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COURTESY THE QUEEN'S HEALTH SYSTEMS



contents

IN EVERY ISSUE

up front

5

publisher's note

7

around the 808

8

hi notes: health care heroes

64

LIVE BETTER

this doctor works it daily

28

keep fighting cancer

30

trending now: foil boarding

33

understanding dementia

34

running hills

36

for real? telehealth really works

39

health matters

40

MEMBER INFO

team-based care is better care

42

for your benefit

44

FAMILY MATTERS

high schools boost esports

46

by the book: good reads
for better health

48

raising happy keiki

50

keiki corner

52

EAT WELL

what do doctors eat?

54

one cookie or two?

58

favorite staff recipes

59

'ulu via the blue zones

63

FEATURES

vaccination destination

10

connecting despite covid-19

14

jabsom class of 2024:
the challenge of covid-19

20

plantation doc

24

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COVER: Stefanie Park, M.D., makes her daily workout a priority. Story on page 28 by Marlene Nakamoto. Photo by Rae Huo.

aloha members,



When you or your employer buys an HMSA plan, what are you buying? Security and peace of mind? Customer service? Freedom to travel and be covered?

That's part of it. But my guess is that most people are buying our incomparable provider network. The best hospitals. The best specialty care. The best pharmacies. The best programs. And maybe best of all, the freedom to choose your favorite, most convenient, highest-quality doctor. YOUR doctor. And the right to change your mind and switch to another doctor.

HMSA's product is our provider network. We are selling the best care delivered at the right time, in the right place, by the best people. When you choose HMSA, you are choosing the dedicated caregivers and innovators who are featured in this issue.

From big systems like Hawai'i Pacific Health and The Queen's Health Systems, with the capacity to stand

up mass vaccination centers to serve our community, to friendly neighborhood facilities like Adventist Health Castle that can conveniently serve the Windward side of O'ahu.

From the primary care provider you've been seeing for many years because he understands you and how you need to go paddle boarding every morning to the only transplant group in the state that can help your mom when a serious problem hits.

From the ability to pick up your prescription at Longs Drugs or Walmart while you're doing your shopping to getting some of your care online via telehealth because it's cool and easy and convenient.

This is HMSA.

Our purpose is to improve the lives of our members and the health of Hawai'i. Our provider network is the engine that drives that car. And you, by the way, get to choose your car.

Sincerely,

A stylized, handwritten signature in dark ink, appearing to be 'M. Mugiishi'.

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

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is the year

I appreciate the
little things.

This is the year I make
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dear friends,

This is the first time we've spotlighted doctors and other providers in *Island Scene* and I'm very excited about it. Here are some of the articles you'll find in this issue:

- Learn about doctors in HMSA's network, including allergist Allan Wang, M.D., who sees patients in Honolulu and Kona and runs a coffee farm (page 24), and dermatologist Carla Nip-Sakamoto, M.D., who found new ways to connect with her 97-year-old mother (and best friend) during the pandemic (page 14).
- How did O'ahu set up mass COVID-19 vaccination sites? Find out how Hawai'i Pacific Health and The Queen's Health Systems stepped up (page 10).
- What's it like to start medical school during a pandemic? See how the Class of 2024 at the University of Hawai'i John A. Burns School of Medicine is meeting the challenge (page 20).
- Do doctors practice what they preach? Try favorite healthy recipes from local providers (page 54).

As we worked on this issue, I was surprised at the number of people who said they didn't have a primary care provider, or PCP. Having a PCP is so important to your health and well-being.



Your PCP is your first contact for preventive care, screenings, and whenever you have a health question or concern. They oversee and coordinate all your care and can help you find specialists, programs, and services when you need to. They know your medical conditions and history and can help spot and treat issues early, improving your health and saving you money.

If you don't have a PCP, HMSA can help. Use the Find a Doctor tool on hmsa.com, call our Customer Relations team, or stop by an HMSA Center or office. For phone numbers and office locations and hours, go to hmsa.com/contact or call the number on the back of your HMSA membership card for assistance.

I hope you enjoy this issue. Thanks for reading!

Best wishes,

Lisa Maneki Baxa
Publisher and Editor

around the 808

maui, moloka'i, and lāna'i

The bountiful Earth protectors

Though the ancient fishponds along Moloka'i's south shore were built 700 to 800 years ago, they're still fully functional. That's because Ka Honua Momona (KHM), a nonprofit organization, repairs and maintains Ali'i and Kaloko'eli fishponds while fulfilling their mission of reconnecting local people to the land, their culture, and each other.

Inspired by their ancestors who used the fishponds to create a sustainable food source, Moloka'i residents started KHM in 2003. Their work extends beyond the fishponds as they cultivate connections throughout the island ecosystem.

Nine-year-old aspiring fisherman Kauluwai Lee Yamashita enjoys volunteering at KHM. "I love throwing net on invasive fish because I'm helping the pond, having fun, and feeding people," he says. His brother, 7-year-old Keolinhokai, is an aspiring seaweed expert and fellow enthusiastic volunteer. "I like taking out the gorilla ogo because I'm helping the



Kauluwai Lee Yamashita throwing net

native seaweed have a place to grow. We use the invasive seaweed as compost for veggies."

For more information about KHM, call (808) 553-8353 or visit their website at kahonuumomona.org.

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big island



A historic Hilo staple

When exploring Hilo town, a visit to the Hilo Farmers Market is a must. This award-winning market is considered to be one of the best open markets in the state.

The Hilo Farmers Market was founded in 1988 by Richard Rankin, who gathered a few farmers together to sell goods from their trucks. More than three decades later, the market has expanded under the direction of owner and manager Keith De La Cruz. The market now features close to a hundred vendors selling everything from fresh fruits and vegetables to locally grown flowers, handmade crafts, and more.

Like many other local businesses, the market temporarily closed due to the COVID-19 pandemic but has since reopened.

"Since the pandemic, we've expanded our online store to include harvest boxes with fresh fruits, produce, meat, honey, eggs, you name it. Customers can pick up their orders or we can deliver," De La Cruz says.

For those who shop in person, vendors are required to follow CDC guidelines to help ensure the safety of other vendors and customers.

"It's nice to see familiar faces shopping again. There's hope in the air and it's encouraging," De La Cruz says.

The Hilo Farmers Market is on the corner of Mamo Street and Kamehameha Avenue in downtown Hilo. The market is open daily, 7 a.m.-3 p.m., with special shopping hours for kūpuna Wednesday and Saturday 7-8 a.m. For more information, call (808) 933-1000 or visit hilofarmersmarket.com.

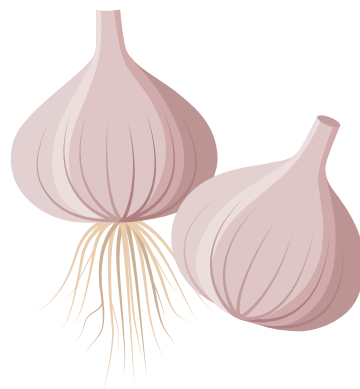
kaua'i

Food for thought

Hawai'i isn't known for growing garlic. Garlic usually thrives in cool temperature with at least 14 hours of sunlight (the longest sunlight in Hawai'i is 12 hours in the summer). But a Līhu'e farm has proven that local garlic can take root.

The Farm at Hōkūala had a successful harvest of tropical hardneck garlic and expects to triple production this year. The Farm also grows sour-sop, rambutan, longan, edible flowers, and other hard-to-find produce for local markets and restaurants. The Farm plans to grow chocolate, coffee, and wine grapes this year on its 2-acre site.

About 10% of The Farm's produce is donated to schools, Hawaii Food-bank Kaua'i, and other charities. It's just one example of how little things can make a big difference for the community.





PHOTOS COURTESY THE QUEEN'S HEALTH SYSTEMS

vaccination destination

words Craig DeSilva and David Frickman

When Amy Mitsuda got official word that she was eligible for the COVID-19 vaccine, she didn't hesitate to schedule an appointment. After a year of uncertainty, fearfulness, and isolation during the pandemic, Mitsuda knew the vaccine would bring her a step closer to normalcy.

"It was a no-brainer," she says. "It's something I needed to do to be safe. Not just for me, but also for everyone else."

She's grateful that Hawai'i was able to get the vaccine early in the year so health care providers could quickly get it in the arms of those who need it the most. "I just want to get back to traveling and seeing my family and friends again."

