

# island scene

well-being, family, and fun for **HMSA** members || winter 2022 || [islandscene.com](http://islandscene.com)

art and soul



self-care for beginners || adventures in mindfulness || spa-inspired recipes

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# island scene

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**COVER:** Lei-maker Kristi Yamanaka.  
Story on page 10 by Sarah Pacheco.  
Photo by Rae Huo.



## aloha members,



The COVID-19 pandemic changed a lot of things about the world we live in, but maybe one good change was the acceptance of telehealth as a legitimate means to get the care you need. In the U.S., telehealth visits increased by 100 times at its peak and settled in at about 38 times more than prepandemic usage.

Here in Hawai'i, as in many other places in our country, the bulk of that growth was for services related to behavioral and mental health. I think that shows two things. The first is that telehealth is especially well suited to render care for these services. Please use it if you need to. The more important insight is that COVID-19 was hard on our collective psyche.

It may have been because we couldn't go to school or work, see our friends and family when we wanted to, or do the things we love that refresh and reenergize us. At the end of the day, we were suffering, whether we knew it or not.

Doing the things that bring us meaning in life is one of the most important things we can do to ensure our health and well-being. It's just as or more important than your annual physical, preventive cancer screenings, or being compliant with your medications. It's the medicine for your soul and mind.

In this issue of *Island Scene*, we remind ourselves to celebrate the things that make us who we are. The things that make life worth living. I hope that as you read what others are doing to care for their emotional and mental well-being, you will think about the things that you want to do to bring happiness to yourself and your 'ohana. And then go do them.

Sincerely,

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

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

# make every day YOUR DAY



Use the calendar and badges to track your self-care every week.

Learn more about self-care at [islandscene.com/more](https://islandscene.com/more) or by scanning the QR code.



WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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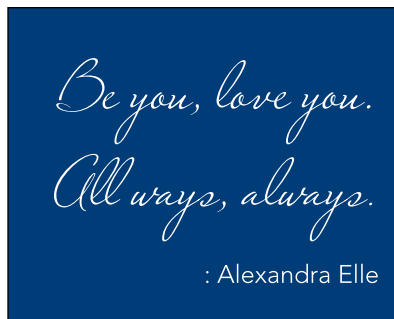
## dear friends,

If you're like me and are feeling a little stressed because of the ongoing pandemic, maybe it's time for a break. Carve out a few minutes for yourself, grab your favorite drink (peach iced tea, please), and settle in with this issue of *Island Scene*. Our pages could help you rethink the way you take care of yourself.

In the words of Eleanor Brownn, "Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

A good place to start is Michelle Regan's article, "Self-care for Beginners," on page 14. You can also check out her online companion article on how to start your own self-care practice at [islandscene.com/more](http://islandscene.com/more).

See how other HMSA members take care of themselves in the HI Notes section (page 64), which is



coordinated by Jessika Orozco. And wrap it up with two articles by Sarah Pacheco, "Skin Care Tech at Your Fingertips" on page 30 and amazing and yummy spa-inspired recipes on page 54.

Ahh ... feel better? If you're not ready to get back to the real world just yet, take a few more minutes and check out the rest of the issue.

As we continue to deal with the pandemic, remember to make time to take care of yourselves. Stay safe, friends.

Best wishes,

Lisa Maneki Baxa  
Publisher and Editor

# around the 808

## maui, moloka'i, and lāna'i

### A little goes a long way

If you're a proud bookworm, you may have come across a Little Free Library in your neighborhood. With more than 100,000 libraries in over 100 countries, the Little Free Library promotes access to books, the love of reading, and bringing communities together.

A new Little Free Library opened in Wailuku's Villas at Kehalani thanks to the Haleakala Chapter of the Daughters of the American Revolution. With the help of villa residents, chapter members keep the library filled with new and used books. Maui now has 10 chartered Little Free Libraries. For more information or to find a Little Free Library near you, visit [littlefreelibrary.org](http://littlefreelibrary.org) or call (808) 344-3348.



### Keep Maui County beautiful

Want to do something to take care of Maui County? Mālama Maui Nui can help. When you organize a Community Cleanup with family and friends, MMN will provide guidance, support, and supplies such as safety vests, gloves, buckets, and trash bags. You choose the location to clean up.



Uluhiu Unity group in Kihei

Their monthly Go Green Recycling event offers residents a venue to dispose of unwanted small and large appliances, electronics, tires (a donation is suggested), and much more. And each April, The Art of Trash exhibition showcases creations from previously used materials. Now in its 19th year, the event kicks off with a Trashion Show where participants strut the runway in garments made of repurposed materials. Like last year, both events will be virtual.

Follow MMN's Facebook page to stay current with events. Or call (808) 877-2524 or visit [malamamauinui.org](http://malamamauinui.org).

## big island

### Food for thought

A Big Island temple is doing its part to fight hunger and help residents eat well. Honoka'a Hongwanji Temple's Feeding Our Keiki and Kupuna program serves about 300 meals and distributes 120 bags of groceries and produce to residents every week.

Miles Okumura started the program to help teach keiki who wanted to learn to cook. Today, chef and culinary instructor Sandy Barr Rivera, who's assisted by retired cook Jim MacKenzie, creates meals and works with the program's 40 volunteers. To learn more, call (808) 775-7232 or visit [honokaahongwanjibuddhisttemple.org](http://honokaahongwanjibuddhisttemple.org).





# kaua'i

## Run for your life

Lisa Ledesma and a bunch of her friends started Kaua'i Divas & Dudes 11 years ago to help other runners on the Garden Isle train for races. "Some of the men are more diva-like than us women though," she jokes. "But when they run, they are warriors."

The group's 500 members include runners from all over the world, such as Chicago, New Zealand, and Ireland, who come to Kaua'i to train. Runners meet every Saturday morning at different parts of the island. The organization has expanded to include other activities, including walking, hiking, swimming, and biking at all levels. To learn more, visit [kauaidivasanddudes.weebly.com](http://kauaidivasanddudes.weebly.com), find them on Facebook, or call (808) 652-5326.



## Moving to a clean energy economy



The Federal Highway Administration is paving the way for Hawai'i's conversion to clean energy and a zero-emissions economy by 2045. It's designating alternative fuel corridors throughout the state.

Kaua'i received its designation for an alternative fuel corridor last spring, giving Hawai'i the distinction of having one on each of the major islands. It covers the "perimeter route" from Hā'ena along Highway 560, Highway 56, and Highway 50 to West Kaua'i.

What's an alternative fuel corridor? The designation helps the island streamline access to potential funding for an electric vehicle charging infrastructure. It also highlights the importance of clean transportation and encourages car dealers and rental car companies to offer more electric vehicles.

## A hot destination

It might be a good time to visit Hawai'i Volcanoes National Park. In late January, crowds tend to be relatively small unless Kīlauea is erupting. Popular attractions include Nāhuku (Thurston Lava Tube), the Kīlauea Iki crater trail, Uēkahuna (the cliff at Kīlauea's summit, which offers the best view into the caldera), and the scenic drive to the coast on Chain of Craters Road.

Make sure you check in with a park ranger first. They're at the Visitor Center every day from 9 a.m. to 5 p.m. and would love to help you plan a successful, enjoyable, and safe visit.



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View of Kīlauea summit crater from a bluff called Uēkahuna.

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

# art and soul

**words** Sarah Pacheco

Art satisfies our human desire to forge connections, communicate ideas, and create beauty. We pass down our culture through folktales and dance. We rage against oppression with the mighty pen and lament lost love on the silver screen.

No matter its form, art is an expression of the soul.

Here, three local artists share their craft, how they find inspiration, and why they consider art the greatest representation of aloha.





## Kristi Yamanaka

The Honolulu native traces her introduction to making lei to her public school May Day performances. However, the talent for lei-making grew in the family. Yamanaka's grandmother was a lei-maker and she remembers being transfixed by the garlands of pikake, pakalana, crown flower, and 'ohai ali'i strung across the kitchen table.

"Aunties and uncles would call if they needed lei for a special occasion. If she had an abundance of flowers, she would sell her lei to the flower stand in Kahala Mall or donate to her local church," Yamanaka says.

It wasn't until 2017 that Yamanaka began making lei herself, first for her family and friends, then slowly for others in the community.

"The people I get to create with inspire and challenge me. The stories and personal details they share really push me to create something more 'outside of the box' than before," she says.

