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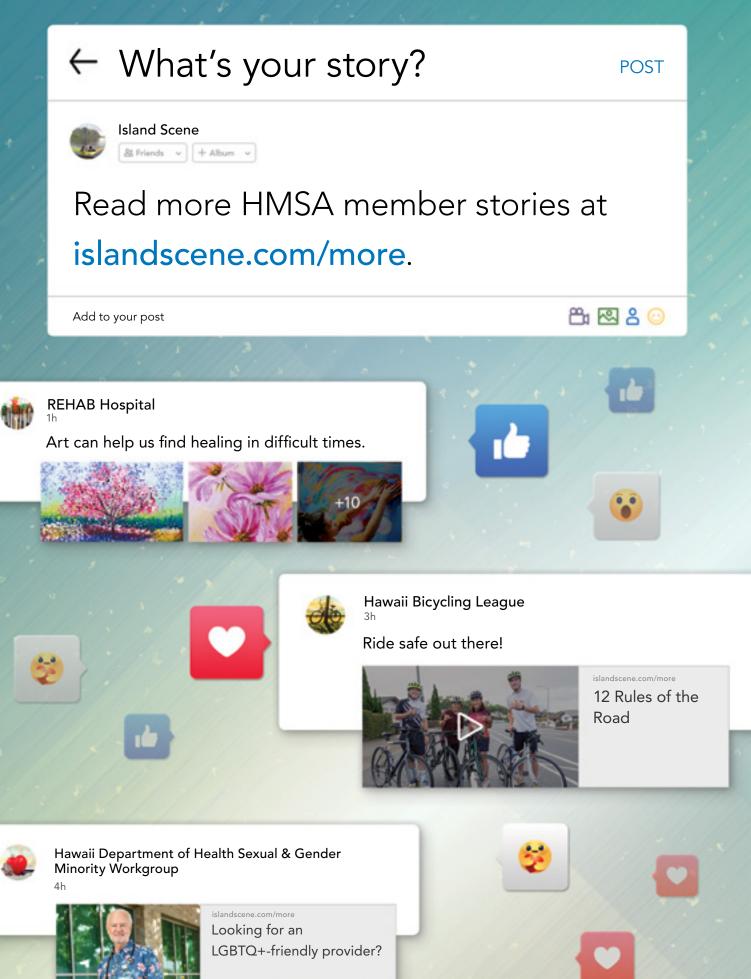


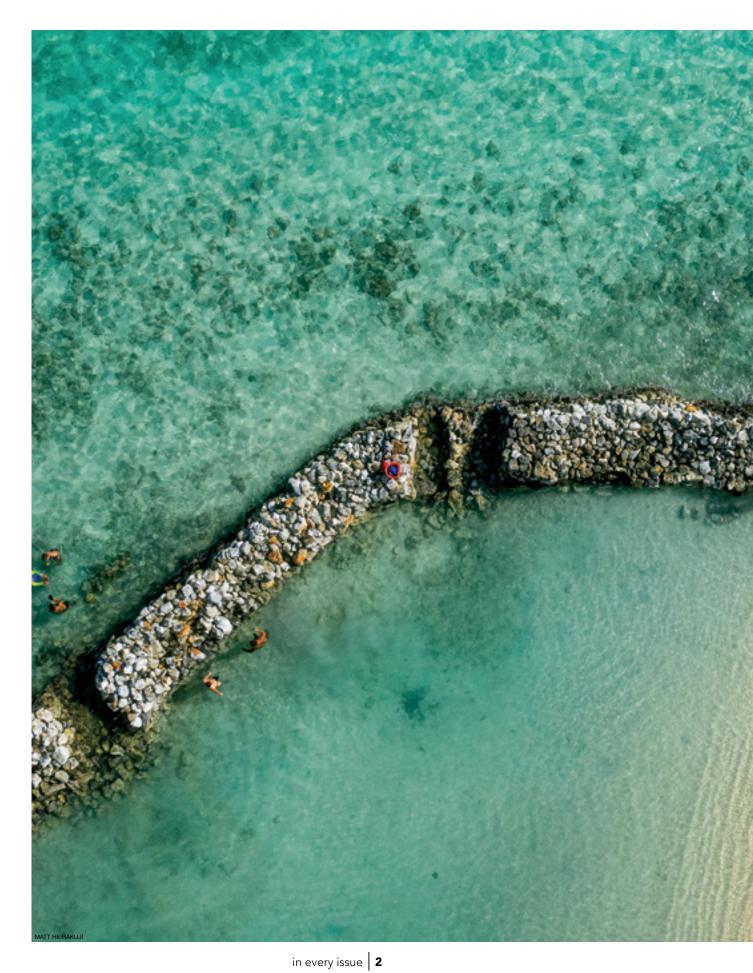
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COVER: Kimeona Kane works to restore the 800-year-old rock walls of Pāhonu (turtle wall) in Waimānalo. Story on page 18 by Craig DeSilva. Photo by Matt Heirakuji.





read James Michener's iconic book, Hawaii, when I was in high school. You know it's an awesome piece because why would a teenager read a thousand-page book without pictures from cover to cover?

It's a special book because it's about a special place, Hawai'i. More importantly, it's about the people who populate our islands: where they came from, how they lived, and, ultimately, how their cultures blended with other cultures. All of that together made what Michener called the "melting pot," the essence behind Hawai'i's cumulative people and culture.

It's here that I disagree a bit with Michener. Hawai'i isn't really a melting pot. We're beef stew. All the carrots and potatoes and celery and beef simmer together and add flavor to the broth, but those individual chunks are still there and we savor each bite.

"If you reject the food, ignore the customs, fear the religion, and avoid the people, you might better stay home."

: James Michener

Our people in Hawai'i come together to form a unique and wonderful place with aloha and 'ohana that make our home unique. But our diversity has remained distinct. We still bring the best of our worlds to the table for all to enjoy. And that's special.

This is our membership at HMSA. It's a diverse group of ethnicities, religions, cultures, and people who make Hawai'i one of the most interesting and harmonious places to live. When we say at HMSA that our purpose is to improve the lives of our members and the health of Hawai'i, it's because our commitment to you is to preserve the diverse beauty that is the soul of the Hawai'i that Michener wrote about.

To do this, we strive to understand you, care about what you care about, and see the world from your perspective. This is how we strive to better the place where we live.

Sincerely,

Mark M. Mugiishi, M.D., F.A.C.S. President and Chief Executive Officer

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publisher's note

dear friends,

Welcome to 2021 and the winter issue of Island Scene. I hope you were able to celebrate the holidays in ways that were meaningful and joyous.

This issue launches our new series of themes for the magazine. Throughout the year, we'll focus on members, employers, providers, and our community. These four groups are HMSA's key partners in the health of Hawai'i. Stronger partners make us all stronger, so it's important to understand each other better and share our health and health care stories.

This is our member issue. Obviously, we wouldn't be here without our members. And when we thank you for being an HMSA member, we mean it from the bottom of our hearts.

You probably wouldn't be surprised to hear that I've been an HMSA member all my life. Many of our members have been, too. My dad was a reporter and editor at the old Honolulu Star-Bulletin and I had his HMSA plan from the day I was born until I started my own writing and editing career at HMSA and got my own plan.



If there's a specific topic you'd like to read about in any of these issues or online at islandscene.com, please let us know. We're here to help you learn about health and health care and to share what's important to you.

You can call me at 948-6839 on O'ahu or email me at feedback@ islandscene.com. These calls and emails come directly to me and I always enjoy hearing from our members. It's one of the best parts of my job.

Take care, friends, and best wishes for a happy, healthy 2021.

Love,

Lisa Maneki Baxa

Publisher and Editor

around the 808

kaua'i

how kkcr became the new kid in town

Did you know that the late Glenn Frey of The Eagles played a key role in helping a Kaua'i radio station get its start?

When Hurricane 'Iniki hit the state in 1992, Kaua'i sustained the most damage. Hanalei and other towns on Kaua'i's North Shore were difficult to reach and out of range of any radio station. Fortunately, planning for a new independent, noncommercial radio station that would cover the entire island had already begun.

Early fundraising got a big boost from The Eagles, whose co-lead singer, Frey, was a neighbor of one of the station planners. The band agreed to donate some of the proceeds from its 1995 concert at Aloha Stadium to the project, raising nearly \$40,000 and giving the fledgling station the break it needed.

Today, KKCR hosts Hawaiian- and English-language programming with an eclectic mix of music and information, broadcasting throughout Kaua'i, Ni'ihau, and parts of O'ahu and available worldwide online. The listener-supported station is preparing to celebrate its 25th anniversary in 2022.



Have a great story, place, or event that makes your Neighbor Island community special? Share it with us at feedback@islandscene.com or call 948-6839 on O'ahu.

The beat goes on

For nearly two decades, Taiko Kauai has been sharing their drumming talent. Though the members come from diverse backgrounds, they have one thing in common: the passion for taiko. Whether they do it just for fun, to keep fit, or to perpetuate the Japanese culture, the club plays for various temples during obon season as well as other festivals and events.

HMSA member and Taiko Kauai President Jason Matsuoka says taiko keeps club members connected and healthy. "You gotta bend, you gotta extend, you gotta stretch. We practice a lot, so when it comes time to perform, we're ready."

For more information about Taiko Kauai, email dorahong888@gmail.com or call 651-8893 on Kaua'i.



Members of Taiko Kauai with their drums.

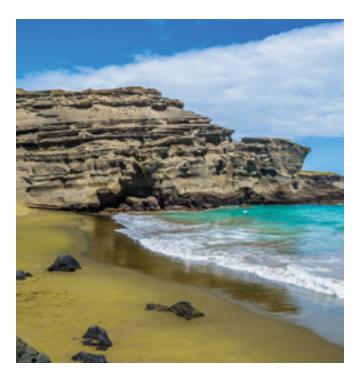
big island

going green

The south shore of the Big Island is home to Papakolea Beach, a rare green beach. The eruption of a nearby cinder cone nearly 50,000 years ago resulted in olivine crystals that give the beach its unique color. Olivine is common in Big Island lava and can be found in smaller amounts at other eruption sites.

Want to visit Papakōlea Beach? Here are a few things to keep in mind:

- The beach isn't accessible by car. Plan to park at the trailhead and hike.
- There's little shade along the 5.5-mile (round-trip) trail or at the beach itself. Be sure to have sunscreen, water, and proper footwear.
- Conditions at the cove can be rough and windy. There's no lifeguard on duty, so swimming is only for the experienced.



maui, moloka'i, and lāna'i

Harboring oyster filters

If all goes as planned, Mā'alaea Harbor will soon be home to a few thousand Hawaiian oysters tasked with improving its water quality. Oysters are extremely effective filter feeders. One oyster can remove sediment and pollutants from 40 to 60 gallons of water per day.

The oysters will do their duty while in cages that are tagged, "Toxic. Do not eat." That's because they may carry bacteria that causes severe gastrointestinal distress, fever, and chills. Also, removing them is illegal according to state law.

