

island scene

well-being, family, and fun for **HMSA** members || fall 2021 || islandscene.com

kōkua for
our 'āina



kim and jack
johnson



a hui for homeless people || voices of the micronesia community || let's eat root to flower

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We couldn't have achieved this honor without the effort and dedication of our employees and partners, who deliver high-quality service to our members every day.

Together, we'll continue to do our best to help ensure that Hawaii families and communities enjoy ever-healthier lives.





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COVER: Kim and Jack Johnson of the Kōkua Hawai'i Foundation. Story on page 28 by Courtney Takabayashi. Photo by Matt Heirakuji.

aloha members,



It's often said that it takes a village to raise a child. If that's true, what or who do we need to keep an entire population healthy?

We really do need an entire "ecosystem" that addresses all of our health-related social needs, such as food, housing, transportation, education, and recreation. These are all of the factors that influence our health and well-being as a population more than anything else. It's the fabric of where we live, work, and play. Our community.

When talking about HMSA's purpose and improving the lives of our members and the health of Hawai'i, it's easy to focus primarily on traditional health care providers, such as physicians, hospitals, and pharmacies. But the truth is that the largest impact comes from those who surround us and keep us well. And those are the people, groups, and organizations who care more about what matters to us and not what's the matter with us.

In this issue, we celebrate those in our communities who identify, address, and nurture all of our health-related social needs. They play a critical role in helping us live the best and healthiest lives that we can. We appreciate all of their hard work.

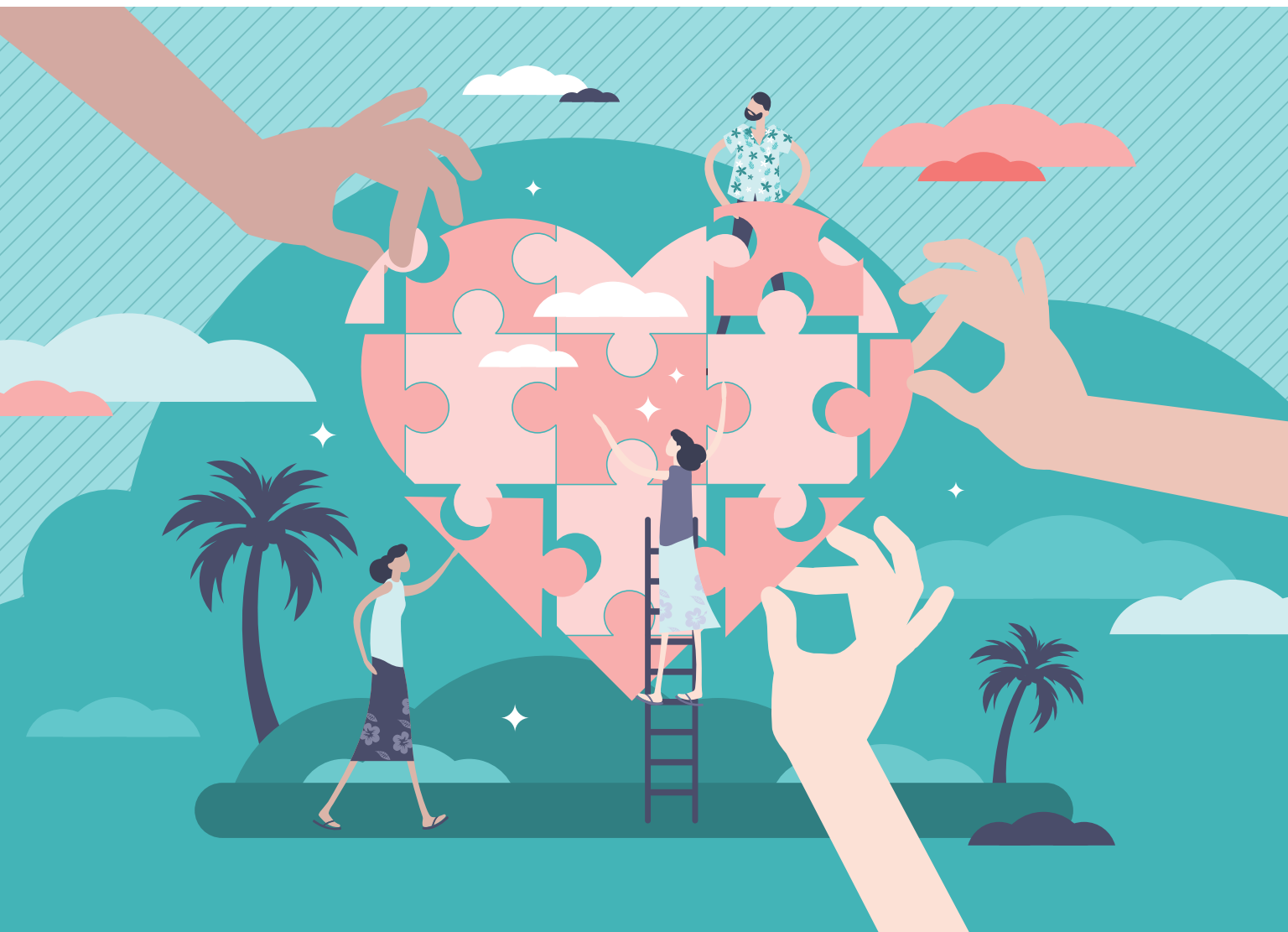
It's our community partners that make what we do so special. That's why, when we were recognized by the *Honolulu Star-Advertiser* and its readership in August as Hawai'i's Best Health Insurance, we share that honor and recognition with all of you. Together, we improve the lives of our members and the health of Hawai'i. Caring for our families, friends, and neighbors is our privilege.

Sincerely,

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

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

Get the picture



Read more stories of how communities are coming together
for better health at islandscene.com/more.

dear friends,

This is our community issue and we're happy to celebrate different types of communities in Hawai'i. At HMSA, our *Island Scene* community works together to bring you this magazine and our website, islandscene.com. I wanted to take this time to introduce you to some of the newer members of our community.

Jessika Orozco previously worked at HMSA, left in 2018, and returned a few years later. She manages HMSA's social media platforms and enjoys blogging and making videos about beauty and wellness. Jess, who is from Hanapēpē, Kaua'i, is a huge Disney fan and loves al pastor tacos.

Sarah Pacheco's experience in health care and communications has prepared her well for her position at HMSA as a strategic communications specialist and her work with *Island Scene*. Sarah is passionate about leading a healthy lifestyle and likes to take barre classes, travel, and renovate her 1950s home.

Allison Valdez worked in local news for years and joins HMSA as a multimedia communications specialist. During the pandemic, Allison has improved her cooking skills and taken



Clockwise from top left: Jessika Orozco, Sarah Pacheco, Allison Valdez, and Brandon Young

up gardening (she's obsessed with her unique hybrid hibiscus plants). She also loves hiking and paddle boarding.

Brandon Young returns to HMSA (and *Island Scene*) as a graphic designer after being away for 13 years. He has extensive experience in design, illustration, and e-commerce. Away from work, Brandon coaches McKinley's JV basketball team and enjoys traveling and watching pro wrestling.

I'm happy to be working with Jess, Sarah, Allison, Brandon, and the rest of our amazing team. We hope you enjoy this issue.

Thanks for reading,

Lisa Maneki Baxa
Publisher and Editor

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around the 808

big island

Room to grow

Students in Waimea are getting a taste of their own garden and it's so 'ono. Mala'ai Gardens cultivates connections between people, land, and culture. They lead the Hawai'i Island School Garden Network, which supports educators in teaching outdoors. They also help students learn where their food comes from and how to grow it and cook what they've grown.

Their 1-acre Culinary Garden at Waimea Middle School gives kids a place to learn, work outside, and connect with each other. It was recently featured on a coast-to-coast tour of school gardens that highlighted the Culinary Garden's roots in Hawaiian culture. Mala'ai also works with the community through classes, workshops, volunteer days, and food donations. To learn more about Mala'ai Gardens, visit malaai.org or call (808) 747-7545.



COURTESY MALA'AI GARDENS



VANESSA CARLSON

Craig Kadooka, M.D. (with sign), and walkers in Hilo.

Walk with a Doc Hawaii Island is back

The Hilo group is back every Sunday at 8 a.m., rain or shine. Meet at Liliuokalani Gardens, across the street from 123 Lihikai St., for a short medical talk and Q&A session followed by a self-paced walk around the park.

Everyone is welcome. Questions? Call (808) 987-1465 or email craig@hilointernalmedicine.com.

Have a great story, place, or event that makes your Neighbor Island community special? Share it with us at feedback@islandscene.com or call (808) 948-6839.

kaua'i

It's showtime



The stage is set. After a more than year-long intermission, the Kaua'i Concert Association (KCA) is ready to attract big-name performers to the Garden Isle. Past celebrities included Broadway singer Lea Salonga, humorist David Sedaris, and the Glenn Miller Orchestra. And the biggest draw so far? Drag queen La Voix from *Britain's Got Talent*. "It was our first sell-out concert in a decade," says KCA president Jason Blake.

Blake is thankful for the generous donors who've kept the 47-year-old nonprofit volunteer organization running during the pandemic when live shows were canceled.

KCA also highlights local talent and offers discounts to students, seniors, and others who otherwise wouldn't have access to arts and culture. "We enrich the community by tearing down walls to make the arts accessible for all on the island," says Blake.

For information about upcoming events, visit kauai-concert.org or call (808) 652-5210.

maui, moloka'i, and lāna'i

There's a new clinic in town

Maui Lani Physicians and Surgeons has a new satellite clinic specializing in women's health. The clinic, located at the Puunene Shopping Center next to the HMSA Center @ Kahului, represents a partnership between HMSA and Maui Lani Physicians and Surgeons to improve access to women's health care, including delivery services.

The physicians and staff take a modern approach to surgical medicine and women's health care and offer personalized patient-centered care to the Maui community.



The clinic welcomes new patients. For an appointment or more information, please visit mauilaniphysicians.com or call (808) 446-7120.

Family caring for family

Like many businesses statewide, Maui Family YMCA in Kahului closed its doors to the public in early 2020 because of the pandemic. That's when they asked themselves, "What does the community need?"