Another driver for her craft is her relationship with God, whom she credits for providing this opportunity to share with others. "Making lei is a gift and a privilege," she says. "It's one of many traditions that we have passed down and acquired over many generations – a true act of selflessness and honoring others."

Learn more about Yamanaka's designs at [leipapahi.com](http://leipapahi.com).



photos Rae Huo





## Nan Yamashiro

Though Yamashiro always considered herself creative, she didn't pursue art full time until her retirement from a 29-year career in account management and sales at HMSA.

"My husband passed away unexpectedly in 2017. This life-changing event caused me to rethink my life goals. I retired in 2019, took art classes, reinvented myself, and began a new chapter in my life. This allowed me to be creative, challenged me, and provided new growth opportunities," the Windward O'ahu resident says.

Yamashiro's renaissance moment began with a resin class. The material's fluidity reminded her of the ocean, which is where she goes to seek clarity. "The sea inspires me. It's my go-to place for comfort and peace," she says, noting that she often incorporates sea creatures into her work. "It's fun to look into a little resin 'tidepool' and see a starfish peeking out of the waves."

Like the sea, resin can be temperamental, but Yamashiro says the challenge is part of the fun. "Resin art can be very frustrating – it has a mind of its own! But when a piece turns out well, it's thrilling. Being engaged in the creative process brings me joy," she says. "I feel like I live a rich life and I'm very happy."

Learn more about Yamashiro's work at [ResinArtKailuaHawaii.etsy.com](https://ResinArtKailuaHawaii.etsy.com).



photos Rae Huo





## Craig Nichols

Nichols knew from an early age he would be a craftsman. He also knew he'd spend his life immersed with the ocean. It's little wonder, then, that the award-winning artist has carved out a niche for himself with wood sculptures that marry elements from mauka and makai.

"I love wood. It's endlessly fascinating," says Nichols. "I also love the water. I ran fishing and dive boats in the Florida Keys and Hawai'i, and I would see dolphins, whales, turtles, and all sorts of fish. I would make carvings of these on the side; now all I do is carve!"

A move to Pu'uana'hulu on Hawai'i Island 30 years ago solidified Nichols' place in the woodworking world. He discovered local hardwood species like mango, naio, and koa, which Nichols deftly uses in his lifelike figures of honu, manta rays, whales, pigs, and butterflies.

"It's nice that I have my shop right outside our house. I love what I do. It's good fun, it's creative, what else could you want?" the 73-year-old says with a laugh. "I just want to communicate that I appreciate and love nature, and I know that other people do, too."

Nichols' work can be found in art galleries and Martin & MacArthur stores throughout the state. [is](#)



photos courtesy of Kay Nichols







# self-care for beginners

**words** Michelle Regan

**art** Garry Ono

If you Google “self-care,” you’ll find all kinds of beauty and wellness trends. But what is self-care?

Tara Lavery has spent more than 20 years as a massage therapist and yoga educator helping clients and students practice self-care. “True self-care is very simple in theory but not necessarily easy to do,” says Lavery.

“Most of us inherently know how to be healthy and what’s best for us, but our current culture isn’t set up to support that,” she says. “Often we have to go above and beyond to make these things happen for ourselves and take responsibility for our own well-being. Once these practices become a natural part of our schedules and we feel the positive impact, they require less effort to maintain.”


Self-care lowers the stress hormone, cortisol, and increases the mood regulation and reward hormones, serotonin and dopamine. Lavery says that to her, self-care simply means

**"True self-care is very simple in theory but not necessarily easy to do."**

:Tara Lavery

her relationship to her health and well-being. But those look a little different to everyone and require taking a close look at various facets of your life.

Your mental and emotional health can positively or negatively affect your physical health, your work, and your relationships. The reverse is also true. Satisfaction in any category has a lot to do with your perspective.

“I think the biggest missing piece is our internal dialogue. We’re often led to believe self-care is an external practice, like spa days or expensive, luxurious treatments. These can be lovely additions, but the way we talk to ourselves is crucial,” says Lavery. “More and more research is proving our state of mind and perception can positively or negatively impact our health as well as who we surround ourselves with and their state of mind.” 



Learn how to start your own self-care practice at [islandscene.com/more](https://islandscene.com/more).







# a guy with *ikigai*

**words** Craig DeSilva

Kelvin Chun can make a bird disappear with the snap of his fingers during his magic shows. But he wishes he had the power to have made his dad's heart condition and diabetes vanish.

"Dad had his first heart attack when he was 39 and died when he was 52," says Chun.

Losing his dad at a young age motivates Chun, 62, to make the most of every day. He's embraced the Okinawan concept of *ikigai*, living with purpose. He fills his life with physical and social activities that have led to meaningful experiences and connections.

Chun has been to China at least 50 times and to Japan 40 times. He's trekked 17,500 feet to Nepal's Everest Base Camp, climbed to the Kjeragbolten boulder wedged in a mountain crevice in Norway, kayaked and snorkeled in Thailand, and went horseback riding in Iceland. Along the way, he's developed connections with locals and other travelers. "Most Hawai'i people go to Disneyland or Vegas for vacation," he says. "I like going off the beaten path to experience different countries and their culture."



Top: Long-distance hiking at Tour du Mount Blanc in Europe.  
Right: Kelvin Chun finds satisfaction in entertaining people with magic tricks.


In China, he visited a longevity village in Bama, Guangxi, and learned the simple lifestyle of centenarians who were surrounded by the natural beauty of towering green mountains and winding rivers. "Through my travels, I found my ikigai," he says. "Everyone has ikigai. Finding it requires a deep and often lengthy search of self. That discovery brings me satisfaction and meaning."

His most memorable trip didn't involve much physical exertion. It was performing tricks for Chinese villagers who had never seen magic. "Seeing the sparkle in their eyes when they saw silk scarves appear is all the joy I need," he says.

Chun spent a rewarding career at the Hawai'i Department of Education, teaching mathematics, computer science, and multimedia at numerous elementary and high schools. He was also a technology resource teacher for the Campbell Complex, a state computer education specialist, and an instructor at the University of Hawai'i Outreach College. After retiring seven years ago, he sought other purposeful activities. He volunteered as a board member for Hawaii-USA Federal Credit Union. He volunteers and does magic shows in the community, including schools and nursing homes. He's also committed to continuing the lost art of making Filipino bamboo kites and is one of the few kite-makers left in Hawai'i.

Chun is eager to travel again after an almost two-year pause because of the pandemic. To prepare for his adventures, he walks 4 miles every morning, bikes almost every day from his home in Salt Lake to a gym in Kaka'ako to lift weights, and swims at the local recreation center. And he's been exploring places closer to home, such as hiking the trails at Hawai'i Loa Ridge, Kuli'ou'ou, and Wiliwilinui. "I often travel with people half my age, so I need to stay fit to keep up with them," he says.

Chun's 2022 plans include returning to Asia, attending a magic convention in Quebec, and continuing to explore Canada's national parks.

"I'm itching to go, but I'm in no rush," he says. "My mother lived to be 86 and many of her relatives were centenarians. Hopefully, I have a lot of time left." 



To learn about the Filipino bamboo kites that Kelvin Chun makes, visit [islandscene.com/more](https://islandscene.com/more).

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Kjeragbolten in Norway

## Blue Zones

Okinawa has one of the highest numbers of centenarians in the world. Author and National Geographic explorer Dan Buettner identifies Okinawa as a Blue Zone, where the concept of ikigai – living purposefully – has helped its people live long, fulfilling lives. Ikigai is one of the Blue Zones Project® Power 9® principles of living well.

How can you apply ikigai and other Power 9 principles in your life for better health and well-being? Find out at [hawaii.bluezonesproject.com](https://hawaii.bluezonesproject.com) or call (808) 909-3052.



