

THE POWER OF KĀKOU

Brickwood
Galuteria's
guiding star.

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Ellen Nagamine of Las Vegas is a long-time Generations Magazine reader and subscriber.

■ For distribution location information or requests, contact Cynthia at 808-258-6618 or cynthia@generations808.com

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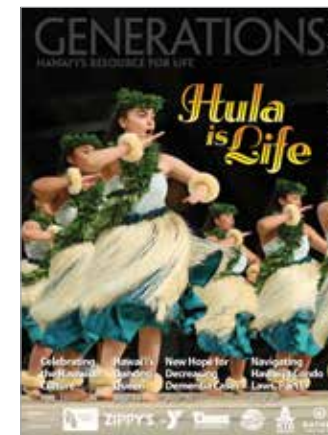
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For more information, contact Sherry Goya at **808-722-8487** or **sgoyallc@aol.com**.



Summer is a time for family, fun and vacations! My family just came back from a nice week with our friends in Ohio, and in July, the Goya ‘ohana will enjoy a family trip to San Diego. Fun in the sun —take time to relax and get some vitamin D! Hope you guys have a nice summer with your family and friends!

Something you can do at the end of the summer is attend our 17th Annual *Generations Magazine* Aging in Place Workshop on Saturday, Aug. 2, at Ala Moana Hotel from 8am to 2:30pm. We will host 24 different presentations and 40-plus exhibitors. Please refer to our schedule on **pgs. 12 and 13** in this issue. Thank you to our event sponsors: AARP Hawaii, Financial Benefits Insurance Inc. and Devoted Health. Mahalo to our room sponsors: Ameriprise Financial, Guarantee Rate, Hale Hauoli Hawaii, Hawaii Long-Term Care Solutions, Thrive for Life, The Ihara Team and Yim & Yempuku Law.

Come and visit us! You won't be sorry!

Another great event on O‘ahu is the 43rd Annual Okinawan Festival, which will be held at the Hawai‘i Convention Center on Aug. 30 and 31, 2025. Haley Burford writes a nice article on the Okinawan Culture on **pg. 24**. And don't forget to check out our Okinawan recipe on **pg. 25**. The Okinawan recipe is near and dear to my heart, as it is my Grandaunt Joyce's recipe and a family recipe that was made by my great-grandmother, passed down through the generations — now to my sister.

Some of you may know Brickwood Galuteria the senator, musician and TV personality, but what you may not have known is his love for kūpuna, kānaka and persons with special needs. He is an extraordinary person and such a pioneer and visionary! He succeeds at whatever is in his heart. Hope you will enjoy this feature article as much as our team did in writing and producing it. ■



(L–R) Cynthia Arnold, Lehua Galuteria, Kahu Kenneth Makuakāne, Brickwood Galuteria, Rosa Barker and Wilson Angel attended the photo shoot for this issue's feature story, "The Power of Kākou: Brickwood Galuteria's guiding star."



Aloha... and Roll Tide!
Cynthia Arnold, *Owner-Publisher*
A Faithful Alabama Crimson Tide Fan

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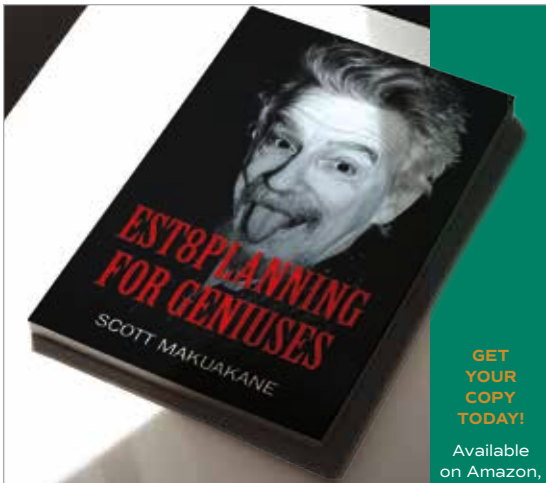
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Sandy Markwood



Sylvia Luke

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HPGS is pleased to again present our Biennial Conference on September 11 and 12, 2025 featuring Keynote Speakers **Sandy Markwood, Chief Executive Officer, USAging** and **Lt Governor Sylvia Luke**.

The two-day conference will include presentations related to aging covering topics such as care coordination, aging-in-place, technology, social isolation, brain health, and dementia-friendly community building.

Register to attend at www.hpgs.org/conference. The conference is intended for elder-care practitioners in the health and human service fields, businesses, government agencies, non-profits and faith-based organizations serving older adults, applied researchers, students in gerontology, advocates for seniors and seniors interested in continuing their education. The conference will provide a continental breakfast, lunch and afternoon snack for both days. There is a discount for HPGS members, as well as 70+ year-old attendees. The two-day list of presentations should be online at <http://www.hpgs.com> by mid-June.

For further information, contact Sherry Goya, HPGS Executive Director, at 808-722-8487 or sgoyallc@aol.com.

Who's Behind Generations Magazine?

Generations Magazine relies on Hawai'i's experts—from financial and legal advisors to healthcare professionals and grandparents—to write articles that are important to seniors, 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.



STACEY A. ALDRICH, with more than 30 years of library experience, is currently the State Librarian of Hawai'i. Prior to Hawai'i, she served as the Deputy Secretary for the Office of Commonwealth Libraries in Pennsylvania and State Librarian of California. Stacey has also worked in public and academic libraries. She believes the health of our communities is enhanced when we have strong libraries that provide opportunities for learning 21st century skills and literacies, connecting to the world of information and ideas, and having spaces for everyone to connect.



JODY ASATO, Executive Director of Assistive Technology Resource Centers of Hawai'i, has over 20 years of experience advocating for people with disabilities in the public and private sectors. She has served as an ADA Coordinator/Disability Counselor at the University of Hawai'i, Deputy Director at ATRC and a Special Education Teacher with the Hawai'i DOE. She holds a Master of Education in student development administration from Seattle University, a certification in assistive technology from California State University and a BS in family resources from UH.



ROSA BARKER recently completed a BA degree in Hawaiian-Pacific Studies from the University of Hawai'i. She was born and raised in New Zealand. Prior to her retirement on Moloka'i in 2017, she had careers in television production, database administration and copyediting both in Āotearoa (New Zealand) and California. Her interests include going down research rabbit holes, writing mele and short stories, playing 'ukulele, reading and travel. Lap swimming at the county pool and daily walks are her favorite forms of exercise.



LJ DUEÑAS, originally from Saipan, is the Executive Director of the Alzheimer's Association – Hawaii. He leads the Hawai'i team and leadership board in advancing the association's strategic priorities, increasing disease awareness, promoting research, influencing public policy, and enhancing care and support for those affected by dementia. LJ is also a founding board member and vice president of the Diabetes Research and Education Center of the Pacific.

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.

HALEY BURFORD | JANE BURIG SAY | SARA-MAY J. COLÓN | KATHLEEN HAYASHI | NORMA KAMAI
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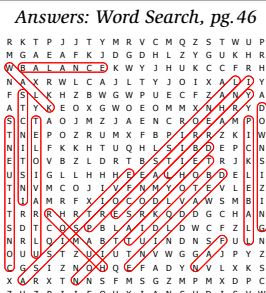
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WORDSEARCH

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Okinawan Traditions

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

Ever since I met my husband Clifford in 1974, I became aware of the Okinawan culture in Hawaii. I found out that the Hawaii United Okinawa Association (HUOA) was established in 1951 and is one of the strongest ethnic organization statewide, with 50 clubs. Cliff's family came from the town of Nishihara and his grandfather was one of their leaders who revived the club after the war. His parents and he have been on the board and now our daughters are officers of Nishihara Chojin Kai.



Our family has worked at every Okinawan Festival since 1975. It is always during the Labor Day weekend. Did you know that the festival is run with all volunteers? Moving to the Hawaii Convention Center was a blessing in disguise because only once in all the years I've worked, was it cancelled due to an incoming hurricane. Now at the convention center, all the outside elements are gone, and there is no need for volunteers to bring water and electricity to the booths at Kapiolani Park.

