
PC: Steve Nohara

Her *sensei*'s method of teaching was to have the student first watch her create an arrangement from the materials she supplied. The student would then be left to study it. "I would draw it and list the main, secondary and filler material," Diana says. Then the *sensei* would take it apart and Diana would remake it.

It's a one-on-one process with the *sensei* explaining what is required for the style being created, and the particular characteristics of the materials she has chosen to use and how the material itself has precedence: "You might want to show the sunny side of a branch but the material might have opposite ideas. It's about becoming aware of what is the essence. After about six lessons, you can create the arrangement first but *sensei* gives you instructions to follow."

Beryl concurs, saying, "When you first get into ikebana, they teach the basics first." She enjoys classes because, in a world of multitasking and deadlines, "it's just me and my flowers and my materials for the two hours I'm there. I feel a sense of satisfaction, not so much about my arrangement, but something like others might feel at the end of an exercise class." Beryl is the contact point for those wanting to find out more and join classes. (Visit [ikenobohonolulu.org](http://ikenobohonolulu.org) for class details.)

There are eight Ikenobo Ikebana teachers on O'ahu and classes are held at a number of different venues, twice a month. Barbara Tinius, one of those teachers, explains that students first learn a generic form of Free Style, then graduate to *shoka*. "In starting with Free Style, you are learning classroom protocol and how to hold your scissors and look at how the material grows without being burdened by too many rules." Barbara and Diana, both certificated "Senior Professors of Ikebana" by Kyoto headquarters, are available for private lessons and ikebana demonstrations.



Diana Salansky and her Rikka Shofutai arrangement

### Minimal But Meaningful

The choice of materials used in an arrangement is key to the art's appeal. Once the novice has gained enough knowledge to choose materials, the student takes great pleasure in finding material that expresses what they want to say in

the arrangement—or they might simply let the material itself speak to them.

Beryl explains: "It's not just grabbing different materials and throwing them together. I would spend an hour at the florist looking at all the materials. You are looking for something that just grabs you. You're talking to your material. Eventually, you start planting things that you can use. You don't just put ornamentals in your yard."

Material can also be gathered from nature. It need not be "perfect." A shriveled bud has a story to tell that's as meaningful as a branch of perfect blossoms. As Sen'ei Ikenobo, the current 45th Headmaster of Ikenobo, wrote in the Ikenobo Society of Floral Art's magazine: "What is important is to look at plants as they are with an unconstrained mind, without reflecting our own desire."



Barbara Tinius and her Rikka Shofutai Suna no mono arrangement

### Zen and Wabi-Sabi

When Yasunari Kawabata was awarded the Nobel Prize in Literature in 1968, he used the occasion of his Nobel Prize lecture to bring the attention of a global audience to the finer points of Japanese cultural expression and the practice of Zen. Ikenobo Ikebana was one of the examples he used to illustrate this. "The ancients arranged flowers and pursued enlightenment," he said. "Here we see awakening to the heart of the Japanese spirit, under the influence of Zen."

Another manifestation of the Japanese spirit is the concept of wabi-sabi. It is an aesthetic that can be found in many forms of art, honoring the

beauty of things that are imperfect, impermanent and incomplete in nature. Asymmetry, humility and simplicity characterize the wabi-sabi aesthetic and those qualities are integral to ikebana arrangements. In modern Japan, wabi-sabi is often understood as "wisdom in natural simplicity."

### Globalizing an Ancient Tradition

In the second half of the 20th century, ikebana floral arranging began to blossom around the world. The presence of US military personnel based in Japan provided a nurturing soil in which to plant the seeds of global growth as ikebana teachers provided classes for military wives.