The Y stepped up and was allowed to provide child care for first responders and health care workers. To continue supporting participants in their diabetes prevention and arthritis and Parkinson's disease management programs, they quickly set up virtual fitness classes and loaned out equipment such as dumbbells and exercise bands. Online classes for yoga, strength and toning, and more for the general membership were soon added.

The Y then became the distribution site for free meals, food-producing plants, and personal protective equipment. They created distance-learning centers for keiki complete with equipment and internet access in several locations on the island.

To top it off, 850 members continued paying their fees to help Maui Family YMCA continue serving the community. That's how family takes care of family.







blue zones project: ready to grow

words David Frickman

photos Courtesy of Blue Zones Project – Hawai'i

Not so long ago, Mō'ili'ili's Old Stadium Park was a mess.

Once a place where baseball greats like Babe Ruth and Joe DiMaggio played, "It had been overtaken by the homeless," says Mānoa resident Patricia Johnson. "Kūpuna didn't feel safe taking their grandchildren there. And it was not being well taken care of. It was just really sad."

Johnson became part of group that revitalized the park in 2018, in part because she wanted to bring bicycling back to the park as a member of the Hawaii Bicycling League.

She also worked with others to bring Blue Zones Project® to Mānoa. The community partnered with Mō'ili'ili, Makiki, and McCully (now known as the 4M). The 4M became a Blue Zones Project demonstration site in 2017 and selected Old Stadium Park to be their marquee "built environment" project.

"It was a huge opportunity for Blue Zones Project to make a mark in the area," says Dylan Armstrong, who chaired the Mānoa Neighborhood Board when the project began, "especially because the park has so much history attached to it. Many people's childhood memories involve going to the stadium or learning to rollerblade or roller skate in the park when they were kids."

Government agencies and community groups worked on planning and policy issues while hundreds of volunteers helped with the cleanup. Today, the park provides the neighborhood with an area to gather, exercise, and host sports events. A large mural depicting the history of the park adds to its aesthetics.

"... the park has
so much history
attached to it."

: Dylan Armstrong

A large-scale mural, designed by members of the community, depicts the diverse ecology and activities of the area's vivid past and present.




Top right photo:
Blue Zones Project Hawai'i, Bikeshare Hawaii, and Hawaii Bicycling League hosted a slow ride from Old Stadium Park through the Mō'ili'ili community.

All other photos:
Patricia Johnson (top left) and other volunteers beautify Old Stadium Park by adding decorative artwork, painting curbs, and picking up rubbish.



The effort to bring Blue Zones Project to 4M was unique because of its setting. "4M is one of the most urban Blue Zones Project communities we have across the nation," says Kelsie Cajka, the O'ahu partnership lead for Blue Zones Project. "Typically, we work with smaller communities, so there were a lot of questions about how four distinct communities could successfully work together in an urban setting. I think that everyone on our team has really been impressed with the ability to bring together these stakeholders."

Colby Takeda, the statewide partnership lead for policy, says, "I think it should be an inspiration for other community groups to find projects that can make a difference and make their neighborhoods healthier and happier." 

For a Blue Zones Project recipe, see page 62.

The 4M partnership is an example of how Blue Zones Project is continuing to grow in Hawai'i and getting residents involved in improving the health of their communities. Blue Zones Project – which was brought to Hawai'i in 2015 by HMSA – is a community initiative that works with businesses, restaurants, schools, grocery stores, and other organizations to implement well-being best practices and make comprehensive changes to a community's environment.

It also shows Blue Zones Project's ability to expand into more areas that are seeking to improve the health and well-being of their communities.

"I see a lot more opportunity for broader partnerships," says Cajka. "When you look past the communities we're engaged in, we want to see how we can expand into neighboring communities and organizations and continue to promote health and well-being solutions for Hawai'i."



For more info and photos on the Old Stadium Park project, visit islandscene.com/more.

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Family Practice Specialist Landis Lum, M.D., sits with a guest recovering at H4's medical respite.

a hui for homeless people

words Allison Valdez

photos Romeo Collado

A recovering addict has the opportunity to reunite with her child. A homeless man joins a local doctor on a fishing trip.

These are just two of the countless, meaningful gestures making a difference to the hundreds of people in Hawai'i with no place to call home. These acts of kindness wouldn't be possible without a team of compassionate caregivers. And without this support system, these homeless residents may not have been inspired to begin their long road to recovery.

In 2020, Hawai'i ranked #2 in the nation for the highest percentage of homeless individuals. Most of Hawai'i's homeless live on O'ahu – and as you drive around the island, it's clear just how widespread the problem is. During the state's recent census of homeless individuals, Scott Morishige, the state coordinator on homelessness, said the number of unsheltered people on O'ahu has steadily trended upward for the past decade.

Not everyone has the time, resources, or expertise needed to transform people's lives. Thankfully, the Hawaii Homeless Healthcare Hui, or H4, fills a



Andy Mounthongdy

critical gap in care for homeless residents. "We're unique in that we strictly focus on health care for the homeless and helping this underserved population," says Andy Mounthongdy, H4 executive director. "We address their core needs by first providing a medical respite – a safe place to come to and recover once they're out of the hospital."



Top: Nurse Victoria Broussard checks on a long-term resident in the medical respite. Bottom: The ground floor of the Pūnāwai Building is called the Rest Stop, a social service and hygiene center.

Typically, when a person leaves the hospital, they'll go home to family members or a loved one who can help care for them until they're back on their feet. But when you're homeless, that's not the case. "It's hard to go from the hospital straight back to the street where they're not able to heal," Mounthongdy says. "Other core services include case management and getting them proper identification cards."

The City & County of Honolulu purchased H4's Pūnāwai Building in Iwilei. On the ground floor, Mental Health Kokua provides showers and laundry facilities, internet access, and mail services. In addition to H4's medical respite, the building has permanent supportive lodging thanks to Steadfast Housing as well as a brand-new full-service walk-in medical clinic. This much-anticipated expansion includes seven private exam rooms plus space for counseling services and administrative offices.

HMSA is one of the primary financial sponsors for the nonprofit H4 along with The Queen's Health Systems and Islands Hospice. "It's the best \$6 million we've ever invested in the community," says Katy Akimoto, HMSA's senior vice president of Health Management. There's also an H4 satellite clinic in Kāne'ohe, which is another example of community stakeholders working together to help address this issue.

Mounthongdy says the public can support H4's mission by being empathetic to those suffering. "About 48% of people in Hawai'i are living paycheck to paycheck, so a lot of folks are just one paycheck away from being homeless," he says. "There are some people who make mistakes, but a lot of times, people trying to get by in life end up out of luck. There are complex, systemic issues that we need to tackle." ^{is}

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voices of the micronesian community

words Craig DeSilva

When Mary Therese Perez Hattori came to Hawai'i from Guam in 1983, she expected the aloha spirit to embrace her. Hattori, who attended the University of Hawai'i at Mānoa, was part of an early wave of Micronesians coming here for greater opportunity. She quickly realized a level of misunderstanding and lack of awareness of Micronesians.

"Since 'micro' means 'small,' people assume our worldview is as small as our islands," says Hattori, acting director of the Pacific Islands Development program at the East-West Center. "But there's nothing micro about our attitudes and spirit. As the late great Epeli Hau'ofa said, 'We shouldn't be defined by the smallness of our islands, but the greatness of our oceans.'"

Faced with a language barrier and desire to hold on to their own culture and customs, Micronesians struggle to deal with misconceptions. "We have a saying, 'Our heritage gives life to our spirit,'" says Hattori. "But that spirit is endangered in light of discrimination and racism."

Micronesians are Hawai'i's newest, fastest growing immigrant population with about 18,000 so far. The 1986 Compact of Free Association (COFA) gives Micronesians migration privileges to come to the U.S. for work, school, and health care. Despite a growing presence, more public awareness of the Micronesian population is needed.

Borden "Mino" Bolkeim is part of a generation of emerging Marshallese leaders. He was 9 years old when he arrived in Hawai'i with his family. His dad, a former mayor of Kwajalein, needed dialysis treatment. "We didn't

Arisa Barcinas demonstrates the art of weaving at the annual Celebrate Micronesia Festival at the Bishop Museum.



“The sense of aloha for us is diminishing. We need *inafa'maolek* – to make things right or pono.”




: Mary Therese Perez Hattori

speak English,” Bolkeim remembers. “I only knew how to say ‘hi’ and ‘bye.’ My classmates would tease me and call me names that I didn’t understand.”

Micronesians are often stereotyped among other Pacific Island groups and targeted in the media. Hattori notes a report by the American Civil Liberties Union of Hawai‘i that shows police are 30 times more likely to target Micronesians. “The sense of aloha for us is diminishing,” she says. “We need *inafa'maolek* – to make things right or pono.”

Now, a voice of Micronesians is emerging to help make positive impacts in the community. They’re organizing beach cleanups, food drives, and other activities. They’re getting involved in organizations such as We Are Oceania to help Micronesians become more self-sufficient in education, housing, and health care. They’ve been working to stop the spread of the pandemic with translation and interpreter services at COVID-19 test and vaccine sites. Although Pacific Islanders make up only 4% of Hawai‘i’s population, they account for 30% of Hawai‘i’s coronavirus cases.

Bolkeim, who’s vice president of the nonprofit Marshallese Community Organization of Hawai‘i, reaches out to Micronesians in low-income areas statewide such as Kuhio Park Terrace in Kalihi. “I want to help them so they don’t struggle the same way I did,” he says. Bolkeim is active in church, sports, and theater, serving as a positive role model for Marshallese youths. “Us Micronesians are part of the Hawai‘i family,” he says. “We’re in the community and here to stay.”

“We don’t come to Hawai‘i with empty baskets looking for a handout,” says Hattori. “Our baskets are full of life-affirming values like love of land, ocean, family; values that can help make the world a better place. By sharing this, we can better understand each other.” 





PHILIPPE L. GROSS

Jeremias Jennings and his daughter Lehia were among the festival participants.