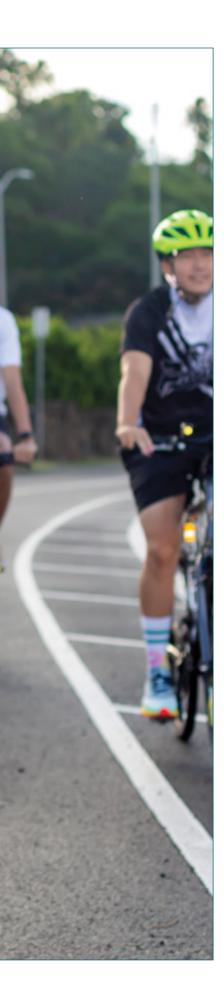
This is a project of Maui Nui Marine Resource Council (MNMRC), a nonprofit organization that works to protect coral reefs, promote clean ocean water, and restore native fish.

Last year, MNMRC sent baby Hawaiian oysters (known as

"spat") to the Pacific Aquaculture and Coastal Resources Center in Hilo to be raised to adulthood. The oysters were scheduled to return to MNMRC in December 2020 for placement in Mā'alaea Harbor alongside Pacific oysters that were installed in the harbor earlier that year.

Pacific oysters are also unsafe to eat.





on the safe path

words Craig DeSilva photos Rae Huo

Daphne Manago regrets not hugging her son Zachary before he set off on a day-long bike ride around the island with his friends.

During that ride a week before Christmas in 2010, the 18-year-old Hawai'i Pacific University freshman was killed by a hit-and-run driver near Wahiawā. "It was his last day of school and he was super excited preparing for the ride," she remembers. "To this day, it bothers me that I didn't hug him when I dropped him off."



Daphne and Zachary Manago

Zachary, who started riding earlier that year, would bike from their home in Moanalua to HPU's Downtown campus and to baseball practice at Ke'ehi Lagoon. He wrote an essay for a school assignment about the dangers of biking on Honolulu's roads and why the city needs more bike paths. "He was a careful rider," she says. "He always wore his helmet and used lights at night."

Although he didn't live to see it, Zachary's vision for more bike lanes became reality in 2018 when the city and county of Honolulu dedicated the Zachary M. Manago Memorial Bikeway on Ala Napunani Street where he grew up. Although it doesn't erase the pain of losing her son, Manago takes comfort in knowing the bike lane on her street will help save lives. "It's what he'd want," she says.







Since Zachary's death, the Hawaii Bicycling League (HBL) advocated for more bike lanes on his behalf. "Zach was so young and had such great promise. No family should go through that pain," says HBL's Chad Taniguchi.

In the past 10 years, Honolulu has created more bike lanes and paths. which has led to more bike riders and fewer crashes. "The best way to honor Zach's memory is to make our roads safer," says Taniquchi.

Last July would have been the 10th anniversary of Zachary Manago's Ride in Paradise, a 47-mile ride from the North Shore to Zachary's bike lane that was created to promote bike safety. Last year's event was canceled because of the pandemic, but Manago is looking forward to participating in the event this year.

She recently took up biking during her retirement and logs about 30 miles a week. She enjoys the exercise and making friends with other cyclists. It's also given her first-hand experience of the hazards that bikers experience on the road. "I think Zachary made a difference," she says.

Although she never got to bike with him, Manago remembers the smile on his face when he'd ride and takes comfort biking in the lane named in his honor.

"I feel that he's riding next to me," she says. (3)

islandscene.com/more.

For more on bike safety, visit

like bike?

Interested in biking but don't know where to start? Look for safety classes, biking demonstrations, and other resources to make riding safer and more enjoyable.

 ∞

Hawaii Bicycling League

hbl.org 735-5756 on O'ahu

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Attacking from every angle."



a life with purpose

words Michelle Regan photos Hawaii Marine Animal Response

What do you want to be when you grow up? Some people know their answer as a kid. Most of us figure it out as we go. For

Jon Gelman, it took three tries over 40 years to find the right career. In what he calls "another lifetime," Gelman was a commercial pilot. But something about that quintessential childhood dream job wasn't satisfying.







He recognized an emerging need to track air freight electronically. It was an innovative idea for its time and an accurate prediction. Today, we obsessively track packages from the time they leave the warehouse to the moment they arrive at our front door. Gelman started his own telecom business that tracked packages by email and spent the next 32 years working his way up to executive-level positions at various telecom companies.

But still, something wasn't quite right.

"I realized that I wanted to do something that I felt could make a difference in the world," he says. "That's when I decided to volunteer with the monk seals."

Sea change

Today, Gelman is president of Hawaii Marine Animal Response (HMAR). He started the nonprofit, which specializes in marine species conservation and emergency response, after finding purpose in volunteer work.

A few months into volunteering with another nonprofit, it became obvious the organization was going to close. Gelman became concerned about who'd take over the field work. What would happen to the animals?

"I felt like it was important for someone to step up and make sure the work continued," he says. "Having a business background and having run

Far left: Hawaiian monk seal mom with her newborn pup. Center: HMAR personnel help an entangled sea turtle (activity conducted pursuant to 50 CFR 222.310). Top: HMAR team member rescues a seabird that needs medical care (permit #MB32724D-0). Bottom: Jon Gelman

my own business, I don't think I made a conscious plan. How hard could it be?" A lot harder than he thought, it turned out.

Gelman's days start before 4 a.m., thanks to a dachshund who prefers an early breakfast. Gelman hops on the computer to take care of emails and proposals before the HMAR hotline opens at 7. After that, he's on call for emergencies just like any other employee. Although he tries to finish his day around 5:30, rescue work doesn't heed the clock.

"The thing I notice most is I used to finish a day of work in telecom. The day's over, I did my job," he says. "In this field, it's all-encompassing. There's never a day off. It's on your mind all the time. On one hand, it's bad because you can't put it aside. On the other, there's important work that's being done. I'm part of something larger."

In 2019, HMAR's eight employees and 80 volunteers handled more than 17,000 field responses and activities, performed more than 1.000 rescues and escalations on animals such as monk seals, sea turtles, birds, dolphins, and whales, and helped more than 300,000 people through outreach and education. They continued rescues through the COVID-19 pandemic and moved educational materials online, including distance learning videos for teachers.

Seeing volunteers' impact makes Gelman most proud. "Just watching volunteers in action, realizing that they're doing this out of the goodness of their heart," he says. "They're not getting paid. Some of these volunteers are putting in a lot of hours every month. Just observing them doing what they do is inspiring." (3)

Interested in volunteering with HMAR? Visit h-mar.org/jointheteam or call 1 (888) 476-HMAR (4627) toll-free.







COURTESY REHAB HOSPITAL OF THE PACIFIC

Dennis Okada was an aircraft mechanic and avid diver. In January 1986, everything changed. Life as he knew it was over, but his search for meaning had just begun.

A diving accident left him paralyzed from the neck down, which meant he would never walk or dive again. Okada doesn't share too many details about the day of the accident. While scuba diving off Rabbit Island, he swam up too quickly and lost consciousness when he was back on the boat. His friend got him to shore and called an ambulance. Okada woke up on the way to the hospital.

Okada's injury was the result of decompression sickness, also known as the bends. The bends is caused by nitrogen bubbles that can form if a diver ascends too quickly during a dive. Although they may sound harmless, these bubbles can cause bone injury, inflammation, paralysis, or death. "Sometimes the bubbles get trapped in your joints or bones. In my case, they traumatized my spinal cord," Okada says.

After receiving emergency medical care, Okada's treatment included hyperbaric oxygen therapy at a hyperbaric chamber facility and physical therapy at REHAB Hospital of the Pacific.

Okada was frustrated and depressed when he got to REHAB. He couldn't walk and had to adjust to life in a wheelchair. He could move his arms, but he couldn't move his hands. He missed being able to work with his hands.

Physical therapy was an essential part of his recovery. Okada learned how to sit up, balance, and regain use of his hands. His left hand started working before his right. Eventually, he learned to write again. "A lot of things just took time," he says.

Then there was the emotional and spiritual healing. "I was in no physical or mental condition to go on. I actually didn't want to go on for a long time," he says. He pushed through the darkest times with the help of his loving wife, Hanako. "Quitting was not an option for her. She was a rock and still is to this day." Okada also learned to paint in REHAB's creative arts program many years after his accident.



To read about how art helps people heal, visit islandscene.com/more.

Okada grew up going to church with his family. After his injury, he wanted to learn more about his faith. "I went on a long spiritual journey. I studied the scriptures for years. I still do," he says. "Now I know this life is not all there is. When I leave, I know my wheelchair won't go with me. That gives me great joy."

Okada says there are silver linings to life in a wheelchair. He could spend more time with his daughters, be there when they got home from school, and coach his youngest daughter in swimming. He's more empathetic than he was before the accident and can identify with people who are suffering or who are paralyzed or have a disability.

He doesn't worry about how people respond to him in a wheelchair. "When people don't feel comfortable around me, I don't feel hurt or anything. I understand," he says.

With faith in his heart and a loving family by his side, Okada says there are many blessings in life. Even his hardest days made him stronger.

"I could write a book about being depressed. If you want to know how it feels, just ask me. I went through some really dark times. Sometimes I still have a tendency to go through that, but I'm wise enough that I can check myself now." (§







pride rocks

words Craig DeSilva photos Matt Heirakuji

Growing up in Waimānalo is a source of pride for Kimeona Kane. "Born and raised," he says with a smile.

Kane is helping to restore a cultural treasure in Waimānalo Bay called Pāhonu (turtle wall), the only known turtle pond in Hawai'i.

"It's a hidden gem," says Kane, director of community outreach with 808 Cleanups and volunteer member of the Waimānalo Limu Hui. The nonprofit organization received a three-year grant to restore the pond's rock wall. It was built for Waimānalo ali'i (chief) Kuikui about 800 years ago to house his sea turtles, a delicacy that were only eaten by the ali'i.

Over the years, the wall has fallen in disrepair and could only be seen during low tide. Kane hopes the pond can once again be productive with native fish and native limu (seaweed). "We have to learn from our past to support our future," says Kane. "There's a relationship between the health of our bay and our people."

Kane and volunteers are learning to restore the wall using the ancient art form of uhau humu pōhaku (Hawaiian masonry). They use an o'o (stick) to loosen rocks near the shore and carry them to the wall. Keiki carry small rocks while a team of men and women transport some that weigh 50 to 100 pounds. They hoist the rocks and carefully place them on the wall.

"This is my 'work work' as well as my workout. Body by 'aina," he laughs.

There've been some setbacks. In 2019, king tides and winter swells toppled completed portions of the wall. That just motivated Kane and other volunteers to work harder. The wall is nearly completed and native limu is returning to the pond.

"We're planting the seeds of cultural knowledge and creating a space where people can gather once again," says Kane. "You don't have to be Hawaiian or from Waimānalo. All who respect the culture are welcome."

There's more work ahead. Kane hopes the group can post signs about the pond's historical and cultural significance to discourage beachgoers from moving rocks and jumping off the wall.