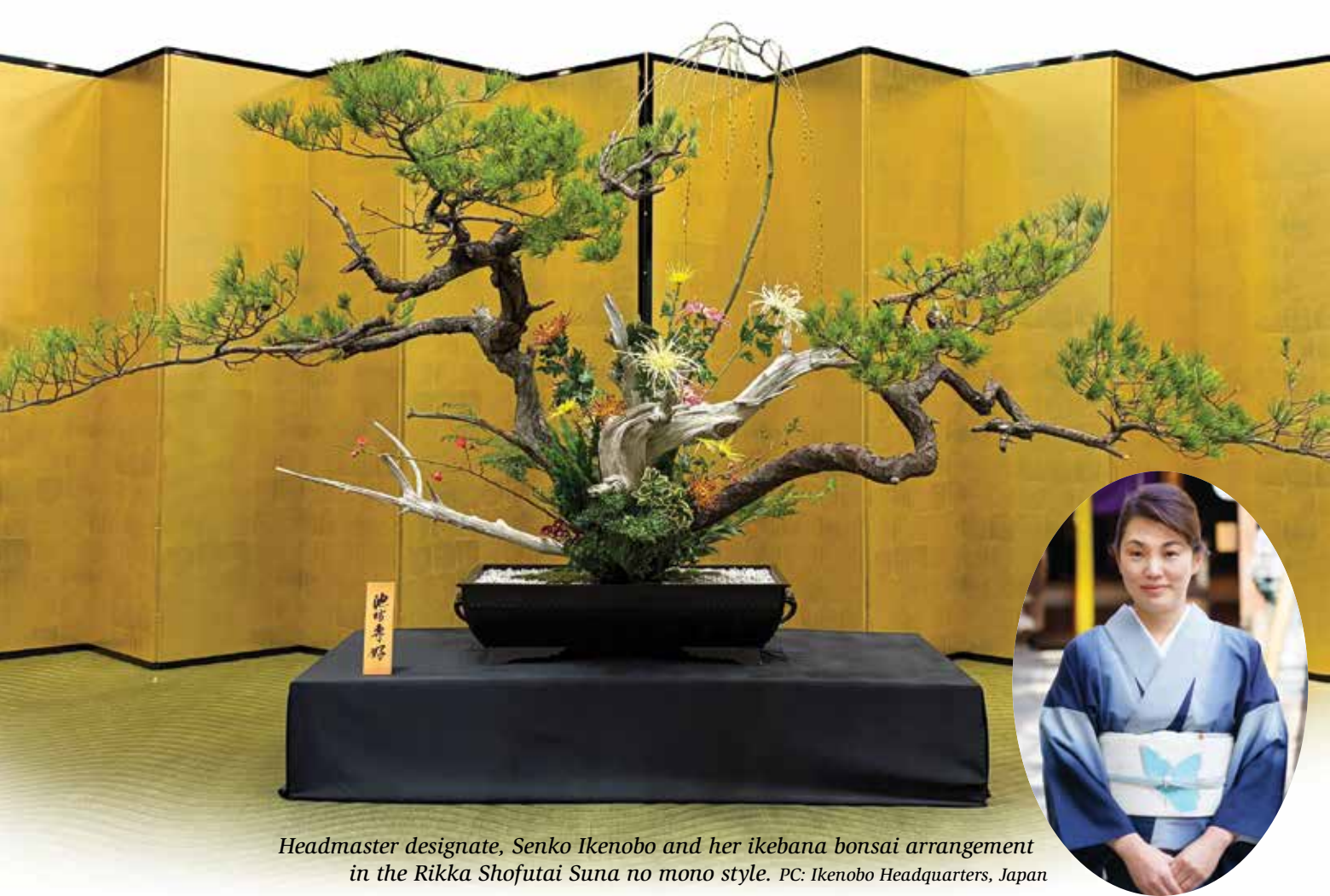
Ikebana International, an organization that is present in more than 60 countries and encompasses many different schools of ikebana, was founded in 1956 by Ellen Gordon Allen, wife of a US general stationed in Japan. Her purpose in creating this organization was "to unite people of the world through their mutual love of nature and the enjoyment of ikebana." The organization's motto is "Friendship Through Flowers."

When her husband was posted in Rome (1954 to 1956), Ellen saw an opportunity to promote the art she had learned in Tokyo to a global audience. Her fascinating scrapbooks documenting her ikebana journey are digitally archived on the Ikebana International Washington DC Chapter 1 website ([iichapter1.com/archives-2](http://iichapter1.com/archives-2)).

Diana's journey with ikebana began when her husband was stationed in Japan. For 18 months, she studied with a *sensei* who came to the base, and who asked her to join Ikebana International ([ikebana-hawaii.org](http://ikebana-hawaii.org)). Back in Hawai'i, she was introduced to Sensei Keiko Fukuda of Ikenobo School. Diana was president of Ikebana International Headquarters in Tokyo from 2017 to 2019.

The organization's active ikebana schools in Honolulu regularly hold demonstrations and workshops. Schools, senior centers and care facilities, Japanese clubs, the University of Hawai'i at Mānoa's Department of East Asian Languages & Literatures, the Japanese Consulate and the Japanese Culture Center of Hawai'i (JCCH) have all been venues, sometimes as part of a fundraising campaign for a local charity. Each week, volunteers from the Sogetsu, Ohara and Ikenobo schools provide seasonal arrangements for the lobby of the administrative office at JCCH.