Stepping up

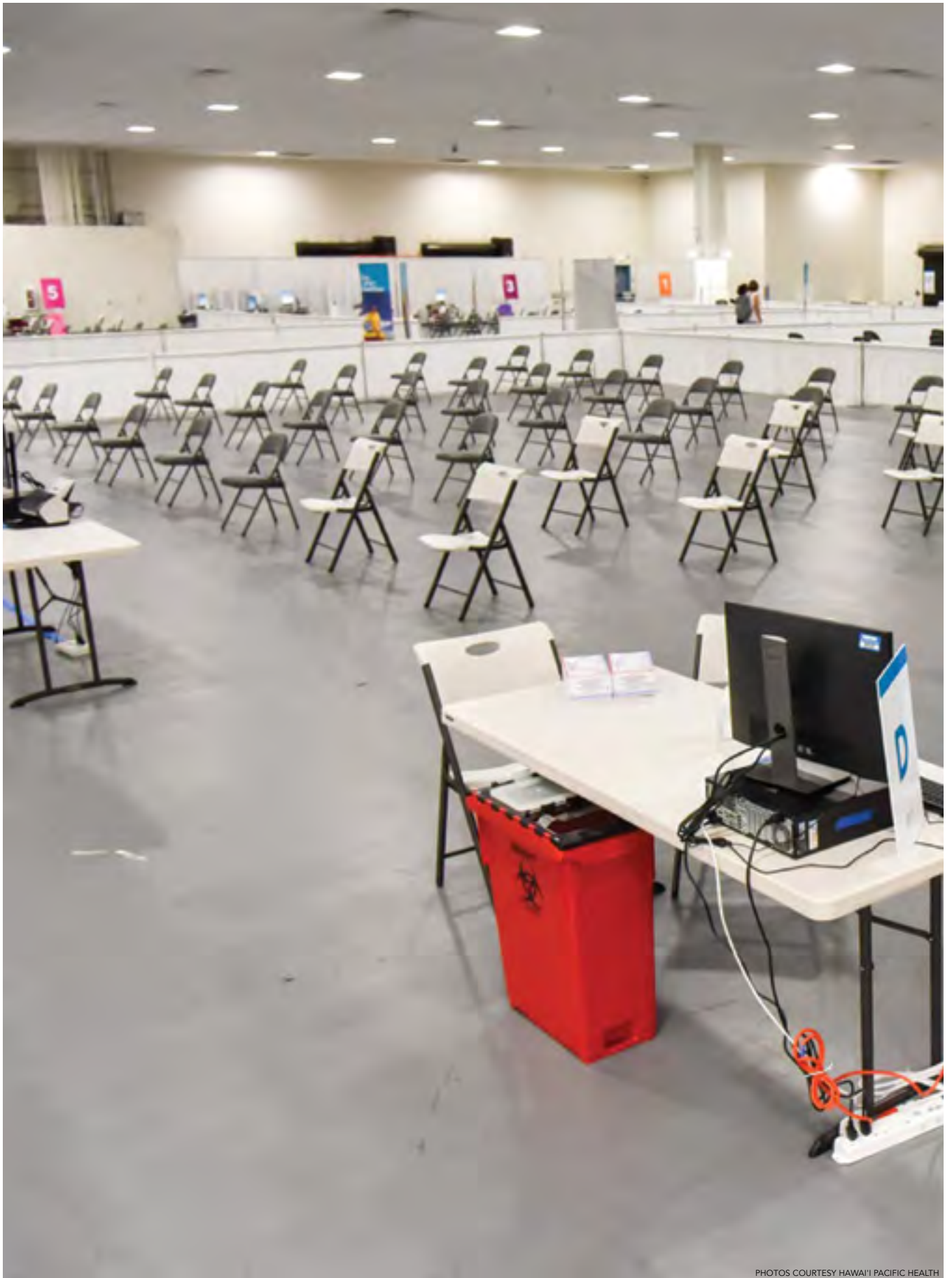
As word came in December that vaccines would soon be available, health care workers in the state were suddenly faced with a large task and had to move quickly. HMSA has assisted with supporting the vaccination call centers, helping members schedule vaccine appointments, and contacting eligible members.

"The speed of mass vaccinations is dramatically faster than what we'd normally do with a flu vaccine," says Jill Hoggard Green, Ph.D., R.N., president and CEO of The Queen's Health Systems. "From the time they authorized the vaccines to come on island to the opening of a mass vaccination site was extraordinarily fast." Queen's and Hawai'i Pacific Health (HPH) set up the first two mass vaccination sites on O'ahu.

For Queen's, the process began with vaccinating their own people. "When we started our vaccination program for employees and caregivers, we were able to start it up in three to five days and were able to vaccinate about a thousand people a day," Dr. Hoggard Green says. "When we got to the holidays and started thinking ahead, we knew that we had to get that number closer to 3,000 to 5,000 a day."

Needing a large space so social distancing could be maintained, Queen's secured the Neal S. Blaisdell Concert Hall in Honolulu for its vaccination program within a week of starting the search. "Our legislators and Mayor Rick Blangiardi were very supportive in helping us look at sites."

Since the opening of the Blaisdell site, Queen's expanded its vaccination efforts to include a mass vaccination clinic at The Queen's Medical Center–West O'ahu and mobile units to reach underserved communities.



PHOTOS COURTESY HAWAII PACIFIC HEALTH



"It took a whole group of people," Dr. Hoggard Green says. "Our legislators, our leaders in our community, and HMSA, as well as our board and all the caregivers at Queen's. All of us have said we're going to work together as a team to make this the safest place possible and to improve the health and well-being of Hawai'i."

Unprecedented partnership

For HPH, mobilizing a mass vaccine site in record time was a challenge they were prepared for.


"This is the role we were meant for during this time in our community," says Ray Vara, HPH president and CEO. "Living through this pandemic has been a journey. We all have to step up and work together."

Vara says HPH was well-equipped in staffing, planning, and organization to handle the unprecedented number of vaccinations that needed to occur. "It's a logistical challenge," he says. "But as a health care leader, it's our responsibility to be part of the solution."

In addition to administering the vaccine at its Wilcox Medical Center in Lihue for Kaua'i residents, HPH secured Pier 2 in Honolulu as a mass vaccination site for O'ahu residents. Starting with an empty shell, they created a system for people to get

their vaccine quickly and efficiently without standing in long lines. That included setting up an orderly parking and registration system and ensuring that areas were accessible to the disabled. Also, HPH had to make sure they could store the Pfizer vaccine at extremely cold temperatures.

For Vara, the work has been worth the time and energy. The proof was the look on people's faces after getting their vaccine.

"I could tell how a great burden was suddenly lifted from them after more than a year of living through the pandemic," he says. "It's gratifying to know that we help make a difference." 

For current information on COVID-19 and vaccines, visit <https://hawaiiicovid19.com/vaccine/>.



For a Q&A with Hawai'i Pacific Health's Ray Vara, visit islandscene.com/more.





connecting despite covid-19

photos Romeo Collado

While the COVID-19 pandemic presented its own unique challenges, especially for medical professionals, board-certified Hawai'i dermatologist Carla Nip-Sakamoto, M.D., has experienced the pandemic's effects on a personal level as well. Prior to the pandemic and four months before the state lockdown, Dr. Nip-Sakamoto and her family made the difficult decision to move her mother, Maria Nip, now 97, into an assisted-living senior community in Honolulu.

"I hadn't hugged my mom or held her hand for almost a year," Dr. Nip-Sakamoto says. "I never imagined my mom would be so isolated in her golden years. I sometimes wonder if I should have followed my early plan to move her in with my family. She missed the marriage of my son in February because of the COVID-19 threat. I'm so grateful for her long life and I'm blessed by our spiritual closeness. However, I hoped things would have played out differently."

Before moving Maria to assisted living, Dr. Nip-Sakamoto and her husband, Rick, thought about moving Maria into their renovated home in East Honolulu with ADA-compliant living spaces. "This was always my desire, to take care of her just as she took care of me," Dr. Nip-Sakamoto says.

Carla Nip-Sakamoto, M.D., and her mother
reaching out despite barriers

“Before the pandemic, my mom engaged in daily group exercises ... and weekly dinners or outings with me and my husband.”



Dr. Nip-Sakamoto and her mother enjoying a pre-pandemic outing

However, with her mother's increasing needs, which required in-home assistance, Dr. Nip-Sakamoto knew that this wasn't a feasible choice because of her and her husband's long work hours. They looked at senior living options knowing that socialization, physical and mental activity, and 24/7 safeguards were necessary.

“Before the pandemic, my mom engaged in daily group exercises, interactive games, lectures about world cultures, and weekly dinners or outings with me and my husband,” Dr. Nip-Sakamoto says. “I visited her at her residence three times a week for hours at a time. We had meals together, talked about the kids, looked at old pictures, and had the blessing of time to be together.”

Then the pandemic hit and the closeness that Dr. Nip-Sakamoto had cherished changed dramatically. Activities in Maria's senior community had been sharply curtailed; residents were limited in their movement and socialization to decrease the risk of spreading COVID-19. No outings, except to the doctor, were allowed. No visitors were allowed in the apartments. And group dining was canceled.

The transition was extremely hard for both of them. “My mom is my guardian angel. She was trying to be positive, always saying she's OK. But, I saw the strain in her eyes and the loneliness hidden behind her struggling smile. She slept a lot more because there was less to do,” Dr. Nip-Sakamoto says.

Yet, Dr. Nip-Sakamoto still found hope despite the circumstances. “We celebrated her birthday in November. We had a window party with balloons, cake, and a few family and staff well-wishers. My mom smiled and was beaming when we sang to her,” Dr. Nip-Sakamoto recalls.

Today, with Dr. Nip-Sakamoto and her mother both vaccinated against COVID-19, there's promise for a bright future.






During the earlier stages of the pandemic, interaction was limited to FaceTime calls and masked visits with no physical contact. Now that both are vaccinated, Dr. Nip-Sakamoto and her mother can indulge in face-to-face hugs.



Dr. Nip-Sakamoto's visits with her mother now consist of three in-person visits a week, each lasting 45 minutes. The transition has been uplifting and Dr. Nip-Sakamoto is grateful to have this time to spend with her mother.

"My mom has always had a very positive outlook on life. She wakes up every day, happy to be alive, to watch the colors of the sky and listen to the sound of the rain. She makes the best of any situation. Her life has been defined by resilience." 

Dr. Carla Nip-Sakamoto specializes in medical, surgical, and cosmetic dermatology at Oahu Dermatology in Honolulu. She's also a longtime member of HMSA's Board of Directors.