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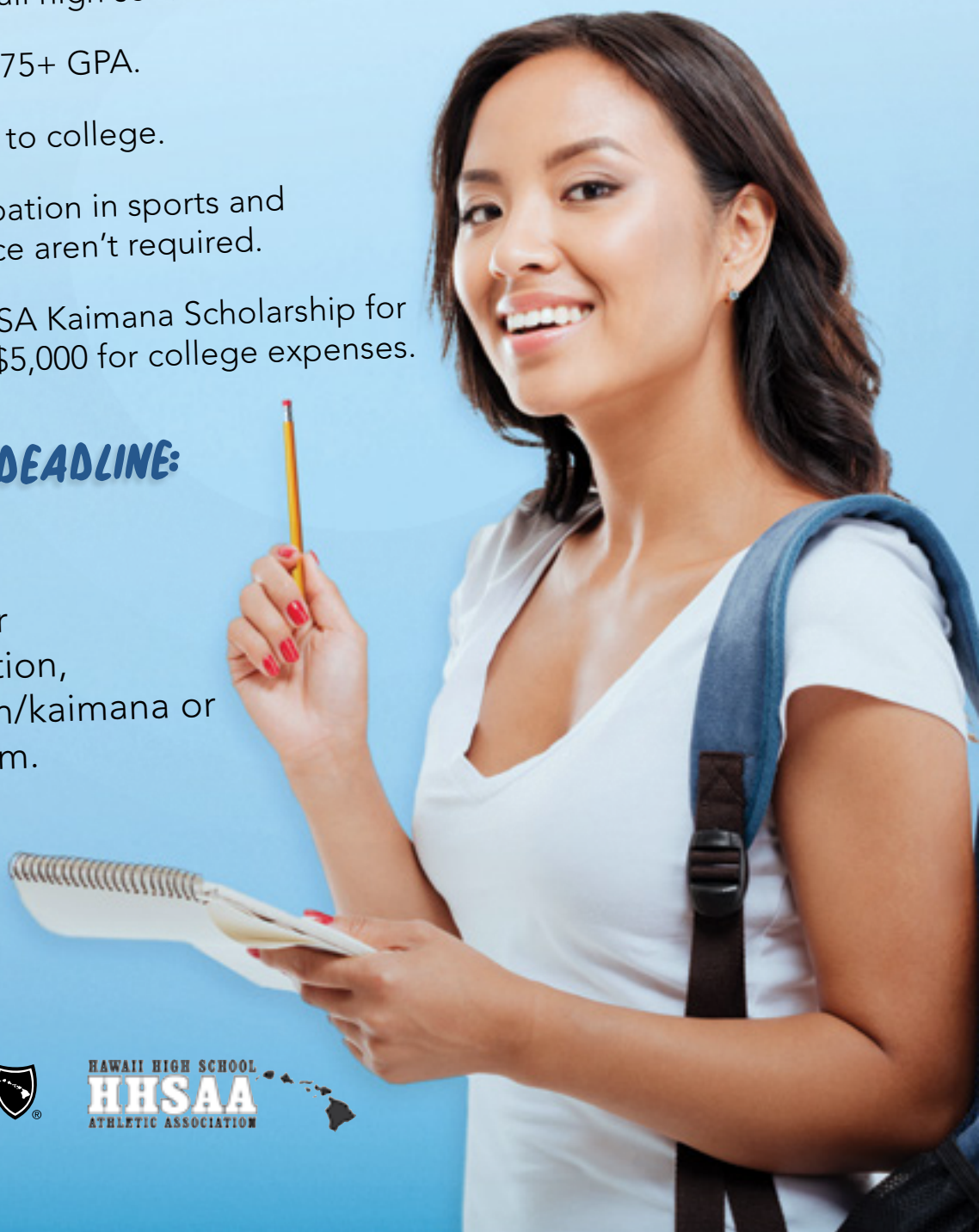
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Keoni Vaughn







# lāna'i's feline paradise

**words** Michelle Regan

**photos** courtesy of  
Lanai Cat Sanctuary

**We've all taken a cat nap,**  
but how about a nap among more  
than 650 cats?

That's just another day at Lanai Cat Sanctuary. "It's very common for people to come and spend the entire day at the cat sanctuary. Some of them even fall asleep," says LCS executive director Keoni Vaughn.

It's hard to imagine, but the sanctuary encompasses 3.5 acres of open space. The cats are free to run and play or relax in shaded areas. "I get teased a lot because I call our sanctuary the Furr Seasons. It's really a calming place," says Vaughn.

LCS provides a healthy home for cats, and it's peaceful for visitors, too. "We all know that there are benefits to having pets and to being around animals," says Vaughn. "Having a cat around you can trigger release of calming chemicals in your body, which lowers your stress and anxiety. Cats are known to be super low maintenance animals. A simple petting session makes both the cat and the human happy."

The sanctuary has become an attraction for tourists and residents alike. They welcomed 15,000 visitors each year before the COVID-19 pandemic. Visitors pet and play with the cats and about 50 felines per year go home with their purrfect match.

## **For the birds**

On an island with no animal shelter, rescue group, or veterinarian, the sanctuary is a respite for animal lovers who want to spend time with the cats. But its mission is much larger – to protect Lāna'i's ecosystem, LCS provides a safe, caring home for the island's free-roaming cats. Rehoming the cats allows the sanctuary to help conservationists in their work to preserve marine life and protected birds.

It's almost unheard of for free-roaming cat advocates and conservationists to work together like this. Animal rescuers typically trap cats, neuter or spay them, and release them back into the wild. It's common practice for conservationists to trap and kill free-roaming cats who could be passing on diseases or preying on birds and marine life. The LCS model of trapping and rehoming cats is uniquely suited for Lāna'i's temperate weather and abundance of open space.

"People thought this sanctuary model wasn't sustainable and wasn't practical," says Vaughn. "I love the challenge and I think we're doing a good job at breaking that mold. Instead of saying it's not going to work, why can't we all work together to make it work? That's what we're doing here."



## For the people

In addition to their animal rescue work, the sanctuary flies a veterinarian to Lāna'i several times a month. The vet visits LCS to care for their cats then takes a mobile veterinary van to town to care for pets throughout the community.

Without this essential service, pet owners would have to take a ferry to Lahaina, rent a car to drive to a veterinarian's office, and possibly find accommodations to stay overnight. It's a lot to go through for a pet's routine physical and vaccines.

Caring for these animals creates a healthier environment for Lāna'i residents. The sanctuary's 12 employees are no exception. Getting to bond with and care for the cats is a dream job for any animal lover, but Vaughn also provides generous benefits to make sure employees are in good physical and mental health.

"I've been in the animal welfare world for 20 years now and I'm a firm believer in people care," says Vaughn. "Always animal care, that's a given. But the people care has really been my focus and I am a firm believer in keeping our staff healthy, keeping them as stress-free as possible."

Joe Adarna, LCS's manager, agrees. "I love the job every day I go in to work. They give me time off when I need it and it's a good balance for a lot of the staff," he says. "I get a lot of time to spend with my dog and to travel to O'ahu to see friends and family. They've always been very supportive." <sup>15</sup>



# ARE YOU BOOK SMART, STREET SMART, HMSA SMART?

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Clockwise from top: The family gathers around the newest Tadani, Tory-Bleu. Keeping each other in good spirits while donating blood. Brothers unite to collect supplies for Hawaii Foodbank.



# giving back is a family affair

With a high-pressure job, nine kids, and an always-on-the-go local celebrity as her husband, Chastity "Chas" Tadani is busy, to say the least. Instead of using what precious free time she has to relax, she chooses to give back to the community. Best of all, she's able to include her family in her mission to make a positive impact on strangers and loved ones alike.

## Runs in their blood

When she was in high school, Tadani saw that there was a blood drive in the library. At first, she didn't think anything of it, but when she found she could skip class to donate blood, she signed up right away. "Talk about motivation!" Tadani says. Decades later, her manager at work asked if she was interested in coordinating blood drives for her division. "I didn't give it a second thought," she says. Now, instead of an excuse to miss class, Tadani's motivation is helping others.

In addition to rounding up co-workers to donate blood, Tadani brings her older kids with her to the blood bank. "I worked hard to get them over the fear of needles from a young age," Tadani says. "When they learned how they could help people through blood donation and saw the pride I took in it, they were eager to start donating, too."

**words** Courtney Takabayashi

**photos** courtesy of Chas Tadani


## They like to move it move it

In 2011, Tadani was channel surfing late one night when she came across a Zumba infomercial. The next day at work, a trainer at her company's employee gym asked Tadani to come to her kickboxing class. "I told her I wasn't really into group fitness but then I remembered how fun Zumba looked!" she says. "And it just so happened that the trainer was getting her Zumba certification that weekend." It was meant to be. Tadani got her certification as well and has been dancing ever since.

Prepandemic, Tadani was an assistant Zumba instructor at her gym at work and taught classes two to three times a week. Now, she offers free virtual Zoom classes three days a week to anyone who's interested. Two of her most enthusiastic students are her daughters, Shelbie and Secilie. For the Tadanis, Zumba is the perfect way to help others keep active, have fun, and spend quality time together.