Headmaster designate, Senko Ikenobo and her ikebana bonsai arrangement in the Rikka Shofutai Suna no mono style. PC: Ikenobo Headquarters, Japan

### Exhibitions

Ikenobo Ikebana is not competitive. It acknowledges progressive levels of achievement based on a set sequence of classes and workshops by awarding certificates. The number of lessons is not the only determining factor for certificates. Students also need to demonstrate an understanding of the knowledge and principles inherent to that level of achievement.

Students get the opportunity to display their arrangements at exhibitions. “An exhibition is the stage for members to celebrate their work,” according to Sen’ei Ikenobo. “By preparing the exhibition, students can be motivated to face each leaf and flower with sincerity and work on their performance.” The exhibition that will be held in the Garden Lanai Room at the Ala Moana Hotel as part of the Ikenobo Ikebana Society of Honolulu’s 45th Anniversary Celebration is called “Creating Harmony.” The webpage for the event explains: “We chose this theme as that is exactly what we’re doing when we arrange three or more diverse materials into a cohesive artistic display.” (See the “45th Anniversary Celebration” sidebar.)

Attendance at exhibitions is best undertaken with an open mind and an open heart. To fully appreciate an ikebana arrangement, Beryl advises that the viewer should realize they are looking at something that has come from the arranger’s heart. “There’s a three-way conversation going on between the materials, the arranger and the viewer. It’s all about feelings and the place a person happens to be in life at that time.”

### 21st Century Ikenobo Ikebana

While never forgetting its centuries-old roots as a religious ceremony, Ikenobo Ikebana warmly embraces new technologies and societal changes. Besides introducing modern forms of the two traditional styles and adding Free Style, Sen’ei Ikenobo, the current 45th Headmaster of Ikenobo, has encouraged the development of outreach efforts to Japan’s young people. Enter the Ikenoboy! About seven years ago, a group of junior professors at the Kyoto school formed the equivalent of a boy band. Either individually or as a group, they give demonstrations at schools and public events, and make TV appearances. On the “Ikebana’s Evangelist Ikenoboy” website at

[ikenoboy.com](http://ikenoboy.com), you can find links to their videos and their Instagram account.

The school also collaborates with other arts. The Kyoto Ballet Company has added ikebana to its curriculum and in January 2023 included an ikebana performance in unison with dancers as part of a welcoming event for Japan’s Agency for Cultural Affairs. “Each dancer held a flower in their hand and passed the flowers to us at the center of the stage while dancing. Receiving the flowers from the dancers, we observed each flower to find the best direction and angle to maximize its appeal, and improvised an arrangement, which conveyed the passing of the seasons,” wrote Miyuki Koike, who teaches ikebana at the Kyoto Ballet Academy, in the Ikenobo Floral Arts Society newsletter.

Of all the changes that the current headmaster has made, the most far-reaching has been naming his daughter, Senko Ikenobo, as 46th Headmaster-Designate of Ikenobo Ikebana. It is the first time in the school’s history that a headmaster has named a woman as his successor. She was appointed headmaster-designate in 2015. On her Ikenobo Ikebana webpage, she writes: “To the best of my ability, I hope to promote ikebana, one of the representative aspects of Japanese traditional culture, to the next generation.”

Senko is also active as a Japanese cultural ambassador around the globe and for international events held in Japan. She was a member of the organizing committee for the 2020 Summer Olympics and Paralympics (which were postponed until 2021 because of the pandemic), performed a floral offering ceremony at the United Nations Headquarters in New York and created ikebana arrangements for the 42nd G7 Summit in Japan. In 2024, Senko took part in a traditional maritime ceremony launching the *Mitsui Ocean Fuji* cruise ship in Tokyo Bay. By christening the new vessel, she has added “godmother” to her many roles. When she is here for the 45th anniversary celebration in June, Senko will be demonstrating the creation of Ikenobo Ikebana pieces at the Ala Moana Hotel.

The event will be a wonderful opportunity for ikebana enthusiasts and those curious about this Japanese cultural practice to engage with the values at the heart of Ikenobo teachings: “We create with branches, leaves and flowers a new form which holds our impression of a plant’s beauty as well as the mark of our own spirit.” ■

### 45th Anniversary Celebration Ikenobo Ikebana Society of Honolulu, Hawai’i Chapter

#### “Creating Harmony” Ikebana Exhibition

Free to the Public

June 14–15, 2025, 10am–3pm

(Opening Ceremony at 10am, June 14)

Ala Moana Hotel, 2nd Floor, Garden Lanai Room

#### —◀ Special Luncheon & Demo ▶—

For Registrants & Guests:

The closing date to register and pay for the luncheon and the workshops is May 15.