Another tradition our club has started back up after Covid is the Annual Picnic. Always held at Ala Moana Park in the summer, you will see tents encircling a picnic area, a loud speaker to make announcements, and games for all ages. Popular prizes today, as it was many years ago, is toilet paper, school supplies, and snacks. One game that we play is where a rope is made into a huge circle with vegetables and fruits scattered inside it. Starting with the 80+ attendees, everyone gets to walk into the circle and grab as many carrots, potatoes, oranges, etc. as they can hold. The last game is the traditional "tug of war." Fun times continued in 2025.

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AM Session	8:30 – 9:15 Six Pillars of Brain Health <i>Amy Kelley, Certified Brain Health Trainer & Volunteer</i> AARP Hawai'i	Navigating Medicare in These Challenging Times <i>Travis Motosue, President</i> Financial Benefits Insurance Inc.	Aging in Place & the Reverse Mortgage <i>Percy Ihara, Certified Senior Advisor & Long-Term Care Planner</i> Rate Reverse
	9:30 – 10:15 Transportation Options for Non Drivers <i>Jackie Boland, Community Outreach Director & panel experts</i> AARP Hawai'i	Is it Dementia? Understanding Diagnosis & Next Steps <i>Dr. Gina Fujikami</i> Alzheimer's Association	The Heartfelt Method To Estate Planning <i>Stephen B. Yim, Esq. & Christina Leos</i> Yim & Yempuku Law
	10:30 – 11:15 Care Options at Every Stage <i>Nicole Coglietta</i> Care Sift	ZANTHOSYN: Enhancing Joint, Cardio & Cognitive Function! Breakthrough Longevity Results! <i>David G. Watumull, CEO</i> Cardax Inc.	How to Cover Long-Term or Extended Care Costs <i>Michael Yee, CFP, CFS, CLTC, CRPC, Private Wealth Advisor</i> Ameriprise Financial Services, LLC
Mid-Day Break	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)
PM Session	11:30 – 12:15 Federal Update on Social Security & Medicare <i>AARP Representative & Members of Congress</i> AARP Hawai'i	Navigating Medicare in These Challenging Times <i>Travis Motosue, President</i> Financial Benefits Insurance Inc.	Aging in Place & the Reverse Mortgage <i>Percy Ihara, Certified Senior Advisor & Long-Term Care Planner</i> Rate Reverse
	12:30 – 1:15 Anatomy of a Scam <i>Curt Hasegawa, Certified Fraud Investigator & Volunteer</i> AARP Hawai'i	Senior Living & Aging in Place Options <i>Cynthia Arnold, Publisher & Owner</i> Generations Magazine	The Heartfelt Method To Estate Planning <i>Stephen B. Yim, Esq. & Christina Leos</i> Yim & Yempuku Law
	1:30 – 2:15 Prepare to Care for Kupuna <i>Patricia Bemis, RN & Jackie Boland, Community Outreach Director</i> AARP Hawai'i	ZANTHOSYN: Enhancing Joint, Cardio & Cognitive Function! Breakthrough Longevity Results! <i>David G. Watumull, CEO</i> Cardax Inc.	How to Cover Long-Term or Extended Care Costs <i>Michael Yee, CFP, CFS, CLTC, CRPC, Private Wealth Advisor</i> Ameriprise Financial Services LLC



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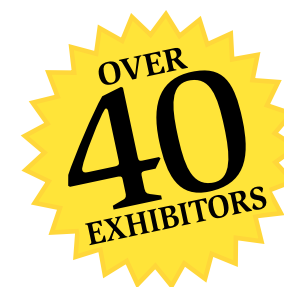


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Hale Hau'oli Hawai'i Adult Day Care | [Aiea](#) | St. Timothy's Episcopal–Sumida Hall, 98-939 Moanaloa Road
808-888-8133 | Kathy Wyatt: kwyatt01@aol.com | halehauolihawaii.org/adult-day-care

Lotus Adult Day Care Center–Hongwanji Mission | [Aiea](#) | 99-186 Puakala St.
Darlene Sajotina | 808-486-5050 | lotusaduldaycare@hawaiiantel.biz | aieahongwanji.org

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Allyson Furukawa | 808-203-7826 | furukawalivingtreasure1@gmail.com | furukawalivingtreasurecom.com

St. Francis Adult Day Center | [Honolulu–Liliha](#) | 2230 Liliha St.
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Yuya Mastuoka, Program Dir. | 808-536-1112 | sakurahousehonolulu@gmail.com | fine-m.com/sakurahousehawaii

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Arcadia Adult Day Care & Day Health Center at Central Union Church | [Honolulu](#) | 1660 S. Beretania St.
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Elim Senior Daycare | [Honolulu](#) | 1500 Kapi'olani Blvd., Ste. 101A
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Palolo Chinese Home Adult Day Care Center | [Honolulu–Palolo](#) | 2459 10th Ave.
Patricia Ballesteros | 808-748-4907 | pballesteros@palolohome.org | palolohome.org

Leahi Adult Day Health Center | [Honolulu–Kaimuki](#) | 3675 Kīlauea Ave.
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Hale Hau'oli Hawai'i Adult Day Care | [Kāne'ohe](#) | Windward Shopping Center, 45-480 Kāne'ohe Bay Drive, D-04
808-379-2252 | Kathy Wyatt: kwyatt01@aol.com | halehauolihawaii.org/adult-day-care

Windward Senior Day Care Center | [Kailua](#) | 77 N. Kainalu Drive
Torri Kon | 808-261-4947 | wsdcckailua@gmail.com | windwardseniordaycarecenter.org

KAUAI

Kaua'i Adult Day Health Center by Ohana Pacific Health | [Līhu'e](#) | 2943 Kress St.
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– **South Maui Adult Day Care Center–Hale Mahaolu Ehiku Senior Housing** | [Kīhei](#) | 56 Ehiku St.
– **Ocean View Adult Day Care Center–Nisei Veterans Memorial Site** | [Wailuku](#) | 665 Kahului Beach Road
– **Hale Hulu Mamo–Hāna Senior Center** | [Hāna](#) | 5101 Uakea St., Building G

Hale Makua Adult Day Health by Ohana Pacific Health | [Kahului](#) | 472 Kaulana St.
Jodi Versola | 808-871-9287 | jodi.versola@halemakua.org | halemakua.org/adult-day-health

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Kari Ka'ahanui | 560-3653, ext. 2 | contact@napuuwai.org | napuuwai.org

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Social Security in Flux

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

Social Security (SS) will celebrate its 90th anniversary this summer.

On Aug. 14, 1935, President Franklin D. Roosevelt signed it into law, and over the years it has arguably become the most successful and popular government program in history.

As we mark the anniversary of Social Security, we note that the program is experiencing problems with customer service and that Congress has still not addressed the looming deadline in 2035 — when Social Security turns 100 — the year when payments will be reduced by about 20% because the SS surplus runs out of money.

Let's be clear that Social Security will continue past 2035 as long as working Americans pay into the system. But the surplus funds that Baby Boomers and others paid will run out as more Baby Boomers and Gen Xers retire and start collecting unless Congress acts and approves changes to increase revenues and/or change benefits.

AARP is urging Congress to act sooner rather than wait until the deadline so there are more options for solutions. We also want Congress to be transparent about the changes they are considering so the public can have input.

More immediately, Congress needs to provide oversight to the Social Security Administration (SSA) to prioritize improving customer service. In the last year, AARP has received thousands of calls and messages from kūpuna concerned about their Social Security, including complaints about website crashes and outages, and long waits at overwhelmed field offices.

The good news is that people are passionate about SS. A proposal to end phone service for benefit applications generated more than two million messages to Congress. The SSA listened and allowed phone service to continue.

We paid into Social Security during our working lives. It's our money and we must be able to access it in a timely manner without having to wait on hold, without having to make multiple calls, and without websites crashing and inconsistent service at field offices.

SOCIAL SECURITY by the NUMBERS

- 1 in 5** number of people in Hawai'i who receive Social Security payments
- \$6.2 billion** Social Security impact on Hawai'i's economy
- \$1,908** average monthly retired worker monthly payment
- 49K** Hawai'i kūpuna 65 and older lifted out of poverty

AARP Hawai'i will give an update on Social Security at the *Generations Magazine* Aging in Place conference at the Ala Moana hotel on Aug. 2.

AARP Hawai'i is also holding Social Security events across the state. You can also go online to learn more about what's happening to Social Security and add your voice to the millions calling for improved customer service at aarp.org/socialsecurity.