## All in the family

Though Tadani is an excellent role model, she says she can't take all the credit. Since 2016, she has been married to Tiny Tadani, a local celebrity with a big personality. "Not many people know or see it," she says, "but Tiny cares so much about others. He's actually given the shirt off his back to help someone."

The Tadanis do their best to be their best, especially when it comes to their youngest daughter, Tory-Bleu. Luckily for Tory-Bleu, she has lots of people to look up to. Giving back is a family affair. 



Chas Tadani fresh after teaching a Zumba class.



# adventures in mindfulness

**words** Michelle Regan  
**photos** Tony Novak-Clifford



Josh Ellis (center) leads a mindfulness meditation practice at sunset.

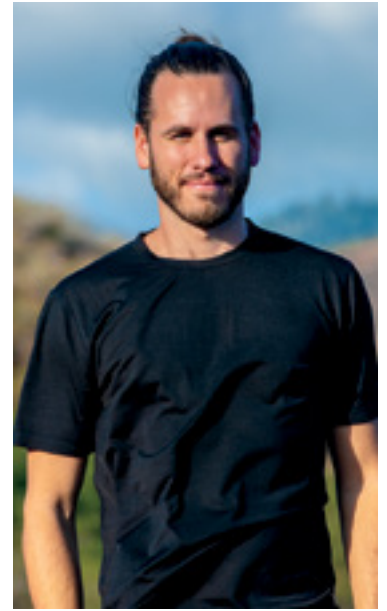
**What does mindfulness mean to you?** Cross-legged yogis and ancient gurus likely come to mind. Maybe a blissed-out bohemian luxuriating in the blankness of their thoughts.

You may be surprised to hear that mindfulness is what you make it.

Josh Ellis, founder of Maui Mindful Adventures, calls it “the curious and kind-hearted exploration of your experience.” He’s passionate about broadening people’s understanding of mindfulness and exploring it in unexpected ways.

“The misconception is that there’s one way to practice mindfulness – sitting on a cushion in the morning with a little bell with legs crossed. That’s not the only option,” he says. “That’s valuable. It’s a great way for people to start if that’s how they want to do it. But there are so many other ways to practice.”





Josh Ellis

*"Mindfulness isn't just something that you do on a cushion,  
mindfulness is a way of living your life."*

: Josh Ellis



## How it started

For Ellis, mindfulness has always been connected to nature.

Growing up, he took annual outdoor adventure trips with his uncle, who's a meditation teacher. During their trips, Ellis remembers asking big questions about life: Who am I? What's a good life and what does it look like? What does this all mean?

His uncle encouraged him to look for answers within himself and explore them together. "I've always been a curious person and he always had good answers," says Ellis. "I was always picking his brain, always asking questions."

Ellis didn't know it at the time, but this was his introduction to mindfulness.

Several years ago, Ellis helped his uncle open a meditation retreat center in Colorado, where he lived for almost a year. Inspired by the experience, he enrolled in a two-year training with renowned meditation teachers Jack Kornfield and Tara Brach and began teaching mindfulness himself.

## How it's going

Those childhood trips with his uncle became the model for Maui Mindful Adventures. The meetup group, which Ellis started two years ago, invites people to practice mindfulness outdoors.


The experience begins with a silent hike, during which Ellis leads a walking mindfulness practice. He invites hikers to pay close attention to what they're thinking, seeing, and feeling rather than pushing thoughts away. When they reach their destination, he leads the group in seated meditation. They

open their eyes to see the sun setting. On the way back, hikers are encouraged to connect and talk story.

"A lot of times when we're out in nature, we're just going through the motions and not really paying attention," he says. "But bringing that element of mindfulness in helps to take in the unbelievable beauty that we have around us."

Ellis is passionate about making mindfulness accessible to people who typically wouldn't be interested in it or able to practice. Meditation retreats and outdoor adventure trips can cost thousands of dollars. Maui Mindful Adventures allows Ellis to share his love of the outdoors and the transformative benefits of mindfulness for free. "It's so important that all the work we do on ourselves, we ultimately give back to the world," he says.

Ellis's mindful adventures are about connection. When we connect with nature and each other, he believes we find deeper connection to ourselves. That insight, compassion, and contentment ripples through all the facets of our lives.

"Mindfulness isn't just something that you do on a cushion," he says. "Mindfulness is a way of living your life." 



To learn how to make mindfulness a habit, visit [islandscene.com/more](https://islandscene.com/more).





# skin care tech at your fingertips


**words** Sarah Pacheco

**The future of skin care is here!** In recent years, there's been a boom in at-home devices meant to deliver age-defying or age-delaying treatments. What previously had been accessible only at a spa or required a trained professional to deliver is now available to the masses.

Prices and complexity of the tools can vary, from a \$12 gua sha stone to \$400-plus LED therapy masks.

Here is a small sample of some of the most-popular tools on the market.

- 1 Gua sha (pronounced "gwah shah") is a therapy technique designed to relieve tension in your face muscles, boost blood circulation, and encourage lymphatic drainage to banish bloat. Applying light, upward strokes with the smooth edges of the tool may help break up fascia, the connective tissue that hugs muscles but can sometimes interfere with circulation.
- 2 Ice rolling involves massaging your face with an ice-roller, which is a relatively simple gadget that looks like a mini paint roller. The practice is supposed to boost circulation, bringing blood to the skin's surface to restore radiance and encourage optimum cell function. An added benefit of ice rolling is that it may instantly reduce puffiness and redness, much like an ice pack can reduce swelling and bruising.
- 3 Dermaplaning, aka shaving your face, is believed to help slough off peach fuzz and dead skin cells, promoting new cell turnover and creating a smoother, more-even complexion. Like razors used for shaving, dermaplaning tools come in both manual and battery-powered models.
- 4 Sculpting bars deliver just what their name suggests – these tiny tools may help tone your facial muscles and reduce the appearance of "tech neck" lines caused by looking down at your phone 24/7. How? Gentle vibrations could give muscles a mini workout and help face cream penetrate deeper into the skin.
- 5 High-frequency facial toners deliver microcurrent technology and may help tone and tighten face muscles while reducing the appearance of fine lines and wrinkles. Because high-frequency technology increases oxygen flow to the face, these tools may also be good for treating acne.
- 6 LED light therapy was originally developed by NASA technology but adopted by the skin care community for its other-worldly potential to heal wounds and tame inflammation. Blue light frequencies can be used to treat acne, while red light is used for possible anti-aging effects. At-home devices like smart face masks, LED panels, and handheld wands are less powerful than the treatments you'd get at a dermatologist's office.

What other treatments will hit shelves this year remains to be seen. But from the wide range of possibilities now at our fingertips, it's clear the at-home skin care movement isn't slowing down. 

All these tools can be found at drug stores, beauty supply stores, or online. They're intended for cosmetic purposes only and don't require a prescription. They're not a benefit of HMSA plans. Please check with your primary care provider or dermatologist if you have questions about skin care.

*For questions about your HMSA plan benefits, please call the number on the back of your HMSA membership card or visit [hmsa.com](https://hmsa.com) and click Member Login.*

# The healing power of a healthy smile



Keeping your mouth healthy has a big impact on your total health, especially if you've been diagnosed with certain medical conditions, like diabetes and heart disease. HMSA's Oral Health for Total Health<sup>SM</sup> program provides additional dental services at no extra cost that can help manage these conditions.

Take advantage of the dental program that keeps you healthy and smiling.

To learn more visit [hmsadental.com/total-health](https://hmsadental.com/total-health)  
or call (808) 948-6440 or 1 (800) 792-4672.





## black magic

**words** Craig DeSilva



**C**harcoal is hot. And not just for the hibachi. You can find charcoal in everyday household products – from skin care to pillows and supplements. Even ice cream.

The charcoal in these products is different from the burnt mess left after a backyard barbecue. Activated charcoal is processed at a higher temperature and turned into a fine, odorless powder that can easily bind to substances.

Medical professionals use it for patients who've been poisoned or overdosed on drugs or alcohol. But its toxin-clearing properties have led to a marketing boom claiming all kinds of health benefits.

Activated charcoal is found in:

- Facial soaps and masks to remove dirt and toxins and soften skin.
- Deodorant to absorb moisture and odor.
- Pillows to regulate temperature for better sleep.
- Supplements to cure hangovers.