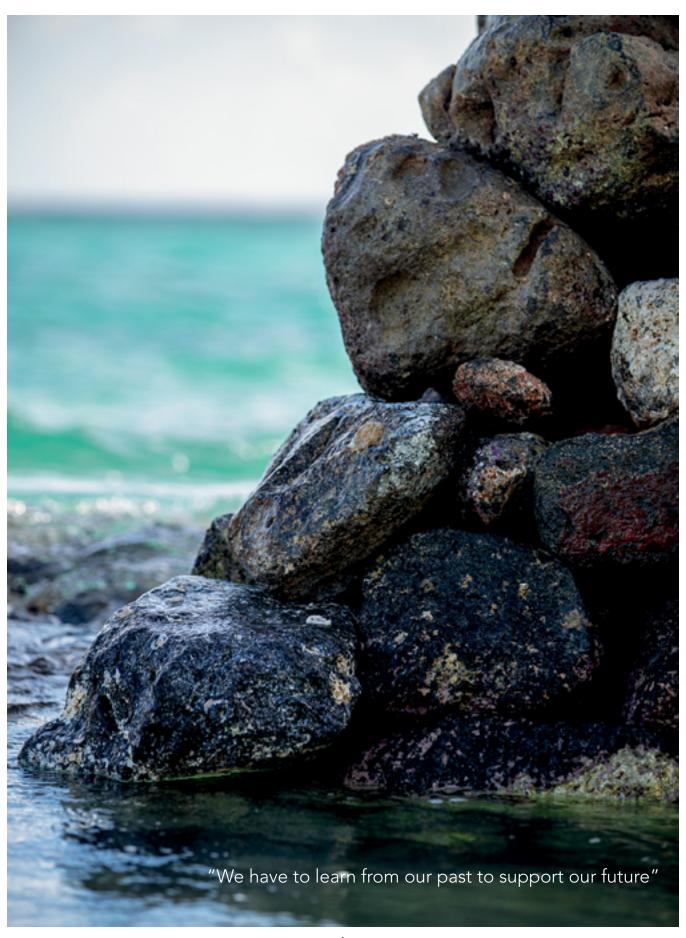
For Kane, perpetuating Hawaiian culture will continue long after the wall is built.

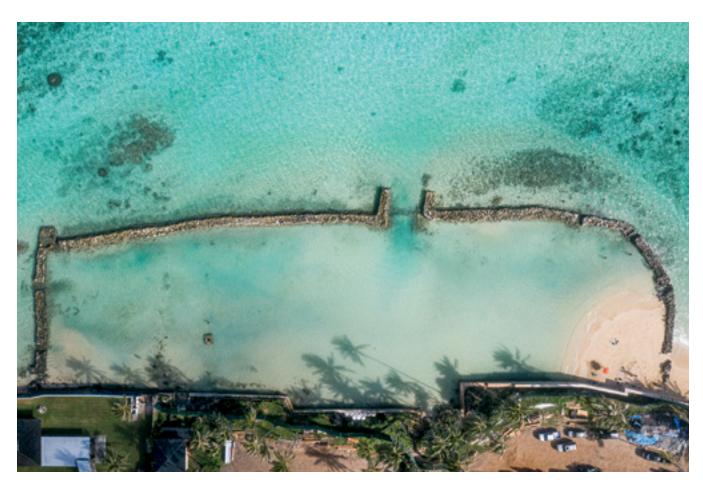
"We can't just build it and think it's done," he says. "It's a journey that requires lifelong attention." (5)

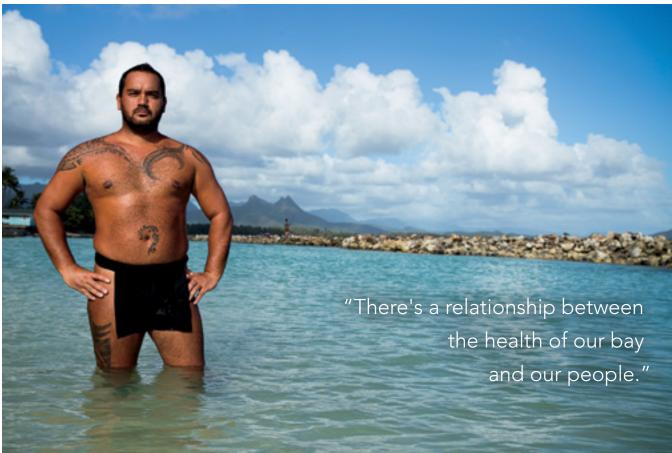












weaving a tradition



words Robyn Kuraoka photos Ethan Tweedie



Her love for lau hala keeps her young, Carol Zakahi says. Her mom was a lau hala weaver in the '30s and '40s. "She would make fans and baskets, simple stuff." It didn't bring in a ton of money, but her mom put the money aside and it paid off in the end.

"I used to tell people that we lived in the house that lau hala built," Zakahi says. On the Kona coast of Hawai'i Island, Zakahi, now 76 years young, carries on her mother's tradition.

Zakahi splits her time between her family's two properties - one is up in the mountain where it's damp and she gathers leaves from the hala trees. The other is close to her family home where it's dry and is the perfect setting to practice her craft.

She says weaving lau hala isn't just about sitting around and using your hands. In fact, Zakahi says the physical nature keeps her healthy. "Sometimes you have to climb the tree, a lot of times you're bending down," she says, "but being out in nature really helps you a lot."

As far as passing this tradition on to the next generation, Zakahi says her children and grandchildren aren't interested yet. But there's still time and, until that happens, she's happy sharing her talent with Ka Ulu Lauhala o Kona, a hui of weavers who gather annually to share their love of this native Hawaiian craft. (3)

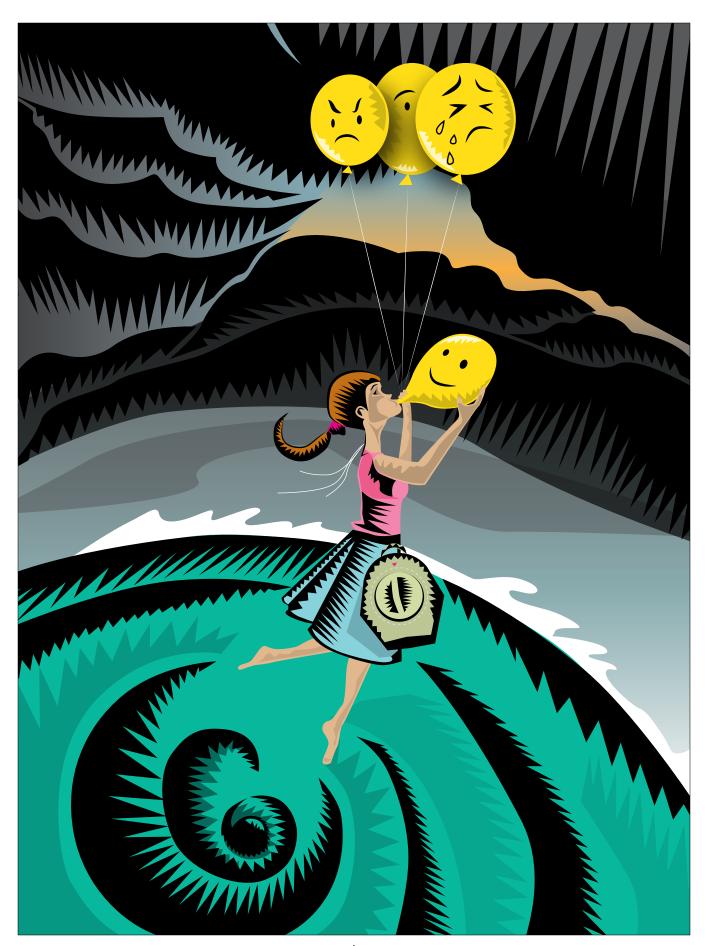












navigating change with confidence

Do you have a daily healing practice?

Most of us don't. But transformative life coach Lani Kwon says that regularly giving in to your emotions can be a powerful healing tool.

"One thing I've noticed is when we give ourselves permission to feel whatever we're feeling, it goes away," she says. "And then it'll be back, of course. It ebbs and flows. But if we push it away, it comes on even stronger."

Here's an exercise she recommends to her clients: Set a timer for 5–15 minutes. Now, cry, punch a pillow, get whatever you're feeling inside, out. When the timer goes off, let it go. "The key thing is to let yourself feel," says Kwon.

Creating change

The past year has taught us that life can change quickly. Kwon says it's common to think that our lives will continue steadily forever, but that sense of certainty is an illusion. Things are constantly changing and when we're faced with a new reality, life can seem scary and overwhelming.

First, make sure your basic needs are met, everything from food and exercise to feelings of love, belonging, and self-esteem. In times of crisis, these can be hard to maintain and there's no shame in asking for help.

Then, we can create our own change. "In a situation where we don't have control in the moment, the only control we have is over what we allow to upset us and what we allow to delight us," says Kwon. She suggests tried-and-true remedies such as meditation, dance, yoga, connection with loved ones, and faith.

She also suggests half an hour of humor before bedtime. It's one way we can take an active role in choosing what we consume and how it affects us. "Even though it seems like it's such a heavy, serious time and it would be frivolous to have comedy, research shows the

more we laugh, the better we feel and the better we think,' she says.

Kwon also recommends short daily naps to recharge. Fatigue is a well-documented side effect of stress and depression. "Even if you're not used to taking naps, give yourself full permission to take one in the middle of the day," she says. "It increases productivity."

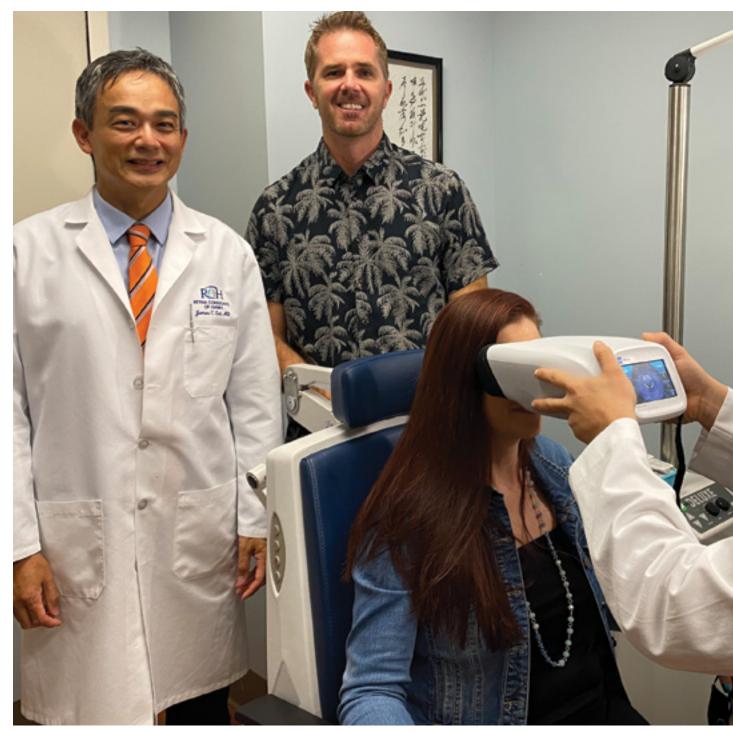
But her most important advice is to be extra kind to yourself and others. "No matter what's going on out there, no matter what other people are talking about or doing, we always have a choice about what we do and how we make meaning of what other people do," says Kwon.