One last note of caution — the confusion and changes at Social Security may lead to government imposter scams — callers who pretend to be from Social Security and prey on fear. They'll try to get bank and other personal information. Don't fall for it. The Social Security Administration will never call you first. They will never threaten you or pressure you. If action is needed on your account, you'll receive an official letter in the mail from the Social Security Administration. ■

AARP HAWAII'I (nonprofit)

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Walk to End Alzheimer's

by LJ Dueñas, Executive Director, Alzheimer's Association, Hawai'i Chapter

Every year, thousands of Hawai'i residents come together to honor loved ones, caregivers and others who are impacted by Alzheimer's disease or another form of dementia. The Walk to End Alzheimer's is more than an event. It is a movement. And here in Hawai'i, it is a reflection and reminder of who we are, a community that *shows up!*

In 2025, we invite you to join us on Kaua'i, O'ahu, Maui and Hawai'i Island. Whether you are walking for a parent, grandparent, sibling, spouse, neighbor, friend or yourself, your participation matters, because behind every colorful flower in our Promise Garden is a story and behind every step is hope.

New treatments for Alzheimer's are now available and offer hope for those in the early stages of the disease. That's why early detection is critical. We have made progress and will continue to work hard to make it a statewide priority, so individuals can be screened, diagnosed early and



Register for a Walk to End Alzheimer's in Hawai'i near you:

Sep. 20 – Big Island, Hilo
Lili'uokalani Gardens

Oct. 18 – Kaua'i, Līhu'e
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Nov. 8 – O'ahu, Honolulu
Ala Moana Regional Park – Magic Island

Nov. 22 – Maui, Kahului
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given access to these promising treatments.

Across Hawai'i, caregivers are also finding strength through support groups, education and connection with others. But there is still more to be done.

My grandfather lives with Alzheimer's. As someone whose family has been touched by this disease, I know the burden, the fear and the deep desire to make a difference. The walk gives us that chance. It brings us together to fund the exciting science happening across the field, sustain and expand programs and remind those impacted that they are not alone.

So lace up, show up and walk with us until we can call our walk "the Walk That Ended Alzheimer's!" ■

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GM Celebrates Our No.1 Fan

by Debra Lordan, GM Senior Editor

Setsuko “Bess” Matsuoka, age 92, has been a devoted *Generations Magazine* (GM) reader since the beginning. We at *Generations* have come to know her well from the many calls she’s made to us, and through her article and recipe submissions. She calls us with holiday greetings and never misses the opportunity to show her appreciation of each and every issue.

“I am very much a fan of *Generations*,” she told me over the phone. “I love everything about it. I think it is the perfect, perfect magazine. Every one is informative. I look forward to each issue!”

Bess lives independently in a townhouse in Wailuku, Maui. She was born on March 3, 1933, 3-3-33. Her affinity for numerology and appreciation of kismet are in complete harmony with her faith in God and His divine plan. Her spiritual side has always been very strong, she says.

“Everybody I have met, especially those connected with *Generations*, was orchestrated by divine power,” she says. “There are no coincidences; no accidents,” she says. “Everything happens for a reason.” That includes meeting former GM Editor Katherine Smith. “I was fortunate to become friends with her. Before she left Hawai‘i, she gave me her collection of *Generations Magazines*. “And I have the very first issue,” she said in a way that convinced me it was very dear to her. “I have read every article in every magazine and every one is precious, so I share them with others, so they can be blessed by reading them, too.”

The issue that really inspired her was “Brothers in Arms” written by Katherine. She said she

had the good fortune to get to know Bo Mahoe, one of the subjects of the story. “I also became friends with Sherry Goya, the publisher’s mother. Even though I no longer have a subscription, Sherry sends me complimentary copies. I am thrilled to see them in my mailbox!”

She said she speaks often to GM Art Director Wilson Angel, who she just calls “Angel.” “She has positive comments about each issue,” he says.

Bess retired from the State of Hawai‘i Department of Social Services and now spends her time writing uplifting stories for seniors that capture the wisdom and humor of the old days.

Bess attended the Methodist church for 30 years. But recently, she felt compelled to “go out there with people.” So she began attending Maui Intersection Church, where she helps the unsheltered population by sharing her testimonies, saying “whatever the Lord puts in her heart.”

With appreciation and love, Bess continued to talk about her late husband, her family, and others, including the *Generations* staff. “The *Generations* staff puts us, the readers, at the top!”

“No wonder the staff talks about you all the time!” I tell her. “You are so kind!” Bess replies, “What you see in me is actually what is in your heart — like a mirror. I feel blessed to have the *Generations* staff in my journey through life.”

Setsuko “Bess” Matsuoka, GM’s No. 1 fan, is not just like family — she is family.

We, too, are blessed. ■



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Hawai'i Veteran Thomas Taro Higa

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

It is an honor to celebrate the 125th anniversary of Okinawan immigration to Hawai'i with the inspiring story of Thomas Taro Higa, a 100th Infantry Battalion WWII Veteran of Okinawan descent (generations808.com/125th-anniversary-of-okinawans-in-hawaii).

Thomas was born in 1916 in Kahalu'u, Hawai'i, but was sent to Okinawa as a young child, where he gained a strong command of the Uchinaguchi, Japanese and English languages. While in Okinawa, his teacher inspired him to approach life like the gajumaru tree (Okinawa's banyan tree) that endured the hardships of punishing typhoons and droughts, yet continued to grow bigger and stronger every year, happily giving shade and protection to the people.

Thomas returned to Hawai'i in his teens and was drafted into the US Army to protect shorelines from enemy invasion while in his mid-20s. About six months after the Japanese attacked Pearl Harbor on Dec. 7, 1941, due to the hysteria of "looking like" the enemy, the Americans of Japanese ancestry (AJA) were segregated into a new unit called the 100th Infantry Battalion. They trained and fought hard to fight tyranny and prove their loyalty to America. In Italy and France, their combat performance and achievement changed America's opinion and war correspondents started calling them the "Purple Heart Battalion."

Thomas was wounded twice early in the battles in Italy. He returned to the US, where he used his language skills to share news from the European warfront with soldiers' parents living in incarceration camps. Later, he saved countless lives by convincing Okinawans that Americans would treat them fairly so they felt it was safe to come out of the caves to surrender.

Like the gajumaru tree, Thomas and the AJA men of the 100th endured discrimination and suffered physically and mentally, yet became stronger. The 100th with the 442nd Regimental Combat



Team would become the most decorated in US military history for size and length of service. Upon returning to Hawai'i, Thomas became a leader in the post-war relief efforts to send food, clothing and breeding pigs to rebuild Okinawa.

Thank you, Thomas Taro Higa, a Hawai'i-born veteran, who helped liberate Europe while spreading the seeds of aloha. ■

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Bop, Bang, Bling!

by Cynthia Arnold, GM Publisher

Pickleball is not only a great game for seniors, but for all ages. For example, my daughter, Lexie, who is 13, and her partner, Chacha, have had a lot of fun playing in King Intermediate School tournaments.

My sister, Cat, who is 34, plays in the 5.0 division for both women's and mixed doubles. She's won many tournaments in Hawai'i and on the mainland with a variety of partners. Most recently, Cat and her partner won pro-level bronze at the Hawaii Pacific Health ESPN Honolulu Open at the Hawai'i Convention Center. Her son, Tanner, 4, enjoys watching his mom and chasing balls!

Congratulations to my daughter and sister, and everyone who plays and enjoys this amazing sport, including some of our GM staff members!

GM senior editor Debra Lordan (73) brought home the gold in women's 3.0 doubles at the



1) Cat & Tanner; 2) Debra & Nanna; 3) Leigh & Cathy; 4) Tia & Cynthia

Maui Pukaball Tournament in Lahaina with her partner, Nanna Brown (39). Debra and David Kamalani, 76, won silver in the 3.0, 70-plus division.

Battling rain delays and 30-degree temperatures, Leigh Dicks, 69, GM's content coordinator, won the bronze medal in the women's 3.5 doubles in the Pickleboo Halloween Tournament in Henrico, Va., with her partner, Cathy Broussard, 68.