Registration & Information:

[ikenobohonolulu.org/45th-anniversary-1](http://ikenobohonolulu.org/45th-anniversary-1)

Saturday, June 14

- **11am:** Hibiscus Ballroom opens for seating
- **11:30am:** Buffet luncheon followed by a demonstration by the Headmaster-Designate, Senko Ikenobo and a Reishiki-ike ceremony

#### —◀ Special Workshops ▶—

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Susannah Wesley Community Center

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Sunday, June 15

- **9am–3pm:** Shoka & Jiyuka Workshops
- + **9–11:45am:** Shoka Workshop
- + **12:15–3pm:** Jiyuka Workshop

Monday, June 16

- **9am–3pm:** Rikka Shofutai Workshop

Origin of Ikebana

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## Mike McCormack's Journey in Real Estate

*If you have a story you'd like to share or a topic you'd like to read, contact Sherry Goya.*

808-722-8487 | [sgoyallc@aol.com](mailto:sgoyallc@aol.com)

Michael T. McCormack was born and raised in Windward, Oahu, and will celebrate his 91st birthday this June. I was with him from 1973 to 1990, working my way from secretary to Director of Human Resources & Facilities. When I started my own business in 1993, all that I learned while working with his company has been put to good use for my clients.



Mike received his salesperson's license in 1956 and joined his father's company, T. F. McCormack, Realtor, a well-known builder. He got his broker's license and started his first real estate company in 1965. In 1970, Mike McCormack Realtors was created; and at one point, he had 20 branch offices on Oahu, Maui, Kauai, Molokai, and Hawaii Island. He was also the developer of Harbor Court and Nauru Towers, to name a couple, and had a commercial division, rental department, real estate school, and referral company.

Mike became the franchise owner of Coldwell Banker McCormack in 1987; however, in 1995 he and his wife orchestrated the largest real estate merger in the history of Hawaii to four out of the top five real estate companies in the state. He moved to Coeur d'Alene to do other real estate business in 1997, thinking he would retire in Idaho.

Retirement never happened, so Mike moved to Santa Barbara since it had the closest scenery to Hawaii. But then, Mike said "enough to California life after 17 years" and he returned to Hawaii in 2015, first moving to Maui and then to Oahu, where he had deep roots and a thriving reputation. As Mike's real estate journey continues, my friendship remains strong with he and his wife Sigi.



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# The YMCA: Your Second Home

by Jenny Ostlind, Membership & Healthy Lifestyle Program Executive, YMCA of Honolulu

Many seniors first step into the Y because their doctor says they need to keep moving. Others stop in for a visit because their health plan includes a free membership. Some are nudged to give “the Y” a try by family members who want them to get out and stay engaged. But what happens next is something we see time and again — what starts as a single visit turns into a daily routine, a lifeline — a second home.



It's that first warm greeting when they check in — and every time after. It's the welcoming class instructor, friendly potlucks, laughter over mahjong or the camaraderie of our Kupuna Food & Fun program, where seniors share meals, swap stories and enjoy activities.

Some classes are staff-led, like crafting, bingo and gardening. Others are member-led, with seniors sharing skills in lei-making, cooking or 'ukulele. Volunteers even teach seniors how to confidently and safely use iPhones and email.



With seniors making up a third of Y members, there are endless opportunities to make new friends and reconnect with old ones.



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The Y isn't just a gym. It's a second home. It's 'ohana.

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# Make Oral Health a Family Tradition

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

As we age, oral health becomes even more essential in order to maintain a healthy mouth, not just for ourselves, but also as an example for future generations. Passing down the tradition of good oral hygiene habits can have a lasting impact on your keiki and grandchildren.

Just as traditions like family meals and shared stories strengthen bonds, teaching children the importance of brushing, flossing and regular dental visits help instill lifelong habits that help prevent serious oral health issues. These small yet powerful routines become part of who they are, ensuring their health for years to come.

As role models, adults have the unique opportunity to demonstrate that oral care isn't just a chore but a vital part of a healthy life. By brush-



ing our teeth twice a day, flossing daily and regularly visiting the dentist as part of our routine, we show younger family members the importance of self-care and creating healthy habits.