CONGRATULATIONS TO THE 2021 KAIMANA SCHOLARSHIP WINNERS

The HMSA Kaimana Awards & Scholarship Program is celebrating its 16th year recognizing high school seniors in Hawaii for all-around excellence in academics, athletics, community service, healthy activities, and sportsmanship.

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The Kaimana Awards & Scholarship Program is proudly sponsored by HMSA and the Hawaii High School Athletic Association.
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**Ryllah-Rae
Rodrigues**

Lāna'i High and
Elementary School



Jing Ting Zheng

Kalani High
School

jabsom class of 2024: the challenge of covid-19

words David Frickman

An 11-year-old Jennifer Wong knew her career path after watching doctors treat her father for liver cancer. "I saw how the doctors helped my dad and I wanted to take on that role," she says. "From then on, I was very inspired."

After graduating from Kapolei High School and earning her undergraduate degree at the University of Washington in Seattle, Jennifer began her medical training at the University of Hawai'i John A. Burns School of Medicine (JABSOM) last summer, joining the Class of 2024.

It wasn't the start that Jennifer or anyone else was expecting. The COVID-19 pandemic began earlier in the year and created a challenge for students and the JABSOM administration.

"The huge factor was ensuring the students' safety," says Kyra Len, M.D., JABSOM assistant professor and co-director of the Learning Community Program," as well as ensuring that they were getting the curriculum they needed during their first year of medical school. It was a matter of making sure that they were still learning the things they need to learn but in a setting that would be safe."

Another aspect of the curriculum that would prove to be challenging involved the community." They have to spend a lot of time in the community, getting to learn about it and provide service," says Vanessa Wong, M.D., JABSOM assistant professor and co-associate director of the Learning Community Program. "Obviously, that wasn't going to happen.

"What we did instead, at least for the first few months, was focus on other components of the curriculum. We would have small group

discussions with led by faculty facilitators, so we were able to focus those discussions on topics we wanted to explore a little further," such as how to communicate well with patients and ethical issues in medicine.

Those small group settings came from a concept that was new to JABSOM – learning communities.

"A learning community is a small group of students assigned to a faculty mentor that will learn together over a long period of time," says Dr. Len. "It's a group of six or seven students who are together for all four years of their medical school training. The curriculum that the learning community focuses on are really topics that are best taught in a small group setting, such as medical ethics, communication, empathy, and professionalism."

Dr. Vanessa Wong says the learning community concept has been in the planning stages for about two years. The plan was to roll out the new concept for the Class of 2024.

"And then the pandemic hit and we were thinking, 'Is this a good time to launch a new program?'" she says. "There were so many unknowns. The community piece was going to be a big part of our program and was going to be very challenging to do during this time. But we decided to forge ahead with it. Looking back, we're all really thrilled that we did."

Jennifer Wong loves the learning community concept.

"What's great about having learning communities is that our mentor can tailor the lessons to the individual group," she says. "There are



JOSEPH HU



Jennifer Wong with her learning community

more opportunities for students like me to be assessed on the spot and we get that spontaneous feedback during each session compared with our normal class size, which would be more than 70 of us, where it would be difficult for instructors to give individualized assessment in class.”

Dr. Vanessa Wong says the challenge of integrating the community was partially addressed by including virtual guest speakers and having students learn online about the communities they were assigned to.

Jennifer Wong says the online curriculum has given her a good foundation for future work in telemedicine. And as the school year progressed, some pre-pandemic aspects of JABSOM education returned with safety guidelines in place. More activities were held on campus instead of online. Clinical skills classes, where students role-play as patients so their fellow students can evaluate them, were done in person.

But the JABSOM Class of 2024 did miss out on one thing – getting to know their classmates, outside of those in their learning communities, in this four-year journey.

“As incoming students, we try to get to know our classmates at the beginning of the school year and we would probably know each other pretty well by now” Jennifer Wong says. “Because we had mostly online classes and not as many on-campus activities, I didn’t see my classmates as often. So, it’s very different than the start of a traditional school year, when we’re so excited and we just want to meet people and connect. That was a challenge due to COVID.” ¹⁵

learning communities helped by HMSA Foundation grant

The HMSA Foundation gave a boost to the JABSOM Class of 2024 by making an endowed gift to support the learning community program.

The Foundation donated \$5 million to establish the HMSA Learning Innovations Endowment to support innovative medical education. Because of the grant, JABSOM is now calling its learning center in the Office of Medical Education the HMSA Learning Innovations Center.

“HMSA supports this initiative because we need our physician workforce to be prepared for new ways of viewing health, looking to the community as partners in the health of our families,” says HMSA President and CEO Mark M. Mugiishi, M.D., F.A.C.S. “With constant changes in delivery of health care and advances in technology, the HMSA Learning Innovations Center will be critically important.”

“The HMSA Foundation is showing tremendous vision and commitment to advance the health of Hawai’i with this strategic philanthropic investment, especially during these tumultuous times,” says UH President David Lassner. “With this endowment as a resource, JABSOM will now have the long-term funding needed to continue to innovate and evolve our medical education delivery with the needs of our people and our islands.”



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These providers joined HMSA's network between Dec. 21, 2020, and March 20, 2021.

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Minami Konishi
Heather H. Porter
Michelle M. Soga

Kauai

Minami Konish
Vivian Lin Kyono

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Stephanie J. Rizzo-Murray
Kalin Suzuki
Virgil S. Tanizaki
Alyssa Ann C. Uwaine
Kraig L.H. Young



plantation doc

Allan Wang, M.D., starts his morning surveying rows of coffee trees on his farm. Dew on the grass sparkles with the first rays of sunlight.

Dr. Wang looks at the trees covered with tiny, fragrant flowers. "When there is a big bloom, this is what's called 'Kona snow,'" he says about the flush of white blossoms that perfume the air. The flowers soon drop and the fertilized ones develop into red cherries that'll be harvested in late summer through fall.

Nestled on the slopes of Hōlualoa, the coffee plantation overlooks Kailua-Kona and the vast blue Pacific. With its expansive views and rolling green hills scattered with 'ōhi'a trees, the plantation is in the northern heart of Kona's coffee farming community that's been producing some of the world's best-tasting coffee for nearly 200 years.

Dr. Wang bought the property in 1997 because it's conveniently located up the hill from his medical office in town. He intended to garden, but his partner, Tom Humphreys, a University of Hawai'i scientist, had grander plans.

"We learned that the farm sits on one of the oldest lava flows on Hualālai," says Dr. Wang, an allergist/immunologist who practices in Kailua-Kona and Honolulu. "Rich organic nutrients and material have been building up in the soil for 5,000 years, a perfect setting for the finest terroir. So farming was a natural thing to do."

The couple's backgrounds were also a good fit. Humphreys grew up farming in Tennessee before being recruited to Hawai'i to continue a career in molecular biology. Dr. Wang cultivated a love of coffee during his college and residency years in Berkeley and Seattle during the 1970s-80s coffee culture flowering.


They spent the next year digging up the lava bed with bulldozers, preparing the orchard bed and soil, and learning coffee horticulture. In 2001, they harvested their first batch. "We hand-picked and roasted the beans ourselves in our kitchen using a popcorn popper and cast-iron skillet," Dr. Wang remembers. After taking their first sip, they knew their coffee would be a winner.

words Craig DeSilva
photos Tami Kauakea Winston

Over the years, Aikane Kona Coffee has grown from 60 trees on 6 acres to almost 4,000 trees on 11 acres. The coffee has won top awards at the annual Kona Coffee Cultural Festival, most recently winning first place in 2015, and is sold worldwide.

In 2014, Humphreys died of cancer, leaving Dr. Wang to run the farm on his own. The business barely breaks even. And like other Kona coffee farmers, he constantly contends with warding off the dangerous new leaf rust fungus and the twig and beetle borers that have wreaked havoc on Hawai'i's coffee industry. Despite the challenges, it's been a grateful labor of love. "We coffee farmers take pride in caring for the land and keeping Kona green," he says. "And it's satisfying to carry on the Kona tradition of producing one of the world's finest coffees from Kona's soil, sun, and rain."

After tending to patients at his office all day, Dr. Wang returns home to tend to the farm. He likes being in the fresh air, sunlight, and rain and getting his hands into the rich soil. And although his two professions are different, they are complementary, and resonant, in purpose. "It's meaningful to carefully promote good health and blossoming – both in patients and the orchard," he says.

Now that's worth its weight in beans. 



*“It’s
meaningful
to carefully
promote
good
health and
blossoming
– both in
patients and
the orchard.”*

: Dr. Allan Wang



Learn how to brew a perfect cup of coffee at islandscene.com/more.



this doctor works it daily

words Marlene Nakamoto

photos Rae Huo





Stefanie Park, M.D., exercises every day. Every. Day. That's in addition to her role as assistant vice president of HMSA's Medical Management department. For the past 16 months, she's led the HMSA COVID-19 task force to ensure that the company had a coordinated response to the pandemic and kept members and HMSA employees informed with constantly changing guidelines and information from the federal government. Oh, she has a family, too.

She doesn't "squeeze" exercise into her day. She schedules her workouts as if she were a patient and exercise is the prescription to prevent a host of health conditions.

"Being in health care all these years, I realized early on that I don't want to be a patient in a hospital," she says.

Dr. Park has always been active. In high school, she played softball, basketball, and volleyball. In medical school (at the John A. Burns School of Medicine at the University of Hawai'i at Mānoa), she played basketball. "It was always fun to be active with like-minded people," she says.