A light dusting of the black powder is also used in pancakes, breads, and lemonade.

Does activated charcoal live up to the hype? Although it makes for eye-catching social media posts, activated charcoal probably doesn't make your food healthier. Don't consume large quantities regularly since it can affect the effectiveness of some prescription medications. Talk to your doctor if you have concerns.

Charcoal beauty products are probably harmless and have gotten rave online reviews. Although items like charcoal toothpaste to whiten teeth may do the job, it probably doesn't work any better than a regular brand.

So, don't fret if all you got from Santa this Christmas was a lump of coal. He just wants you to stay current with what's trending now. **15**

# choking: a preventable tragedy

words Leslie A. Hayashi



My mother's face is covered with an oxygen mask, her snowy-white hair framed by a pillow. One minute she was talking and the next, a machine breathes for her. The doctor has been gentle with the news that she would not recover. "Take your time with your goodbyes," he tells our family.

Death is inevitable but she didn't have to die this way. Like my paternal grandmother years before, my 93-year-old mother would become another statistic of choking, a totally preventable death. In my mother's case, we were at a party when she choked on a piece of food. Friends immediately administered CPR and the paramedics revived her, but the stress was too much for her body.

Choking is the fourth leading cause of unintentional injury, with seniors making up almost half of those deaths.

The fact that it's preventable may also mean a measure of guilt for relatives. What could we have done to prevent this?

## Why do we choke?

Swallowing involves over 20 muscles, our brain, various nerves, and split-second coordination between two muscular valves. After we chew our food, our tongue pushes it back and then the food must go down the right "tube." One tube goes to the trachea or windpipe and to our lungs; the other to our stomach. Opening the passageway to our stomach while closing off the windpipe requires precise timing.




Sometimes food or liquids can go down the wrong tube when we eat too fast or laugh while eating. You should consult with your doctor if this happens regularly as you may have dysphagia, a swallowing disorder. Left untreated, it can cause pneumonia.

“However, true choking is when someone’s airway is completely blocked,” explains Jessica Barry, M.D., my mother’s geriatrician, “and no oxygen can get to the lungs. Some of the most common causes include taking too large of a bite of food, eating too fast, drinking alcohol while eating, or running while eating.”

The solution? “Thoroughly chew your food, drink nonalcoholic liquids between bites, and eat slowly,” she advises.

Children are also prone to choking. Once babies start crawling, they tend to pick up small nonfood items and swallow them. This includes coins, toys with small parts, and deflated balloons. Swallowing button-type batteries and magnets are especially life-threatening even if they don’t result in choking.

Now that I have my first grandchild, I chop everything into small pieces no larger than half an inch and insist she sit in her highchair when eating anything. And for those common foods that cause choking – grapes, hot dogs, and raw carrots – I mince them even smaller.

My family probably thinks I’m overdoing it. But I don’t want to lose another loved one. 



## Resources

If you have questions about choking, talk to your doctor or your child’s pediatrician.

For more information:

- [medlineplus.gov/choking](https://medlineplus.gov/choking)
- [hopkindsmedicine.org](https://hopkindsmedicine.org); search for “choking”



# It's OK to Get Help



Feeling overwhelmed? Burned out? Did the holiday season take a toll on you?

Talk with your primary care provider about your mental health concerns. Ask them to recommend a behavioral health care provider to support and guide you.

If you don't have a doctor, use HMSA's Online Care® to find a counselor, therapist, social worker, psychologist, or psychiatrist. Make an appointment to see them in the comfort and privacy of home using a smartphone, tablet, or computer.

Download the free Online Care mobile app or visit [hmsaonlinecare.com](https://hmsaonlinecare.com).



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.







## body myths

**words** Courtney Takabayashi  
**art** Garry Ono

See if you can separate fact from fiction when it comes to these body myths.

### **Yup or nope? Cracking your knuckles can lead to arthritis.**

**Nope.** When you crack your knuckles, you're suddenly stretching apart your finger bones. As a result, the space between your joints widens and an air bubble forms in the synovial fluid (the fluid that surrounds your joints). When the air bubble bursts, it makes a popping sound.

Even though cracking your knuckles may not lead to arthritis, studies have shown that it can lead to a weaker grip and hand swelling.

### **Yay or nay? If you're sweating, it means you're getting a good workout.**

**Not necessarily.** Sweating just means you're hot, so it's not a good way to tell if your workout is working. The amount you sweat has to do with different factors including genetics, weather, intensity of a workout, and whether you're hydrated.

### **True or false? You should tilt your head back when you have a nosebleed.**

**False.** Tilting your head back or lying down can actually be dangerous. It increases the chances of choking on blood or swallowing it. Instead

of tilting your head back, sit in a chair and keep your body and head upright. Pinch your nostrils gently and keep pressure on the sides of the nose for five to 10 minutes. When the bleeding stops, don't bend over or blow your nose.

Talk to your doctor if you have other symptoms such as dizziness, chest pain, headache, shortness of breath, or if your nose doesn't stop bleeding after 20 minutes.

### **Fact or fiction? Mosquitoes only bite certain people.**

**Fact.** It has to do with factors such as:

- **Blood type:** A study showed that those with type O blood were bitten by mosquitoes twice as much as those with type A. Type B fell somewhere in between.
- **Carbon dioxide:** Some mosquitoes use carbon dioxide to find a target. People who have a higher metabolic rate let out more carbon dioxide, attracting hungry mosquitoes.
- **Sweat and body temperature:** Some mosquitos can sense lactic acid, uric acid, ammonia, and other goodies found in our sweat. Plus, they're attracted to higher body temperatures so if you're exercising, hiking, or extra hot, watch out. [is](#)



# help before a hospital stay

**words** David Frickman

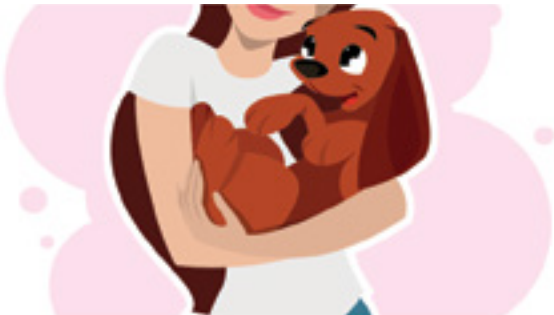
**Contemplating an upcoming hospital stay** can be overwhelming. There's so much to prepare for and think about, from gathering personal items to who'll take care of your children and pets.

If you have a family member or friend preparing for an extended hospital stay, there are a number of ways you can help to relieve some of their worries.

## Gathering the essentials

Help them gather items they may need for their stay, such as documents and medical records the hospital requested, list of medications, and the name and phone number of their primary care provider.

Also, make sure they have a bit of home with them, such as warm socks or a favorite blanket or sweater (hospitals can be cold!), toiletries, or pictures. (Check with the hospital to see what items they're allowed to bring.) To help them stay connected to the outside world, pack their phone, laptop or tablet, and charger. Arrange to video chat with them if you can't visit in person.



## Help at home

Ease their mind and offer to take care of their home while they're gone. That could include providing child care or taking care of pets. If needed, set up a rotating schedule so other family members and friends can also help.





## Thoughtful gestures

Let them know you're thinking of them as they prepare for their stay:

- Send a card with a special message.
- Give a gift card to a favorite restaurant or store (especially one where they can buy clothes or other items for their stay).
- Set up an online giving site to help them meet expenses.
- Arrange a virtual gathering so others can show support.
- Be creative; help them feel special before the big day.



## Preparing children for their stay

When the family member heading to the hospital is your child, talk to them in advance about what to expect. Be honest and answer any questions with age-appropriate information. You'll know how much they can handle and how to communicate it.

Make sure you pack gifts and items to help brighten their stay in the hospital. Favorite toys will help them feel more at ease.



## When they return home

When your loved one returns home from the hospital, they may not be ready to return to their normal routine. Prepare or pick up meals, do chores, run errands, and help any way you can.