By embracing oral health as a tradition, we not only safeguard our own well-being but also pass down a legacy of care and self-respect. The example we set today will continue to shape the smiles and health of tomorrow. Let's celebrate the simple act of oral care as a lasting gift for those we love! ■

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# The Goodbye That Continues to Wave

by Savy Makalena, Founder/CEO, Gimme A Break

When I was growing up, it was a custom for my family to wave goodbye to those leaving after a visit. We waved at the door, the end of the driveway and the airport. We waved until we could no longer see them, their car or plane! With tears in our eyes, we waved. In our hearts we already longed to see them again!

When we left for school or work, my mother would stand and wave until we were out of sight. There was something reassuring about seeing her, knowing she would be there when we returned. I guess that's the power of the gooby wave. It's a physical confirmation of love.

Now, in her final stage of dementia, my mother has been in and out of hospice four times. Each time was a goodbye and each time I waved goodbye—each time, with tears in my eyes. Each time, I relived the grief of losing her. Each time.



Most days, I'm overcome with emotion, yet I cope, thanks to weekly support sessions. Please get the support you need and also remember that you are not alone. ■

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# Self-Care for Caregivers

by Carol Hickman, CTRS-Recreation Therapist, Manoa Cottage & Manoa Cottage Kaimuki

Caregivers are at a great risk of overwhelming stress and burn-out due to the enormous responsibility put on them. But as the saying goes, "You can't pour from an empty cup." So what are some realistic ways to "refill your cup?"

The first step is to create space and time to care for yourself. Think of hobbies you enjoy and make time for them. Staying active and getting quality sleep will also help you keep up the stamina you will need to continue providing good care to your loved ones. Your community can also offer tremendous support. Many support groups, both in person and online, can connect you with others going through the same struggles. They may provide resources like respite care, tips for caregiving and even counseling services.



Lastly, be kind to yourself and give yourself grace. Caring for an aging parent can bring up a rainbow of emotions and letting yourself feel them without judgment can help you process them. The work you do is important and even if you feel alone, you are part of the roughly 154,000 caregivers in Hawai'i. You are not alone in this. Don't forget to fill your cup! ■

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# Independence & Senior Living

by Mick Garry, Content Writer, Good Samaritan Society

Eleanor Katz used to drive to a gym for her exercise classes. When she wanted to dine with friends, she arranged it. When she volunteered (a passion since this New York native was living in Brooklyn), she left her home to do so. Now she does all those things at the senior living community where she resides on O'ahu.

So if you are hesitant about making the move to a senior living community because you fear it will decrease your independence, Eleanor says, don't worry.

"There are many things I like to do that I still do," says Eleanor, an avid reader and walker. "I participate in exercise classes, for example. I volunteer at our thrift shop. I see my son and my daughter-in-law. I like to travel. I maintain



my independence, but in a convenient way." Her senior living community enables her to set aside time for the things she likes to do, like going out to visit friends and family.

A senior living community can enhance your life by creating opportunities that support overall mind-body-spirit well-being and independence.

"The entire staff—housekeeping, dining room and maintenance staff—all know us by name," Eleanor says. "They're all very professional, and they're also very warm and caring." ■

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#### ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins, skinless poultry, fish and seafood.



#### LIMIT

sweetened drinks, alcohol, sodium, red and processed meats, refined carbohydrates like added sugars and processed grain foods, full-fat dairy products, highly processed foods, tropical oils like coconut and palm.



#### AVOID

trans fat and partially hydrogenated oils (found in some commercial baked goods and fried foods).



### READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	

Learning how to read and understand food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Choose products with lower amounts of sodium, saturated fat and added sugars.



### TIPS FOR SUCCESS



#### WATCH CALORIES

Eat only as many calories as you use up through physical activity. Understand serving sizes and keep portions reasonable.



#### COOK AT HOME

Take control over the nutritional content of your food by learning healthy preparation methods.



#### LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



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# Nourishing Kūpuna: Body & Soul

by Michelle Cordero-Lee, CEO, Hawai'i Meals on Wheels

Lana grew up in Kalihi, where her exceptional voice was recognized early on. Her family often said, "You have a voice you can hear three blocks away!" This talent led her to study at the University of Hawai'i and later at San Jose State University, where she earned a master's degree in vocal performance and piano. Through the years, Lana became well-known for her operatic roles across California, New York, Canada and Hawai'i, enjoying a long career as a teacher, performer and music director.



Lana and Keoki

Lana's story is a testament to the power of community and connection. Through the simple act of delivering meals, Hawai'i Meals on Wheels ensures kūpuna like Lana are not only nourished but also reminded that they are cherished and never alone. These moments of shared humanity and care define what we do—and why it matters.