Today, it's hard to pin down her specific workout regimen. She does a mix of high-intensity interval training (HIIT) routines during the week, pairing up with a good friend whenever he's available. "Just search for 'HIIT no equipment on YouTube and it's so easy to find good routines," she says. On weekends, she'll run around Kapi'olani Park while her daughter bikes alongside.

"When the pandemic started, my usual gyms shut down and I needed

to figure out something different," she says. "Finding the treasure trove of online resources was a lifesaver. New content is added continually, so it never gets boring."

Exercise, she says, helps her think better. "There's a noticeable difference in my demeanor after my workout," she adds. "Schedule your meeting with me anytime after my daily workout," she says. "I'm always in the right frame of mind." Exercise also helps her manage stress, maintain a healthy weight, and helps with family life. "It's essential to balance."

Need further inspiration to exercise regularly? "It starts with a plan," she says. "Decide that you're going to do it and get ready to commit to it. Find a partner to help keep you accountable to your commitment. Focus on the long-term benefits and consider the conditions you could prevent that are a result of a sedentary lifestyle, such as diabetes, high blood pressure, and heart disease.

"You have one body to get you through a lifetime. You need to take care of it." 



keep fighting cancer



Emily Diep, M.D., examines Eddie Nakata.

words David Frickman
photos Earl Yoshii

Last year, Eddie Nakata had cancer for the third time. Frequent and consistent checkups and tests saved his life. It's a lesson Nakata promotes today.

He had his first cancer in 2003. "I didn't even know that I had a tumor growing on my kidney," he says. "One morning, I got up and my urine looked like fruit punch. But I had no pain. I had no loss of energy."

After seeing small black slivers of tissue in his urine a few days later, Nakata went to the doctor, who suspected and eventually diagnosed kidney cancer. His left kidney had to be removed.

More recently, Nakata says, "that same renal cancer went to my lungs. Renal cancer has a habit of staying dormant for a while and then going marching. We don't know where it will end up." But Nakata knows how to fight it.

"The whole key comes back to regular checkups. I'm getting kind of tired of this, but it's an opportunity to go to the doctor and get it checked out and take care of the problem right away."

Screening for cancer and other conditions is important "so that the patient can make the appropriate dietary and lifestyle changes necessary," says Emily Diep, M.D., Nakata's primary care provider.

Dr. Diep says that these screenings can also be a vital part of preventive care. "Preventive care is extremely important because it decreases mortality and



Dr. Emily Diep

morbidity for the patient. If we can have everyone engage in preventive care, that can lower the total cost of health care spending in the U.S. as well."

It's no secret to Nakata's friends that he's dealing with cancer. If friends or family members ask about his health, he's always willing to share his experience.

"If you notice a change in your health, let your doctor know and ask about recommendations, tests, and next steps," Nakata says. "Even if it turns out to be nothing, at least it's been checked and hasn't had a chance to get worse."


Nakata promotes the need for appropriate cancer screenings to detect problems early, and makes a public effort to thank the medical professionals who have helped him over the years at Pali Momi Medical Center and, most recently, at Kuakini.

He now uses his Facebook page to "single out certain people and certain departments and I thank them publicly," he says. "Because of the way Kuakini treated me from the time I signed in and went to ambulatory care services and had the operation and critical care and all that, everybody was really nice. If there were a way to say 'thank you,' I'd be more than happy to do it."

"I also want to thank my wife and our families," Nakata says. "Their encouragement and support made the journey much easier for me, especially when the cancer came back and I faced more treatment or surgery."

Early this year, Nakata went back for a scan of his pancreas based on a recommendation from a Kuakini oncologist. The oncologist said everything looked fine, but they'll keep an eye on it. "We will continue the fight," Nakata says, "and with the help of Kuakini and Pali Momi doctors and staff, we will give this our best effort."

"Testing and treatment can take a long time," Nakata says. "One driving force for me was my desire to avoid a prolonged death. For myself and my family, I was determined to do whatever I could to avoid this situation."

"Although it seems that maybe my journey is not over," Nakata says, "the ability to check and have any kind of findings in these areas makes me extremely thankful to all parties involved." 

"If you notice a change in your health, let your doctor know.
Even if it turns out to be nothing, as least it's been checked and
hasn't had a chance to get worse."

: Eddie Nakata

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,
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Call us with questions,
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We're here to help.

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- TTY: 711
- Email:
Compliance_Ethics@hmsa.com
- Fax: (808) 948-6414
- 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;
TDD users, call 1 (800) 537-7697
- 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 ho'opuka
'oe i ka 'Ōlelo Hawai'i, loa'a ke kōkua
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Laotian: ກະລຸນາສັງເກດ: ຖ້າທ່ານເວົ້າ
ພາສາລາວ, ການຊ່ວຍເຫຼືອດ້ານພາສາ,
ບໍ່ມີຄ່າໃຊ້ຈ່າຍ, ແມ່ນມີໃຫ້ທ່ານ. ໂທ
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Kajin Majōl, kwomaroñ bōk jerbal in
jipañ ilo kajin ñe am ejjelok wōñāān.
Kaalok 1 (800) 776-4672 tollfree, enaj
ejjelok wonaan. TTY 711.

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ke kak ale sawas in sohte pweine. Kahlde
nempe wet 1 (800) 776-4672. Me sohte
kak rong call TTY 711.

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

small waves are still dope

words Craig DeSilva



Left: Jack Ho, top: John Amundson (left) and Matahi Drollet, bottom: Cris Cordio

It's high tide with Kona winds at Kaiser's, a popular surf spot off Magic Island. Cris Cordio looks out at the flat water with hardly any shore break. "Not much action," he says. "Normally a snorkeling day for sure."

But these conditions are perfect for his foil board, a hybrid surfboard that lets you rip in 1- to 2-foot waves that big-wave surfers pass up. "You flying today?" he asks his buddies before heading into the water. "Flying" is the sensation Cordio gets on his foil board. "It's like floating on a cloud," he says. "A magic carpet ride."

Foil boards are similar to traditional surfboards, except they're smaller – about 4 feet long – and have a fin with wings that lift the board 2 feet above water. Foil boarding was pioneered and popularized by world champion surfers Laird Hamilton and Kai Lenny on Maui. The sport has grown in recent years with long-distance foil board races from Moloka'i to O'ahu.

"Hawai'i has become the nucleus of the foil boarding craze," says John Amundson, a foil board manufacturer on O'ahu's North Shore. "Since the pandemic, there's been a spike with more people turning to the ocean to stay active."

For Cordio, foil boarding is both a physical and a mental sensation. He uses his upper-body strength to get on a wave and his leg muscles to harness the glide. "That's when my legs really feel the burn," he says.

With foil boarding, he doesn't have to compete with surfers in a crowded lineup and can ride a wave up to three times longer than with traditional surfing.

"The Japanese call it *satori* – the state of mind when you're totally focused in the moment," Cordio says. "It's just me and the wave. A peaceful, freeing feeling." **is**

understanding dementia

words Marlene Nakamoto **photos** Dr. Fred Fortin



You just had your cellphone in your hand ... where is it now? You were headed to the living room but stop in your tracks when you get there because you can't remember what you were going to do. You walk up and down the rows of a parking lot because you can't find your car.

Do you have dementia?

No. Dementia isn't temporary confusion or forgetfulness. Rather, it's a syndrome that severely affects cognitive abilities such as attentiveness, memory, language, logical reasoning, and problem-solving. Dementia can also affect a person's ability to control their emotions or render them unable to care for themselves.

What causes dementia?

According to the federal National Institute on Aging, dementia is not a normal part of aging. Alzheimer's disease is the most common cause of dementia; the many other causes include blood disorders, traumatic brain injuries, infections of the central nervous system, and lifestyle habits such as smoking and heavy alcohol use.

What's the treatment for dementia?

Treatment of dementia depends on a clinical diagnosis from a physician who will interact with the patient and their family to identify the type of dementia. While there's no cure for dementia, medications may temporarily ease symptoms.

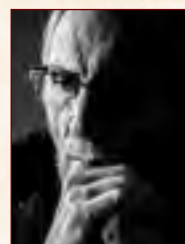
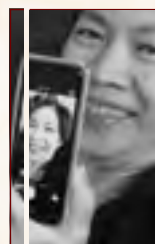
If you think that you or someone you love may have dementia, you don't have to face it alone. In addition to talking with your doctor, there are websites, support services, and workshops where you can connect with others who are in a similar situation:

- Circle of Care for Dementia, Catholic Charities Hawai'i: <https://www.catholiccharitieshawaii.org/dementia/> or (808) 521-4357.
- Dementia Support Resources, UH Center on Aging: <https://www.hawaii.edu/aging>. Click Research Initiatives, then Hawai'i Alzheimer's Disease Initiative, then HADI Resources, then Dementia Support Resources. Or call (808) 956-5001.
- Aloha Chapter, Alzheimer's Association: <https://www.alz.org/hawaii> or (808) 591-2771.



Visit [islandscene.com/more](https://www.islandscene.com/more) to read about aging and dementia.

Dementia



It's a funny disease dementia.
Like a thief it carries off your beloved,
Then deceptively takes flight,
Out of reach, out of sight into nowhere.

The jewels are pawned first,
History, future, everydayness,
Never to be recovered.
Never to be,
Again.

But the cruelty is not done yet.
The real invasion comes
When life itself is stolen,
When life itself begins its retreat.
When even God cannot find your beloved.
When words only become tears.