"All we have is this present moment.
And when we bring ourselves back to this moment, no matter what's going on, we can handle it."

That means bringing compassion to our interactions with others and ourselves. Research shows the kinder we are to ourselves, the more likely we are to show that kindness to others. Self-compassion can be a surprisingly short path but that doesn't mean it's easy. Cultivating self-compassion requires a mental shift, a willingness to let go of old patterns and ways of thinking.

The key to making any change is allowing yourself to feel the good and the bad as it comes. "All we have is this present moment. And when we bring ourselves back to this moment, no matter what's going on, we can handle it," she says. (§)

words Michelle Regan art Garry Ono



 $From \ left: In Teleretina\ co-founders\ Dr.\ James\ Lai\ and\ Eric\ Hannum\ watch\ Project\ Manager\ Will\ Heggeness\ take\ a\ retinal\ scan.$



retinopathy: seeing it in time

words David Frickman

A new father went to retina specialist James Lai, M.D., after having a diabeticretinopathy screening in his primary care provider's (PCP's) office and finding out that he may have a problem. The patient was impressed that his PCP was able to make this discovery in his office with a simple test.

Little did he know that Dr. Lai co-founded the local company that offers the hand-held device his PCP used to make the diagnosis. The young man also didn't know that if he had waited any longer to take the test, he would likely go blind.

With a retinal camera in their office, doctors can perform the diabetic retinopathy test without dilating the patients' pupils. These images are transmitted to a centralized reading center in Hawai'i where they're read by board-certified retina specialists.

"Until recently, the desktop retinal cameras needed to acquire these images were large, difficult to use, and expensive," he says. "Recent advances in retinal imaging technology have resulted in hand-held cameras that capture images with sufficient quality to accurately diagnose and grade diabetic retinopathy."

If the reading uncovers potential problems, the PCP will send the patient to an optometrist or ophthalmologist.

The screening is especially important for patients with diabetes who aren't getting regular eye exams, Dr. Lai says. "The diabetic retinopathy exam is not designed to replace a regular eye exam. We're not looking to bypass the optometrist or ophthalmologist. This is a safety net for those patients who can't get to see their eye doctor.

Whether the exam is taken at your eye doctor or with your PCP, Dr. Lai says the key is to catch diabetic retinopathy before it's too late to get treatment and possibly save your vision.

"Patients who have end-stage diabetic retinopathy have already sustained irreparable damage to their eyes. Early detection of diabetic retinopathy is crucial to preventing blindness as the studies have shown that timely intervention can reduce the risk of severe vision loss by more than 90%." (5)



Dr. James Lai

Click to connect, learn, and grow

HMSA's health education workshops are available online. Here's what's coming up.



Workstation Wellness: Work From Home Edition

Jan. 14, 5-6 p.m. Jan. 26, noon-1 p.m. Are you working from home? Spending hours at a makeshift workstation may be wearing you down. It could lead to increased risk of repetitive motion disorders, poor posture, eyestrain, and a sedentary lifestyle. Learn how to stay healthy while working from home.



Hypertension Explained

Feb. 9, 5-6 p.m. Feb. 25, noon-1 p.m. High blood pressure is one of today's major threats to your physical health. Learn the effects of high blood pressure on the body and how it can be controlled.



Eat Well

March 9, 5-6 p.m. March 25, noon-1 p.m. The food you choose to eat can have lasting impacts on your health. Simple strategies like eating more plant-based meals, choosing quality whole foods, and being mindful at mealtime can help you succeed at reaching your health goals. Learn how to eat for your well-being.

There's no cost to attend online workshops. Please note that workshop dates and times are subject to change. To learn more or to register, visit hmsa.com/HealthEducation.



trending now

containing the joy of gardening

words Craig DeSilva







ow do you cope during a pandemic?

For some, it's baking sourdough. Others are binge-watching TV.

During these uncertain times, people are also going back to the land. And you don't need much to garden either. A sunny windowsill or apartment lānai will do just fine.

"Mānoa lettuce, daikon, beefsteak tomatoes, Chinese cabbage, zucchini...." Thomas Hamasaki rattles off a list of container crops he's growing outside his Punchbowl apartment. "Anything I can put in my salad, make stir-fry, or grill."

His biggest battle is with pesky caterpillars, which he repels with neem oil. To prevent birds from pecking at his tomatoes before he does, he covers the red jewels with mesh bags. A newly built trellis keeps overgrown vines in place. "I have a greater appreciation of farmers," he says.

Hamasaki ramped up his container garden when the pandemic hit last year. "It's about food security," he says. "It made me more aware of our limited food supply."

He had a rough start. When pandemic gardening first made headlines, garden stores were picked clean of seeds and potting soil. He's now settled into a daily routine of potting, transplanting, watering, fertilizing, spraying, and harvesting. He doesn't always wait for farm-to-table eating. He'll snack on a freshly plucked cucumber while working in the garden. "You can't beat the taste," he says.

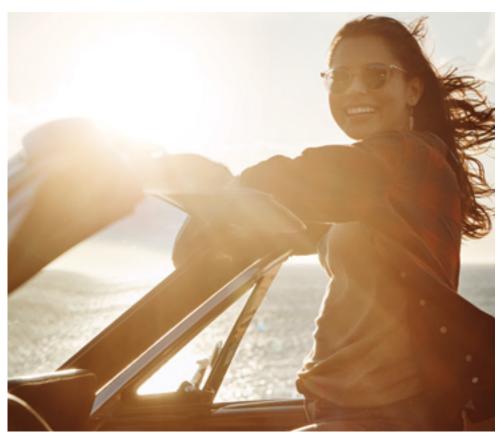
His neighbors like it, too. It gives them something green to look at. When Hamasaki has more bounty than he can eat, he shares with them.

His next project? Trying his hand at kabocha to rival those grown by his 84-year-old mother in Hilo. "It's a good hobby that takes my mind off the pandemic," he says. "I feel relaxed walking around the garden with my morning coffee."

People have always gardened in hard times and not only because they needed food. It also triggers a sense of accomplishment. "It's gratifying to grow beautiful things, especially when we're stuck at home," he says. (§

For gardening tips, go to islandscene.com/more.

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take a look at computer glasses

words Courtney Takabayashi



ou may have seen social media ads for computer glasses that filter harmful blue light from computers, tablets, and smartphones. These ads claim that overexposure to blue light can cause eye strain, sleep disruption, and macular degeneration, which can lead to loss of vision. According to the American Academy of Ophthalmology, certain types of light like ultraviolet light from the sun can damage the eyes, but radiation from a computer screen hasn't been proven to cause the same damage.

However, Chris Stark, senior Linux systems administrator at Gemini Observatory, wanted to test computer glasses for himself. He's worked in IT full time since the '90s and is also an independent musician and amateur photographer. After a friend told him about computer glasses for IT professionals and gamers, he decided to give them a try.

After using his computer glasses for just a short time, Stark could feel a difference. "It was apparent very quickly that the hype about feeling less fatigued after a day of looking at a screen was actually true," he says. "Wearing the glasses noticeably softened the piercing intensity of bright whites on screen and I found myself feeling a lot less drained at the end of the workday."

There are a few drawbacks. The glasses that Stark uses have a very mild magnification. "While this is helpful while doing computer work," Stark says, "it can be disorienting and distracting if you need to focus on anything other than your screen." Also, because his glasses are tinted, they can distort colors and make graphic design and digital photography challenging.

Overall, Stark believes the positives outweigh the negatives. "I think this relatively inexpensive investment is worthwhile for anyone spending any significant amount of time at a screen. Your eyes will thank you!" (§

Please note that this is one member's experience with computer glasses. If you have questions about glasses or your eye health, please check with your primary care provider, ophthalmologist, or optometrist. For benefit questions, call HMSA at the phone number on the back of your membership card or see the Connect with Us information on the inside front cover.

To read about Chris Stark's musical journey, see the fall 2020 issue of Island Scene at islandscene.com. Scroll to the bottom of the home page to access archives.

health matters

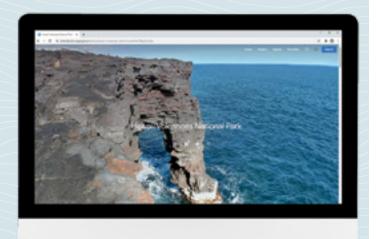
Take a virtual national parks tour

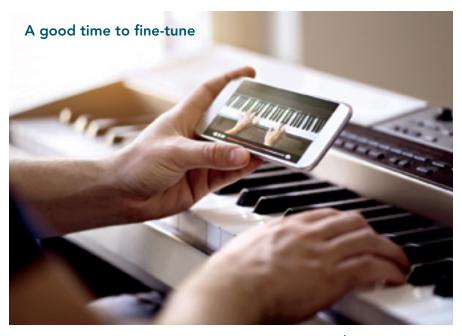
Studies show that time in nature can reduce stress and improve your outlook on life. And learning about the environment can spark imagination and creativity, encourage responsibility and respect, and promote engagement and achievement in students.

One way to accomplish this is to go on a virtual national park tour with Google Arts & Culture.

You can virtually visit a lava tube at Hawai'i Volcanoes National Park (HVNP), coastal cliffs, and Halema'uma'u crater. Then, see footage of the Kīlauea Iki crater eruption in 1959, which the U.S. Geological Survey says was "some of the most spectacular lava fountains of the 20th century."

When you're pau with HVNP, continue your journey at parks in Alaska, New Mexico, Utah, and Florida. Visit artsandculture.withgoogle.com to start exploring.





About 10,000 people retire in the U.S. every day. Are you retiring and looking for new hobbies and activities? The National Institutes of Health has these recommendations:

- Learn or relearn how to play a musical instrument.
- Volunteer at a school, library, museum, animal shelter, or hospital.
- Rediscover a favorite childhood pastime or teach it to a new generation.
- Reconnect with friends through your high school or college alumni association.

February is for the keiki

February is National Children's Dental Health Month and National Children's Mental Health Awareness Month. Here are a couple of ways to support or check in with your keiki.

The American Dental Association recommends that keiki brush their teeth twice a day for two minutes each time. Download a brushing calendar at ada. org/fromthetap and ask your keiki to update the calendar after they brush.



If you're concerned about your child's mood or behavior, you're not alone. Nearly one in five children have a mental, emotional, or behavioral disorder such as anxiety, depression, attention-deficit/hyperactivity disorder (ADHD), or disruptive behavior disorder. It's a sensitive situation, but the Centers for Disease Control and Prevention reminds parents that they know their child best and to talk to their child's doctor if they have concerns about their child's emotions or behavior at home, at school, or with friends.



aloha. hello. konnichiwa. ni hao. hola. anyoung. kumusta.