We Are Oceania

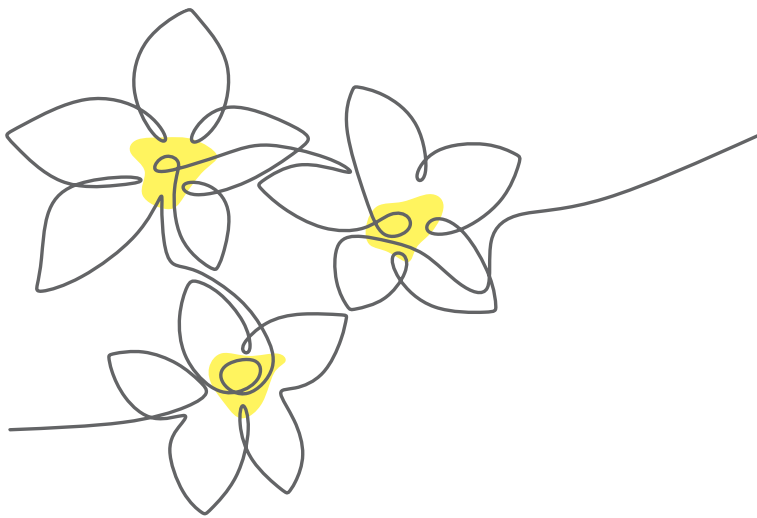
The HMSA Foundation is pleased to be working with We Are Oceania (WAO) to support Hawaii's Micronesians community. The Foundation's five-year, \$250,000 grant helps the nonprofit WAO continue to promote health and social well-being. Micronesians can also get resources and support in one of the four most-spoken languages – Chuukese, Kosraen, Marshallese, and Pohnpeian – by calling the WAO helpline at (808) 913-1364.

"We recognize some of the obstacles Micronesians experience when they first move here," says HMSA Foundation Program Officer Kaipo Kukahiko. "We support WAO's vision and approach to connect communities. They're a one-stop shop for programs and services."

Earlier this year, WAO opened the Youth Empowerment Center in Liliha. Micronesian and other Pacific Island youths receive services and resources in college and career preparation and mentorship. The center also provides space for students to study and hold meetings.

For more information, visit WAO's website at weareoceania.org or call (808) 754-7303.

Members of the Micronesians community demonstrate a traditional Pacific Island dance at the festival.



period poverty in hawai'i

words Michelle Regan

photos Earl Yoshii



Camele Bernardino, Shaina McEnroe, and Charlotte Naone gather period packs at Waianae Coast Comprehensive Health Center.



Period packs contain a variety of products to last a full month for recipients.

Have you ever had to count your change to buy a box of tampons? What would you do if you had to go without? Most of us don't have to think about these types of choices and the shame they bring. But there are countless people in Hawai'i who must choose between paying for necessities like groceries and buying period products such as tampons and pads every month.

Over the course of a lifetime, people who menstruate will have their period for a total of about 2,500 days, which is nearly seven years. And they'll pay more than \$6,000 for period products. Period poverty happens when people can't afford products to care for themselves during menstruation. It affects 42 million people across the country.



WCCHC staff prepare to distribute period packs to communities in need.



Leina Kanana

"Many of us take this stuff for granted that it's there and it's readily available for us," says Leina Kanana, director of community health services at Waianae Coast Comprehensive Health Center (WCCHC). "But there are so many households in Hawai'i, not only the homeless but the disadvantaged, those who were laid off during the pandemic, where this is an added cost and people are counting their dollars, counting their coins, to buy a package of pads or tampons."

Healthy spaces

WCCHC is a federally qualified health center on O'ahu's leeward coast. Kanana and Dodie Rivera, a registered nurse who manages WCCHC's Care and Services Coordination team, provide care coordination, social work, housing outreach, food distribution, and other social services to the homeless community.

In the past year, Rivera's team has served just under 1,000 homeless residents. Creating a safe and sanitary living environment is difficult but essential to their health. For our population to fight all these illnesses, hygiene should definitely be on the forefront, says Rivera. Without having the period products, they may be at risk to get more viruses, bacteria, and pathogens, which can lead to an infection, she says.

Kanana and Rivera have seen the adverse effects of period poverty. When people don't have enough products, they use what they have for longer than is safe. When they don't have any, people use clothes, toilet paper from public restrooms, or go without. It creates an unhealthy situation for them and their neighbors.


"When they can't find menstrual products, when it's not easily accessible to them, they'll withdraw, which in turn withdraws them from going out and taking a shower or bringing clean water back to the campsite or even going to get food," says Kanana.

Healthy communities

The toll that period poverty takes isn't just physical. Many people experience social and psychological effects. One in five American girls miss school because they don't have access to period products. As for adults, Kanana says she's seen people forced to sell their food stamps so they can buy products.

"I think that for members of our community, especially for our homeless community, it brings a sense of shame that they just don't have the means to care for themselves or the things that they're experiencing," says Kanana. "The great thing with our homeless folks here is that they're a very loving and giving community and they'll share."

Kanana says the communities they work with are uniquely inclined to care for one other. Even so, her team works to make sure people have what they need by providing period kits to homeless residents. They make regular trips to homeless camps with a nurse practitioner, where they distribute a month's supply of pads and tampons donated by community partners.

"When we take our nurse practitioner out, we take those kits with us because people will come to us on their own," says Kanana. "They'll approach us discreetly and say 'Hey, do you have any pads?' And to have a kit like that ready, available with products that can last from beginning to end of your period, is gold." 



To learn about local organizations working to end period poverty in Hawai'i, visit [islandscene.com/more](https://www.islandscene.com/more).



help and hope

Imagine "Rebecca," a young woman pleading for a second chance as she stands alone in front of a drug court judge. She is fighting to survive financially; the pandemic wiped out her hairdresser's income. She is fighting to stay sober. She must, not only for her sake, but also for the sake of her unborn child. Fortunately, the Friends of the Big Island Drug Court provides assistance and more importantly, hope. Rebecca is no longer alone.



This scene may not have been the one you imagine when you think of the courts. Most likely you conjured up a television courtroom drama, such as *Boston Legal*, *L.A. Law*, or *Perry Mason*. A judge in a black robe sitting behind an elevated bench while attorneys argue in front of a jury. Seated nearby, the parties await a decision. But our courts have evolved and so have the opportunities to support the public.

Courts were originally designed to provide a neutral place allowing parties to present their case to a judge or a jury. However, when courts began to experience crushing caseloads, a new solution was needed to deal with drug addiction, mental health, and family issues. Judiciaries embraced “problem-solving courts” or “therapeutic courts” and Hawai‘i quickly joined that trend.

Therapeutic courts

Therapeutic courts focus on treatment, offering alternatives to standard prosecution. In short, the defendant is someone who needs treatment, not incarceration. The goal is for people like Rebecca to successfully complete treatment and return to a productive life.

Another court, the Community Outreach Court, helps people clear up fines and take care of outstanding bench warrants for nonviolent offenses so they can get a state ID or driver’s license. With a valid photo ID, people can request basic assistance such as housing and food stamps.




Help is available

It can be overwhelming to navigate the judicial system, but help is available. The judiciary is fortunate to have several nonprofit groups that support their work:


- **Friends of Court Appointed Special Advocates:** They work to improve the lives of over 2,700 children in foster care by funding programs and projects such as Aloha WE Care, which makes packages of food, soap, toys, books, and Foodland gift cards for children in foster care. Email casahawaii.org or call (808) 954-8124.
- **Friends of the Big Island Drug Court:** This organization supports the Big Island Drug Court and the Big Island Veterans Treatment Court. Volunteers help participants find outpatient substance abuse treatment and provide encouragement through the recovery process. Call the Drug Court Probation office at (808) 961-7566 in Hilo or (808) 443-2200 in Kona.
- **Friends of the Judiciary History Center:** The King Kamehameha V History Center offers law-related education activities and resources, such as teacher workshops and live webinars for the public. Virtual tours of the center museum are also offered. The Friends of the Judiciary History Center raises funds to support these programs and projects. Visit <https://www.jhchawaii.net>, email info@jhchawaii.net, or call (808) 539-4999.

- **Court interpreters:** One in four Hawai'i residents speaks one of 50 community languages. Bilingual court interpreters play a key role in ensuring that everyone is fully able to participate in their court proceedings. Once trained and certified, court interpreters are paid for their services. Email OEAC@courts.hawaii.gov or call (808) 539-4860.

These organizations and others work hard to help ensure justice for all. 



Leslie A. Hayashi was a trial judge in Hawai'i for 25 years. She serves on The National Judicial College Board of Trustees and taught at the college for 20 years.



Visit islandscene.com/more for information on how to prepare to go to court.



CLICK TO CONNECT. LEARN. AND GROW

New online health education workshops are available for all HMSA members.
Here's what we're offering this fall.

Eating on the Run

Oct. 8, noon-1 p.m.

Oct. 19, 5-6 p.m.

You probably know that fast food tends to be high in salt, calories, and added sugars. So, what should you do when you're craving these not-so-healthy foods? Find out in this workshop where we'll discuss how to find a balance between eating healthy and eating happy.

Season's Eatings

Nov. 23, noon-1 p.m.

Dec. 8, 5-6 p.m.

The holidays are full of opportunities to indulge in festive foods and sweet treats. But keeping up with a healthy diet doesn't have to end when the holidays begin. We'll discuss strategies to help you maintain your health (and weight) and how container size, design, and proximity can influence eating habits.

Why Weight?

Dec. 2, noon-1 p.m.

Dec. 14, 5-6 p.m.

Managing your weight can be challenging, but in this workshop, you'll learn fundamental tools for lifelong success. From understanding why weight management needs to be a priority to creating a support network, learn the keys of readiness, goal setting, nutrition, and exercise to create a sustainable plan.

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 or call 1 (855) 329-5461.





kōkua for our 'āina

words Courtney Takabayashi

photos Matt Heirakuji

Making positive, long-lasting changes to the environment is a monumental undertaking. However, the Kōkua Hawai'i Foundation (KHF) has been up to the challenge since it was founded in 2003 by Kim Johnson and her husband, musician Jack Johnson. By offering environmental education in schools and communities throughout the state, the nonprofit organization works to fulfill its mission to “provide students with experiences that will enhance their appreciation for and understanding of their environment so they will be lifelong stewards of the earth.”