Above all, just being there in support can make all the difference. Hanging out and talking story before they leave and when they return home may be the most important things you do for them. [is](#)

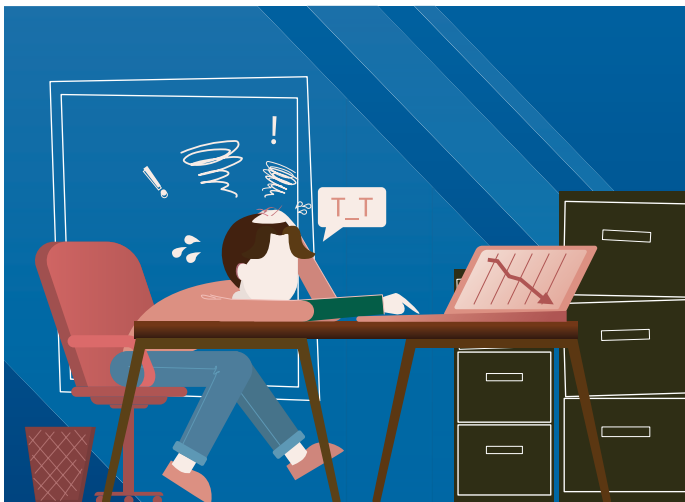
# health matters

## So matcha love

Matcha has become popular for its notable health benefits. While a cup of regular green tea is made with steeped leaves that are then discarded, matcha beverages are made with pulverized leaves.

This makes matcha a more potent source of nutrients. It's a good source of antioxidants called polyphenols, which have been tied to protection against heart disease and cancer. It can also help lower blood sugar and reduce blood pressure.

Keep in mind that a cup of matcha can contain 30 times more lead than a cup of green tea. Therefore, an independent testing lab recommends drinking no more than one cup daily and not serving it to kids. Please talk to your primary care provider if you have concerns.



## 4 ways to beat burnout

Job burnout involves physical or emotional exhaustion, a sense of reduced accomplishment, and loss of personal identity that can affect your mental and physical health.

Here are four ways to beat it and stay productive:

1. Get enough sleep to help improve your mood and protect your health.
2. Don't isolate yourself; seek support from your co-workers, friends, and loved ones.
3. Take regular breaks and schedule time for your favorite hobbies.
4. Add exercise to your daily routine to help deal with stress.



## A tool to track COVID-19 exposure

The Hawai'i Department of Health developed AlohaSafe Alert, a voluntary mobile application service that helps track COVID-19 exposure and slow its spread.

The app, which is available from the Apple App Store and Google Play, is marketed as private, free, and simple. The app uses Bluetooth to anonymously keep track of devices that you have been in close contact with in the past 14 days.

For more information, visit [alohasafealert.org](https://alohasafealert.org).

## Put down those ultraprocessed foods

A recent study on children and teens' diets found that most of their calories come from ultraprocessed foods. These foods have added sugar, salt, and unhealthy fats hidden in microwaveable meals, breakfast cereals, and packaged sweets and snacks.

A dietary shift to include more natural, whole foods can help improve your nutrient intake, reduce your risk of disease, and prevent unnecessary weight gain. It's a simple step toward better health that you and your family can take, one bite at a time.





# accordantcare: nurses on your side



EARL YOSHI

Michael Tan, R.N., helps patients with rare and complex conditions find the care they need.

It may seem like a little thing. But for one woman, a phone call made all the difference in the world.

Registered nurse Noelani Silva cares for a woman who has rheumatoid arthritis and respiratory problems. “When she walked, she would get really out of breath,” Silva says. “I asked her if she was using her inhaler and she said she was, but it wasn’t working. I asked her how she was using it and the way she explained it was just absolutely ineffective. So, I walked her through the proper use of an inhaler.

“I think sometimes people are given medications and we assume that they know how to use them. But when we get them on the phone, we can find out if it’s working for them.”

**words** David Frickman



AccordantCare provides personalized care for members with rheumatoid arthritis, hemophilia, and other rare conditions.



COURTESY NOELANI SILVA

Noelani Silva, R.N.

Silva works with AccordantCare™, a CVS Caremark® program that offers personalized care for members with rare and complex conditions. HMSA began its partnership with AccordantCare about two years ago to offer care for members with rheumatoid arthritis and hemophilia. Since then, AccordantCare has expanded its services to members who have any of 21

rare conditions. It's available at no additional cost to members who qualify.


Michael Tan, another AccordantCare nurse, helps care for a woman on a Neighbor Island who was having severe problems with her rheumatoid arthritis that were causing mental health issues. She was also having problems following up with her rheumatologist.

After consulting doctors and HMSA, "we were able to get her an appointment with a rheumatologist on O'ahu," Tan says. "We had to coordinate flights and COVID testing and transportation just to get her here. Getting her to that appointment was a great experience and I've been following her closely ever since."

AccordantCare's care management services include teams of registered nurses with specialized clinical training in these conditions. The nursing team develops close relationships with patients, assesses individual risks, and delivers interventions that support their doctor's care plan. AccordantCare nurses also facilitate communication and connection between their patients and doctors, specialists, and HMSA.

"We have registered nurses who make quarterly calls to members to see how they're doing and answer any questions they might have," says Melaca Cannella, an AccordantCare clinical adviser and registered nurse. Her passion for the program comes, in part, from her personal battle with a rare medical condition.

"I wish that this program was here when I was diagnosed, because I thought I was the only person in Hawai'i who had my condition," she says. "It's hard for someone living with a rare condition because people don't understand your life. So, having a nurse, especially an expert, who can talk to you and help you is just amazing.

"For me, this is personal, because I live with an autoimmune disease," Cannella says, "so I know what we need. And I believe this program can provide for those needs. So, anyone who's eligible should take advantage of it." 

*If you're interested in the program, please talk to your doctor. For more information, call HMSA at (808) 948-6372 or 1 (800) 776-4672, or call Accordant at (808) 254-4470.*

Accordant is an independent company providing nurse care management services on behalf of HMSA. Accordant Health Services LLC is a CVS Caremark® company. CVS Caremark® is an independent company providing pharmacy benefit management services on behalf of HMSA.

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Carmen L. Tsiopanas

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Elizabeth A. Wall



# more services on maui

**words** David Frickman



Anjali Ohri, M.D.

COURTESY STRAUB MEDICAL CENTER



BEVERLY NATIVIDAD

**The arrival of new health care options** is always a welcome sight on the Neighbor Islands. Now, there's a new option on Maui in the heart of Kahului.


Because of the need for more clinical services on Maui, HMSA and its subsidiary, Integrated Services Inc., partnered with Hawai'i Pacific Health to open the Straub Medical Center – Kahului Clinic. The center provides a permanent home for primary care services and cancer care services, with room for specialists in oncology, pediatric hemophilia, and pediatric nephrology, who will provide service on a rotating basis.

"We're expanding on the services that Maui needs," says Anjali Ohri, M.D. "At Hawai'i Pacific Health, we want to be available to our community and bring care to where our patients need it." Dr. Ohri is the primary care provider at the center. She's practiced on Maui since 2010 and spent about a year traveling to O'ahu to work part time before the center opened.

She will be partnering with Ian Okazaki, M.D., chief of medical oncology and hematology at Hawai'i Pacific Health Medical Group. Dr. Okazaki has been traveling to Maui twice a week since 2004 to provide cancer services to the people of Maui.

"When I started going to Maui, I recognized the need for primary care right off the bat," Dr. Ohri says. "As a member of the community, I saw the need for more primary care providers and wanted to help. The plan was that eventually I'd come to work at this clinic on Maui to provide this service."

The Kahului Clinic provides care in person and through telehealth. Dr. Ohri estimates that up to half of her patients use telehealth for their appointments or the MyChart app to communicate with her between appointments.

With the new space, more specialists will travel from O'ahu to deliver care at the Kahului Clinic. "Our plan is to slowly expand to meet the needs of Maui," she says. "Our plan is to be responsive to the needs of the community. We strive to provide high-quality, timely, patient-centered care." 

Straub Medical Center -  
Kahului Clinic  
33 Lono Ave., Suite 250  
Kahului, HI 96732  
Phone: (808) 873-0600

# for your benefit

## I spy with my healthy eyes: EyeMed

We're proud to announce that HMSA vision benefits are now administered through EyeMed Vision Care.

With EyeMed, HMSA vision plan members have:

- A broad network of vision care providers.
- More value with discounts and special offers in addition to your routine vision benefits.
- Access to top eyewear companies and online options for appliances such as Glasses.com, ContactsDirect.com, and more.
- Support from EyeMed's local customer care center.

EyeMed starts administering HMSA vision plans on Jan. 1, 2022. We've been working closely with them to ensure a smooth transition with no changes to your routine vision benefits.