For more information about the program, please contact Hawai'i Meals on Wheels using the information provided below. ■

HAWAII MEALS ON WHEELS (501(c)3 nonprofit)  
P.O. Box 236099, Honolulu, HI 96822  
808-988-6747 | [hmow.org](http://hmow.org)

Many years after returning home to care for her mother, Lana faced unexpected challenges. Struggling with memory loss, she found it difficult to make ends meet, with many of her meals consisting of just bread, tuna and Vienna sausages. She reached out to Hawai'i Meals on Wheels and we delivered meals to her within a day.

Because Lana is homebound, she really looks forward to visits from our meal delivery staff and volunteers. Recently, we made a special Saturday visit to Lana—bringing both lunch and music to share. We learned that she had once sung with the Royal Hawaiian Band. Even more remarkably, her meal delivery driver, Keoki, revealed that both he and his father had also performed in the band. It was a beautiful moment of connection!

Lana cherishes these interactions. "Those who bring my meals are wonderful," she says. "I look forward to their smiles, 'good mornings' and 'how are yous.' They are always uplifting. While I miss doing the things I used to do, the small interactions and time to talk story keep my most precious moments alive."

Home-delivered meals have brought Lana great relief, providing both nutritious food and a consistent source of comfort.

"People ask, 'Do you still cook?' I say, 'Are you kidding? I have Hawai'i Meals on Wheels!' No need worry. I love the meals. They are perfect—healthy and just the right portions," Lana said.

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# A Lifeline for Tenants & Landlords

by Roberta Hickey-Gomez, Special Programs Innovator, The Mediation Center of the Pacific

Managing rental agreements can be challenging, especially when tenants face financial difficulties. When rent isn't paid and communication breaks down, eviction often becomes the next step. However, there's a way to address these issues before they escalate into legal proceedings. The Early Eviction Mediation (EEM) program is a neutral, solution-based approach whereby tenants and landlords can come together with the help of an impartial mediator to find mutually agreeable solutions that allow tenants to remain in their homes while enabling landlords to receive payment—without needing to go to court.



ants to secure new housing. Such solutions help foster greater housing stability, allowing tenants to stay housed longer and landlords to avoid costly, uncertain legal proceedings.

Mediation is cost-effective and efficient. It helps prevent the emotional and financial toll of eviction, improves communication, and strengthens trust between tenants and landlords. By addressing these issues early, both parties are empowered to find solutions that keep the housing market stable and reduce the risk of future disputes. Contact us for more information. ■

THE MEDIATION CENTER OF THE PACIFIC  
1301 Young St., 2nd Floor, Honolulu, HI 96814  
808-521-6767 | [Roberta@mediatehawaii.org](mailto:Roberta@mediatehawaii.org)  
[Mediatehawaii.org/eem](http://Mediatehawaii.org/eem)

## What to Expect from EEM

Mediation is straightforward and accessible. Sessions are conducted through Zoom. For those with no internet, The Mediation Center of the Pacific (MCP) provides in-person access at its office.

Both parties are required to sign a confidentiality agreement to protect the privacy of the discussions. The mediation session typically lasts about 1.5 hours, during which the mediator helps facilitate communication. Participants can also meet with the mediator separately.

In addition to the mediator's guidance, participants can involve case managers, social workers or US Veterans Affairs Department case managers to ensure they have support and resources.

Mediations are scheduled quickly, typically within 48 hours, and can be resolved in three to five business days, depending on the availability of the parties involved. This quick turnaround time is especially important for senior tenants facing eviction and senior landlords who rely on rental income for their livelihood.

## Benefits of EEM

The mediation program boasts an impressive 93% agreement rate. Agreements can include payment plans, giving tenants a chance to catch up on overdue rent, or mutually agreed-upon move-out dates that allow sufficient time for ten-

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## Test Drive Your Retirement Plan

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

Two emotions are common for those who are nearing retirement—excitement and fear. Leaving the working world behind can feel empowering; however, apprehension about entering a new life stage may also creep in. If you're nearing retirement, you've likely taken steps to prepare financially for the future. But there's one important thing you might not have considered adding to your pre-retirement checklist—a practice run. Test driving aspects of your plan before you're actually in retirement can help provide a sense of security.

**What does your ideal retirement look like?** Deciding how to spend your time (and your money) in retirement is not always an easy. As we age, our interests, hobbies and relationships change. What you may consider your “ideal” retirement when you're 55 may not be the same as when you're 65, which can make it hard to plan accurately for retirement. Consider sitting down with your spouse or family members to explore how aging and future milestones may alter your retirement. Your financial advisor can help you make a plan that aligns your ideal retirement with your financial situation.