In 2019, KHF acquired 8 acres of land in Hale'iwa. KHF's vision for their new home is “to establish agricultural, education, and retail activities that benefit the community and promote

local food, waste reduction, and environmental stewardship.” Here's a sneak peek into KHF's exciting plans for their Hale'iwa home.

The Kōkua Learning Farm – Hands-on learning fun

The farm, which will showcase various aspects of Hawai'i's food system, will use every inch of its 7 acres of land. There will be a dedicated area for keiki and the community to learn from functioning gardens, production fields, orchards, lo'i, native plants, and a compost area. It's their hope that this farm will blossom into an educational and agricultural destination, encouraging learners of all ages to actively support the local food system. To help make this vision come to life, the KHF team hosts community workdays on the farm on the first Saturday of each month.

Kōkua Learning Farm Community Workday volunteers.



The Kōkua Community Center – The gathering place

If you're interested in learning something new, sharing ideas, or telling or listening to stories, then the Kōkua Community Center will be the place for you. The community center will have classes and workshops on diverse topics such as composting, keiki gardening, la'au lapa'au (Hawaiian plant medicine), DIY projects, sewing, and much more.

The Kōkua General Store – Eco-friendly shopping

The vision for the Kōkua General Store is to offer bulk, reusable, refillable, low-waste lifestyle products for the home, bath, and body. The store will be a resource for those interested in reducing waste.

Kōkua Vintage – Refresh, reuse, repurpose

Within the Kōkua General Store will be Kōkua Vintage, a curated collection of secondhand items ranging from clothes and books to housewares, art-work, and more.



Top: 'ĀINA Garden Kits filled with everything you need to start your own garden.

Bottom: KHF co-founders Jack and Kim Johnson.

'ĀINA Farm Stand – Buy fresh, buy local

Harvested straight from the Kōkua Learning Farm and other local farmers and producers, the 'ĀINA Farm Stand will offer fresh produce as well as flowers and lei.

Backyard Garden – Inspiration for your backyard

See practical ways you can transform your own outdoor space into a sustainable and beautiful area when you visit the Kōkua Backyard Garden. Learn how to grow your own produce, cultivate native plants, and start composting at home.

Kōkua Hawai'i Foundation staff support offices – All in one place

Staff support offices will be in one centralized location to oversee KHF programs. It will be the hub for the staff and volunteers.

With construction underway, the staff offices, storefronts, and community center should be finished soon. Until then, KHF has Community Farm Workdays on the Kōkua Learning Farm on the first Saturday of each month, which the public is welcome to attend.

The future looks bright for KHF. "There are so many different parts of KHF's Hale'iwa home to be excited about!" KHF Business, Membership, and Outreach Director Jaclyn Johnson says. "Ultimately, we're all looking forward to creating a gathering place for our community to come together to learn, farm, share stories, and connect to the 'āina." 

For more information about Kōkua Hawai'i Foundation's Hale'iwa home, to volunteer for a Kōkua Learning Farm Community Workday, or for more information about the organization, visit their website at kokuahawaiifoundation.org, email info@kokuahawaiifoundation.org, or call (808) 638-5145.

For a KHF recipe, see page 62.



Above: Volunteers led by KHF's 'ĀINA In Schools Coordinator, Joe Wat.



Right: Jaclyn Johnson tends to the kalo.

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

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For your health and safety, workshop schedule may change due to COVID-19. Call us or visit our website for updates and safety guidelines.

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Learn about Medicare plans.

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Register today.

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Monday–Friday, 8 a.m.–5 p.m. Visit hmsa.com/maworkshops

OAHU

Central Oahu

Ruby Tuesday Mililani

95-1249 Meheula Parkway

10:30–11:30 a.m.

Saturday, Oct. 23, Nov. 20

Tuesday, Nov. 2

Wednesday, Nov. 24

Honolulu

HMSA Center @ Honolulu

818 Keeaumoku St., Koa Room

10–11 a.m.

Saturday, Oct. 9 & 23,

Nov. 6 & 20

Maple Garden Restaurant

909 Isenberg St.

10:30–11:30 a.m.

Tuesday, Oct. 19, Nov. 30

Monday, Nov. 8

Max's Restaurant

801 Dillingham Blvd., Suite 108

10 a.m.–noon

Tuesday, Oct. 19

Premier Benefit Consultants

Presented in Japanese

1221 Kapiolani Blvd.,

Suite PH30

10:30 a.m.–12:30 p.m.

Tuesday, Oct. 19

Friday, Oct. 29, Nov. 12 & 26

1:30–2:30 p.m.

Wednesday, Oct. 20, Nov. 10

Windward Oahu

Bayview Golf Course

45-285 Kaneohe Bay Drive

10 a.m.–noon

Tuesday, Oct. 26

Big City Diner

46-056 Kamehameha Highway,
Kaneohe

10:30–11:30 a.m.

Wednesday, Oct. 27

Saturday, Nov. 6, Dec. 4

Tuesday, Nov. 16

Online

Oahu Presentation

9:30–10:30 a.m.

Friday, Oct. 15., Nov. 12.,
Dec. 3

2–3 p.m.

Tuesday, Oct. 12 & 26,

Nov. 9 & 23

10–11 a.m.

Saturday, Oct. 16., Nov. 13

HAWAII ISLAND

Hilo

Premier Benefit Consultants

1437 Kilauea Ave., Suite 204

10–11 a.m.

Tuesday, Oct. 12 & 26

Thursday, Oct. 21

10:30 a.m.–12:30 p.m.

Tuesday, Oct. 19

10 a.m.–noon

Wednesday, Oct. 20 & 27

Kona

Suite Possibilities

75-5915 Walua Road

10–11 a.m.

Wednesday, Oct. 13 & 27

10 a.m.–noon

Thursday, Oct. 21

Noon–1 p.m.

Wednesday, Oct. 20

1–3 p.m.

Thursday, Oct. 21

MAUI

Kahului

Maui Beach Hotel

170 West Kaahumanu Ave.

9–11 a.m.

Monday, Oct. 18

Kihei Lutheran Church

220 Moi Place

9–11 a.m.

Wednesday, Oct. 20

Online

Neighbor Islands

Presentation

11:30 a.m.–12:30 p.m.


Friday, Oct. 15, Nov. 12,
Dec. 3

4–5 p.m.

Tuesday, Oct. 12 & 26,
Nov. 9 & 23

10–11 a.m.

Saturday, Oct. 30, Dec. 4

An illustration featuring a stylized orange hand holding a green leaf over an open book. The book's pages are white with green borders. The background is a light yellow-green gradient. Large, faint numbers '1704' and '675' are visible on the left side, and '98' is on the right side.

should I count calories?

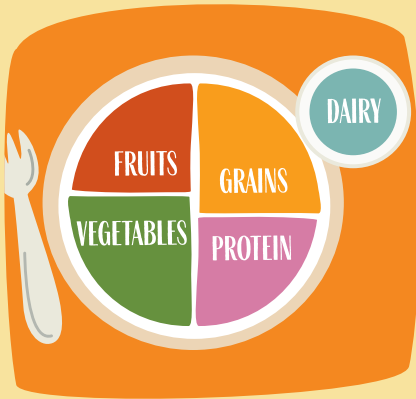
words Sarah Pacheco

If you've ever tried to lose weight, you've likely heard the advice to simply "count calories." But after weeks of keeping a detailed food log and performing advanced algebra to make sure you're staying within a certain caloric range, the numbers on the scale haven't budged. The formula doesn't work!

"The total number of calories a person needs each day varies depending on a number of factors, namely the person's age, sex, height, weight, level of physical activity, and pregnancy or lactation status," says August Espinal, a registered dietitian and manager with HMSA's Integrated Health Management Services. In other words, one size does not fit all.

"Additionally, as we age, are less active, or lose muscle mass, we have to adjust our calorie intake to maintain our weight. If any of the factors that affect our calorie needs change, weight can easily increase," Espinal adds. Luckily, you don't need a master's degree in applied mathematics to succeed in your weight-loss efforts.

Espinal shares these easy-to-follow tips that can help you reach a healthful weight, no calculator required.



Follow the U.S. Department of Agriculture's MyPlate Plan to ensure you're getting the right amount of nutrient-dense food from each food group. Start by increasing your intake of vegetables and fruit while replacing highly processed meat products (sorry, Spam!) with leaner options. Visit myplate.gov/myplate-plan/widget.

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Work in regular physical activity to get to and stay at a healthy weight. Just like caloric needs, the exact amount of exercise to do this varies greatly from person to person.

For adults, most experts recommend 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity (or a mix of the two) each week. Visit cdc.gov/healthyweight/physical_activity/index.html.

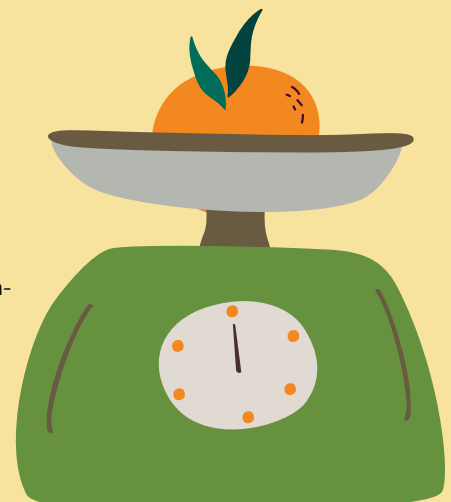
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Talk to your primary care provider about weight concerns and discuss what the right weight is for you. And always talk with your doctor before starting a new exercise program or eating plan.

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HMSA offers a variety of programs designed to help you improve and maintain your well-being. Visit hmsa.com/well-being or call 1 (855) 329-5461 to find fitness classes, health coaches, health education workshops, HMSA365 discounts, and more.



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For information on daily caloric recommendations, visit islandscene.com/more.



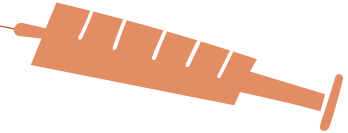
Light up the world with your smile

Your HMSA Dental plan provides the benefits you need to enjoy a healthy, bright smile all year-round. Most of our plans include cleanings from participating dentists at no additional cost, so be sure to see your dentist regularly.