At HMSA, we believe that getting great care should be easy.

That's why we provide resources like language, translation, and text relay services. Our members are our neighbors and 'ohana and we don't discriminate when it comes to your care. Call us with questions, requests, and complaints. We're here to help.

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HMSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HMSA does not exclude people or treat them differently because of things like race, color, national origin, age, disability, or sex.

Services that HMSA provides

Provides aids and services to people with disabilities to communicate effectively with us, such as:

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- Written information in other formats (large print, audio, accessible electronic formats, other formats).

Provides language services to people whose primary language is not English, such as:

- · Qualified interpreters.
- Information written in other languages.
- If you need these services, please call 1 (800) 776-4672 toll-free; TTY 711.

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If you believe that we've failed to provide these services or discriminated against you in some way, you can file a grievance in any of the following ways:

- Phone: 1 (800) 776-4672 toll-free
- TTY: 711
- Email: Compliance Ethics@hmsa.com
- Fax: (808) 948-6414 on Oahu
- Mail: 818 Keeaumoku St., Honolulu, HI 96814

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, in any of the following ways:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- Phone: 1 (800) 368-1019 toll-free; TDD users, call 1 (800) 537-7697 toll-free
- Mail: U.S. Department of Health and Human Services. 200 Independence Ave. S.W., Room 509F, HHH Building, Washington, DC 20201

For complaint forms, please go to hhs.gov/ocr/office/file/index.html.

Hawaiian: E NĀNĀ MAI: Inā hoʻopuka 'oe i ka 'Ōlelo Hawai'i, loa'a ke kōkua manuahi iā 'oe. E kelepona iā 1 (800) 776-4672. TTY 711.

Bisaya: ATENSYON: Kung nagsulti ka og Cebuano, aduna kay magamit nga mga serbisyo sa tabang sa lengguwahe, nga walay bayad. Tawag sa 1 (800) 776-4672 nga walay toll. TTY 711.

Chinese: 注意: 如果您使用繁體 中文,您可以免費獲得語言援助 服務。請致電1(800)776-4672。 TTY 711。

Ilocano: PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 1 (800) 776-4672 toll-free. TTY 711.

Japanese: 注意事項: 日本語を話 される場合、無料の言語支援を ご利用いただけます。 1 (800) 776-4672 をご利用ください。 TTY 711。まで、お電話にて で連絡ください。

Korean: 주의: 한국어를사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 776-4672번으로 연락해 주시기 바랍 니다. TTY 711 번으로 전화해 주십시오.

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Marshallese: LALE: Ñe kwōj kōnono Kajin Majōļ, kwomaroñ bōk jerbal in jipañ ilo kajin ne am ejjelok wōnāān. Kaalok 1 (800) 776-4672 tollfree, enai ejjelok wonaan. TTY 711.

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Samoan: MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se totogi, mo oe, Telefoni mai: 1 (800) 776-4672 e leai se totogi o lenei 'au'aunaga. TTY 711.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (800) 776-4672. TTY 711.

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1 (800) 776-4672 toll-free. TTY 711.

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service coordination: putting it together

words David Frickman

She was hoping to have a third child. She was 35 and was participating in the HMSA Diabetes Prevention Program, so she knew that she needed to get her diabetes, hypertension, and weight under control.

That's where an HMSA service coordinator stepped in. Kristen Kaipo built a relationship with the member, developed health goals, and worked with her to achieve those goals.

> "They build lifelong relationships and create that personal touch."

Service coordination is available to HMSA QUEST Integration and HMSA Akamai Advantage® Dual Care (PPO SNP) members who have special health

care needs or receive long-term services and support. Service coordinators are licensed nurses and social workers who ensure that patients receive appropriate care.

"Service coordination offers a variety of services," says Christina Jamila, director of service coordination at HMSA, "ranging from assisting members as they navigate through the complicated health care system to helping those with complex medical needs who need services to remain in their homes and improve their quality of life."

Children and adults with special health care needs may be eligible for service coordination. Consider it for children with autism and members who:

- Have chronic conditions such as asthma, diabetes, hypertension, cancer, or chronic obstructive pulmonary disease.
- Use the emergency room significantly more than average.
- Are being discharged from an acute care setting.
- Have been readmitted to a hospital within the last 30 days.

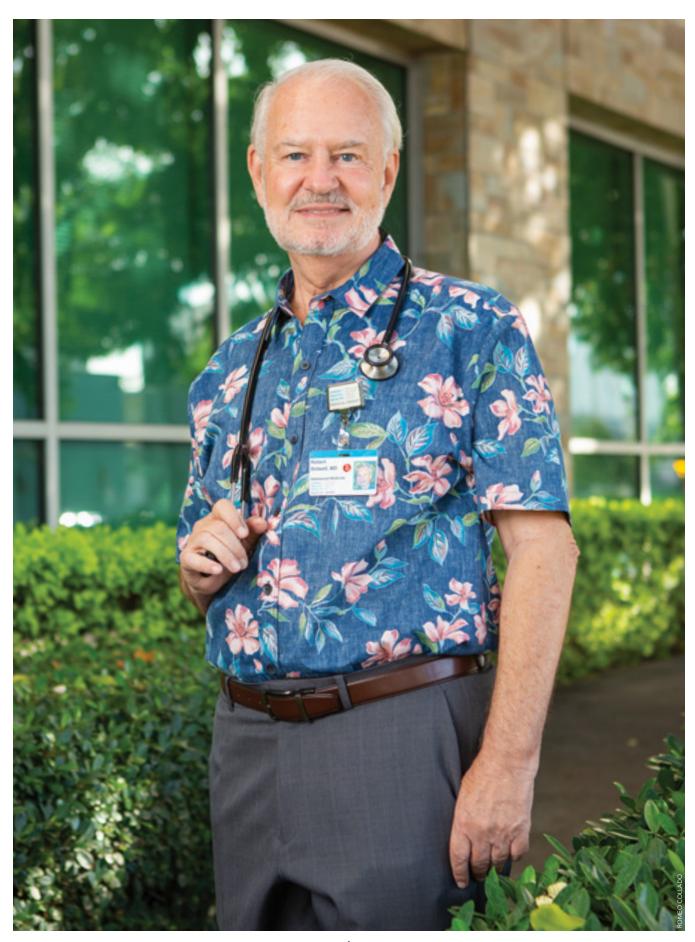
"Service coordinators work with the member and their families on thorough assessments and personal service plans to ensure that the right services are provided," Jamila says. "They build lifelong relationships and create that personal touch."

Every month, Kaipo checked in with the member to help her track her blood sugar and eating habits. They also worked on a physical activity plan. Jamila says, "After six months, the member's blood sugar came down, she lost weight, and became pregnant.

"She delivered a healthy baby and continued her new healthy lifestyle." (3)

If you know a QUEST Integration or HMSA Akamai Advantage Dual Care member who may benefit from service coordination or if you have questions, call 948-6997 on O'ahu or 1 (844) 223-9856 toll-free on the Neighbor Islands.

HMSA Akamai Advantage® is a PPO plan with a Medicare contract. Enrollment in HMSA Akamai Advantage depends on contract renewal.



allies in care

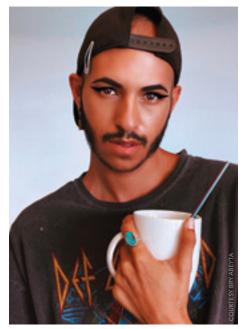
words Michelle Regan

Robert Bidwell, M.D., struggled with his identity as a gay man for many years.

Many adolescents he's counseled struggle with their sexuality, too. He recalls suspecting one young man was gay, but not addressing it because of his own fear of being exposed. It's a choice he regrets to this day.

"If you don't bring it up, there's so many things you can't talk about," Dr. Bidwell says. "It took a year for me to approach the issue of his sexuality. He acknowledged being gay and that he'd had thoughts of suicide. I thought how tragic it was that I wasn't there earlier in his life. Then I thought of the hundreds of young people who had come through my clinics and I hadn't asked about that part of their life because of my own discomfort."

The experience changed the way he practices. "Never again will I allow my discomfort to get in the way of opening the door to discussion for my patients around these issues."



Bry Abeyta

Silence

Bry Abeyta is a makeup artist and model who loves wearing dresses and heels and plays in two gay sports leagues. Abeyta is gender fluid and came out as gay at 16. It wasn't until they moved away from their small, conservative hometown that they saw there were many people like them a combination of every gender.

When Abeyta began questioning their assigned gender, they turned to their doctor. "I brought up the subject and it was like I hit a brick wall. My doctor left the room and came back with pamphlets for me," they said. "I didn't understand why the pamphlets were given to me or why there was no discussion at all, especially when I got great answers to my questions at other times."



Annie Do

Annie Do has experienced the same silence. Do's a public health graduate student who's serving in the state's Sexual and Gender Minority Workgroup. It's especially important work in Hawai'i, which has the largest per capita population of LGBTQ+ individuals of any state. "It's not possible to deliver public health if it's not for everyone. That's the public part of it," she says.

Do's passionate about her work because it focuses on community-based preventive care and also because she identifies as a lesbian. At one appointment, her doctor didn't follow up on health information she provided and her questions were dismissed.

"There's no open communication," she says. "The questions that I was asked regarding my health didn't encompass the right questions for being a lesbian."

Both Abeyta and Do changed doctors. "It took me a while to find someone who wasn't silent about my needs and my questions," Abeyta says. "For the longest time, when I went to the doctor, I would skirt over talking about being gay."

Affirmation

Dr. Bidwell isn't surprised that doctors have difficulty discussing sexual orientation and gender identity. In part, this may be due to the fact that some have grown up in communities that are uncomfortable with or disapproving of LGBTQ+ people and these attitudes may have influenced them as health professionals. Or it could be because until recently, LGBTQ+ health issues were not addressed in a meaningful way in medical education.

He recommends that doctors reflect on how their discomfort has affected the care they've provided. "You could save lives asking these questions," he says. If you can't provide certain services, have a list of LGBTQ+-friendly referrals handy.

To learn more, he suggests taking workshops and earning continuing medical education credits. During patient

exams, he emphasizes that it's essential to use patients' preferred name and pronouns and inquire beyond the chief complaint to treat individual needs.

Most importantly, initiate open communication with patients, listen to them, and provide affirmation.

"Being LGBTQ+ is completely healthy and normal," says Dr. Bidwell. "The rest of their world may be telling them something different, but I counter that as a health professional." (§

> See islandscene.com/more for a list of LGBTQ+-friendly doctors.

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For a complete list of providers, contact information, and plans accepted, visit Find a Doctor on hmsa.com. These providers joined HMSA's network between June 21 and Sept. 20, 2020.







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a safe bet: protect yourself online

words Courtney Takabayashi



Online scammers have come a long way since the days of foreign princes begging people for money in exchange for an eventual windfall of cash. These days, it's much more difficult to distinguish between what's legitimate and what's malicious.