To confirm if your provider is in the EyeMed network, go to [hmsa.com/eyemed](https://hmsa.com/eyemed).

For questions about your vision plan or EyeMed:

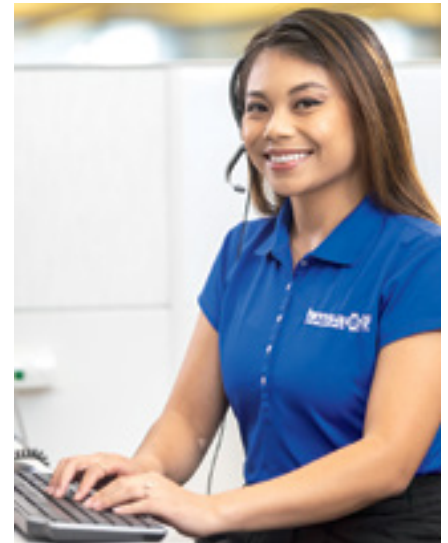
- Call (808) 948-6079 or 1 (800) 776-4672; TTY 711.
- Visit [hmsa.com/eyemed](https://hmsa.com/eyemed).



Eyeglasses and contact lenses are not a benefit of plan Fed 87. This transition to EyeMed doesn't apply to HMSA Medicare Advantage Premier and HMSA Akamai Advantage Dual Care (PPO SNP) plans, which don't have routine vision benefits. This transition won't impact medical vision benefits, such as Medicare-covered glaucoma screenings and eyeglasses after cataract surgery. HMSA will continue to administer these benefits.

EyeMed Vision Care is HMSA's vision benefits administrator providing network management. First American Administrators Inc. provides benefit management and claims processing services.

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



## HMSA centers open to assist you

It's hard to know what's open, closed, or modified these days, but HMSA is always available to help you. For the latest information on visiting our HMSA Centers, go to [hmsa.com/contact](https://hmsa.com/contact). We can also answer your HMSA plan questions over the phone; please call (808) 948-6079 or 1 (800) 776-4672. TTY users, call 711.

For your convenience, you can use [hmsa.com](https://hmsa.com) to request a duplicate HMSA membership card, see your claims and health plan details, access HMSA's Online Care®, and so much more. Just click Member Login on the homepage.

Mahalo for your understanding as we work to serve you while keeping our employees safe.

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

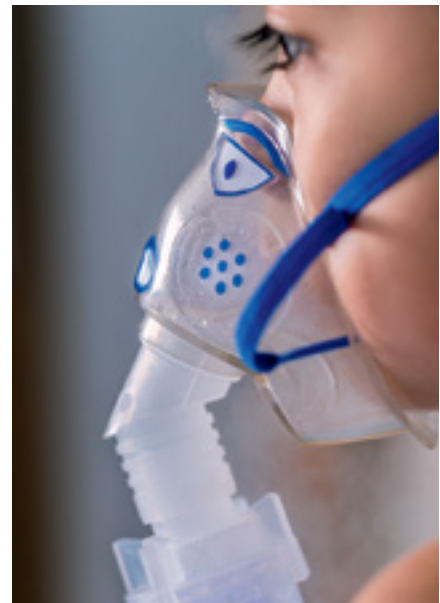
## Putting it all together

QUEST Integration members who have special health care needs or receive long-term services and supports can benefit from Health Coordination Services. This HMSA program reviews and implements all of the options and services members may need in their well-being journey.

Both children and adults may be eligible for Health Coordination Services, including children with autism and members who:

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

If you're a QUEST Integration member and think Health Coordination Services can help you or your family, talk to your primary care provider.



## happiness, you, and the stress review

We all want to be happy, but how do we achieve happiness with all the stress that life can bring? A new workshop called "Happiness, You, and the Stress Review" will equip you with ideas and strategies to reduce stress and increase your satisfaction with life.

This is just one of the workshops HMSA is offering online. These 60-minute workshops are a fun, interactive way to learn about fitness, nutrition, and other aspects of health and well-being that can impact your physical, emotional, and social health. HMSA members can participate in the workshops at no cost.

For information on upcoming workshops, see page 57. To learn more and register for a workshop, go to [hmsa.com/HealthEducation](https://hmsa.com/HealthEducation) or call 1 (855) 329-5461.







# donate your hair to a good cause

words Sarah Pacheco

**Are you craving a fresh hair style** in the new year? Have you been letting your locks grow for the past two years (because, you know ... )?

A trip to the hair salon may be just what you need. While you're enjoying this moment of self-care, consider that you could double your feel-good mood by donating your hair to a good cause.

Many salons partner with nonprofit organizations that create wigs to benefit those who have experienced long-term hair loss due to a medical condition. One of the most recognized charities is Locks of Love, a nonprofit that provides custom-made hair prosthetics to disadvantaged children for reasons such as alopecia, burn trauma, and cancer treatment

"Locks of Love donations help thousands of children all over the world," says Deanne Fee, a lead stylist at the Marsha Nadalin Salon & Spa in Honolulu.

Every hair donation organization has its own mission and demographic it serves. For example, Locks of Love, Children with Hair Loss, and Wigs for Kids focus on children, while Hair We Share makes wigs for people of all ages.

On average, it takes 10 to 12 ponytails to create one hair piece. However, Fee says she's had clients whose single donation has been enough to create an entire wig.

"Hawai'i residents seem to have the most hair in one individual haircut, probably because of all the ethnicities here. We call it 'hula hair!'" Fee laughs. "We have many clients and a lot of children who donate their hair to Locks of Love. We have many of the same clients who donate year after year. I have a couple of clients who have made it their lifetime goal to grow out their hair for Locks of Love."


Marsha Nadalin Salon & Spa has been a supporter of Locks of Love for 30 years and offers a 10% discount to those donating their hair.

Unsure if your hair will make the cut? Fee says Locks of Love accepts hair that's been dyed, professionally straightened, or permed. However, they can't accept bleached hair as the chemical interferes with the manufacturing process.

"Many people think their hair isn't long enough to donate. We need at least 8 inches of hair for a wig, but if the hair is too short, Locks of Love can use it for hair pieces or wiglets," Fee says.

To make the process even easier, many salons offer to send the hair donations directly to the charity.

"A lot of people like to send it themselves," Fee says. If you go this route, check the charity's website for how to send your donation and any other requirements.

"We will always be a part of Locks of Love – it's an awesome way to give something to kids that doesn't involve money or a lot of time," Fee says. "It's a selfless act of love. It's very personal and from the heart." 



Deanne Fee

To learn more about donating your hair, visit these websites:

- Children with Hair Loss: [childrenwithhairloss.us](http://childrenwithhairloss.us)
- Hair We Share: [hairweshare.org](http://hairweshare.org)
- Locks of Love: [locksoflove.org](http://locksoflove.org)
- Wigs for Kids: [wigsforkids.org](http://wigsforkids.org)



EAT WELL,  
MOVE MORE,  
LIVE LONGER



BROUGHT TO HAWAII BY:



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## open book

words Michelle Regan

Self-care is easier said than done. For many, caring for others comes easier than caring for ourselves. Lani Kwon, MA, RYT, is a Newfield Network and Dr. Robert Holder graduate. A transformative life coach who helps clients build more-fulfilling lives, she suggests change can start with a good book.



Lani Kwon (copowerment@icloud.com)

### ***A Year of Self-Care: Daily Practices and Inspiration for Caring for Yourself***

By Zoe Shaw, Psy.D.

Quick, thought-provoking, hands-on exercises that focus on positive thinking, self-love, and practical strategies to improve your life. There's one for each day of the year from Dr. Shaw, who's well known for her "Ask Dr. Zoe" column in the online women's magazine, *Grit and Grace Project*.



### ***Badass Habits: Cultivate the Awareness, Boundaries, and Daily Upgrades You Need to Make Them Stick***

By Jen Sincero

The *New York Times* bestselling author and success coach Sincero tackles the topic of habits and how they make or break us in this humorous, easy-to-read-and-apply book. The fourth book in her *Badass* series offers a fresh and enlightening perspective on how to break bad habits and cultivate the discipline and daily practices needed to create better ones that stick.

### ***Creating Your Best Life: The Ultimate Life List Guide***

By Caroline Adams Miller, MAPP, and Michael B. Frisch, Psy.D.