Need a dentist? Visit hmsadental.com or call (808) 948-6440 or 1 (800) 792-4672.



flu shot myths



David Percy, D.O.

While Hawai'i worked to combat COVID-19 through hand-washing, mask-wearing, and social distancing, those same practices helped bring down the number of flu cases last year. To help you and your loved ones stay healthy this flu season, David Percy, D.O., debunked a few common flu shot myths.

Yeah or nah? The flu vaccine can give me the flu.

Nah. The flu shot and nasal spray vaccine can't cause the flu. "The flu shot is made from an inactivated virus that can't cause infection," Dr. Percy says. "The nasal spray contains a live virus that's weakened and incapable of causing the flu." Though it's common to feel achy or feverish for a day or two, that doesn't mean you have the flu.

True or false? Healthy people don't need the flu shot.

False. Just because you're healthy, doesn't mean you're invincible from illnesses like the flu. "Contracting the flu can lead to other serious illnesses like pneumonia," Dr. Percy says. It's also important to get vaccinated to help prevent spreading the flu virus to people who are more susceptible to infection like babies, our kūpuna, and those with weakened immune systems.

Fact or fiction? I still got the flu after receiving the flu shot, so the vaccine doesn't work.

Fiction. There are many different kinds of respiratory viruses with symptoms that are similar to the flu, so you may have been infected with another virus.

"You also may have been infected with the flu before receiving the vaccine or before the vaccine became effective," Dr. Percy says, "which is usually two weeks after receiving the shot." It's also possible that you contracted a strain of the flu that wasn't included in your vaccine.

Yes or no? Wearing a mask can help protect me against the flu, just like with COVID-19.

Yes. "Flu cases last season were at historic lows," Dr. Percy says. "This was likely due to a combination of mask wearing and social distancing. This coming flu season, with potentially fewer lockdowns and social distancing taking place, it's anticipated we'll see more flu." On the Mainland, they're already seeing more cases of viral illnesses like RSV.

"Since we know the flu and COVID-19 viruses are spread through similar routes, wearing a mask can help protect you against both. More research was done during this pandemic than ever that showed how masks can add a layer of protection against respiratory viruses," Dr. Percy says. Remember, people can be contagious one day before flu symptoms appear and up to about five to seven days after the flu starts.

Getting your flu shot can significantly reduce your risk of getting the flu and spreading it to others. This helps keep everyone healthy and happy. If you have questions or concerns about the flu shot, talk to your primary care provider.

health matters



4 tips to sleep tight

Seven to nine hours of sleep every night can improve your mental health, immunity, weight management, and more. A few minor changes to your everyday routine can help you catch more z's at night.

1. Try to sleep and wake at consistent times: Regular sleeping patterns, even on weekends, can improve long-term sleep quality.
2. Consider intermittent fasting: A later breakfast and an earlier dinner will help you avoid eating a large meal before bed. Eating late at night can lead to poor sleep.
3. Avoid alcohol late at night: A nightcap may help you fall asleep, but it can also disrupt your sleep patterns.
4. Find a routine that fits your lifestyle without electronic devices: In the morning, don't linger in bed scrolling on your phone. At night, give yourself time to wind down before trying to sleep.

October is Breast Cancer Awareness Month



Breast cancer is the most commonly diagnosed cancer for women in Hawai'i, according to the American Cancer Society. The good news is that screening can help find breast cancer at an early stage when treatment works best.

Women who are at average risk can elect to start getting mammograms between the ages of 40 and 44, then annually starting at age 45. Women should be familiar with how their breasts normally look and feel and should report any changes to their doctor right away.

Talk to your doctor to learn about your risk and when to schedule a screening.

Check your blood pressure

Chronic high blood pressure, also called hypertension, can increase your risk of having a stroke or heart attack. Risk factors for hypertension include smoking, high stress levels, poor diet, inactive lifestyle, and genetics.

Get your blood pressure checked regularly by your doctor or at a free blood pressure check machine in some pharmacies. If necessary, work with your doctor to lower your blood pressure.



back in the groove

words Craig DeSilva



Nick Yee

Vinyl may not be final. But it's certainly making a comeback in big ways that would make Thomas Edison proud.

The resurgence isn't just from baby boomers reliving their youth or Gen Xers longing for the days of browsing at Tower Records on Ke'eumoku Street. Millennials make up a large chunk of record sales along with collectors, DJs, and anyone who enjoys music.

Although digital is still king, vinyl albums have been enjoying, well, record-breaking sales in recent years. For the first time since the mid-1980s, vinyl sales have surpassed CDs. International recording labels have been remaking vinyl records after a decades-long hiatus.

In Hawai'i, there's a community of record collectors who rummage through vintage albums at local record stores, thrift shops, swap meets, garage sales, pop-up stores, and used bookstores. The craze has even sparked a new Honolulu record label focusing on vinyl. Go ahead and drop your needle on funk, fusion, or anywhere in between.

"There's a lot of nostalgia and cool factor attached to vinyl," says Nick Yee, known as "DJ Mr. Nick" on Hawai'i Public Radio's *Bridging the Gap*, who recently treated listeners to an all-vinyl week by featuring only records. "Man, does it sound better in a way. It's richer with more depth compared with digital. Vinyl brings out the warmth in the music."

Countless studies have shown the physical and mental health benefits of music. Music can improve our mood and relax our mind and body. Discovering new music can broaden our learning experiences.

From Fleetwood Mac to Mackey Feary, Sunday Manoa to Sunday Bloody Sunday, and Pearl Jam to Pearl Bailey, chances are you can enjoy them on vinyl, scratches and all. **15**



healthy smiles, healthy hawai'i

words Michelle Regan



Deborah Mattheus

Deborah Mattheus became passionate about the impact of oral health when she saw it firsthand.

"I was working as a nurse practitioner and I just was so bothered by the number of kids I was seeing in my practice in a rural community that had poor dental access and the number of dental caries [cavities] or poor outcomes for these kids. I was just really driven to make a difference," she says.


Since then, she's been working to close the divide between oral and medical health. The Center for Integration of Primary Care and Oral Health's 100 Million Mouths campaign has given her the chance to connect Hawai'i's providers, health care educators, and patients.

"Parents trust their pediatrician or their nurse practitioner, so we sit in an ideal place to be able to make an impact on oral health," Mattheus says. "We shouldn't be thinking about oral health services only being conducted by a dentist. And that's where we're trying to bridge that gap."

As a nursing professor at University of Hawai'i at Mānoa and a practicing pediatric nurse practitioner, she sees the oral care disparities among Hawai'i's rural and disadvantaged residents. They're especially stark for Hawai'i's keiki, who have the highest rate of tooth decay in the nation.

"We know pediatric and family practitioners see infants and children approximately 11 times in the first two years of life and annually after that. All these encounters are opportunities to provide oral health services. And for those kids who can't access oral care, we are their safety net."

Mattheus says parents should start brushing their child's teeth when the first one erupts and schedule their first dental appointment no later than the child's first birthday. Providers can talk with parents about oral care at every appointment starting when the patient is an infant. If parents need help finding a dentist or accessing oral care, their provider can help them find one.

"By working as a team, doctors, nurse practitioners, and dentists can set kids up for a lifetime of good health," she says. "Every kid deserves to smile." 

For more on oral health, see For Your Benefit on page 44.

The search is... 

OVER



When you're feeling under the weather, do you look up your symptoms online?

Search for a doctor instead. Save yourself the stress and find a doctor you can count on.

Meet your newest choices for quality care. Unlike your search engine, these choices actually have a medical degree!

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 March 21, and June 20, 2021.

Hawaii

Gregory R. Gatchell
Jessica M. Goza
Heather C. Heintz

Kauai

Gregory R. Gatchell
Stanley I. Kim
David D. Lowe

Maui

Christine Shokorian
Meghan E. Twomey

Oahu

Beth Ann Allison
Ashley K. Aratani
Rodolfo E. Begue
Nishal M. Brahmbhatt
Steven M. Cocking
Gregory R. Gatchell
Helen H. Kim
Carolyn Kor
David H. Lee
Tesu Lin
Doanh Lu
Corrie B. Miller

Erica Neubert
Keith Stephenson
Andrew J. Sun
Meiko Suzuki
Brigitta A. Tanzer
Kraig L.H. Young

prepare to see the doctor

words David Frickman



Knowledge is important

to your health and well-being, so be prepared to ask questions at every doctor's visit. Patients who talk with their doctors tend to be happier with their care and have better health results. Here are a few tips to make sure you're ready for your upcoming appointment.

When you call to make an appointment, let the receptionist know the names of all the specialists or other providers you've seen, the reason for seeing them, and any tests ordered since your last visit. Let them know that you may want to talk about this during the visit.

Make a list of all the medicines you take, including over-the-counter medicines, vitamins, and herbal supplements. Be ready to discuss your current medical condition and your health history, such as past surgeries and illnesses.

Take a list of questions and concerns to the visit. Write them down so you don't forget them.

Questions about your current health concern may include:

- How serious is my condition?
- How will it affect my home or work life?
- What are my treatment options?
- What side effects can I expect from the treatment?
- Will I need a follow-up visit?

Tell your doctor about any health concerns you have even if they don't ask about your specific issue. It's OK to ask questions. You know your body best and your doctor won't know about your concerns unless you speak up.

And always make sure you understand what your doctor tells you. If something isn't clear, ask questions until you understand. If you get home and realize that you don't understand the doctor's instructions, call and ask for clarification.

Preparation and good communication are key to a good, productive visit with your doctor. After all, don't your health and well-being deserve it? **is**



For more details on making your next doctor visit a success, visit **islandscene.com/more**.

for your benefit



Oral Health for Total Health

October is National Dental Hygiene Month. That's a good time to look into how HMSA's Oral Health for Total HealthSM program can keep your whole body healthy.

Oral Health for Total Health offers enhanced dental benefits to members with an eligible HMSA dental plan and a qualifying medical condition such as:

- Diabetes
- Coronary artery disease
- Stroke
- Pregnancy
- Oral cancer
- Head or neck cancer
- Sjögren's syndrome

These benefits include two additional cleanings or periodontal maintenance visits each year at no additional cost. Other benefits such as oral cancer screenings, fluoride treatments, or periodontal scaling may also be included depending on the member's condition.

