



A family effort at the Aging Place workshop. From left: Leigh Dicks, content coordinator and Cynthia's mother-in-law; Sherry Goya, community relations and Cynthia's mother; Alexis Arnold, event helper and Cynthia's daughter; Cynthia Arnold, publisher and Catherine Ogimi, Cynthia's sister.

# The Next Generation

**Publisher Cynthia Arnold introduces *Generations* magazine to a new era**

BY JEFF PREBLE

**G**enerations — the name of the magazine is very appropriate. It has been around for about 20 years and calls itself “Hawai‘i’s Resource for Life.”

Every two months 35,000 copies are distributed to seniors and their families, full of information about healthcare, finances, legal matters, caregiving topics and more. There is also news about workshops and special events.

## Spanning Generations

The Baby Boomer generation are people born between World War II and 1965. They are followed by Generation X, born between then and 1980. Owner

and Publisher Cynthia Arnold is in this group and brought a new perspective to the magazine. She worked closely with many kūpuna in her other business and saw that the magazine was truly the best source of important information for them. She is intent on expanding readership to younger people who might be both starting to care for aging parents and plotting a course for their own retirement.

*Generations* got its start in 2006 and proved popular. It ceased publication in 2009 when many local businesses were affected by an economic downturn, but the magazine was brought back to life in 2010 by Percy Ihara, gaining readership. Arnold is his niece, and she worked at the

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magazine for all of 2023 before she took on the leadership role at the beginning of 2024.

The team includes her mother, Sherry Goya, and the two have always had a close relationship. Arnold tagged along to meetings and events when she was young and credits her mom for being her teacher and shaping her into the person she is now. Arnold has become the boss, but she still values her mother's knowledge and advice, consulting her when there are important decisions to be made.

In honor of her late grandfather, Ret. Col. Les Ihara, Arnold added a column for and about veterans of every war so they can be remembered for the sacrifices



they made for themselves and those they left behind. The column is written by the 100th Infantry Battalion Veterans/442 Regimental Combat Team — the famous highly decorated segregated army unit in World War II made up of second-generation Japanese Americans, mostly from Hawai'i. A few of those veterans are still alive and celebrated today.

### Community Connections

*Generations* magazine puts on a senior fair every year, usually in February, at Windward Mall. For Arnold and many of the vendors, it is a chance to connect with the community.

These days, Arnold gets nostalgic when she goes to Windward Mall, remembering Friday night dinners there with her family. Though Arnold no longer lives in Kāne'ohe, she is quick to say she is a proud Kāne'ohe girl and this is where she grew up.

To find out more about *Generations* magazine, visit [generations808.com](http://generations808.com) 📱



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