How can those left in the ashes,
Robbed as they are,
Forsaken as they are,
Not have hearts that turn cold and gray?
Where everyday objects are laden
With tortured memories,
Where grief is endless and barely endurable,
And where time rolls over you, relentless.

But hearts we have, still beating, still feeling.
The great silence maybe beckoning, but not yet.
Inhale, breathe, soak it in.
Open up to what has been clouded over and neglected.
Regain your footing, give meaning to your trials,
Find strength in love. It is still out there.
And, in truth, the only way out.

From *Missing, Poems in Times like These*, by A.J. Fortin, Ph.D.
Dr. Fortin's wife, Betty, has dementia.

A full-page photograph of a male runner in a white singlet and red shorts running up a grassy hill. The runner is seen from the back, with his right arm bent and hand near his hip. The background shows a line of trees and a clear sky. The image has a halftone dot pattern.

running hills

words Lynn Shizumura

They're fast. They're local. They're Andrew Mchowell and Tiffany Nakamura. They planned to run the prestigious Boston Marathon last year, but it was one of the many events that was canceled because of the coronavirus outbreak. But it hasn't stopped their training. They log about 30 to 40 miles a week, which include hill work.

Michael Garrison, a certified running coach and founder of Hawaii Running Lab, coaches Mchowell and Nakamura. Garrison helps them stay in marathon shape and improve their performance so they can achieve new personal-best race times.



From left: Tiffany Nakamura and Andrew Mchowell

Garrison says that running hills during training helps runners of all levels build physical and mental strength to tackle them during a race. Here are his tips for running hills.

- Safety first.
- It's recommended that you're logging at least 15 miles a week without injury before adding hills to your routine. If possible, run hills that have a sidewalk and minimal obstructions. Preview the terrain on a walk before your run.
- Practice your form.
- Keep your chest up and open. Lean forward slightly from the hips.
- Look up and ahead. Focus on a point 10 to 20 feet away.
- Lift your knees from the hips. Keep your stride light and quick. Try to land on your midfoot to forefoot.
- Maintain an even and relaxed rhythm.
- Cool down and stretch. For stretches to do after your run, visit islandscene.com/stretch-like-a-runner.

Can you see a doctor without leaving home?

Yes, you can.

Ask your doctor if they have telehealth options such as video visits or email check-ins.

If you don't have a doctor, use HMSA's Online Care® to get care on demand 24 hours a day, 365 days a year. Simply download the free mobile app or visit hmsaonlinecare.com.

You may be charged a copayment for telehealth visits. Check your health plan benefits to be sure.



Available for most Apple and Android devices and tablets. You must be in Hawaii to use HMSA's Online Care. Depending on your health plan, you may be charged a copayment.

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

1010-322073



Hawai'i Medical Service Association (HMSA)

Notice of Annual Meeting

HMSA will hold its Annual Meeting on Monday, Oct. 18, at 11:30 a.m. at the Hawaii Convention Center, 1801 Kalakaua Ave., Honolulu, Hawaii.

At the meeting, financial and annual reports will be presented and discussed. New HMSA Directors will be selected.

To ensure adherence to COVID-19 guidelines, all attendees have been pre-registered for this event. HMSA's 2020 annual report is available on hmsa.com.

1010-328752



does telehealth really work?

words Courtney Takabayashi



Bliss Kaneshiro, M.D.

Telehealth lets you see a doctor without leaving home, which is handy during a pandemic. But how much do you know about telehealth? Which of these are for real?

True or false? Telehealth is just as good as going to a doctor's office for some visits.

True. Bliss Kaneshiro, M.D., an ob-gyn with University Health Partners and an early adopter of telehealth, says that for certain visits, telehealth is just as good or better than face-to-face appointments. "I've found that I can still have a real connection to my patients using telehealth. Many of them have been more comfortable doing a visit from home instead of coming into a doctor's office," she says.

"I think many patients will prefer telehealth, even after the pandemic is over. Using telehealth has been an easy way to learn more about my patient's medical history and symptoms. It also works really well for providing recommendations and counseling," she says.

Of course, if a patient needs a physical exam, they need to see a doctor in person.

Yes or no? Telehealth is only for the tech savvy.

No. All you need are the basics, such as a smartphone or computer and a Wi-Fi connection, to use telehealth. Be sure to read any

instructions before you get started and gather any necessary information ahead of time, such as medications you're taking. Also, confirm which telehealth system your provider uses so you can download any software, if necessary.

Dr. Kaneshiro says that the more familiar you are with telehealth, the more comfortable you'll feel using it. For those who still feel hesitant using technology, enlist the help of a tech-smart relative or friend for help. You can also ask your doctor or their staff any questions or concerns you have about the telehealth system they use.

Fact or fiction? My personal information isn't safe if I see my doctor via telehealth.

Fiction. Doctors use secure platforms to see patients so visits are private and protected. "And just like in person, your medical records are handled securely," Dr. Kaneshiro says. "So, don't worry, you and your confidential health information are safe when you use telehealth."

Remember to use telehealth from a secure place and not out in public if possible, and talk to your doctor if you have concerns about the safety of your information. **15**

health matters

UH is looking for colon cancer study participants

Did you know? Colorectal cancer is the third most-frequently diagnosed cancer in Hawai'i and one of the leading causes of death. Since there are few symptoms and warning signs, it's usually discovered in late stages. However, when found early, colorectal cancer is highly treatable. That's why early screening and detection save lives.

The University of Hawai'i Cancer Center is working to provide more effective colorectal cancer treatment and is one of the main groups helping the public health community learn more about this deadly disease. They're looking for participants to join a study for colon cancer patients and their caregivers to see if providing free educational resources increases quality of life and satisfaction.

Participants will receive compensation for their time and effort. You may be eligible to participate if:

- You're 18 years old or older.
- You live on O'ahu.
- You or a family member was recently diagnosed with colon cancer.
- You have colon cancer and someone helps you or you help someone who has colon cancer manage their care.

Call the UH Cancer Center at (808) 564-3808 to learn more.

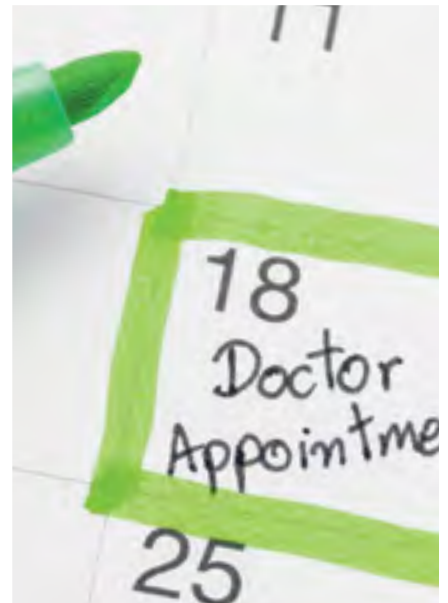


It's time to reschedule missed appointments

Doctors' offices that closed or offered limited services during the pandemic are now open. If you postponed your regular checkups or haven't seen your doctor in over a year, it's time to get back on track.

These are the most important appointments to schedule now.

- Internists for adults and pediatricians for kids.
- Ob-gyns for women.
- Dentists.





Can you hear me now?

To avoid hurt feelings and frustration over miscommunication, you can learn to be an advocate for those who are hard of hearing. Even after someone decides to get a hearing aid to improve their quality of life, some support may be needed. You can help make sure family and friends empathize and understand the situation.

- Get the person's attention with a tap or wave before starting a conversation.
- Face the person directly when you speak. Don't turn your head away or look down.
- Teach others to speak loudly, slowly, and clearly.
- Rephrase instead of repeating what you said. Sometimes it's easier to understand if you choose different words that are easier to hear.

Remember that a little patience goes a long way. Do your best to laugh off any miscommunications and keep trying.

Group situations can make it difficult to hear properly amid the background noise. At dinner, make sure to sit next to the person and let them know that they can turn to you for anything they may have missed.

The benefits of napping

Taking an afternoon snooze could help keep your brain sharp. A study published in the journal *General Psychiatry* says that adults age 60 and older who took afternoon naps showed signs of better mental agility compared to those who didn't nap. Participants had higher results testing memory, language, and cognitive abilities.

Doctors recommend taking a shorter "power nap" of up to 20 minutes to decrease the chances of transitioning into slow-wave sleep, which makes people feel groggy when they wake up. Naps should be taken earlier in the afternoon to limit possible negative impact on the evening's sleep.





team-based care is better care

words David Frickman

art Garry Ono

“No one can whistle a symphony.
It takes a whole orchestra to play it.”

: H.E. Luccock

At one time, primary care providers (PCPs) were like soloists trying to play Tchaikovsky.

“I started back in the day when it was almost just a one-man shop,” says Sandra Noon, D.O., department chief of primary care for the Hawai’i Pacific Health Medical Group, who began practicing nearly 25 years ago. “It was just you and your assistant. The whole idea of having a team surrounding the patient wasn’t really present for most primary care practices across the nation.”

Now the trend is toward team-based care, which is an element of the patient-centered medical home model. In team-based care, PCPs have a staff of medical resources at their fingertips.

Dr. Noon says she began to see the benefits of team-based care when she was trying to operationalize the patient-centered medical home model for the U.S. Department of Defense while working with Tripler Army Medical Center from 2007-16. “We realized that to truly be patient-centered and to deliver the kind of care that we intend to deliver, it really needed to be a team approach,” she says. “It was ambitious but absolutely the right direction to go.”