Members with both HMSA dental and medical plans may have been auto enrolled in Oral Health for Total Health if a qualified condition has been identified. To find out if you qualify for Oral Health for Total Health or to get more information, visit hmsadental.com/members/oral-health-for-total-health or call (808) 948-6440 or 1 (800) 792-4672.



HMSA365 discounts

With HMSA365, you can save money on health and well-being products and services statewide. To get a discount, just show your HMSA membership card at participating businesses. There's no paperwork to do or claims to file.

Check out these discounts:

- Ali'i Agriculture Farm LLC in Wahiawā: Free extra fishing bait. (808) 690-0558.
- Hardcore Nutrition 808 in 'Aiea: 15% off everything in the store. (808) 484-2220.
- The Ultimate Foot Store (UFS): 10% off UFS Relief Slippers and UFS Orthotics. Three locations on O'ahu. (808) 384-3404.
- Sweet Cane Café in Hilo: 10% off the Soup of the Day. (808) 937-0160.

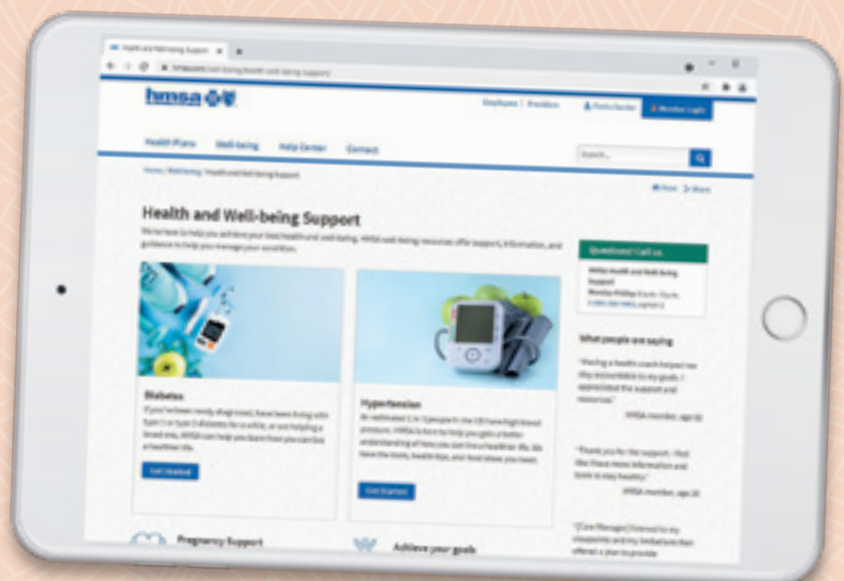
Go to hmsa.com/hmsa365 and browse for more discounts by island or categories. If you have questions, please call 1 (855) 329-5461.

Health and well-being support

There's a new place online to help you achieve your best health and well-being. The Health and Well-being Support site includes resources to help you manage conditions such as diabetes or high blood pressure. Resources for other health conditions will be added next year.

There's information on eating healthy and staying active as well as how to get personalized support from a team of clinicians, coaches, and educators. The goal is to help you manage your health and feel better every day.

You can find the new site at hmsa.com/well-being/health-well-being-support/.





family circle of friends

words Craig DeSilva

photo Rae Huo

For David London and his husband, Dale, 'ohana is more about the people they choose than the families they were born into.

The couple moved from Phoenix, Arizona, to Hawai'i in 2004 with no other connections here other than their love for the Island culture and lifestyle. "Many locals didn't bother getting to know us because newly arrived transplants tend to move away within a few years," David London says. But the couple knew they were here to stay.

They eventually developed a circle of friends with Dale's co-workers and classmates at Kapi'olani Community College. They realized that they shared common interests and values and began spending more time together. Those friends introduced them to other people, which widened the circle. "We didn't force it or put a lot of thought into making friends," says David London. "It just sort of evolved in an organic way."

They meet regularly for hikes, beach outings, and other outdoor activities and to celebrate birthdays, anniversaries, and other milestones. These bonds have become stronger than their ties to relatives on the Mainland. "We've built unconditional love, support, and lasting memories," David London says. "We're 'ohana."

Chosen family

This wasn't the first time David London had to seek a family of friends. It first happened when he was 19 years old and was kicked out of his family's home after revealing that he's gay.

There's a famous quote in Disney's animated film *Lilo and Stitch*: "'Ohana means family. Family means no one gets left behind." But what happens when you can't count on the family you were born into for love and support? People will often leave a ruptured or traumatic family situation to find more positive, healthier attachments with a network of like-minded friends.

"That's when you can turn to a chosen family," says Laura Anderson, a Kaua'i psychologist. "Social connections you form with a chosen family can be a healer for so many ills, stresses, and struggles in our lives."


Marriage is the most common form of chosen family. Chosen families are common in Hawai'i's cultural tradition of hānai with people calling those they're close with either mom, dad, uncle, auntie, or cousin.

Chosen families have become increasingly common in the LGBTQ+ (lesbian, gay, bisexual, transgender, and queer or questioning) community. But finding connections can be challenging for single people on their own. "Sadly, it can be lonely and depressing for an LGBTQ+ person whose family doesn't accept them for who they are. Having an intense close relationship with people who are affirming is critical to their well-being," says Dr. Anderson.

Where to start?

Creating healthy, long-term bonds has been even more challenging during the pandemic with social distancing rules. Dr. Anderson suggests investing a little time and energy to make connections. And, she adds, don't expect instant success. "Dating apps have their purpose, but it's better to seek real-life situations to extend your social support," she says.

David and Dale London make sure they stay connected with their chosen family during both good times and bad. They tend to their chosen family's needs when they're sick and celebrate holidays together.

"'Ohana is who you choose," David London says. "It doesn't matter if they're in your blood. It matters more if you're in each other's heart." 



For tips on creating a chosen family, visit islandscene.com/more.

Dale (left) and David London

beyond books: 50 years of hawaii literacy

words Sarah Pacheco

photos Courtesy of Hawaii Literacy

Imagine you struggled with reading. How hard would it be to follow written instructions from your doctor or fill out insurance forms for a new job? Unfortunately, that's the reality for about 17% of Hawaii's population.

One in six adults in our state has difficulty with literacy – the ability to read and write – and that disparity sets them up to have more health problems than others.

"Literacy can impact every aspect of a person's life. There's significant overlap in the fields of medicine and literacy and a growing recognition that better literacy skills can contribute to greater well-being," says Jill Takasaki Canfield, executive director of Hawaii Literacy. Since 1971, this local non-profit has provided direct literacy services to help those who want to improve their reading, writing, and life skills and build the foundation for a better future.



"We provide books, technology, and tutors so that literacy is no longer a barrier to achieving their goals, whether that means better jobs or reading as a family," Takasaki Canfield says. "We base our free literacy programs in high-need communities where people are disproportionately affected by high illiteracy and poverty."

The Family Literacy Libraries (FLL) Program provides library, educational, English as a Second Language (ESL), and other services to families in public housing sites in the Kalihi area. Rebecca Fraser has used the program for the past six years. She says that in addition to helping her children and grandchildren gain valuable reading skills, the program provides a positive outlet where they can have fun. "I'm very honored to have them here. We don't have to go far to find a library when we have one available right here for our keiki," she says.

Chrissy Alvear signed up for the FLL program nearly three years ago after seeing a flyer posted in the housing management office. She says the program has offered her children one-on-one tutoring and activities that keep the whole family engaged at home. "Literacy can help expand my children's learning abilities. I encourage families in our community to take advantage of this program, especially when it is free of cost to us," Alvear says.

Ensuring adequate access to educational resources remains at the heart of Hawaii Literacy's mission.

When the COVID-19 pandemic hit in 2020, in-person tutoring halted and libraries closed. As attention turned to online learning, Takasaki Canfield and her team knew they would need to develop a plan for those who may not have technology tools at their fingertips. "During this period, we learned the true scale of the digital divide," Takasaki Canfield says.



For the past 50 years, Hawaii Literacy has helped disadvantaged children prepare for and succeed in school, given adults a second chance to learn to read and write, and trained hundreds of literacy volunteers to teach in Hawai'i's communities.




Adaptability with the changing times and needs of our unique island community has earned the organization a spot in Hawai'i's history books.

This year, Hawaii Literacy reached its milestone 50th anniversary.

"Over the past 50 years, Hawaii Literacy has grown from a small ESL tutoring program to become a statewide literacy organization serving thousands of adults and children every year," says board president Brandon Kurisu. "The next 50 years will bring changes to learning environments and literacy tools. However, we feel that literacy will always be at the core of improving the quality of life and strengthening families and communities."

Helping make this vision a reality is a diverse group of board members who hail from industries that share a mission of creating an ever-healthier Hawai'i.



"It's uplifting to see the difference Hawaii Literacy has made in the lives of individuals and communities," says Kara Kitazaki-Chun, a Hawaii Literacy board member and HMSA's assistant vice president of quality management. "Hawaii Literacy and HMSA both do good work to benefit our community. I'm honored to be able to contribute as a board member." 

If you can read this, you can be part of their vision. To learn more about Hawaii Literacy, its community programs, and how you can get involved, visit hawaiiliteracy.org or call (808) 537-6706.



Find out how Hawaii Literacy pivoted during the pandemic to meet changing community needs at islandscene.com/more.



1010-218507

What you need to know about breast reconstruction benefits

In accordance with the Women's Health and Cancer Rights Act of 1998, most HMSA health plans cover breast reconstruction when a mastectomy is performed.

This includes:

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- Reconstruction of the other breast to produce a symmetrical appearance.
- Treatment of complications of mastectomy, including lymphedema.
- Prostheses.

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1010-348213

by the bookends

words Michelle Regan

Pat Banning spends her days running Bookends, an independent bookstore in Kailua. She prides herself on stocking a little of everything, used and new books, Hawaiiana and children's books, local titles and authors alongside national bestsellers. She's created a space that feels like a friend's well-loved library.

These are a few recommendations from Banning that she thinks local readers will enjoy.