Well, I don't really want to toot my own horn but—my partner, Tia Fulks, and I won silver in the 2nd Annual Charity Walk Pickleball Tournament on Kaua'i in the Women's 3.5 division, ages 8 to 49. I didn't expect a medal, but it was sweet when we got one! Give pickleball a try! So fun! ■

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Grieving With Humor

by Sara-May J. Colón, Director, Mission & Spiritual Care, Adventist Health Castle

When we navigate grief or loss, we may find ourselves feeling guilty when we smile or have a good day. It's common to get stuck in the darkness of this journey as you ride the waves of emotions and confusion that play out.

The purpose of humor in grief is not to diminish the seriousness of that loss, but rather, to allow us to experience a version of balance in grief as we feel sorrow and joy crashing together. Humor intersects with grief in a special way and can play an important role in healing.

When we laugh, smile or have positive thoughts, endorphins are released into our body that energize us and help us to feel good—even if for just a moment. These endorphins can help us navigate both the physical and the emotional elements of our grief.



When we share stories and memories with laughter and joy, we bring people together into more joyous shared spaces by reviving bits of a past that might be missed otherwise.

When humor enters grief in appropriate ways, it disrupts our darkness and helps us feel and see the whole spectrum. It allows pockets of light to peek through the dark clouds... and reminds us of love and hope, even in the storm. ■

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KALUA PORK



Usually served with cabbage, this food can have over 1000mg of sodium per cup.

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Island favorites include shoyu (soy sauce), oyster sauce, fish sauce, and hot sauce. **One individual packet of shoyu contains about 500mg of sodium = 1/3 of the recommended daily amount.**

Celebrating the Okinawan Culture

by Haley Burford

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 the fourth article in this ongoing series on the many cultures that comprise Hawai'i, we focus on how the Okinawan people arrived in the Hawaiian Islands, their culture and a few widely celebrated observances, with a focus on the upcoming Okinawan Festival.

Okinawan Arrival in Hawai'i

Following the annexation of the Ryukyu Islands by Japan in 1879, many Okinawans faced hardship and desired to emigrate in search of a better life. Twenty years later, led by emigration activist Kyuzo Toyama, 26 Okinawans journeyed to Hawai'i, arriving in 1900. By 1908, more than 8,500 people in Hawai'i were of Okinawan heritage. There are now 45,000 to 50,000, making up about 3% of Hawai'i's population.

Culture and Tradition

Because Okinawa was an independent country prior to annexation by the Japanese, they faced discrimination due to their linguistic and cultural differences. This adversity emboldened Okinawan migrants—known as Uchinānchu—to have great pride in their distinct cultural practices and traditions, especially those living in Hawai'i.

Today, this is evident in their love of merry-making and cuisine. Music became a meaningful way for laboring Uchinānchu to preserve and perpetuate their culture for their descendants and other laborers through expressions of folk songs

and *mo-ashibi* (field play), where they gather to sing and dance. In terms of food, Okinawan sweet potato and *gōyā* (bittermelon) are found in many local recipes, such as a layer in haupia pie and an ingredient in *champurū*, a staple Okinawan stir-fry dish.

Major annual Okinawan observances also include Irei no Hi, in memory of the end of the Battle of Okinawa (June 23), and Shīmī and Obon, separate but related traditions honoring ancestors.

Celebrating Okinawans in Hawai'i

Though Okinawans honor their heritage every year, this year in particular is special because it marks the 125th anniversary of Uchinānchu's arrival in Hawai'i and the rest of the world. To celebrate, the Hawai'i United Okinawa Association (HUOA) will host various events, including the 43rd annual Okinawan Festival on Aug. 30 and 31, when music/dance performances, martial arts demonstrations and craft-making activities will abound at the Hawai'i Convention Center. Abroad, Okinawa hosts the World Uchinānchu Festival every five years, when Okinawan descendants return to their homeland and celebrate. Uchinānchu from Hawai'i have consistently had the most representation at the festival.

Visit HUOA's website (huoa.org) and *Generations Magazine's* FaceBook page ([facebook.com/genmag808](https://www.facebook.com/genmag808)) and calendar (generations808.com/calendar) for more community events. ■

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

Kobumaki: Okinawan Lau Lau

Recipe by Joyce Shimabukuro, written by her grandniece, Cynthia Arnold

This kobumaki recipe has been passed down and enjoyed through many generations of my Okinawan family—from my great-grandma Nagamine to my grand-aunt, Joyce Shimabukuro, age 98, and now to her daughter, my Aunt Lisa. But my dad, Cliff Goya, with help from my sister, Cathlene, make it for our family. Making kobumaki is a labor of love; it takes time to prep and cook. But it is a family favorite and definitely one of the dishes that we will continue to pass down and enjoy with future generations.

Ingredients

1 pkg.	konbu (dried kelp)
2 lbs.	pork belly, very lean and local
2 stalks	gobo (burdock root)
1 pkg.	kanpyo (dried gourd or squash)
1 piece	ginger to taste, grated
1–2 cloves	garlic to taste, grated
1 cup	sugar
1 cup	shoyu
3 cups	water
20	wooden toothpicks

Directions

Konbu preparation: Wash konbu under running water, then soak it in water until it is pliable. Cut it into 7- to 8-inch by 2½- to 3-inch strips.

Pork belly preparation: Cut pork belly into 2-inch by 1/2-inch strips.

Gobo preparation: Scrape gobo skin with knife; do not use a peeler. Cut into 2-inch by 1/4-inch strips. Soak pieces in water to remove acidity.

Kanpyo preparation: Soak kanpyo in water, then cut it into 2-inch strips.

Assembly

- Place the konbu pieces on a large sheet of waxed paper.
- Place one piece of pork belly lengthwise at the bottom edge of each konbu strip.
- Place one piece of gobo and one piece of kanpyo on top of the pork belly.



My Aunt Joyce and my sister, Cathlene. Kobumaki is a great potluck item. This batch made by Dad and Cathlene fed over 30 guests last Mother's Day.

- Roll the konbu ingredients like you are making maki sushi.
- Secure the roll with a toothpick through the open side.

Cooking instructions

Place the kobumaki rolls in a large pot. Add shoyu, sugar and water, ensuring the liquid covers the kobumaki. Add grated ginger and garlic to taste. Cook over high heat. When the liquid comes to a boil, lower the heat to medium and simmer until soft, about 1 hour. Or you can put them in a slow cooker for 4 to 6 hours on low.

Storing

After you have cooked and cooled the kobumaki, it freezes well in an airtight container, so you can make it ahead of time for your next gathering.

Prep time: 1 hour

Cook time: 1 hour or more

Serves: about 20 as a side dish ■

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.

KOBUMAKI RECIPE NOTE: You can find the ingredients at Marukai Wholesale Mart in Honolulu or in the Asian food aisle at many grocery stores. Times Supermarket, for example, carries the ingredients.

Tūtū, Take Me to the Library!

by Stacey A. Aldrich, Librarian, Hawai'i State Public Library System

We all love stories, no matter our age. But younger children are especially eager to listen to them!

Taking the keiki in your life to a storytime program at your local library can be a wonderful bonding experience. They'll enjoy hearing fun stories, singing songs and doing activities together. These activities help children build early reading skills, develop a love for books and grow socially and emotionally. You'll get some quality time with them while helping to prepare them for success in school.

Libraries offer many other ways for you to connect with your young ones. For a unique shared experience, borrow an 'ukulele from the library and learn how to play together. Whether you're a beginner or a seasoned musician, the 'ukulele offers a fun meaningful way to share Hawaiian culture and make lasting memories through music.

You can also enjoy year-round library events designed to enrich the lives of people of all ages. From crafting workshops to musical performances, there's something fun for everyone to engage in together.

To learn more about upcoming events, visit the online events calendar at librarieshawaii.org/events or contact your local library.