At her practice in Mililani, Dr. Noon, a PCP, has nurse practitioners, a behaviorist, clinical pharmacists, and a complex-care team made up of a registered nurse and a medical assistant all at her disposal. “Just think of it as taking a team and bringing them in and surrounding our patients with that type of care,” she says.

EmPower Health, part of The Queen’s Health Systems, uses a tiered approach to team-based care, including a core team, in-house resources, and resources within reach at The Queen’s Medical Center.

“We have our core health care team at EmPower Health, which includes physicians, advanced practitioners, nurses, and medical assistants,” says Natasha Parehk, M.D., M.S., EmPower Health medical director. “Then we have a circle of support around us,” such as in-house support for physical therapy, behavioral health, diet and nutrition services, and pharmacy, as well as care coordinators, social workers, mental health specialists, and patient educators at Queen’s.

Within the Castle Health Group, Brit Reis, M.D., medical director of Reis Pediatrics, says each primary care physician has a care coordinator assigned

to them. “The care coordinator helps us create workflows that involve all of our staff in the care of our patients,” including nurse practitioners and physician assistants, Dr. Reis says.

“This has helped open up our schedule to increase access, which helps us provide medical care to more of our community and also allows us to have more time with our complex patients.”

“I know my patients love it just based on the feedback we get,” says Dr. Noon. “But I think we’ve also proven the concept from a quality-of-care standpoint. Patients are getting the care they need because we have the bandwidth to help them access experts who can make a difference in their care.

“Honestly, I think for primary care, this is the way to go.” 

for your benefit

find out how much you can save

CVS Caremark® has developed a tool to help you save on your prescription drug costs.

Many members don't know there may be lower-cost options they could talk to their doctor about. But in the Check Drug Costs tool, you can search a drug name and dosage and within a few seconds, see up to five clinically appropriate drug alternatives covered by your plan and the price you'd pay for each – you can then share this information with your doctor.

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Find the Check Drug Cost tool at hmsa.com. Log in to My Account (click the blue Member Login button at the top right of the home page), then go to Drugs in the top blue bar and click Drug Pricing from the drop-down list.

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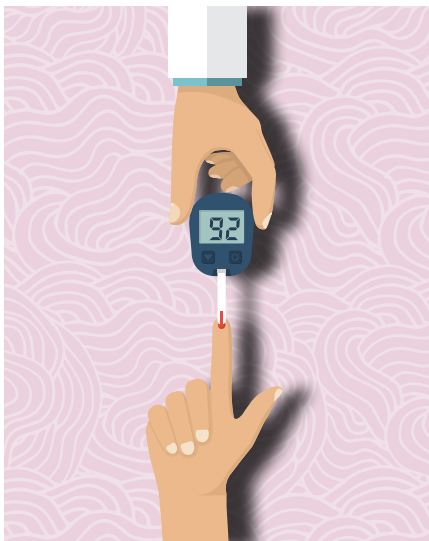
manage your diabetes

Free classes are available online each month for members who want help with managing their type 2 diabetes.

The two-part Diabetes Education and Management classes are held the second and third Wednesday of every month at the HMSA Health Resource Center at Kuakini in Honolulu. There are also virtual options available so you can attend the classes from home.

Whether you're newly diagnosed or have been living with diabetes for decades, these classes, facilitated by a diabetes educator, registered nurse, and health coach, will give you the tools you need to successfully manage your diabetes.

Call 1 (855) 329-5461 for more information or to register.



staying in shape while staying home



Is your home now your office? If so, your daily routine may not include as much physical activity and exercise as it did when you had to leave home to go to work. In HMSA's HOME body workshop, you can learn about the benefits of basic cardiovascular exercises, strength training, stretching, and mobility drills that can be done in the comfort and safety of home.

This is just one of the workshops HMSA is offering online this summer. These 60-minute workshops use fun, interactive methods to teach you about fitness, nutrition, stress management, and other aspects of health and well-being that can impact your physical, emotional, and social health.

HMSA members can participate in any or all workshops at no cost.

To learn more and register for a workshop, go to hmsa.com/HealthEducation.



COURTESY 'IOLANI SCHOOL

COURTESY CARTER TAKEMOTO

high schools boost esports

Video games have come a long way from PAC-MAN and Space Invaders.

Today's video games are highly detailed and sophisticated, requiring talent, experience, and teamwork to play at the highest level. Professional gamers began to emerge. Competitions held in arenas around the world took on the look and feel of athletic competitions and are televised on networks such as ESPN.

Last spring, the University of Hawai'i at Mānoa hosted an esports tournament with teams from all over the world. It was the first time the state has hosted an esports event on an international scale.

Esports have been around since the 1980s and started to grow in the 2000s. Over time, high schools began to form teams and their competitions were recognized as sports by state high school athletic associations. In 2018, the Hawai'i High School Athletic Association (HHSAA) recognized esports.

"We started meeting with various departments on campus that would need to collaborate to get this off the ground," says James Kakos, assistant principal at Punahou School.

Other schools were also looking at adding esports to the curriculum. While 'Iolani School was exploring the idea, Derek Toma agreed to be the team's volunteer coach.

So why add esports to a high school curriculum? How will students benefit and what will they learn? Those are the questions that administrators had to tackle before committing to esports.

words David Frickman


"We got the working group together to ask those very questions and we decided that, first, it had to align with our mission in terms of a Punahou education," Kakos says. He says the group realized that "all of the social and emotional learning that takes place in athletics in terms of teamwork, cooperation, resilience, leadership, scouting, study – all of those things are evident in egaming."

At 'Iolani, "The kids who were interested were given a project to do," Toma says. "If they wanted it, they would have to pitch it to the school. They came up with just about everything you would see in a professional business plan and they pitched their idea. They got the program off the ground."

The administration's acceptance of the concept was one thing. Providing the resources to make it all work was another. Kakos says 24 computers were brought in for the program so the team could practice and compete in one place.

"We wanted to set ourselves up for success," he says, "so we made sure that we set up the hardware that would be needed and the space to create a team environment, the coaching, and the administrative support. We really wanted to add a lot more structure with coaches and with expectations, captains, leadership, equipment. All of those things to make them feel proud of the program."

The commitment paid off. Punahou won the League of Legends state championship in the fall of 2020.

Kakos says in the upcoming season, there will be movement into the realm of sports-specific egaming with offerings such as Madden 21 and FIFA 21, which are real-life renderings of football and soccer, respectively. "I would imagine that it's going to take off and grow even more." 



COURTESY 'IOLANI SCHOOL



the benefits of high school esports

words Zeb Lakey

During the pandemic, my friends and I created an esports club for Pearl City High School. The idea came after playing in an amateur esports league and discovering how rewarding it is to strategize with friends and compete in an organized tournament.

I already knew the benefits of team-based video games, such as a chance to develop critical thinking skills, improve communication, and form strong friendships beyond the game. But esports took all those benefits to the next level, adding the excitement of rankings, playoff brackets, and championships.

I wanted other kids in my school to experience this and knew that with COVID-19 severely limiting any social activity, it was good timing to start something that could bring people together. My technology teacher, Thaddeus Ordono, helped Isaac Tamashiro, Toby Tayros, and me found the club late last year.

The response was greater than expected with 54 students signing up right away. We coach the players who want to learn and host intra-mural tournaments that help everyone improve while having a good time.

To give members that sense of community, we host casual game nights. The club boasts all the benefits of competitive gaming while also giving students a safe environment to interact with one another.

Zeb Lakey graduated from Pearl City High School in May.



good reads for better health

words Michelle Regan



COURTESY: MARY CLAIRE HUTCHINSON

When it comes to good health, we're often doing it wrong. Understanding simple acts like breathing or sleeping can help us live better every day. From the overlooked to the complexity of our ever-changing brains, there's a lot to explore.

Here are a few book recommendations from Sheryl Ing and Mary Claire Hutchinson, the business, science, and technology librarians at the Hawai'i State Library, to help you get good health right.

How to Sleep: The New Science-Based Solutions for Sleeping Through the Night

By Rafael Pelayo, M.D.

Dr. Pelayo, a clinical professor of sleep medicine at Stanford University, explains sleep science and how effective sleep can improve our health. He offers a clear path to better sleep with a flexible approach that will work for anyone.

Livewired: The Inside Story of the Ever-Changing Brain

By David Eagleman

Renowned neuroscientist Eagleman has penned a masterful update on how the brain operates. The brain possesses an immense amount of flexibility and the ability to reconfigure connections between its different areas in response to feedback. Eagleman, who specializes in neuroplasticity at Stanford University, is the creator and host of the Emmy-nominated television series *The Brain* on PBS.

Breath: The New Science of a Lost Art

By James Nestor

Nestor, a science journalist, reveals how humans became the most inefficient breathers on earth and how intentional changes could improve the quality of our lives. He discusses ancient breathing practices and modern research to help us perform better and understand how to improve our health. This book was picked by National Public Radio as a best book of 2020, and *The Washington Post* selected it as a Notable book.

Apollo's Arrow: The Profound and Enduring Impact of Coronavirus on the Way We Live

By Nicholas A. Christakis, M.D., Ph.D., M.P.D.

Dr. Christakis, a physician and sociologist, delivers a comprehensive and authoritative analysis of the COVID-19 pandemic so far by drawing on scientific, medical, and sociological research. *The New York Times Book Review* calls it "... sensible and comprehensive, intelligent, and well-sourced."