Heart of Fire

By Mazie Hirono

Hirono's autobiography shows us how a can-do woman can rise from immigrant to Congress with all the hard work and sacrifice that it entails.

Facing the Mountain

By Daniel James Brown

Brown, who wrote the prize-winning *The Boys in the Boat*, tells the story of Hawai'i's own 442nd Infantry Regiment in World War II. He retells family stories of the 442nd's heroism, the tragedy of internment, and the reckoning for those who returned home. Fascinating!

Under the Wave at Waimea

By Paul Theroux

Our part-time local author, Theroux, just came out with a new Hawai'i novel that tells the tale of an aging surfer dude confronting the challenges that burnout brings.



Pat Banning

Cook Real Hawai'i

By Sheldon Simeon

A *Top Chef* favorite, Simeon includes such a variety of recipes and such levels of chefliness that even I found some easy enough to make. The pictures alone are worth the price. Yum!

Unfamiliar Fishes

By Sarah Vowell

A favorite but not new, this 2011 book is one of the most readable, quirky histories of Hawai'i I've come across. Full of anecdotes, little-known facts, interviews, and things about Hawai'i I'd never heard of. Vowell's book, while fact, reads like an oddball guided tour through Hawai'i's past. I loved it!

keiki corner

Farmers market find and count

Help the farmer count her fruits and vegetables.



Taro



Pineapples



Papayas



Mangoes



Bok choy



Bananas




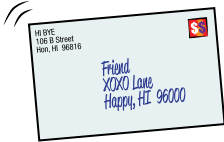
Complete the patterns

Study each pattern below. Choose one image from the bottom to complete the patterns.




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2021 Bucket List

How many of these fun activities can you complete before the end of the year?

- ☐ Plant a fruit, veg etable, flower, or anything you want.
- ☐ Eat banana bread.
- ☐ Make a lei and give it to someone older than you.
- ☐ Teach something you enjoy to someone younger than you.
- ☐ Go for a hike with one of your favorite adults.
- ☐ Take a family photo.
- ☐ Write and mail a letter to a friend.
- ☐ Help your parent clean out the pantry.
- ☐ Have an indoor picnic.
- ☐ Plan a family game night.

If you complete all these tasks by the end of the year, treat yourself to something special.

Row 1-green, row 2-blue, row 3-red and orange, row 4-green, row 5-yellow, row 6-blue 2 taro, 5 pineapples, 3 papayas, 3 mangoes, 2 bok choy, 12 bananas



at your food service

words Sarah Pacheco

photo Rae Huo

Individuals come together in a hui, often in support of a shared purpose. Such is the case with the Chef Hui.

Formed in 2018 under the Pili Group, Chef Hui began as a grassroots network for chefs and co-producers to collaborate with and learn from each other in the hopes of supporting a more-robust local food system in Hawai'i. Under the leadership of Chef Mark "Gooch" Noguchi and Amanda Corby Noguchi, the hui has expanded its reach across all islands with programs that span ages, topography, and socioeconomics.

"Connection is my passion. Nothing feeds my soul more than to witness a successful collaboration as a result of connecting like-minded people," says Corby Noguchi. "Mark and I both feel we were put on this earth to be of service to others. It's in our DNA," she continues. "Everyone has a gift to share. If you approach a situation asking, 'How can I be of service?', you will find that there will always be something you can contribute."

When the COVID-19 pandemic hit, they put out the call to the hui – how can we be of service? "We shifted efforts toward getting food to people in need through free food distributions," Corby Noguchi says.

Their swift action helped keep 60 restaurants and 40 farmers and food producers in business and their staffs

employed. Chef Hui provided funding and food for partners to provide 4,000 family meals and 3,000 senior meals weekly. This effort involved hundreds of people throughout the state, including the couple's two young daughters, Aki, 5, and Elee, 7.

"Our mission remains the same and our original programs are still running. However, our role in community feeding efforts and supporting local restaurants and farmers has grown exponentially," Corby Noguchi says.

One example is its Mahi'ai Meal Kit Program. Introduced in late 2020 to support local farms, restaurants, and families in need during the pandemic, the program encourages participants to cook at home using local ingredients.


A grant from the Full Calabash Fund allowed Chef Hui to pilot additional versions of these meal kits. In spring 2021, Chef Hui partnered with Lāulima Food Patch and The Food Basket for a six-week program that provided meal kits and easy-to-follow recipes to 50 Hawai'i Island families who were registered for SNAP benefits. At the program's completion, 100% of participants polled said they were more likely to buy more local ingredients and cook at home.

"We learned a lot from the community partners we worked with during the COVID-19 pandemic and we are excited to continue playing a more-active role in combating food insecurity while growing programs that support our mission of connecting people to their food and those who grow it," Corby Noguchi says.

Another collaboration taking root involves Kōkua Hawai'i Foundation (KHF). The two organizations recently began hosting community workdays at KHF's learning farm in Hale'iwa.

"These workdays encourage folks to more-intimately explore how their food is grown and to show all the passion and work that goes into food production," Corby Noguchi says. "We work in small groups to restore their farmland, plant crops that will eventually become community meals, and end the day with a talk-story with chefs, farmers, and community members."

Anyone interested is invited to join the bimonthly workdays. For more information on KHF, see the article on page 28.

"Through these cross-sectional relationships, we're able to address problems and explore the best ways to solve them," Corby Noguchi says. "The current challenges of our time, such as food insecurity, education, health care, and the environment are complex. Through designing solutions with the community instead of for the community, we find more effective and inclusive solutions." 

For a recipe from Chef Gooch, see page 61.

For more information on Chef Hui, visit chefhui.com, email chefhuihi@gmail.com, or call (808) 240-1096.

Amanda Corby Noguchi and Chef Mark Noguchi with volunteers at Ruppun Farm in Waiahole packing produce for distribution.



let's eat root to flower

words Marlene Nakamoto **photos** Rae Huo **food styling** Marjie Beaton

You've heard of "nose-to-tail" eating, which is the practice of consuming every part of an animal so that nothing goes to waste. The same thrifty, environmentally friendly concept can apply to plants, too.

Many root vegetables like beets, carrots, and radishes sprout edible green tops. Likewise, greens such as cilantro have edible roots, which are an essential flavoring agent in Thai cooking. Most of us could benefit from eating more plants. And if we would eat more parts of plants, that would be a small contribution to our planet.

If you're accustomed to a simple sauté of beet greens, try these recipes for something a little different.

Carrot-top Chimichurri

- 1 cup packed carrot tops (leafy parts only)
- ¼ cup packed fresh oregano leaves
- ¼ cup packed fresh parsley
- 4 large garlic cloves, peeled and minced
- 2 tsp. dried chile pepper flakes
- 1 tsp. Hawaiian salt
- Freshly ground black pepper
- 3 Tbsp. red wine vinegar
- 1 cup extra-virgin olive oil

In a food processor, pulse carrot tops, oregano, parsley, and garlic until finely chopped. Transfer to a bowl and season with chile flakes, salt, and pepper. Add vinegar and olive oil and stir to combine. Let rest at least 30 minutes before serving. Makes about 1½ cups.

Per serving (2 tablespoons): Calories 130, carbohydrates 1 g, total fat 14 g, saturated fat 2 g, sodium 170 mg



Daikon Leaf Furikake

- Greens (including stems) from 1 daikon
- 1 Tbsp. sesame oil
- 1 package (2.5 g) bonito flakes
- 1 Tbsp. shoyu
- 1 Tbsp. mirin
- 1 tsp. sugar
- 1 Tbsp. sesame seeds

Chop daikon greens coarsely and pulse in food processor until finely chopped. In a medium skillet, heat sesame oil over medium heat. Add chopped greens and sauté about 3 minutes until wilted. Stir in bonito flakes, shoyu, mirin, and sugar. Reduce heat to low and stir constantly until sauce is almost gone, about 5 minutes. Stir in sesame seeds. Continue cooking and stirring until sauce is gone. Cool completely and store in refrigerator up to three days. Makes about 2/3 cup.

Per serving (1 tablespoon): Calories 30, protein 1 g, carbohydrates 3 g, total fat 2 g, sodium 100 mg, fiber 1 g, total sugar 1 g

Saag Paneer with Sweet Potato Leaves

1 bunch sweet potato greens
2 Tbsp. vegetable oil, divided
8 oz. paneer, cut into ½-inch cubes
1 onion, finely chopped
4 garlic cloves, peeled and minced
1 Tbsp. minced fresh ginger
2 serrano peppers, stemmed and minced
2 tsp. ground cumin
2 tsp. ground coriander
1 tsp. mustard seeds
¾ cup water
2 tsp. garam masala
½ cup plain low-fat yogurt
Salt to taste



Detach sweet potato leaves and tender stems from the main stem; discard main stems. Roughly chop leaves and stems. Set aside.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add paneer and fry until brown on all sides. Remove paneer and set aside.

Reduce heat to medium and add remaining tablespoon oil to skillet. Add onion and sauté until translucent and starts to caramelize, about 5 minutes. Stir in garlic, ginger, serrano peppers, cumin, coriander, and mustard seeds. Stir constantly 1 minute.

Increase heat to medium-high and add sweet potato greens and water. Cook and stir about 5 minutes or until greens are wilted. Reduce heat to medium-low, cover, and continue cooking 8 to 10 minutes until greens are tender. Stir in fried paneer and garam masala. Remove from heat and stir in yogurt. Add salt to taste. Makes 5 servings.

Per serving: Calories 270, protein 14 g, carbohydrates 19 g, total fat 17 g, saturated fat 9 g, cholesterol 40 mg, sodium 270 mg, fiber 6 g, total sugar 6 g

Be careful

It's not a good idea to nibble on random greenery or flower petals. Do your research before grazing, then get your edibles from a reputable source that doesn't use pesticides.

