

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 14/2 • MAR/APR 2024

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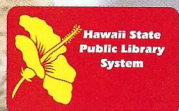
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PHARMACY**



Who's Behind Generations Magazine?

Our dedicated writers. *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 and their families. The magazine also works with trusted sources in the community to provide leads, story tips and valuable information. Here are some of the faces behind the scenes:



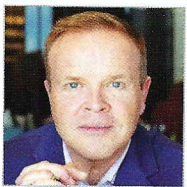
DANA ACOSTA is the director of Kaunoa Senior Services' Retired & Senior Volunteer Program (RSVP), under the Department of Housing and Human Concerns, a department of the County of Maui. RSVP is a nationwide, federally funded program under AmeriCorps Seniors, which is also active on Hawai'i Island, Kaua'i, and O'ahu. She has served in the Maui County aging network in various capacities for 39 years, including Kaunoa's Meals on Wheels, Congregate Nutrition and Leisure/Wellness Programs.



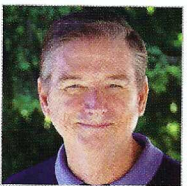
BRYAN AVERY, the COO of Ke Ola 'Uhane, is a published researcher in the field of human anatomy. He was the first to describe the presence of a previously unreported ligament he named the anterior coracoscaphular ligament. In addition, Bryan has over 18 years of teaching human anatomy, physiology, microbiology, neurology, chemistry, cell biology and nutrition at the University of Guelph, University of Western Ontario, University of Hawai'i and the University of Phoenix. Bryan earned a B.Sc. in Biomedical Science, and a M.Sc. in Human Biology and Nutrition.



JOSIE BANASIHAN is originally from the Philippines and immigrated to O'ahu in 1993. Her career in the health insurance industry began over 30 years ago and she stays committed to assisting the elderly community. She now oversees the Copeland Insurance Group office, an Integrity Company, due to the unfortunate passing of Margaret Wong in 2023. Continuing Margaret's legacy, Josie's work involves educating people about Medicare benefits, finding plans that best fit their needs and helping them better understand their Medicare options.



DALE DIXON helps businesses and buyers win in the marketplace through ethics and integrity as Chief Innovation Officer of Better Business Bureau Great West+Pacific. As a speaker, author and thought leader in the arena of business ethics, self-regulation and consumer protection, he appears in front of thousands of people each year. Dale hosts "The Game Changers" business leadership podcast and is an award-winning author of Sweating Bullets: A Story about Overcoming the Fear of Public Speaking.



ALAN GAMBLE, a Licensed Clinical Social Worker, has over 45 years of counseling and teaching experience in a variety of clinical settings—a journey which began due to the influence of his mentor, Dr. Rev. Mitsuo Aoki. He is the current president of the nonprofit Mits Aoki Legacy Foundation and a co-leader of the Bereavement Network of Hawaii, providing training and support for students and professionals who are working with individuals with life threatening, serious illnesses and their families. He enjoys time with his wife and four grandchildren on O'ahu.



TODD PANG is the president of Caring Manoa, a Type II Adult Residential Care Home, and the founder of Kupuna Care Pair, an online platform that demystifies long-term care and saves time for families comparing available services and trying to connect to care providers in Hawai'i. Prior to taking over his family's care home in 2011, he worked in China's luxury tourism and hospitality industry. Todd has a passion for helping people navigate and thrive in unfamiliar situations, whether it be exploring the Forbidden City in Beijing, China, or preparing for end-of-life care.

A special mahalo to our additional contributors, whose dedication to the senior community is greatly appreciated. And also to our loyal contributing partners, whose presence continues to enhance this magazine's value.

CALVIN HARA | CAROL HICKMAN | KAHALA HOWSER | STEVEN ITO | MARTHA KHLOPIN
KEALI'I LOPEZ | SCOTT A. MAKUAKANE | WANDA ANAE-ONISHI | MICHAEL W. K. YEE | STEPHEN B. YIM

Grieving the Loss of a Pet

by Alan Gamble, DCSW, LCSW, Bereavement Network of Hawaii

If you had a beloved pet as a child, you may have been overwhelmed with feelings of sadness and grief after he or she passed away. For many of us, this was our first experience with death. And as we age, we will most likely experience additional losses of our furry friends. Each and every time is sad and difficult.

Our pets bring us joy and laughter. They bring out the best in us, encouraging our playful side. They love us unconditionally and do not judge us or criticize what we say or do. They are always happy to see us and they are present in a way that most people are not. They love our affection and reciprocate in kind with purring sounds or wagging tails. We can be uninhibited around them and tell them our most private thoughts. Like our human children, they depend on us and fill our homes with an abundance of love.

So, when our pet dies, a relationship that once brought us pure love and joy now causes us great sorrow. A precious part of us is now gone.

The decision to prevent your pet from experiencing the pain of dying through euthanasia, giving them instead a gentle, peaceful goodbye, sometimes comes with feelings of guilt, adding to our misery. *Did I wait long enough? Did I wait too long with too much suffering? Did I make this difficult decision for my pet or for myself?*

It is common that we don't talk about losing our pet. We may think others won't understand our deep sorrow and grief, so we don't share. We may think it is socially unacceptable to grieve an animal so deeply. A name for this is "disenfranchised grief." It is like other losses we don't share

with others — for example, the loss of an unborn child, a job or a divorce. So, we suffer privately — in silence.

The loss of your pet is undeniably painful and the grief you feel is valid and unique to your own experience and your special relationship. But it is helpful to talk with others who understand and can help you along your journey as you grieve, while allowing you space for your sadness. It is healthy and normal to honor your relationship with your pet by expressing that special love — even through your tears. ■



BEREAVEMENT NETWORK OF HAWAII

Facilitated by KOKUA MAU (Nonprofit)

808-585-9977 | kokuamau.org

kokuamau.org/grief-and-bereavement

Learn more about grief and the healing process: Help For The Bereaved — The Healing Journey (https://kokuamau.org/wp-content/uploads/CtrOnAging-Booklet-5-REV_6-30-11.pdf).

PET BEREAVEMENT RESOURCES:

- Hawaiian Humane Society
hawaiianhumane.org/pet-loss-support-group
- Arms of Aloha
armsofaloha.com/grief-support
- Why everyone Should Talk About Pet Death, E.B. Bartels
ted.com/talks/e_b_bartels_why_everyone_should_talk_about_pet_death
- Pet Loss Grief Explained by Sarah Hoggan
youtube.com/watch?v=TkJGhQANjZo
- The Association for Pet Loss and Bereavement
aplb.org



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