In addition to the basics, such as creating a strong password and changing it often, avoiding public Wi-Fi to access sensitive data, and being selective about disclosing your Social Security number, here are a few tips to help keep you and your information safe online.

Check yourself

Be sure to regularly monitor bank and credit card statements, your credit score, and insurance reports. A credit card charge you didn't make, a dramatic change in your credit score, or a false medical claim could indicate suspicious activity.

Resist oversharing on social media

Though you may be tempted to share the latest about any medical treatments on social media, hackers could use this information to steal your identity. If you must share personal information online, use strict privacy settings.

Create multiple email accounts

Creating an email account is free and there's no limit to how many you can have. It's a good idea to have a dedicated email for sensitive information such as banking and separate one for shopping, email lists, and store loyalty programs. A different email could be used for personal correspondence and given only to family and friends.

Even though scammers have become more sophisticated, you are, too. You can use resources like usa.gov/onlinesafety and fbi.gov/scams-and-safety to see the latest e-scams and warnings or report unsolicited spam. With a little bit of internet savvy, you can keep your private information safe and secure. (3)

Access your HMSA information

Your privacy is important to us. So is being able to access your own personal health information. In 2021, a new feature will be available to members with a Medicare, Medicaid, or an Affordable Care Act Qualified Health Plan that allows you to access your HMSA benefit and health care information. This feature is consistent with the CMS Interoperability and Patient Access rule. For more information and the latest updates, visit hmsa.com.



- HMSA's philosophy of care, quality improvement report, and practice guidelines.
- And more.

Go to **hmsa.com** to find the info you need when you need it.





care during covid-19

words Lynn Shizumura

Got care questions during the ongoing COVID-19 pandemic? Is it safe to visit a doctor's office or hospital? Should you schedule appointments or wait until things are better? What are your options if you don't feel comfortable seeing a doctor in person?

Robin Matsukawa, M.D., is an Adventist Health Castle doctor. Here are his recommendations, tips, and reminders for patients.

First, although it may be tempting, don't be your own doctor. "If you have any medical questions or concerns, start by giving your doctor's office a call. Communicate with the office, tell them your symptoms, and they can help you decide whether to come in to the office or do virtual care," he says. The doctor may also be able to manage your health concern over the phone.

Second, make that call as soon as possible. "Patients may have symptoms, but they won't go in for treatment until they need an emergency room visit versus going in at an appropriate time with their concerning symptoms and being evaluated accordingly," Dr. Matsukawa says. Know how to reach your doctor outside of regular office hours.

Third, ask about your health care options. Your doctor may recommend a telehealth visit, which allows you to talk to your doctor virtually. An option for telehealth if you don't have a doctor or need care for minor illnesses or injuries is HMSA's Online Care®, an easy, convenient, and secure way to see a doctor online. Other options include visiting an urgent care clinic in HMSA's network or a CVS/minuteclinic® in selected Longs Drugs on O'ahu.

Fourth, know that hospitals, clinics, and doctors' offices are working hard to make in-person care as safe



Dr. Robin Matsukawa

as possible. For example, Adventist Health Castle's environmental services team is frequently sanitizing and thoroughly cleaning rooms, patient care areas, and high-touch areas. Plexiglas is also used to help prevent airborne spread of germs.

Last, remember that your doctor is on your side. "For safety's sake, at least give the office a call. Remember that all health care providers are here with you. We're here for you. Together, we'll overcome this COVID-19 outbreak," Dr. Matsukawa says. 🚯



For more information on telehealth, see page 6.

Amwell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

for your benefit

update on COVID-19 benefits

As a reminder, waivers for member cost shares, including copayments, coinsurance, and deductibles, for some benefits, including telehealth visits and treatment related to COVID-19, ended Dec. 31, 2020.

- QUEST Integration members can continue to access telehealth visits and treatment related to COVID-19 with no copayment.
- Medicare Advantage members can continue to access telehealth visits with no copayment. Regular plan benefits for COVID-19 treatment apply as of Jan. 1, 2021.
- For all other HMSA members, regular plan benefits for telehealth and COVID-19 treatment apply as of Jan. 1, 2021.

Please note that benefits for telehealth visits by audio only, such as by phone, ended Dec. 31, 2020, for most HMSA members including those

covered under employer-sponsored and marketplace plans. Telehealth visits by audio continue to be covered for QUEST Integration and Medicare Advantage members only.

Other benefits related to COVID-19 depend on the end of the public health emergency period. HMSA's website will be updated as the scheduled end date becomes available.

For benefit updates, please visit hmsa.com. For questions about your plan, visit an HMSA Center or office. Office locations and hours are available at hmsa.com/contact. You can also call our customer service team at 948-6079 on O'ahu or 1 (800) 776-4672 toll-free on the Neighbor Islands for plan and benefit information. For TTY, please call 711.

HMSA Akamai Advantage® is a PPO plan with a Medicare contract. Enrollment in HMSA Akamai Advantage depends on contract renewal.





help when you travel for care

HMSA's Care Access Assistance Program (CAAP) can help you pay for travel to another island for specialty care no matter what island you're on.

If you're an HMSA member, you may be eligible for CAAP if the specialty care you need isn't available on your home island or is available but you can't get an appointment soon enough. Your doctor will determine whether the care you need can't be found where you live and must make a referral to a specialist who's an HMSA participating provider.

Your doctor will then complete a travel request form before or soon after your appointment date. Once approved, CAAP will reimburse you a set amount for a one-way or round-trip ticket.

For more information on HMSA's CAAP program, visit hmsa.com or call 1 (800) 776-4672 toll-free.



protect your keiki

As flu season rolls on, it's a reminder for us to safeguard our children's health. An easy way to help protect your child from harmful diseases is to make sure your child is immunized.

Vaccines are safe, effective, and free for most members. If you're not sure your child needs a vaccine, call your child's primary care provider (PCP).

If you don't know who your child's PCP is or if you need a PCP, call HMSA at 948-6486 or 1 (800) 440-0640 toll-free. TTY users, call 1 (877) 447-5990 toll-free. We'll help you find a PCP who's right for your child.

Here's a list of immunizations your child needs by 6 months of age:

Recommended Immunizations for Infants	Birth	Months			
		1	2	4	6
Hepatitis B	1	✓	1		✓
Rotavirus*			1	1	✓
Diphtheria, Tetanus, Pertussis			1	1	✓
Haemophilus influenzae type b*			✓	1	✓
Pneumococcal			1	1	✓
Polio			1	1	✓
Influenza**					✓

^{*}Doses vary by vaccine type.

Source: Centers for Disease Control and Prevention

^{**}Two doses given at least four weeks apart are recommended for children 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group. Talk to your doctor about the vaccines. Some extend beyond 6 months.

baby's best beginnings



Nickolas and Kelcie-Anne Tuamoheloa

If you're a new parent or are planning to have a baby, health experts want you to know that nutrition from conception through the first two years of life is a key factor in your child's development.

According to the American Academy of Pediatrics, the most active period of neurological development occurs in the first thousand days of life. During this time, rapid change occurs to develop primary structures and processes that support fundamental behaviors and provide the building blocks for later structures.

A healthy, well-balanced diet will impact general growth and health and boost a child's brain development, future eating habits, and even life potential. Research continues to show that this period is crucial to developing a healthy foundation for years to come.

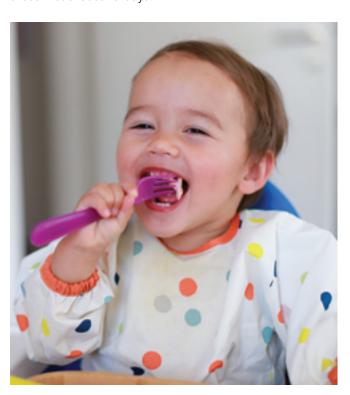


Rebecca Izawa

Conversely, a poor diet can lead to insufficient growth, learning difficulties, and serious health problems. Clinical Dietitian Rebecca Izawa of Kapi'olani Medical Center for Women & Children has seen the effects of a poor diet in Hawai'i's children. "Some children come in with obesityrelated issues such as diabetes and heart disease," she says. "They have received limited to no

education on nutrition and often won't touch vegetables or fruits because they aren't used to them."

Here are some basic considerations for each period during these first thousand days.



Prenatal

Since a baby's nutritional intake comes from their mother's diet, it's important for pregnant women to increase their caloric intake according to their doctor's recommendations, eat a well-balanced diet, and take prenatal vitamins.

Kelcie-Anne Tuamoheloa is pregnant with her first child and recognizes the link between her diet and her baby's well-being. She says, "I want to give him the best chance to be as healthy as possible and I feel that I can do that by eating well now."

First Six Months

A baby's first six months of nutrition comes from breast milk or baby formula. Every mom has heard that breast milk is best. Izawa says, "It's made for the baby. Babies tolerate it better and nutrients are likely to be absorbed the best." If formula is needed, check with your doctor to see which is best for your baby's needs.

Six Months to One Year

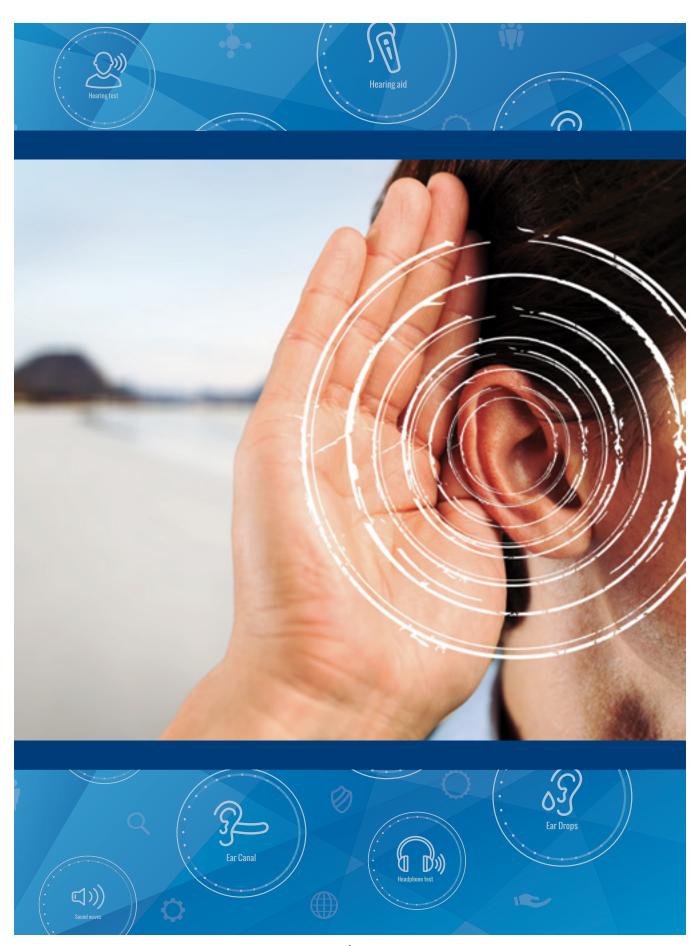
In addition to breast milk or formula, complementary baby food is introduced between four and six months. Baby food increases the total nutritional intake and introduces new textures. Izawa recommends introducing one new food every three to five days to help ensure there's no allergic reaction. Start with vegetables and then meats and fruits. Juice should not be introduced before 12 months.

