



Frances was born in Kapoho on the Big Island where she read in the out-house, did homework by kerosene lamps, and used her pencil to get out of a place she mistakenly thought had nothing to offer dream seekers. Kapoho is now under buried under tons of Kilauea lava.

The award winning author of 19 books, Frances is internationally published and has received numerous awards from literary and family caregiving organizations. Among them, the Hawai'i Book Publishers Assoc, Northern California Publishers and Authors, Mom's Choice Awards, Sunrise Ministry Foundation, California Writers' Club, and Hawai'i Gerontological Society. She has been recognized by the Hawai'i Japanese Women's Society Foundation as one of the Outstanding Women of the 21<sup>st</sup> Century in Hawaii. Her work has appeared in many anthologies and news media.

A former columnist for the Hawai'i Herald, she wrote a monthly advice column for caregivers called Dear Frances. Her two children's books from her Wordsworth the Poet series were presented in a stage musical at the UH Hilo Performing Arts Center in 2022, on being different and dignifying our elders.

Frances has taught in Hawaii, Michigan, and Micronesia, and was a State DOE curriculum writer, teacher trainer and lecturer at the University of Hawaii, College of Educ. Frances devotes her time writing, hitting the shopping malls, and giving keynote addresses, workshops and readings throughout the US on caregiving, teaching, memoir writing, poetry, and writing. She presently resides in Sacramento.

Frances was a caregiver for her mother who had Alzheimer's disease and has been working with caregivers for over 25 years. She facilitated poetry writing support group for caregivers in Hawaii and California. Her current books on giving care are: I Am Somebody: Bringing Dignity and Compassion to Alzheimer's Caregiving and Wordsworth Dances the Waltz.

Her newly released Wordsworth book titled: Wordsworth the Haiku Teacher, teaches readers how to write haiku.

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