The Hilarious World of Depression

By John Moe

Popular podcast host Moe shares his lifelong struggles with depression in this relatable and candid memoir. He discusses his family's depression and addictions and similar experiences from the various people he has interviewed in the past, many of whom are high-profile entertainers and writers such as Dick Cavett, Andy Richter, and novelist John Greene. Comedic and sobering, Moe's enjoyable take on the realities of living with depression will uplift any reader.

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raising happy keiki



Coren Kajioka, Psy.D.

How would you answer if your child asked, "Are you happy?"

Clinical psychologist Coren Kajioka, Psy.D., says his response to his 11-year-old son would be nuanced. "Yeah, I feel happy. And I feel sad. I feel upset at times. I feel scared at times. I feel disappointed. Sometimes I feel helpless. Sometimes I feel excited," he says. "Anything goes and that's OK because we feel what we feel. It's the most liberating thing to teach your child that all your feelings are OK to feel."

What makes the question so complicated is the subjective and ever-changing nature of happiness. Ask five people what happiness looks like and you'll get five different answers. Ask again in six months and you may get five more. It makes talking to kids about happiness and modeling it for them complicated.

words Michelle Regan

photos Caryn Saito



Inside job

Having strong shared values is the foundation of happy families. Dr. Kajioka suggests shifting your focus to what you have rather than what's missing in your life. Identifying the people and experiences we appreciate helps us reframe the way we see our lives and fill them with more of what makes us happy. Practicing gratitude teaches kids that there are moments to celebrate even when things are tough.

When it comes to talking about core values with your kids, Dr. Kajioka recommends discussing what you think is important. Focus on fostering intangible values rather than material possessions. What are some things you value as a family? These conversations help children learn self-inquiry and build a sense of identity.

"I work with a lot of adults who come to me feeling depressed, feeling this

sense of anxiety and having existential crises because they don't know who they are," says Dr. Kajioka. "They're lost, but it's only because there hasn't been that foundation from a very young age. It's because they never really communicated those things with their parents."

Be present

Once your child finds something they enjoy, Dr. Kajioka says to fully immerse yourself in it. When his son was younger, he wanted to be a firefighter. Dr. Kajioka spent time learning about the job and set up obstacle courses his son could run through wearing his Halloween firefighter costume. Even if his son doesn't end up being a firefighter, his son is thinking about the possibilities and learning about different options.

Families who share even simple experiences like reading before bed or doing a puzzle together create positive

lasting memories. "Some would say they're old-fashioned, but I don't think so," says Dr. Kajioka. "I think they're timeless."

In difficult times, it's important to acknowledge and validate kids' feelings. Don't shy away from talking about difficult emotions like sadness and anger. "As parents, we always try to be strong for our kids and that's a wonderful thing. But I wouldn't want a child to believe that they always have to have their stuff together, because it's unrealistic."

I encourage parents to tell their kids, especially during this time, that they're worried, too," says Dr. Kajioka. "There's nothing wrong with being afraid. There's nothing wrong with being sad. Because then we can face those emotions, face those fears, and learn skills to manage them better." **is**

keiki corner

Beach bound

Help the keiki through the maze and to the beach.



Animal Sudoku

Write the letters for each word in the squares so that every row, column, and mini-grid contain all the letters for the word.

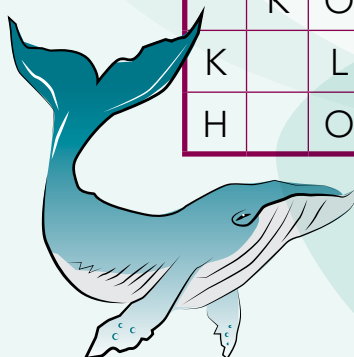
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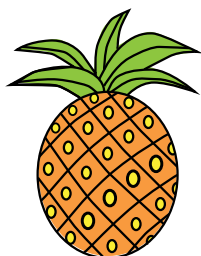
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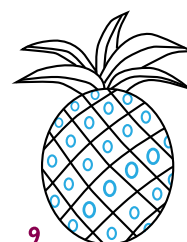
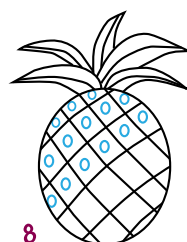
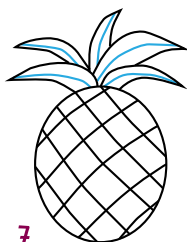
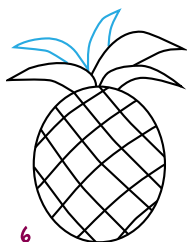
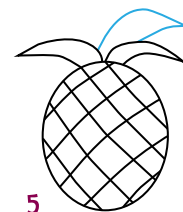
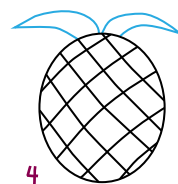
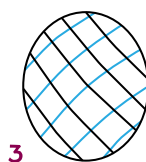
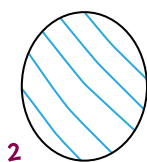
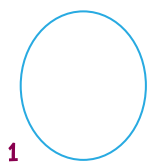


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Let's draw a pineapple



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Pueo Koholā Honu



what do doctors eat?

Did you ever wonder what your doctors eat? Do they eat more healthfully than you? And what about other health care providers? Nurses, dietitians, chiropractors, dentists, to name a few.

So many questions. So, we asked a few providers to share a healthy recipe that they enjoy.

Orange Fish with Orange Squash

Alan Titchenal created this recipe with his wife, Joannie Dobbs, who's also a certified nutrition specialist. Titchenal is a professor of nutrition at the University of Hawai'i at Mānoa and has been *Island Scene's* nutrition adviser for 20 years.

- 1 lb. kabocha, peeled (optional) and cubed ($\frac{1}{2}$ to $\frac{3}{4}$ inch)
- $\frac{1}{2}$ cup water
- 12 oz. salmon, skinned, deboned, and cut into bite-sized pieces
- Thai basil leaves for garnish

Sauce

- $\frac{1}{4}$ cup water
- 2 Tbsp. reduced-sodium shoyu, or to taste
- 2 Tbsp. yellow Thai curry paste
- 3 Tbsp. creamy or chunky peanut butter

In a small bowl, whisk sauce ingredients together until well blended. Set aside.

Place kabocha and water in a large skillet and bring to a boil. Reduce heat, cover, and cook until almost done, about 5 minutes. Layer salmon pieces on kabocha, cover, and simmer until salmon is cooked, about 3 minutes. Add sauce and stir gently to combine. Garnish with Thai basil. Makes 6 servings.

Per serving: Calories 200, protein 14 g, carbohydrates 13 g, total fat 10 g, saturated fat 3 g, cholesterol 30 mg, sodium 470 mg, fiber 2 g, total sugar 3 g

Keolu Salad Dressing

Shary Hayashi has been a respiratory therapist at Adventist Health Castle for 39 years. Because of her demanding schedule caring for patients, she can't always take a meal break when the cafeteria's open, so she always packs a brown-bag lunch or dinner. If her brown bag includes tossed greens, she'll tuck a portion of this dressing in the bag.

- 1 cup vegetable oil
- $\frac{1}{2}$ cup sugar
- 2 tsp. salt
- $\frac{1}{2}$ cup white vinegar
- $\frac{1}{2}$ tsp. prepared mustard
- Few slices red onion
- $\frac{1}{4}$ tsp. pepper
- 1 garlic clove, crushed
- $\frac{1}{4}$ tsp. Worcestershire sauce
- 1 bay leaf

Pulse all ingredients except bay leaf in a blender until emulsified. Pour into a jar and add bay leaf. Makes about $1\frac{1}{2}$ cups.

Per tablespoon: Calories 100, carbohydrates 4 g, total fat 9 g, sodium 200 mg, total sugar 4 g



words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita



Chicken Verde Casserole

As a gastroenterologist, Kristi T. Lopez, M.D., knows everything about gut health. This recipe has made many stomachs very happy.

4 cups cauliflower florets
 8 Tbsp. low-fat cream cheese, softened
 1 lb. cooked chicken, shredded
 ½ cup salsa verde
 ½ tsp. pepper
 1 cup shredded reduced-fat sharp cheddar or pepper jack cheese
 ⅓ cup plain low-fat Greek yogurt
 1 Tbsp. chopped cilantro (optional)
 Diced avocado for garnish

Place cauliflower in a microwave-safe dish and cook 10-12 minutes or until fork-tender. Add cream cheese and microwave for another 30 seconds. Stir. Add chicken, salsa verde, pepper, cheddar cheese, Greek yogurt, and cilantro. Mix well. Bake in preheated 375-degree oven for 20 minutes. Or, microwave on high for 10 minutes. Garnish with avocado. Makes 4 servings.

Per serving: Calories 300, protein 39 g, carbohydrates 10 g, total fat 14 g, saturated fat 7 g, cholesterol 100 mg, sodium 1,280 mg, fiber 3 g, total sugar 5 g



For a sanbai zuke recipe from Jo Ann Chang, D.D.S., visit islandscene.com/more.

Sun's out, fun's out

It's summertime and having fun is easy for HMSA members. With the **HMSA365** discount program, it's easy to save on family fun. Just show your HMSA membership card and mention HMSA365.



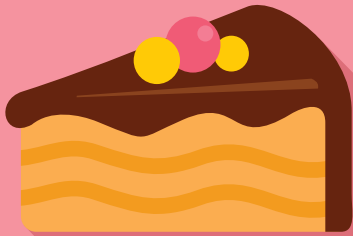
hmsa.com/hmsa365



one cookie or two?