**Test drive your retirement lifestyle.** Many people pledge a significant amount of savings towards a particular lifestyle in retirement—a home in another part of the country or an annual trip abroad. Problems can arise if you have made a financial commitment to a certain lifestyle but change your mind later. It's better to understand the potential implications of altering your plan before you actually retire. For example, if your retirement plan includes a big move to a new location, you may benefit from a practice run before making the relocation permanent. Be prudent and build some flexibility into your plan to avoid unintended consequences.

**Simulate your retirement expenses.** The idea that your cash flow no longer comes from a reliable paycheck can come as a shock—even to those who are well prepared for this change.



One idea to accomplish a sense of financial security is to run two accounts for a certain period of time. Through one account, manage all of your household and lifestyle expenses that you expect during retirement—food, clothing, shelter, utilities, taxes and insurance—as well as “nice-to-have” items like dining out and traveling, etc. You may have to estimate or inflate your lifestyle expenses for retirement as they could rise when you have more free time.

Through the second account, manage all of your expenses that are expected to end in retirement—principal and interest on a mortgage payment (if your home will be paid off), car payments, college costs for your kids and contributions to retirement plans.

The best way to get a handle on these expenses is to experience them while you're still working. Take that trip to Europe before retirement. If the cost is different than expected, make adjustments to your financial projections to reflect reality.

**Perfecting life in retirement.** A little practice can help ease emotional and financial concerns when making the jump into retirement. Consider working with a financial advisor who can help you determine a budget and a retirement income plan that fits your needs and desires. ■

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*Michael W. K. Yee, CFP®, CFS®, CLTC, CRPC®, is a Private Wealth Advisor with Ameriprise Financial Services, LLC. in Honolulu, Hawai'i. He specializes in fee-based financial planning and asset management strategies and has been in practice for 41 years.*

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## One Trust or Two?

by Scott A. Makuakane, author of Est8Planning for Geniuses

Should a married couple create one trust or two? To some extent, it comes down to a matter of preference. Some couples see their stuff as belonging to both of them, while others differentiate between one spouse's stuff and the other's. Differentiation might be important if one spouse has children from a prior marriage, and the preference is to have the stuff that one spouse brought into the marriage going to that spouse's descendants. Another practical reason for using separate trusts is that the trust of the first spouse to die can be designed to provide heightened creditor protection for the surviving spouse.

If both spouses want the survivor spouse to have unlimited control over their combined assets after one of them dies, one trust will work. However, unlimited control means that the



survivor can leave their combined assets to his or her *next* spouse, or the next spouse's children (to the exclusion of the original couple's children). This is not rare. But special rules can be built into their rule books to make sure that their stuff can be used for the two of them for as long as both live, and then for the survivor for his or her lifetime, and then each spouse's stuff goes where he or she wants, irrespective of the wishes of the survivor.

Your trusted advisors can help you choose what will work best for you and your 'ohana. ■

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# Having a Child

by Stephen B. Yim, Esq., & Monica Yempuku, Esq. — Yim & Yempuka Law Firm

Bringing a baby into this world is one of life’s greatest joys. Along with this joy comes responsibility and concern for the raising of this child. The preparation for having a child and raising a child is vast—finding a child seat for the car, diapers, interviewing pediatricians, childcare, safe-proofing the home and schooling, etc. And then late at night, the anxiety-inducing question comes up: “What if I’m not here for my child?”

Guardianship: Should you pass when your child is a minor, the person who will take over raising your child is called the guardian. A guardian can be appointed in your last will and testament. This person serves as guardian until your child reaches the age of majority, which is



18 in Hawai‘i. The guardian would not be in direct control over money and assets; rather, the guardian’s main purpose is to assume the role of parent to raise the child.

When choosing a guardian, you want to consider the following: Do you trust this person? Is this person available and able? Is this person willing? And is this person related to or married to someone who can negatively impact this person’s ability to raise your child?

Choose carefully and thoughtfully. ■

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# Navigating Hawai'i's Condo Laws, Part 2

by Terrance M. Revere, Esq., Owner, Revere & Associates

Part 2 of this two-part series continues navigation of the challenges that can be found in the complex world of condominium law and how to pave the way for reform.

## Governance Gone Wrong

Several recent incidents illustrate the challenges facing Hawai'i's community associations. On Hawai'i Island, a condominium board began repairing common area lānai structures but later reclassified them as limited common elements, shifting the financial burden onto individual owners. This unexpected decision left residents scrambling to cover significant costs they had not anticipated. An arbitrator later determined the board was wrong, which cost the association a significant amount of attorneys fees.