We think you'll be just as excited to visit the library as the keiki you bring! ■

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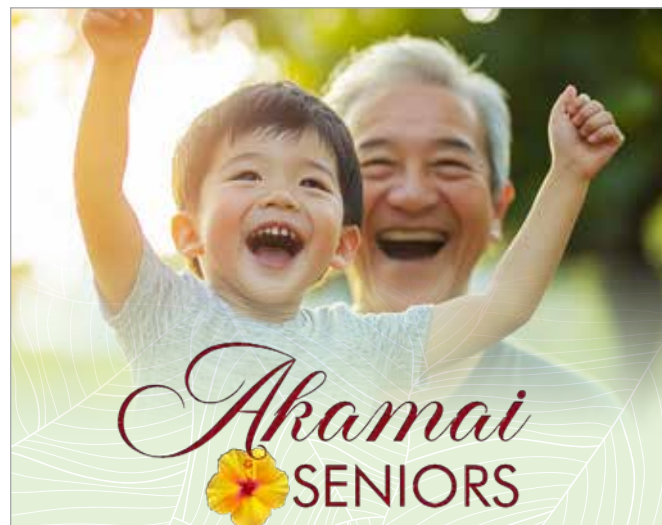
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AkamaiSeniors.org

Balance: Body, Mind & Spirit

by Debra Lordan, GM Senior Editor

Easy Balance Exercises for Seniors, A Holistic Approach to Improve Stability, Prevent Falls and Maintain Independence for All Abilities was written by Lena Ihara, a Maui-born actor, retired teacher and wellness educator.

Lena acknowledges that as we age, "movements that were once automatic begin to slow down and feel uncertain. We may lose balance but we can rebuild with determination."

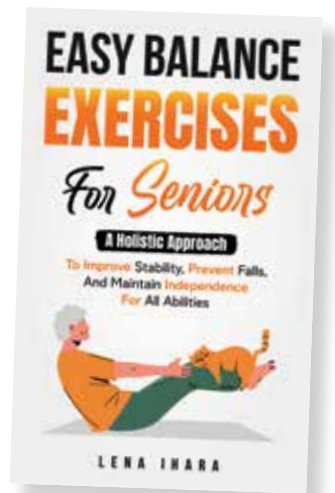
Lena knows how determination can affect change. After she was injured in a bicycle accident in 2020, she wrote this book as part of her comeback story and mission to affect a positive change in the world. Her book is based on the belief that everyone deserves to feel steady, confident and free in their body—regardless of age or ability. If you're looking to regain your footing after a fall, maintain your independence or simply move with

more ease, this book aims to support you with compassion, encouragement and practical tools.

But you'll find more than exercises—you'll discover a holistic approach to balance that connects the body, mind and spirit.

Throughout the book, Lena encourages you through moments of doubt and guides you toward a more balanced, empowered life. ■

EASY BALANCE EXERCISES FOR SENIORS by Lena Ihara, is available in paperback and Kindle formats from Amazon.
amzn.to/4k9ruA3



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THE POWER OF KĀKOU

Brickwood Galuteria's
guiding star.

by Rosa Barker

Photography by Steve Nohara

Grounded by what he learned in his neighborhood church, Brickwood Galuteria embodies a life of public service dedicated to nurturing the well-being of Kānaka Maoli (Native Hawaiians), kūpuna and those with special needs. When “Kūpuna Power”—his TV program created to educate and empower Hawai‘i’s elderly—was relaunched in 2020, Brickwood said in a *Ka Wai Ola* interview that “It’s a kākou thing.” “Kākou” is an all-inclusive pronoun, equivalent to the English “we.” But it’s also all-inclusive in another sense: We’re all in this together and we need to be connected to our community, working together to make the world a better place in which we all can thrive. It is the guiding principle of his heart and life’s work.

At ease interacting with people of all ages from all backgrounds, Brickwood’s “kākou thing” includes serving the public as a senator and in his current role as an Office of Hawaiian Affairs (OHA) trustee. The skills he learned as a tour guide, musician, and radio and TV host underpin his roles as a kūpuna advocate and his success promoting mail-in voting for the Office of Elections. You may remember him as an entertainer, but he is much, much more than that.

A ‘mixed plate’ heritage

Brickwood was born and raised in the Kaka‘ako district of Honolulu. The family home was where Kaka‘ako Gateway Park is now, but back in the 1950s, it was an industrial area with housing behind it. Because of the plantation workers who had moved there in search of better jobs and housing, Kaka‘ako was comprised of various “camps.” The area where the Galuterias lived was known as Japanese Camp. Despite the name, it was a “mixed plate” kind of place where people from many different cultural backgrounds raised their families.

Brickwood’s father, Arnold Galuteria, was one of nine children born to Pedro Galuteria from the Philippines and Rose Galuteria Rodrigues—of Portuguese descent—from Maui.

Arnold married Juliette Kauhi from Kapahulu in back of Waikīkī Beach. Her parents, Joseph and Susie Nani Kauhi (nee Hussey), were from Hawai‘i Island. Their only other child—Brickwood’s uncle—was renowned musician Richard Kauhi, who introduced four-part harmony and jazz piano into Hawaiian music. Brickwood’s paternal grandma, Rose, raised him while his father worked at United Airlines and his mother worked for the City and County of Honolulu.

There’s an interesting story behind Brickwood’s unusual first name. His father served in the Army and was best buddies with fellow soldier Brickwood Cummins. They made a pact to name their first-born sons after each other. Even more interesting is the story behind Brickwood’s middle name. “On my birth certificate is Maikaaloa, but my mom or grandmother purposefully changed it to Malihinimaika‘āina‘e. ‘Malihini’ means ‘visitor or stranger;’ ‘mai ka ‘āina a’e’ means ‘from afar.’ You combine all the different nationalities—Hawaiian, Filipino, Portuguese, English—and it’s like ‘stranger from afar.’”

Church & school

As a child, Brickwood spent a lot of time at Kawaiaha‘o Church, which is right across from Honolulu City Hall. Established under Kuhina Nui (Queen-Regent) Ka‘ahumanu I in 1820, it is affectionately known as “the Mother Church” of Hawai‘i. “That church is basically where we grew up and hung out. My love of performing music came from there. Mom was in the church choir. My two grandpas were deacons at the church. I spent a lot of time there!”

Brickwood also appreciates what the church gave him culturally. “It kind of grounded my concept of kānaka. Even the political perspective—I learned so much on how to approach my politics through church politics. It got me ready, in a sense, for my service. There are different ways to serve. Ultimately, I was able to become a public servant and impact quality of life stuff by shaping policy when I was in the Senate.”

He attended Kamehameha School from kindergarten through high school, graduating in 1973. In an interview for a “Keep It Aloha” podcast in 2024, Brickwood says that “Kamehameha embedded in me the Native Hawaiian ethos, if you will, and informed my decision-making—and it still does.” His time there also led directly into his career as a musician. In high school, he was part of the Concert Glee Club and during his senior year they were recruited by Kalani Cockett, who worked for the O‘ahu Visitors Bureau producing shows promoting Hawai‘i.

Cockett organized the club’s tour of Canada and the continental United States, which gave Brickwood “a taste for the business of show.”

When they returned, he and classmates Ken Makuakane, Chris Keliiaa, Miles Kahaloa and Wes Kitaoka formed a musical group called “Na Leo o Kamehameha.” It was during this time that he connected with Marlene Sai—the Grand Dame of Hawaiian music—who worked in administration at Kamehameha and was featured during the tour along with other wahine stars back in the day—Nina Keali‘iwahamana, Emma Veary, Penny Wells and others.

That led to his later becoming part of the orchestra for Marlene Sai’s show at the Monarch Room at the Royal Hawaiian Hotel. This set the “stage” for a musical career.

Radio & the evolution of Hawaiian music

After graduating from high school, Brickwood briefly attended Pacific University in Oregon but returned home and started a family. To support them, he worked as a tour director and played guitar in show bands. Brickwood met his wife, Lehua, when she was a hula dancer and he was playing in the band they performed with. “She knocked over my music stand during the performance—and that was the end of that! This was when Waikīkī was just really cooking! Don Ho, Danny Kaleikini, Al Harrington, Dick Jensen, Jimmy Borges and others we emulated all had showrooms. Tavana was at the Moana Hotel. Tihati’s Polynesian Revue was at the Beachcomber. Our aim as tour directors was to provide a memorable visitor experience and to just have some fun. That was the important thing.”

Brickwood’s transition into his career as a radio host stems from a specific moment in 1979. His band played on the top floor of the Oceania Floating Restaurant and Don Ho’s original backing band, The Aliis, played the showroom on the second floor. “I went down to listen to The Aliis and Sam Kapu, who worked with Don Ho and also had a show on-air, asked if I’d be interested in doing radio. I said, ‘I have no compelling need to be behind a microphone on radio, but yeah, sure.’”