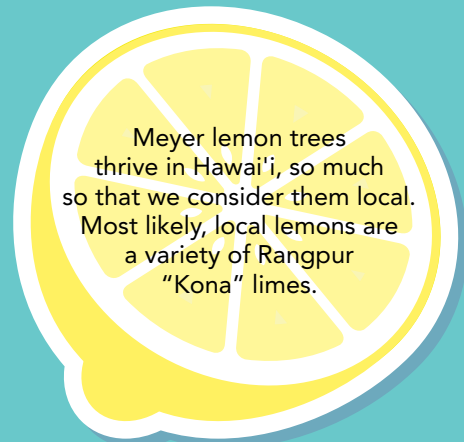
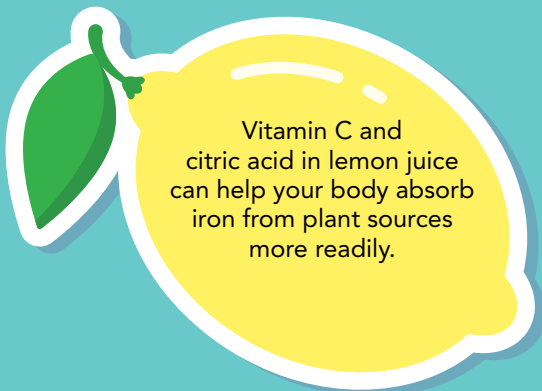
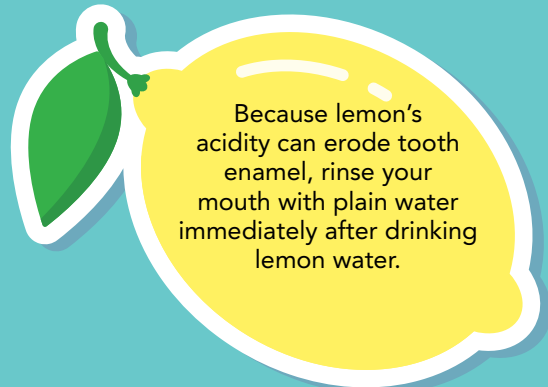
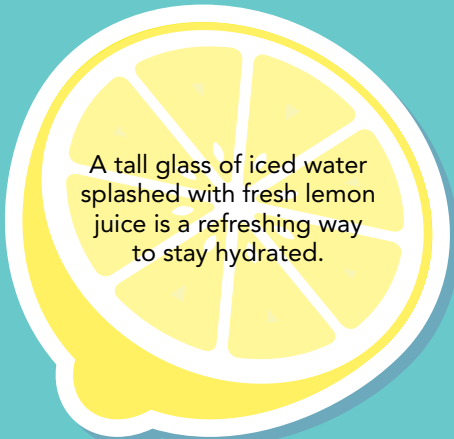
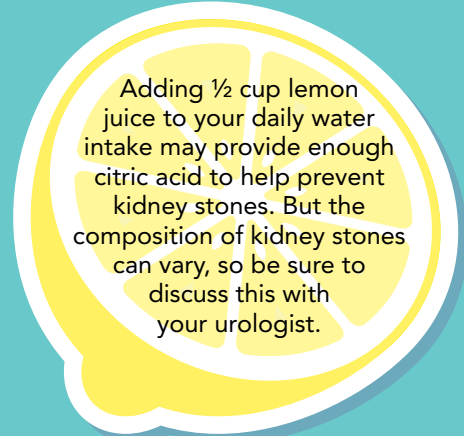


For more recipes and recipe videos, visit islandscene.com.

life with lemons

Lemons are one of the world's most popular citrus fruits. And why not? Lemons can star in a multitude of savory and sweet dishes.

Here are some fun lemony facts.



words Marlene Nakamoto

community recipe swap

words Sarah Pacheco
photos Lew Harrington
food styling Marjie Beaton





Sharing food is an expression of gratitude and a gesture of aloha. Which is why local custom dictates that if you're invited to someone's home, you bring food.

In preparation for the upcoming holiday season, we asked three of our community partners to share a recipe that's easy, healthy, and sure to impress. Wow your host at your next gathering by bringing one of these dishes to the table.

Kitchen Sink Stew

Chef Mark "Gooch" Noguchi of Chef Hui shares his recipe for a satisfying stew that makes use of whatever ingredients you have on hand. "This is your stew – own it!" Chef Gooch says.

For more on Chef Hui, see page 54.

- 2 Tbsp. canola oil
- 1 lb. ground meat of choice (beef, chicken, wild boar, deer, etc.)
- 1 onion, diced
- 8 garlic cloves, minced
- ½ cup red wine
- 2 qt. chicken stock
- 2 14-oz. cans diced or crushed tomatoes
- 2 Tbsp. shoyu
- 1 tsp. hondashi (bonito soup stock)
- 2 carrots, diced
- 2-3 celery stalks, diced
- 1 lb. potato, 'ulu, sweet potato, or cooked taro, diced
- ½ head cabbage, diced
- 1 bunch green onions, chopped
- Salt, pepper, sugar, and tabasco, hot sauce, or chili pepper water to taste

Get a large, heavy pot ripping hot on the stove and add just enough oil to barely cover the bottom (you're not deep-frying). When you begin to see light wisps of smoke, add meat, break it up with a spoon, and brown well. Add onion with a nice pinch of salt and

sauté 2-3 minutes until it begins to turn translucent. Add garlic and sauté. (Pro tip from Chef Gooch: Garlic has significantly less water content than onion. If you add it too early, it can burn.)

Add wine and deglaze, scraping up the good brown bits. That's the flavor! Cook down until the wine is almost evaporated (called "a sec" in kitchen vernacular). Add stock, tomatoes, shoyu, hondashi, carrots, and celery. Bring back up to a boil, then turn down to a simmer (think a lazy bubble).

One more tip: Offset the heat so that the simmering action pushes all that foamy stuff to one side. Carefully skim and discard the foam. Taste your stew and adjust seasoning, if necessary.

When carrots are cooked about halfway, add potato, 'ulu, whatever. Remember, if you're using taro, cook it ahead of time. When starches are cooked to fork-tender, add cabbage and cook until tender. Stir in green onions.

Chef Gooch likes to let the stew rest overnight in the refrigerator. "Always better the next day!" he says. Makes 8 servings.

Per serving*: Calories 300, protein 19 g, carbohydrates 24 g, total fat 8 g, saturated fat 2 g, cholesterol 40 mg, sodium 550 mg, fiber 4 g, total sugar 6 g

*Nutritional information will vary depending on ingredients used.



'Ulu & Banana Pancakes

Kōkua Hawai'i Foundation's farm-to-school initiative, 'AINA In Schools, encourages a connection between keiki, the land, and their food. Here, Chef Joe Wat shares his rendition of a breakfast favorite all ages will enjoy.

For more on the Kōkua Hawai'i Foundation, see page 28.

- 1 small very ripe 'ulu, peeled and mashed
- 2 large ripe bananas, peeled and mashed
- Flour or water, as needed
- Cooking spray

Mix 'ulu and bananas in a bowl until well combined. Add flour or water, 1 tablespoon at a time, to achieve the consistency of batter, if necessary.

Heat a griddle or nonstick skillet over medium heat and prepare with cooking spray. Using a ¼-cup measure, pour batter onto griddle or skillet, and cook until firm, about 1 minute. Flip and cook another minute. Serve with honey or fresh fruit. Makes 3 servings.

Per serving: Calories 330, protein 4 g, carbohydrates 83 g, total fat 1 g, sodium 10 mg, fiber 13 g, total sugar 33 g



Sweet Potato Ambrosia

As a Blue Zones Project Approved™ restaurant, Wahiawā-based Marians Catering strives to create meals that taste good and encourage good health. "This recipe exemplifies the philosophy of Blue Zones Project® – Wahiawā: Eat healthier, encourage plant-based diets, make it colorful and fun, and never forget 'ono deliciousity!" says manager Scott Harada.

For more on Blue Zones Project, see page 10.

- 1 lb. Okinawan sweet potatoes
- ¼ cup imitation crab
- ½ cup frozen peas, thawed
- 2 Tbsp. mayonnaise
- Salt and black and white pepper to taste
- Coconut flakes

Peel and cube sweet potatoes. Boil until tender and allow to cool. Shred imitation crab. In a large bowl, combine sweet potato, peas, imitation crab, and mayonnaise. Season to taste with salt, black pepper, and white pepper. Top with coconut flakes. Refrigerate until ready to serve. Makes 6 servings.

Per serving: Calories 130, protein 3 g, carbohydrates 20 g, total fat 4 g, saturated fat 1 g, cholesterol 5 mg, sodium 250 mg, fiber 3 g, total sugar 5 g



For more recipes and recipe videos, visit islandscene.com.

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Join us at the Akamai Living Fair

Everyone is welcome,
including kūpuna and families

Hilo

Friday, Oct. 15
9:30 a.m.-12:30 p.m.
Ho'oulu Complex

Free admission!
This is a drive-thru
event.

Enjoy good health and well-being with:

- Flu shots
- Community resources
- Door prizes

Please note:

- You must be 18 years or older to get a flu shot.
- Current insurance cards and state photo ID are required.

We're monitoring safety guidelines for public events.
For updates about this event, call the Kamana Senior
Center at (808) 961-8710.




#myislandscene



In this issue, we're honoring the community organizations that generously care for Hawai'i residents. Mahalo for all your work in serving your community.

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

Find us on  askhmsa or  myhmsa.



Teatuahe Teiti (left) and Luigi (Gigi) Cocquio at Hoa Aina O Makaha U PICK Kalo Day.



Jocelyn Nakashige and family packed goodie bags for the Evan M Nakashige Foundation's holiday distribution.



Sunshine Kuhia Smith volunteering at the lo'i in Ulupō Heiau.



Jean Jeremiah (right) helps serve hot meals to the homeless once a month at the Institute of Human Services.



Kylie Alcaron enjoys supporting the Honolulu chapter of the American Red Cross of Hawaii.



Jean DeMercer-Breese and Liberty Rivera volunteer at Hawi Sacred Heart Community Emergency Food Basket.



Kellen Yabes (left) and Kaulana Pobre-Dias (right) enjoy helping the folks at Ho'oulu 'Aina.



Leilani Conklin (front right) enjoyed putting together plates of food for The Y Feeds Summer Food Program.



Jaelah-Mia Tanaka supports Letters2OurKupuna and draws pictures and writes letters to kupuna.



Kaiāulu | *Community, neighborhood*

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