When it comes to eating sweets, HMSA registered dietitian August Espinal says moderation is key. Espinal is also a certified diabetes care and education specialist, so she knows a lot about dietary balancing acts. "Maintaining a healthy diet means finding what works for you," says Espinal. A healthy diet should include a variety of foods to get the nutrients and calories you need and allow for a treat once in a while.

She offers these tips so that you can enjoy a treat:



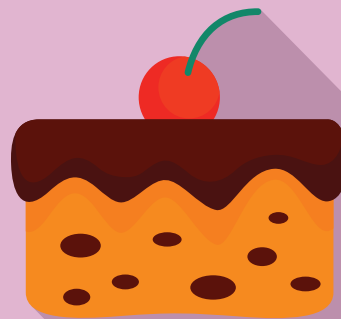
For sweet treats,
be aware of portions.



If you're watching carbohydrates,
cut back on rice to make room
for a cookie.



If you're watching calories,
add more steps to your daily walk.



Balance your snack with
other foods you're eating.

words Marlene Nakamoto

favorite staff recipes

words Courtney Takabayashi and Marlene Nakamoto

photos Lew Harrington

food styling Marjie Beaton

We like it quick and easy. When it comes to recipes, that is. Whether we're answering member questions, collaborating with providers, or doing our part to improve the health of Hawai'i, HMSA employees enjoy healthy, uncomplicated recipes, preferably made with local ingredients. It's just a bonus that the following recipes are all of the above and tasty, too.

Here are three recipes that are favorites of our staff that were previously exclusive to islandscene.com. Visit our website for these recipes and many others. Who knows? You may discover a new favorite.



Pineapple Macadamia Nut Energy Balls

Need a little boost? These sweet, nutty bites are good for a quick pick-me-up before a workout or to get you through the end of the day.

1¼ cups rolled oats
2 Tbsp. hemp seeds
¼ cup chopped roasted macadamia nuts
¼ tsp. salt
¼ cup finely chopped dried pineapple
½ cup almond butter
½ cup maple syrup
1 tsp. vanilla extract

Place ingredients in the bowl of a food processor in the order listed. Pulse just until combined. If desired, refrigerate 30 minutes for easier handling. Form into 1-inch balls. Store in an airtight container in the refrigerator. Makes about 20.

Per serving (1 ball): Calories 110, protein 3 g, carbohydrates 12 g, total fat 6 g, saturated fat 1 g, sodium 40 mg, fiber 2 g, total sugar 6 g



Mediterranean Baked Opah

The popular Mediterranean Diet emphasizes fruits and vegetables, whole grains, legumes, nuts, fish and poultry, healthy fats, and herbs and spices. It limits red meat, saturated and trans fats, salt, and sugar. There's evidence that the Mediterranean Diet is good for heart and brain health, diabetes prevention and control, and weight loss. It's a delicious, sustainable way to eat for life. This recipe features opah, aka moonfish, a tender white-flesh fish that's mostly caught in Hawaiian waters.

2 Tbsp. olive oil
 1 cup chopped onion
 6 garlic cloves, minced
 28-oz. can diced tomatoes with liquid
 ½ cup chopped fresh basil
 ½ tsp. pepper
 1½ lbs. opah filets
 ½ cup crumbled feta cheese
 1 lemon, thinly sliced
 13-oz. can quartered artichoke hearts, rinsed and drained
 2 Roma tomatoes, roughly chopped
 1 cup pitted green olives
 2 Tbsp. capers, drained
 Basil leaves for garnish

Preheat oven to 375 degrees.

In a large oven-safe skillet, heat oil over medium heat. Sauté onion and garlic just until fragrant, about 2 minutes. Add tomatoes, basil, and pepper. Mix well. Raise heat. Just as mixture starts to boil, turn off the heat. Arrange opah filets on the tomato mixture and sprinkle with feta cheese. Top with lemon slices. Place artichokes and chopped tomatoes between the opah filets. Top with olives and capers.

Place skillet in oven and bake 30 minutes or until opah is done. Garnish with basil. Makes 4 servings.

Per serving: Calories 390 , protein 28 g, carbohydrates 28 g, total fat 19 g, saturated fat 4 g, cholesterol 15 mg, sodium 940 mg, fiber 11 g, total sugar 10 g



Taro Hummus

Taro – it's not just for poi. Taro, or kalo, can even be used for hummus. Serve as a dip for vegetables or spread on crackers.

- 1 lb. taro, peeled and cut into 1-inch cubes
- 16-oz. can chickpeas, drained and rinsed
- ¼ cup lemon juice
- ¼ cup tahini
- 2 Tbsp. olive oil
- 1 garlic clove, chopped
- ½ tsp. salt
- ¼ tsp. pepper

Place a steamer basket in a medium saucepan and add an inch or two of water. (The water shouldn't touch the bottom of the basket.) Place cubed taro in basket and bring water to a boil. Cover, reduce heat, and steam taro until tender. Remove taro from basket and cool.

Place taro and remaining ingredients in food processor and blend until smooth. Makes about 3 cups.

Per serving (¼ cup): Calories 100, protein 4 g, carbohydrates 10 g, total fat 6 g, saturated fat 1 g, sodium 120 mg, fiber 2 g, total sugar 1 g



For more recipes, visit
islandscene.com.



Click to connect, learn, and grow

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

HOME Body

July 13, 5-6 p.m.

July 29, noon-1 p.m.

Is your home your office? Maybe you're staying in to do your part to socially distance. Either way, your new routine might result in less physical activity and exercise, which puts you at increased risk of chronic illness and musculoskeletal issues. In this workshop, we'll review the benefits of basic cardiovascular exercises, strength training, stretching, and mobility drills that can be done in the comfort and safety of home.

Hearty Advice

Aug. 9, 5-6 p.m.

Aug. 24, noon-1 p.m.

Heart disease is the leading cause of death in the United States. Conditions such as hypertension and high cholesterol can increase your risk of heart disease. Join us and see how physical activity, smart nutritional choices, and time for relaxation can lower your risk. You'll also learn how your cardiovascular system works and get strategies for living longer and better.

Making the Connection: Mindfulness and Stress

Sept. 7, 5-6 p.m.

Sept. 22, noon-1 p.m.

Stress is an ever-present part of life. Surprisingly, just being aware of stress can reduce the impact it has on you. In this workshop, you'll learn what mindfulness is and easy techniques to shift your mood and mindset. We'll also explore how mindfulness in relationships can help alleviate tension and resolve conflict.

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.

'ulu via the blue zones



'Ulu Poke

- 1 whole steamed 'ulu,* skinned, cored, and cubed (about 4 cups), or two 16-oz. cans breadfruit,** drained
- ½ cup thinly sliced sweet onion, divided
- 2 cups chopped limu or other seaweed, divided
- 1 ½ cups thinly sliced green onion, divided
- ¾ cup sesame seed oil
- 3 Tbsp. 'inamona***
- Salt (optional)

In a large mixing bowl, combine cubed 'ulu, most of the sweet onion, 1 ½ cups of the limu, and 1 cup of the green onion. Add sesame seed oil and toss to coat evenly. Add 'inamona and salt to taste. Garnish with reserved onion, limu, and green onion. Serve immediately. Makes 8 servings.

Per serving (without salt): Calories 330, protein 2 g, carbohydrates 34 g, total fat 23 g, saturated fat 3 g, sodium 140 mg, fiber 6 g, total sugar 13 g

* Substitute jackfruit for an equally delicious dish.

** Available online.

*** 'Inamona is a condiment made from roasted kukui nuts and salt. If you can't find it, substitute a mixture of sea salt to taste, toasted sesame seeds, and chopped macadamia or pine nuts.



The Blue Zones Kitchen: 100 Recipes to Live to 100 is longevity expert and best-selling author Dan Buettner's first cookbook. The recipes were inspired by Blue Zones, a term that Buettner coined to designate five areas in the world where he discovered people who lead healthy, fulfilling lives well into old age. Buettner, a National Geographic Fellow, studied these areas and the lifestyles of the people in them for nearly a decade. He subsequently founded Blue Zones Project® as a coordinated approach to help communities adopt healthier lifestyles.

HMSA brought Blue Zones Project to Hawai'i in 2014 to help transform the state into an even better place to live, work, and play.

This 'ulu poke recipe appears in *The Blue Zones Kitchen* with a brief description of 'ulu, HMSA, and Blue Zones Project communities on Maui, the Big Island, and O'ahu.

words Marlene Nakamoto

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hi notes

#myislandscene



In this issue, we're honoring Hawai'i's brave health care heroes who are on the front line battling the COVID-19 pandemic. Mahalo for all your work in serving our community.

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

Find us on askhmsa or myhmsa.



Kana'i Kaho'onei (left), firefighter, Līhu'e Airport Crash/Fire/Rescue, and Bri Ellis, C.N.A., Wilcox Medical Center



Sara-May Colón, director of Mission and Spiritual Care, Adventist Health Castle



Christina Wang, M.D., Hawaii Health and Harm Reduction Center



Leslie Castillano, M.A. (left), and Samuel Evans, M.D., pulmonologist, Straub Medical Center



Katrice Inong, supply processing distribution aide, Pali Momi Medical Center



Ish Howze, R.N., emergency room manager, Adventist Health Castle



Elena Cabatu, director of marketing, Hilo Medical Center



Ean Smith, Cheryl Fukuda, Lael Kaopuiki, Sydney Rabanal, Kathleen Miyashiro, Maria Respicio, Cherryl Talavera, The Queen's Medical Center Infectious Disease Unit



Winnie Suen, M.D., geriatrician, Straub Medical Center



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