The program director at KCCN1420AM was one of Brickwood’s schoolmates, Jackie Rossetti, the Honolulu Skylark. The station’s handle was “The Hawaiian Music Station” because it forefronted local bands. He was given the traditional time slot for newbie DJs—10pm to 2am. He created a theater of the mind called “The Biggest Little Nightclub in Town.” “We had canned applause and I served as host: ‘Ladies and gentlemen, let’s go back to the stage with more music...’

“We were there when the music was really evolving into different spaces in the post-Don

Ho era. As an example, you had The Sunday Manoa—Peter Moon and Robert and Roland Cazimero. They added really cool for-the-young-people kind of instrumental work and their appeal to the younger crowd stuck. There were more different forms evolving. Hawaiian music was really on the cutting edge with all these hybrid genres.”

One of those hybrid genres was a Hawaiian-style reggae that went on to have its own category in the Nā Hōkū Hanohano music awards: Jawaian. “I was on the table the day that word was coined,” Brickwood says. “That just stuck with us and we took it to the maximum effect.”

It was during his 1980–90 stint as a KCCN radio host that Brickwood himself won two Nā Hōkū awards: Male Vocalist of the Year and Most Promising Artist in 1985. As part of his life of service, in 1990, Brickwood became a board member of the Hawaiian Academy of Recording Artists, which produces the Hōkū awards. He served as its president from 1992 to 1995 and returned as a board member in 2022.

Connecting keiki & heritage

In May 1990, KCCN General Manager Michael Kelly launched a sister Hawaiian music station: KCCN-FM100. Brickwood co-hosted the “Aloha Morning Show”

with Kimo Kaho’āno on that channel and then on Hawaiian KINE-FM105. In 1992, this resourceful duo became part of the Pacific Voyaging Society’s (PVS) “Voyage for Education: No Nā Mamo, For the Children.”

As the PVS web page explains, the navigators and crew members “reached out to thousands of school children in Hawai’i through a long-distance education program. During the voyage, students tracked the canoe on nautical charts, learned about their Pacific world and used the canoe and its limited supply of food, water and space to explore issues of survival, sustainability and teamwork” (archive.hokulea.com/holo-kai/1992/no_na_mamo.html).

The “Aloha Morning Show” was part of that

effort, with live hook-ups between the studio and the Hōkū’ea voyaging canoe to receive daily reports of weather conditions, coordinates, etc. Brickwood shared that “Prior to the sail, PVS secured a GPS system under the hull of the wa’a, communicating its location directly to Hawai’i, with no communication given to the members on deck above so as not to compromise the wayfinding. After the first leg from Hawai’i to Tahiti was completed, I joined the crew in Tautira for the next leg to Rarotonga and resumed the daily radio reports with Kimo here at home.”

That leg of the journey lasted from Sept. 1 to Oct. 25. Three days later, in a TV studio at the University of Hawai’i (UH) at Mānoa and using the UH Peace Satellite, Brickwood and teacher Patty Miller co-hosted a three-way conversation between the studio, the Hōkū’ea and the space shuttle Columbia as it passed over the Hawaiian Islands. One of the shuttle astronauts, Charles Lacy Veach, was from Hawai’i. The link-up was broadcast as a Department of Education Distance Learning Technology TV Special (link at the end of article). This was no mean technical feat and the video shows how adept Brickwood was at navigating the technical difficulties inherent in satellite communications.

It also demonstrates his ability to step back and allow others to hold the floor. As well as the co-hosts, in the studio were four school students, plus there were two open phone lines so that students could call in their questions from their schools on O’ahu and neighbor islands. Brickwood acted as a facilitator of the dialogues between all the different participants, creating a bridge between land, sea and sky. This opportunity to enhance the cultural understanding of the upcoming generation resonated deeply with his commitment to Kānaka Maoli values.



L: Sen. Galuteria at the groundbreaking for the Hawai’i Technology Development Corporation’s Entrepreneurs’ Sandbox in Kaka’ako in 2018. R: As an OHA Trustee in 2025, Brickwood is chair of the Beneficiary Advocacy & Empowerment Committee.



Empowering through policy

Building upon his childhood introduction to politics in his church, Brickwood turned his attention to the political arena. He served as the state chairman of the Democratic Party of Hawai’i from 2004 to 2006 and as the state senator for District 12 from 2008 to 2018, at one point serving as Senate majority leader. Brickwood’s ability as a bridge-builder was particularly useful when it came to his relationship with the Senate Minority Leader Sam Slom, aka “The Lone Ranger” because of his firm convictions, which didn’t necessarily jibe even with his own party members. Slom was the only Republican in the Senate in 2018.

Besides working on behalf of his constituents in District 12 (Waikīkī, Ala Moana, Kaka’ako, McCully, Mō’ili’ili and Lower Makiki), Brickwood says, he purposefully wanted to affect policy in certain areas. “One was Hawaiian affairs, so I was chairman of the Hawai’i Senate Hawaiian Affairs Committee. And also, because of my history in the travel business, I wanted to ensure that there was a high level of cultural acumen within the visitor experience: While you’re here, be a part of the life and breadth of Hawai’i.” Brickwood is quick to acknowledge that “there’s a lot of hands in this pot of stew” as he describes how the legislature went about effectuating change.

One example he gives is the embedding of Hawaiian language into both the visitor experience and everyone’s daily life. “Nowadays, the first thing you hear when you step off the plane are the announcements in the Hawaiian language. That didn’t just happen,” Brickwood explains. “That had to be worked on. It was intentional that the language would be heard. Another good example is ATMs. When you start to embed the cultural aspects into your daily life, you’re kind of living it, right?”

The Office of Hawaiian Affairs

After leaving the Senate in 2018, Brickwood continued his service to the Native Hawaiian community as a member of the O‘ahu Island Burial Council. Then in 2022, he became an at-large trustee of the Office of Hawaiian Affairs, where he is currently chair of the Committee on Beneficiary Advocacy and Empowerment. It “focuses on OHA’s legislative and advocacy efforts, as well as programs that address issues relating to health, human services, economic stability, education, native rights, housing, land use, environment and natural resources.”

In April 2025, he wrote “Sustainability Through a Native Hawaiian Lens” for OHA’s newspaper, *Ka Wai Ola*: “Historically, Hawaiians exemplified sustainable living through the ahupua‘a system, a land division model extending from mountains to sea. This system ensured long-term abundance through collective responsibility.

Today, these principles remain relevant as Hawaiians navigate political, economic, social and environmental challenges.”

Voting by mail campaign

In 2020, he had received a call from the Hawai‘i State Office of Elections asking him to help “ensure a sense of confidence with kūpuna, who were more comfortable with going down to the ballot box in person. He created a network of partners by contacting all of the leaders of nonprofits and other entities that already had strong connections with that demographic. The turnout for the 2020 primary election was 51.2% of registered voters, 98% of the votes being cast by mail. In the General Election it was 69.6%, with 95% of those votes being cast by mail. Furthermore, 60% of those who voted were over the age of 50, including 32% aged 65-plus.

‘Kūpuna Power’ returns!

The principle of “collective responsibility” includes everyone who lives in Hawai‘i, not just Native Hawaiians. It also involves collective action in the form of advocating for change.

While serving in the Senate, Brickwood’s mom asked him to check on her best friend, one of his church aunties. He discovered that fraudsters accompanied her to the bank and drained her account. The immediate concern was that Auntie’s electricity had been cut off and she

was using candles, which could have accidentally started a fire.

In his “Keep it Aloha” podcast interview, Brickwood explains how he went back to his office and said to his staff, “Let’s start something called ‘Kūpuna Power!’ What is kūpuna power? It’s a lively, meaningful way that celebrates Hawai‘i’s kūpuna.

Kūpuna power is about empowerment and knowing the resources that help us make responsible decisions and become self-advocates. We started by doing a resource fair at the state capitol in April each year.” Each April, the conference committee of each legislative house considers the bills generated in the other house and decides if they progress to being enacted before the legislative session ends in May. Besides connecting kūpuna to resources and organizations that could help them with their needs at the fair, Brickwood and his staff would encourage them to go to their representative’s office to speak with them directly.