At One Year

A child's diet changes at one year from breast milk or formula to whole milk. This is significant because whole milk doesn't have all the nutrients a child needs. and food becomes the main source of nutrition. Izawa suggest parents offer a variety of foods in wellbalanced meals that include protein, starch, fruits, vegetables, and dairy. (§

The HMSA Pregnancy and Postpartum Support Program can help you have a healthy pregnancy and is available at no cost to HMSA members. The program will pair you with a maternity support nurse who can answer all your questions and provide personalized education and counseling by phone.

For more information, email pregnancysupport@hmsa.com or call 1 (855) 329-5461 toll-free, Monday through Friday, 8 a.m. to 5 p.m.



dad, it's time for a hearing aid

words Robyn Kuraoka

Can you hear your uncle's TV blaring before you even knock on the door? Does your mom startle easily because she didn't hear you coming? Do you have to repeat yourself and raise your voice when chatting with your elderly neighbor? Most of us know someone who could benefit from a hearing aid. But hearing loss can be a sensitive topic.

According to Darryl Minami, BC-HIS, a licensed, board-certified hearing aid specialist, if someone isn't ready to admit that they could use help, getting them to take a hearing test is easier said than done. Minami offers these suggestions on how to help.



Darryl Minami

Do your homework

Reach out to a local professional or go online. There are numerous articles about hearing loss and it's much easier to persuade a loved one when you know what you're talking about.

Figure out what they object to

Everyone's different, but the reasons for not wanting a hearing aid tend to be similar. For some, it's embarrassment, financial worry, or a "no need" attitude. Whatever it is, know what you're up against. Understanding their potential objections can help you make a stronger case. Many people don't realize that modern hearing aids come in lots of shapes and sizes with cool features.

Explain the risks of going untreated

Hearing loss can have a significant effect on your quality of life. Left untreated, it can lead to depression, decreased ability to have conversations, and memory loss. Your brain is like a muscle that needs to be exercised, so the risk increases the longer you wait.

Offer to have your hearing checked with them

Hearing loss can happen to anyone regardless of their age. Often, it comes on gradually, so you don't even notice it. It can't hurt to have a professional check your own hearing. And an invitation is easier to extend when you're asking someone to join you.

If you have a relative or close friend who's suffering from hearing loss, getting them into the doctor's office may be your biggest challenge. Once they're in the door, it's likely that the specialist has worked with others who've had the same fears or reservations and can offer reassurance and recommendations.

Don't get frustrated

If despite your best efforts, they still don't want to get or wear a hearing aid, be patient. You're not alone. And in the end, if you need to speak a little louder or repeat yourself, just remember everything they've done for you. (3)

Literacy helps save lives.

This is how prescription medication looks to 1 in 6 adults in Hawaii.



1 in 6 adults in Hawaii struggles with literacy and reading comprehension.

Help those struggling with literacy in Hawaii by providing books, volunteering to help others read or donating to Hawaii Literacy.

> For more information, please call us at 808-537-6706 or visit us at www.hawaiiliteracy.org.

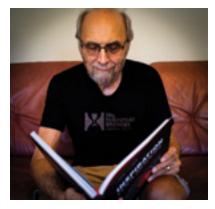


by the book

in your words

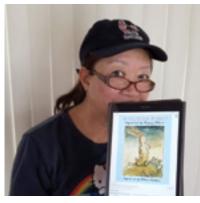
words Michelle Regan

there's something about a great read that makes you want to shout about it from the rooftops. That's why we asked HMSA members to share some of their favorites with us. Here's what you've been reading.



Inspiration Leica Akademie By Heidi Mertens Submitted by Fred Fortin (Mānoa)

I turn to this book when I want to open myself up to new ways of seeing things photographically.



The Velveteen Rabbit By Margery Williams Submitted by Nadine Luke Cho (Kane'ōhe)

It's about the magic of love! Or ... how plushies become real.



The Wizard of Oz By L. Frank Baum Submitted by Ash Tsuji (Hilo)

As a kid, I read it several times and I remember taking my parents to Waldenbooks (that was a store back then) to buy the other books in the series. I loved the world that the author created and how the characters were so unique, yet their stories intertwined as they continued to cross paths. It was the first full series I read and I'm amazed at how the book still influences mainstream media today.



In the Time Before Light By Ian MacMillan

Submitted by Mark Watkins (Kailua)

This historical fiction is set around the time of first contact in Hawai'i and follows the life of Pono, a kanaka maoli. It is by turns riveting, brutal, romantic, and educational, especially about old Hawai'i. Wonderful storytelling that doesn't sugar-coat anything.



Alexander Hamilton By Ron Chernow

Submitted by John Kim (Honolulu)

Reading this book is like reading multiple books at once. I learned so much about how our founding fathers cooperated and sometimes fiercely competed to define the framework of American government. You also get into the psyche of a complex individual who possessed extraordinary intellect, courage, and virtue, yet was very flawed.

keiki corner

2021, Here I Come!

Think about something you'd like to accomplish in 2021. It can be a big goal or a little one. Answer these questions to help you focus on it and get it done.

What's your goal?

It could be learning to bake cookies, draw, or swim or reading a certain book, etc.

Write down the steps you could take to achieve your goal. Write down two things that could make it hard to accomplish your goal. How can you overcome these challenges? How do you want to celebrate when you reach your goal?

Source: biglifejournal.com

Valentine's Day Craft

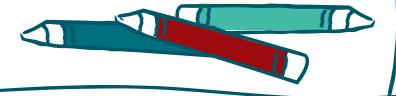
Make a card or decoration for Valentine's Day. Use buttons or other small objects and glue or tape them on a card in a heart shape. Who's your valentine?



What are You Grateful For?

Use this space to make a collage of the different things you're grateful for.

Are you grateful for your family? Your pet? A book? Your teacher? Your favorite toy or game? Find pictures in magazines, print them from the internet, or draw your own.





super soups

There's nothing better than a steaming bowl of brothy soup when there's the slightest chill in the air. We may not see much snow in Hawai'i, but we can still appreciate the comforting feeling of cupping our hands around a warm bowl of aromatic, flavorful goodness on a winter night.

Soup can be as simple or complex as you want it to be, but it doesn't take much time or many ingredients to create a delicious, satisfying batch. So give it a shot. Toss a few simple, healthy ingredients in a pot and let the magic happen.

Ginger Bok Choy Noodle Soup

- 1 Tbsp. vegetable oil
- 1 bunch green onion
- 4 garlic cloves, minced
- 2 Tbsp. minced ginger
- 4 cups vegetable broth
- 2 cups water
- 2 small heads bok choy, chopped into bite-sized pieces
- 1 cup thinly sliced fresh shiitake mushrooms
- 2 Tbsp. shoyu
- 6 oz. rice noodles
- Red chili paste to taste

Heat oil in a large saucepan over medium heat. Trim roots from green onions and slice the green portion from the white. Chop the green portion and set aside. Coarsely chop white section and add to oil with garlic and ginger. Cook and stir until softened and fragrant, about 3 minutes. Add broth, water, bok choy, and mushrooms and bring to a boil. Reduce heat, add shoyu and noodles, and cook an additional 7 minutes. To serve, top with chopped green onion and chili paste. Makes 4 servings.

Per serving: Calories 230, protein 6 g, carbohydrates 45 g, total fat 4 g, sodium 650 mg, fiber 3 g, total sugar 3 g

Beef Seaweed Soup

- 1 oz. wakame (dried seaweed)
- 8 oz. chuck or round steak, cut into bite-sized pieces

½ tsp. salt

½ tsp. pepper

1 Tbsp. sesame oil

1 garlic clove, minced

2 Tbsp. reduced-sodium shoyu

6 cups water

Toasted sesame seeds for garnish

Soak wakame in water 20 minutes. Drain and set aside. Season beef with salt and pepper. Heat oil in a large saucepan over medium heat. Add garlic and saute 2 minutes. Add beef and cook, stirring frequently, just until beef changes color, about 2 minutes. Add seaweed and shoyu and sauté about 3 minutes. Add water and bring to a boil. Reduce heat and simmer 15 minutes. Garnish each serving with sesame seeds. Makes 4 servings.

Per serving: Calories 110, protein 13 g, carbohydrates 1 g, total fat 6 g, saturated fat 2 g, cholesterol 30 mg, sodium 690 mg

words Andrea Wright Agustin photos Lew Harrington food styling Marjie Beaton



Coconut Curry Chicken Soup

1 Tbsp. vegetable oil 3 garlic cloves, minced ½ onion, thinly sliced ½ red bell pepper, seeded and thinly sliced 2 Tbsp. red curry paste $1\frac{1}{2}$ cups shredded rotisserie chicken 4 cups chicken broth 2 14-oz. cans light coconut milk 1 Tbsp. fish sauce 2 tsp. brown sugar

1/4 cup torn Thai basil leaves ½ lime, sliced into wedges

Heat oil in a large saucepan over medium heat and sauté garlic 1 minute. Add onion and bell pepper and cook 3 minutes, stirring constantly. Add curry paste and continue stirring for 3 minutes. Stir in chicken, broth, coconut milk, fish sauce, and brown sugar and bring to a boil. Reduce heat and simmer 10 minutes. To serve, top with basil and offer lime wedges on the side. Makes 4 servings.

Per serving: Calories 140, protein 14 g, carbohydrates 10 g, total fat 5 g, saturated fat 1 g, cholesterol 30 mg, sodium 1,030 mg, fiber 2 g, total sugar 5 g

> For recipe videos, visit islandscene.com.



eat intuitively

words Lynn Shizumura art Garry Ono

"It's about loving yourself enough to listen to your body."

What's one way to change

the way you eat? Tap into your intuition. Intuitive eating, created by dietitians Evelyn Tribole and Elyse Resch in 1995, is a self-care eating framework that integrates instinct, emotion, and rational thought. It can help to reduce stress, change your body image, and support overall wellness.

"Intuitive eating is a beautiful model that has to do with self-acceptance and self-love. It's about loving yourself enough to listen to your body," says Michelle Villanti, licensed clinical social worker and clinical director of Nova Luna Center in Kula. Here are her tips for eating intuitively.

- Reject the diet mentality. It's harder to listen to your body if there are diet rules and deprivation thoughts in your mind.
- Honor your hunger. Pay attention and listen to the cues your body gives you when it's time to eat. People sometimes miss these cues because they've trained themselves to ignore their hunger while
- Feel your fullness. When you're aware, it's easier to discover what comfortable fullness feels like and learn when it feels best to stop eating.

- Cope with emotions without using food. Food can be naturally soothing, but it can be problematic if it's the only tool you use to deal with your emotions. Try other ways of taking care of yourself such as meditating or taking a walk.
- Respect your body. Appreciate and acknowledge your body at its current shape and size. It's much easier to make healthier choices this way.
- Exercise. Connect to how good movement feels instead of exercising for weight loss or to change the shape of your body.