In another case, a board amended rules to benefit a favored owner, leveraging access to voting data while excluding opposing voices. These actions created significant mistrust among residents and highlighted the potential for abuse of power within these associations.

Unauthorized contracts are another recurring issue. For example, a board president signed a multimillion-dollar construction contract without consulting other board members, just before being removed from office. This unilateral decision resulted in financial and legal complications for the entire community.

Additionally, critics of boards often face intimidation tactics, such as threats of legal fees, which discourage dissent and oversight. And unfortunately, many condominium attorneys who ought to know better than to engage in these bullying tactics nevertheless do so that they can remain as attorneys for the board.

These practices highlight urgent need for reform to ensure accountability and transparency.

## Building a Better Future

Addressing these governance issues requires a multifaceted approach. Transparency should be a top priority. Clear guidelines for executive sessions



and stricter rules for voting processes can prevent abuse and restore trust. Boards should be required to disclose meeting minutes and document and justify decisions made in private sessions. Ensuring that votes are conducted fairly and without undue influence is equally important to maintain the integrity of governance.

Financial responsibility must also be enforced more rigorously. Penalties for noncompliance with reserve fund requirements should be increased to deter negligence and protect owners from surprise assessments. Associations should be required to conduct regular, independent audits of their financial practices to ensure accountability and prevent mismanagement.

Equity and inclusion are equally important. Gender disparities must be addressed through education and advocacy, fostering an environment where all residents feel respected and empowered to participate in governance. Initiatives such as leadership training programs for all board members, especially underrepresented groups, can help diversify boards and promote more equitable decision-making processes.

By implementing these changes, Hawai'i can establish a more efficient, equitable, and transparent system for managing its condominiums and community associations. These reforms will benefit residents and contribute to the long-term sustainability of these communities. In a state where shared housing plays such a vital role, creating fair and functional governance structures is essential for maintaining harmony and trust.

Proactive measures will ensure that these communities thrive, not just as living spaces, but as integral parts of the Aloha State's social and economic fabric. ■

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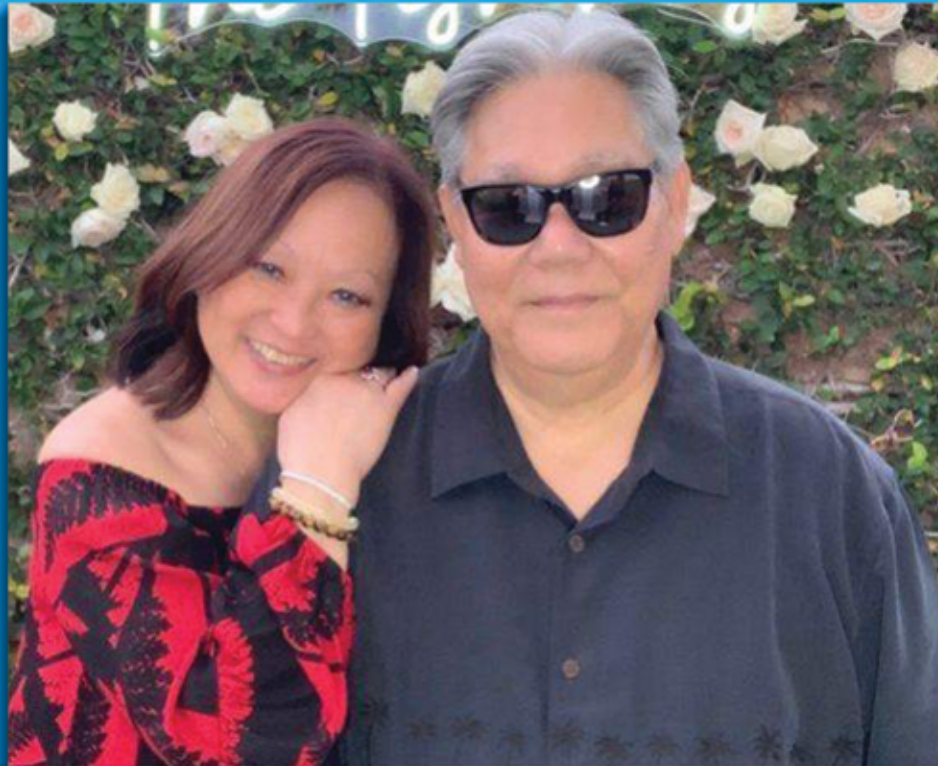
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