He also took the idea to ‘Ōlelo TV, a nonprofit community Public, Education and Government access provider created in 1989 “to empower the voice of the community.” Brickwood had previously been a moderator on “‘Ōlelo’s ‘In-Touch” show in the 1990s, and had also hosted or co-hosted shows on ESPN and KHON TV. From 2011



“Kūpuna Power” guest Kumu and Kahuna Kawaikapuokalani Frank Loea Lehua Hewett joins host Brickwood Galuteria in 2020, sharing stories of growing up and learning from his own kūpuna.

to 2014, Brickwood was the producer and host for “Kūpuna Power TV” on ‘Ōlelo. In 2020, following his exit from the Senate, he relaunched “Kūpuna Power” as a half-hour show on KGMB/KHNL/K5, but stopped when he was elected to OHA, unsure of what time commitment would be required.

“After about a year at OHA, I decided I couldn’t also produce a half-hour show once a week. It was too labor-intensive.” Instead, he, Mike Kelly (from his KCCN radio days) and some friends “went to bat” for a short-form version of “Kūpuna Power,” a five-minute segment in KITV’s “Island Life Live” show. It airs once a week on Thursdays at 4:30pm. Since early May of this year, KITV has also been airing “The Best of Kūpuna Power,” reruns of many of the earlier half-hour shows.

In addition, there will be some new one-off shows on specific topics like digital literacy and fall prevention and he plans to use footage he and Kimo have from the 1992 Hōkūle‘a voyage as “Kūpuna Power Remembers No Nā Mamo.” He’ll also revive the tradition of the Christmas special “Kūpuna Kalikimaka.” “The Best of Kūpuna Power” airs each Tuesday on KITV at 12:30pm with an encore each Wednesday at 12:30pm on KIKU, “Hawaii’s Multi-Cultural TV Station.”

Brickwood and Kimo are also reigniting their co-hosting mojo with a weekly 35- to 45-minute video/radio podcast called “Hawaii Recalls.” “Podcasts are the new radio shows,” he says.

A family man at heart

Brickwood’s time as a young person was lived largely in the public spotlight, as a musician, radio DJ and television personality. But he was also a family man. He and Lehua have five children and 10 grandchildren. “And for us, the diaspora is real, because three of our five children live on the continent. Five of our 10 grandchildren live on the continent, too. We can’t argue with them for wanting a better quality of life for their families, but we’d love to find a pathway back for them.”

One of their sons lives with them, or as Brickwood says, “We like to say we live with him. Shawn is our gift from God. He has Down syndrome. When he was born, we were told that kids like him had a length of life only into their 20s, especially as they have a propensity for heart conditions. He had to have major surgery for a hole in his heart at the age of three. We had a



The Galuteria family at Shawn’s 50th birthday celebration: (L–R, back row) Bric (son), Rebecca and husband Mana (son), Kawehi (daughter), Sommer (daughter), (front) Brickwood, Lehua (wife) and Shawn (son).

big celebration for him recently when he turned 50! He brings a centering to our lives that is just unconditional.”

Having Shawn in the family contributed to Brickwood’s decision to add the special needs community into his life of service as a board member for Hawai‘i Special Olympics and the Hawai‘i Association of Retarded Citizens, which is nowadays known simply as ARC. Although it is common to use the term “disability” and “special needs” when speaking of people like Shawn, Brickwood expresses the belief that he has “different abilities” and that we all have special needs. Those terms should not be used to exclude this community of people from the activities we all enjoy as part of our daily lives.

It’s a kākou thing... ■

KŪPUNA POWER

info@wearekupuna.com | wearekupuna.com

“Kūpuna Power” 5 min. segments
KITV “Island Life Live”: Thursdays, 4:40pm

“The Best of Kūpuna Power” (replays of TV shows)
KITV: Tuesdays, 12:30–1pm
KIKU: Wednesdays, 12:30–1pm

Youtube videos:

[Hōkūle‘a Talks to Space Shuttle Columbia](https://www.youtube.com/watch?v=HokuleaTalksToShuttle)
bit.ly/HokuleaTalksToShuttle

[Hawaii Recalls](https://www.youtube.com/watch?v=HawaiiRecalls)

bit.ly/KupunaPower-HawaiiRecalls

Keep it Aloha podcast, [Brickwood Galuteria](https://www.youtube.com/watch?v=BrickwoodGaluteria):
From entertainment to politics, and empowering Kūpuna
bit.ly/KupunaPower-KeepItAlohaGaluteria

UV Protection is Important for Eye Health

by Dr. Steven Rhee, Medical Director, Hawaiian Eye Center

Ultraviolet (UV) radiation can do permanent damage to our eyes. Regardless of age, it's important to keep our eyes safe from the powerful summer sun, as our vision quality helps to support a long, healthy and happy life.

For UV Safety Month in July, there are many things we can do to help protect our eyes; these preventive measures are crucial:

◆ **Wear sunglasses that block 100% of both UVA and UVB rays.** This is a simple yet highly effective way to protect your eyes. Your sunglasses should wrap completely around your temples so the sun can't enter from the side.

◆ **Wear a broad-brimmed hat.** This can reduce the amount of UV radiation that reaches your eyes by up to 50%.



◆ **Stay in the shade.** Or make sure you are blocking out UV rays during peak UV hours—10am to 2pm—when UV rays are most damaging.

If you experience any signs or symptoms of vision problems, schedule an eye exam as soon as possible.

Note that some common eye diseases can show little or no symptoms or may not be vision-related, such as headaches or dizziness.

Take precautions before heading outside to safeguard your vision and reduce the long-term impact of UV damage, ensuring your health and vision for years to come. ■

HAWAIIAN EYE CENTER
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Summer Tips for Healthy Teeth and Gums

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

You may have heard of the saying "Drink well, eat well, live well." What we eat and drink directly affects our overall health and our oral health. That's especially true during the summer months, when it is typically hotter in Hawai'i.

Dehydration, especially for kūpuna, can lead to dry mouth, which may put them at greater risk for cavities and gum disease.

The solution is simple: Drink plenty of water. Native Hawaiian wisdom notes, "ola i ka wai," which loosely translates to "water is life." Drinking water helps remove food particles and harmful bacteria in our mouth and stimulates saliva production. This prevents plaque buildup and tooth decay. Avoid sweet, acidic beverages or rinse with water immediately after drinking them.



This summer, remember that what you eat also affects your health. Nutritional foods help to maintain healthy tissues and bones, including your teeth. Avoiding foods that contain excessive sugar also help us maintain healthy teeth. Remember, your children and grandchildren are looking to you as their role model!

With these simple reminders, you can have a more enjoyable, healthy summer. Eat well, drink well, live well and smile more! ■

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How to Find the Right Senior Care Home

by Norma Kamai, Sales & Marketing Director, The Plaza Assisted Living

Gen Xers may find themselves helping parents age in place at home or at a senior care facility.

Finding the right senior care home requires careful planning, research and consideration of a variety of factors:

■ **Consider your parents' current and future needs.** Are they independent, need memory care or a higher level of care? Does a chronic illness require special care?

■ **Choose a location that works for everyone.** A senior facility in close proximity to family makes visiting more manageable.

■ **Financial planning is crucial.** Understand what is included and what additional services will cost. Review long-term care insurance and what is covered. Familiarize yourself with your parents' pensions, which can help offset costs.



■ **Take a tour.** Is the facility well-kept and odor-free? How do staff members treat residents? Would your parents prefer an active or quieter environment? Are daily activities offered? Request a lunch tour for you and your parents to assess the food.

Choosing a senior care home for your parents is a major decision. But after considering these questions and doing your research, trust your instincts. If something doesn't feel right, keep searching to find a place where your parents will feel safe, cared for and happy. ■

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Recreation, Leisure & Assistive Technology

by Jodi Asato, Executive Director, Assistive Technology Resource Centers of Hawaii (ATRC)

Recreational activities provide a wide range of benefits for seniors, significantly contributing to their physical health, mental sharpness and emotional well-being.

Engaging in leisure activities helps maintain physical fitness, stimulates cognitive function and fosters emotional resilience. Additionally, recreation offers seniors valuable opportunities to form and strengthen social connections, promoting a strong sense of community and reducing feelings of isolation.

In recent years, assistive technology (AT) has emerged as a powerful ally in helping older adults stay engaged in recreational and leisure pursuits. AT enables seniors to maintain independence, explore new interests, and participate in social and physical activities despite age-related challenges. With the help of technology, seniors can remain active, socially connected and mentally engaged, enhancing their overall quality of life.

What is Assistive Technology?