You may wonder if intuitive eating is the same as mindful eating. Intuitive eating is a philosophy that includes mindful eating as a guiding principle. Mindful eating is a tool that can help you pay attention to your hunger and fullness cues. One way to practice mindful eating is to pay attention to the smell, taste, texture, and temperature of what you're eating. Both concepts - listening to your body and paying attention to what you're eating - can help you trust and love your body. (3)

lighten your sodium load

Salt makes a lot of foods taste good. So if your goal is to cut down on sodium, you may find it challenging, especially when it comes to your favorite local foods.

Saimin. Manapua. Fried rice. Teri beef. Spam.

The adult human body needs only 1,500 mg sodium each day to maintain fluid balance, contract and relax muscles, transmit nerve impulses, and more. Since one teaspoon of salt has about 2,300 mg sodium, it's easy for many of us to exceed 1,500 mg without even knowing.

These recipes may be different from what you're used to, but it's a start. In time, your taste buds will adjust and be perfectly happy with less salt.

words Marlene Nakamoto photos Rae Huo food sylist Marjie Beaton

NSA* Chicken Lettuce Wraps

2 tsp. vegetable oil 1 lb. lean ground chicken

6 garlic cloves, minced

2 Tbsp. minced ginger

1/4 cup chopped water chestnut

1/4 cup unsweetened shredded coconut

1 tsp. dried chili flakes

½ tsp. white pepper

1 tsp. sesame oil

1/4 cup chopped green onion

½ cup chopped cilantro

Mānoa or butter lettuce or cabbage leaves

Sriracha

Honey

Heat vegetable oil in a medium nonstick skillet over medium-high heat. Add chicken, garlic, and ginger. Cook and stir until chicken is cooked, about 5 minutes. Stir in water chestnut, coconut, chili flakes, pepper, and sesame oil and continue cooking about 3 minutes. Remove from heat and stir in green onion and cilantro. Serve in lettuce leaves with Sriracha or honey for drizzling. Makes 6 servings.

*No salt added

Per serving: Calories 160, protein 14 g, carbohydrates 3 g, total fat 10 g, saturated fat 4 g, cholesterol 65 mg, sodium 50 mg, fiber 1 g, total sugar 1 g



Sweet and Sour Pork

1 lb. pork tenderloin

1 Tbsp. cornstarch

2 Tbsp. cider vinegar

1 Tbsp. ketchup

2 tsp. reduced-sodium shoyu

1 Tbsp. minced ginger

1 cup unsweetened pineapple juice

2 tsp. vegetable oil

2 carrots, peeled and cut into chunks

1 cup snow peas, trimmed and stringed

Slice pork into 1/2-inch pieces and place in a medium bowl with cornstarch, vinegar, ketchup, shoyu, ginger, and pineapple juice. Mix well, cover, and refrigerate 1 hour or overnight.

Heat oil in a large skillet over medium-high heat. Add carrots and cook about 5 minutes. Stir in pork mixture and stir-fry about 5 minutes. Add snow peas and cook a few more minutes until crisp-tender. Makes 6 servings.

Adapted from an American Heart Association recipe.

Per serving: Calories 140, protein 17 g, carbohydrates 11 g, total fat 3 g, saturated fat 1 g, cholesterol 50 mg, sodium 140 mg, fiber 1 g, total sugar 6 g

Vegan Kabocha and Red **Lentil Stew**

1 onion, chopped

1 carrot, peeled and diced small

1 Tbsp. olive oil

3 garlic cloves, minced

1 lb. kabocha, peeled and cut into cubes (smaller than 1-inch)

34 cup dried red lentils

3 Tbsp. dried mushroom powder (optional)

32 oz. vegetable stock

1 tsp. dried thyme

2 tsp. paprika

½ tsp. pepper

1/4 tsp. red pepper flakes

5 oz. baby spinach

In a Dutch oven over medium heat, sauté onion and carrot in olive oil about 5 minutes or until onions are soft. Stir in garlic and sauté about 1 minute. Add remaining ingredients except spinach. Bring to a boil, then cover and reduce heat. Simmer, stirring occasionally, about 20 minutes or until kabocha is tender. Add spinach and stir gently until wilted. Makes 6 servings.

Per serving: Calories 180, protein 9 g, carbohydrates 30 g, total fat 3 g, sodium 70 mg, fiber 9 g, total sugar 5 g



For recipe videos, visit islandscene.com.

baby steps to low sodium

Whether your doctor said to or you decided on your own, cutting down on sodium usually presents a challenge. While some people can successfully go cold turkey, others may do better with a slow and steady approach.

Check with your doctor before overhauling your diet; your doctor can also tell you the appropriate amount of sodium to consume. Most adults only need 1,500 mg sodium each day. For reference, one teaspoon of salt has about 2,300 mg sodium.

Here are some tips to slowly go low sodium.

Sprinkle less or not at all

Hold the salt until you can taste the food. If you must salt, salt lightly.

Look for reduced, lower, or no

Many canned items or condiments have reduced sodium or no-salt-added options.



Read labels

Check the sodium content in the Nutrition Facts panel, which all packaged foods are required to have. A similar option may have less sodium.

words Marlene Nakamoto

Rethink condiments

Shoyu, fish sauce, ketchup, salad dressings, and sauces - use less or reduced-sodium versions.

Rinse and drain

Who wants cloudy liquid in their chili? Rinse and drain canned beans before using.

hi notes

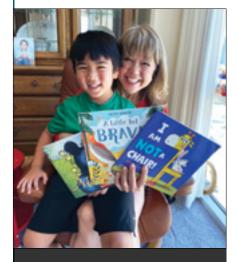


#myislandscene

Gratitude makes the heart grow stronger. Remembering what we're grateful for — whether it's something big or small — makes life a little bit brighter. Mahalo for sharing your gratitude with us.

Want to share your HI Notes? Post your photos on Instagram or Facebook using the hashtag #myislandscene for a chance to be featured in our next issue.

Find us on 📵 askhmsa or 📭 myhmsa.



Bonnie Oda is grateful for all the precious moments she gets to share with all her grandchildren. Here's Bonnie with grandson Rhys Akiyoshi.



Raquel "Kelly" Hicks is grateful for this absolutely glorious day on the North Shore. Full heart, full spirit, and full of gratitude!



Sharon Grace Yahiku is grateful that she was able to have a small, intimate wedding ceremony during the pandemic. She and her new husband, Kevin, had to cancel their big wedding reception in March but were surrounded by their immediate family when they said "I do."



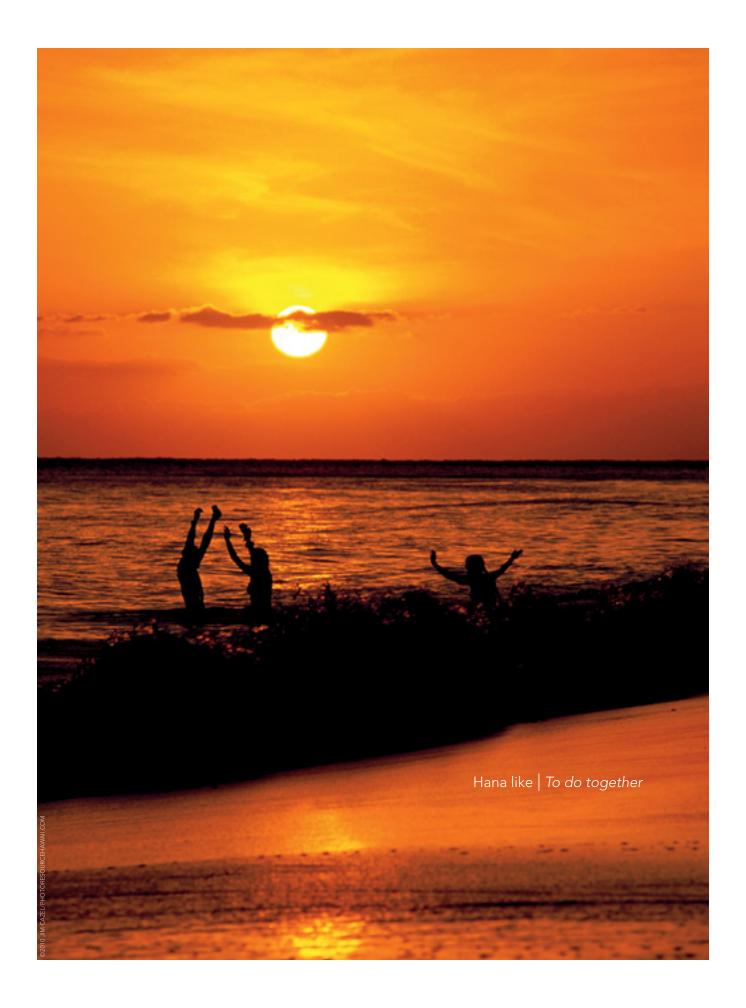
Keahi Schmidt is grateful for each morning that she can wake up with her 'ohana and furbabies. She's grateful for the resources to help her overcome her medical ailments from her strokes. She's also grateful for the Paw Posse 'Ohana Facebook page, which helps reunite furbabies with their families each day.

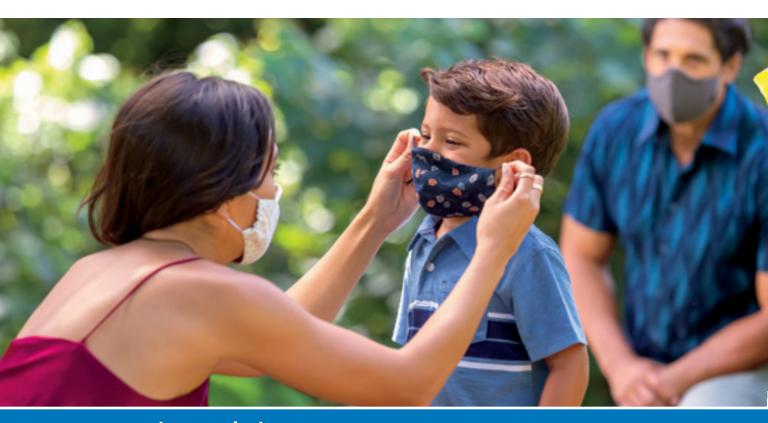


Terri Nakamura is grateful for her Mom, Janet. Terri was diagnosed with cancer in April 2020. Janet has been over to help almost every day. Here she is giving the kitchen a good cleaning. Terri's grateful that Janet lives nearby, has so much energy, and is very healthy!



Kelsey Tanouye is thankful for her family, especially the newest member of the Tanouye household, Astro, a 4-month-old poi dog. Astro helps the family find new joys in every day and find comfort and support in one another.





Stay healthy Stay safe

At HMSA, we know staying healthy is more important than ever.

With HMSA, you can:

- Find a health plan that fits your lifestyle and needs.
- Choose from high-quality doctors across Hawaii.
- See a doctor online from the safety and convenience of home.

HMSA is here with you. For the good times. For the tough times. For lifetimes.

hmsa.com