Assistive technology is a broad term that includes tools, devices and systems designed to help individuals maintain or improve their functional abilities. These technologies assist with mobility, communication, cognition, vision, hearing and self-care. As people age, they often face physical or cognitive limitations. AT can help bridge those gaps to support health, participation and inclusion.

AT for Staying Physically Active

A wide range of assistive technology is available to help seniors engage in physical and recreational activities. Adaptive equipment makes hobbies like fishing, golf, billiards, bowling, photography, cycling and gardening more accessible. Specialized tools for card and board games and arts and crafts allow seniors to continue enjoying their favorite pastimes.

Mobility aids such as wheelchairs, walkers, scooters and canes are vital for enabling recre-



ation participation. Some wheelchairs are specially designed for sports such as tennis or basketball.

Fitness trackers serve as adaptive technologies by helping seniors monitor their physical activity and health data in real-time.

Sensory assistive devices like vibrating timers, tactile maps and audio beacons, enable individuals with hearing or vision impairments to enjoy outdoor and sports activities safely and independently.

AT for Staying Social

Technology also plays a significant role in helping seniors to maintain social connections. Tools such as video chat apps, adaptive phones and digital group platforms help older adults to stay in touch with family, friends and community groups, promoting their social engagement and reducing their isolation.

AT for Mental Health and Enrichment

Devices like speech readers, screen readers, FM systems, virtual reality, smart home assistants and communication aids provide mental stimulation and entertainment. Voice recognition software, braille displays and alternative input devices allow those with physical or cognitive impairments to access digital content and interact with the world around them.

By integrating assistive technology into their lives, Hawai'i's seniors can enjoy a more active, social and enriched lifestyle. ATRC is committed to helping older adults explore how AT can support their well-being and fully empower them to participate in the activities they love. ■

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ATRC does not sell products, but recommends vendors. Device demonstration and lending programs give individuals and groups the opportunity to make an informed choice about an AT device prior to acquiring one.



SSA Benefits Toolkits Explained

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

We've released new resources to help you better understand Social Security benefits.

We've designed easy-to-use toolkits to provide education about our programs for children and our benefits for families after the death of a loved one. Our School Professional and Survivor Benefits toolkits are downloadable PDFs that include ready-to-go communications, such as sample email blasts, newsletter articles, handouts and social media posts.

SCHOOL PROFESSIONAL TOOLKIT

The School Professional Toolkit at ssa.gov/marketing/assets/materials/toolkit-ss-benefits-and-ssi-payments-for-children.pdf is for teachers, school counselors and other educators. The purpose of this toolkit is to educate parents and guardians about the financial help we provide. We make payments to students with disabilities and to those who have experienced the loss of a parent or have a parent who is receiving retirement or disability benefits.

The toolkit discusses the following:

- Eligibility requirements
- How to apply
- How to respond to requests for school records and forms
- Evidence we need from school professionals to determine whether a child with a disability may be eligible for SSI

SURVIVORS BENEFITS TOOLKIT

The Survivors Benefits Toolkit at ssa.gov/marketing/assets/materials/toolkit-ss-survivors-benefit.pdf is for funeral homes, care facilities and other organizations working with people who have lost a loved one. This toolkit increases awareness about survivors benefits for eligible family members. We make monthly payments to surviving spouses, minor children, adult children with disabilities and dependent parents of workers who paid Social Security taxes before they died.



The toolkit discusses the following:

- Eligibility requirements
- How to apply
- Evidence for processing applications

For more information about our toolkits, visit the blog post titled "New Resources for School Employees and Survivors" at blog.ssa.gov/new-resources-to-educate-school-employees-and-survivors.

Please help us spread the word about our toolkits with your colleagues and others who may find them helpful. ■


For more information on SSA benefits, including who is eligible and how to apply, visit ssa.gov/benefits. To make an appointment, call between 7am and 5pm, Mon-Fri: 1-800-772-1213 | socialsecurity.gov

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Downsizing Your Home in Retirement

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

If you are approaching retirement or are already there, you may be considering downsizing your home. It's a big decision, with ramifications for both your finances and lifestyle. As you think about downsizing, here are some things to keep in mind:

■ **Decide if a move makes sense.** You can expect your needs and priorities to shift in retirement. Perhaps you won't require as much square footage as you did when raising children, or you may find it challenging to keep up with home maintenance like you used to. It may be financially prudent and personally necessary to get out from under the costs and responsibilities of maintaining a larger property. Your location preference may shift, too. It is common for retirees to desire living closer to family members or in warmer climates.

■ **Create a timeline for your move.** Discuss the pros and cons of selling your family home now or in the future. External market factors can affect your next step. Timing the sale of your home and the purchase of a new one can be tricky. Be prepared in the event your home doesn't sell quickly.

■ **Consult a real estate professional.** A real estate professional can help you determine what needs to be done before putting your house up for sale. Your home may need repairs to meet code or maximize its list price. Get an appraisal of current market value and decide what you'll be comfortable spending on a new, smaller home.

■ **Review your housing options.** Once you decide to downsize, start looking for a new place that meets your needs and budget. If you're considering a condo or townhome (two popular options) make sure to factor in fees or assessments that are charged to residents when calculating the overall cost. If you're in need of assisted living services, you'll want to assess those costs—and whether they can be offset by long-term care insurance. In terms of location, you may want to think about the proximity of amenities and services including grocery stores, transportation and your doctor's office.



■ **Be prepared for a multi-gen conversation.** A change as impactful as selling your home may prompt conversations with family members about your estate. Downsizing usually requires whittling down the personal possessions. If you're moving to a residence with managed maintenance, you won't need the lawn mower or other tools in your garage. That extra set of dishes might be more useful to someone else. If you're thinking of giving items to family members, be prepared for different generations having different interests and attachments to your home and belongings. Establish how you want to explain your lifestyle goals for retirement so family members can support you through the process.

■ **Review your finances carefully.** Thoroughly review the financial implications of your specific situation. Downsizing does not necessarily mean you will suddenly have a cash windfall or establish enormous savings. Remember that HOA expenses, lifestyle changes and upgrades in construction quality can add to costs. Moving to a retirement area that has more built-in services can increase your cost of living, as well. Taking the time to explore the intricacies of your situation can prepare you for the next steps. And remember, you don't have to do it alone. A qualified financial advisor can help you navigate this complex process with confidence. ■

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DIY Estate Planning

by Scott A. Makuakane, author of Est8Planning for Geniuses

The problem with do-it-yourself estate plans is they often don't work in the real world. An effective plan involves far more than a set of documents—even very well-drawn documents that would stand up in any court in the land, as they say in the commercials. But why would you want your estate plan to have to stand up in court? Wouldn't it be better to have a plan that will keep you and your family out of court?

You should start by learning what you need to know in order to get your plan right, create and implement your plan and then make sure that it stays right. What I mean by "stays right" is that it continues to work according to your wishes in light of changes in your health, your stuff, the law and the list of people you like and trust. If you think a self-help computer program will accomplish that, then you may be one of those people P.T. Barnum said was born every minute.

Bottom line: There is a lot of really good information on the internet. There is also a lot of misinformation. Do you have the training and background to tell one from the other when it comes to putting your estate plan in order? If so, then knock yourself out, professor. If not, there is something to be said for working with live professionals instead of an impersonal website that cares more about your credit card authorization than about what happens to you, your family and your stuff when you become incapacitated or die. ■

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Protecting Your Child's Assets

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

Consider creating a trust to hold your child's inheritance. Whether you are married or a single parent, consider how to ensure that your hard-earned assets are used properly for the benefit of your child, and not misused or taken away.

Minor children cannot own assets, so if a minor is named as a beneficiary of life insurance and there is a surviving parent, the surviving parent will have to go to court to get permission to manage the minor child's assets.


Establishing a trust can ensure that we avoid court as much as possible. A trust also allows parents to appoint a trustee to manage the child's assets for the benefit of the child, as well as protect the child's assets from misuse.



This trust for the benefit of your child is referred to as a "sub-trust" and rests within the revocable trust. It can be a successive recipient of your assets after your spouse.

These trusts can protect your children in three phases of life: 1) 1 to 18 years of age; 2) 18 to when you feel the child is responsible enough to manage a large sum of money; and 3) for the rest of the child's life, to protect the child from people who may try to take away the child's assets, such as creditors, predators and ex-spouses. ■

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