This comprehensive book on goal setting and fulfillment by positive psychology experts Miller and Dr. Frisch shows how happiness and success are interconnected. They provide interactive exercises to help readers identify their desires and guide them toward achieving them. This book touches on self-esteem, health, family, friendship, work, love and relationships, money, creativity and problem-solving, and more.

### ***Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind***

By Kristin Neff, Ph.D.

This excellent, well-researched book by Dr. Neff, a leading expert in compassion research and associate professor in educational psychology at the University of Texas at Austin, illustrates that self-compassion is not selfish or weak. Instead, it allows us to be better communicators and more compassionate in our personal and professional self-care and relationships.

### ***The Body is Not an Apology: The Power of Radical Self-Love***

By Sonia Renee Taylor

Radical self-love is about empowerment, which Taylor argues is the foundational tool for social justice and global transformation. How we feel about our bodies impacts our confidence, our overall health, how we interact with other people, and our personal and professional lives. This groundbreaking book will inspire and motivate you to create positive changes in your own life and the world.

# keiki corner

## Places of Hawai'i word search

Find and circle all the places found throughout the Hawaiian Islands. Be sure to look up, down, horizontal, and diagonal.

Aiea  
Anahola  
Eleele  
Hanalei  
Hoolehua

Kaanapali  
Kalaupapa  
Kaunakakai  
Koele

Lalakoa  
Makawao  
Mililani  
Nanakuli  
Nihole

Opihikao  
Pahoa  
Waianae  
Wailuku

Z M W I L U K A N A N L M Y O L T F M K  
W I K A S W P G D P A H O A O R F W O U  
S Q S Q I O U M X C E T B X E Q N I W X  
D U D D J A Z Y B C U F F Z K W V R A M  
I A K A K A N U A K W I B V A F F G M A  
J Z J P K J Z A H O O L E H U A B U O K  
V X C A L P J K E L W L G F M S S K V B  
L O U P O O Z Q E H Y S I S A K A H V M  
H Q Y U M I L I L A N I V O L L V B Y Y  
D U C A K A U Z K E I P A S A C Y X O Z  
A M V L F U W J K V U W E L P M Q K W P  
B Z G A U H U A E I A V U B A H C A S Q  
U G F K O A H J V K O P W L U M K N W F  
Z A X Q T N W V A A R I L A P A N A A K  
R W L N I A L M K C W P P V M N F H H K  
N T P L C L U I S F T J M B I O R O J O  
N I H O L E H N U P O R O D L M C L W E  
V S U U I I F Z C E L E E L E I H A J L  
J E J D P U D B F F P T Q F O V P X Q E  
V Q R O L O P X M V W A I L U K U R Z Z

# New year, new fun

Let's make 2022 an awesome year! Here are some New Year's goals that will help keep you on track to be happy, healthy, and productive.

- ☐ Choose one day a week to be screen-free.
- ☐ Dance at least five minutes a day.
- ☐ Draw a picture or write a story for a friend.
- ☐ Compliment someone at least once a week.
- ☐ Learn a few phrases in a different language and practice them with someone who knows the language.
- ☐ Try a new food every month.
- ☐ (Write your own) \_\_\_\_\_

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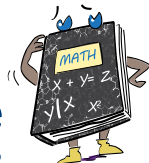


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## Riddles and giggles

Riddles are fun and good for your brain. They help us develop our critical thinking and problem-solving skills. See if you can figure out the answers to these riddles. Then, see if your friends and family can solve them, too!

What did the math textbook say to the guidance counselor?



"I'm full of problems."

What kind of music would a bunny play at their party?



Hip-hop!



Why should golfers always have extra pants?

In case they get a hole in one!



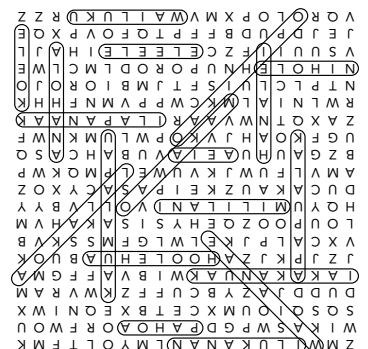
Why didn't the teddy bear want dessert?

She was stuffed!

What did the volcano say to its crush?



"I lava you!"







# open up and say "om"

**words** Sarah Pacheco

**photos** Lew Harrington

**food styling** Cedric Fujita

Nourish your body from the inside out with these spa-inspired recipes that feature clean, wholesome ingredients prepared with simplicity and ease in mind.

## Microgreens and Lentil Salad with Citrus Vinaigrette

Don't let their name mislead you – microgreens deliver big health benefits despite their small size. In fact, they may be more nutrient dense than their mature counterparts. Protein-rich lentils and a tart vinaigrette make this salad a balanced addition to any meal.

- 1 fennel bulb
- 4 radishes, thinly sliced
- 2 cups water
- 1 cup dried green lentils
- ½ tsp. salt
- 6 cups microgreens

### Vinaigrette

- ¼ cup lemon juice
- 2 Tbsp. orange juice
- 1 small shallot, minced
- ¼ cup Champagne vinegar
- ½ cup extra-virgin olive oil
- Salt and pepper to taste

Wash and trim fennel bulb. Cut in half lengthwise, then thinly slice crosswise. Place slices in a bowl with the radish slices and set aside.

Bring water, lentils, and salt to a boil in a saucepan over medium-high heat. Cover, reduce heat to low, and cook until just tender, about 20 minutes. Drain well. Cool 10 minutes and transfer to a bowl.

Combine vinaigrette ingredients in a small jar. Season with salt and pepper to taste. Tightly cover jar and shake well to blend.

Pour vinaigrette over lentils and mix. Spoon over microgreens and top with fennel and radish slices. Makes 6 servings.

Per serving: Calories 310, protein 9 g, carbohydrates 28 g, total fat 19 g, saturated fat 3 g, sodium 230 mg, fiber 10 g, total sugar 5 g



## Cucumber, Lavender, and Mint Spa Water

Nothing conjures up a sense of tranquility more than a glass of chilled infused water. Adding fresh fruits and herbs to water increases the likelihood that you'll drink your daily servings of H<sub>2</sub>O. We can all toast to that!

- 8 cups cold water (tap, filtered, sparkling, or spring water)
- 1 large cucumber, peeled and thinly sliced
- ¼ cup fresh mint leaves, torn, plus additional leaves for garnish
- 1 tsp. culinary lavender

Stir water and cucumber together in a large pitcher.

Put mint leaves and lavender in a tea ball, tea bag, or coffee filter. Tie off and submerge in pitcher. Cover and refrigerate at least 4 hours. The flavors will intensify the longer it sits.

Garnish with mint leaves.

Spa water will keep up to three days, but remove herbs. Makes 8 servings.

**Note:** You can buy culinary lavender online if you can't find it in the store. A little goes a long way, so don't use more than the recipe specifies. If you use too much, the water may taste like perfume.



Turn everyday ingredients into at-home spa treatments. Find the recipes on [islandscene.com/more](http://islandscene.com/more).





## Tea-poached Salmon

Soothing chamomile tea creates the base for an aromatic poaching liquid seasoned with other earthy flavors like garlic, ginger, green onion, and sesame. As the salmon cooks, it absorbs some of this broth, resulting in a satisfying, richly complex main course.

- 2 garlic cloves, thinly sliced
- 1 Tbsp. minced fresh ginger
- 2 stalks green onion, thinly sliced on the diagonal, plus more for garnish
- 5 cups water
- 5 chamomile tea bags
- 1 tsp. sesame oil
- 4 6-oz. skin-on salmon fillets
- Salt and pepper
- Lemon slices

Combine garlic, ginger, green onion, and water in a large, deep sauté pan. Bring to a boil over high heat. Reduce to low and simmer 10 minutes. Remove from heat, add tea bags to liquid, and steep 5 minutes.

Remove tea bags, add sesame oil, and return mixture to simmer over low heat.

Arrange salmon fillets in the sauté pan skin-side down. Add more water as needed to completely cover fish. Cover and cook 8 minutes or until fillets are opaque and firm. Gently transfer fillets to a plate or cutting board; remove and discard the skin.

Season salmon with salt and pepper to taste. Garnish with lemon slices and green onion. Makes 4 servings.

Per serving: Calories 350, protein 35 g, total fat 23 g, saturated fat 5 g, cholesterol 90 mg, sodium 390 mg





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**CLICK TO  
CONNECT,  
LEARN,  
AND GROW**

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Online health education workshops are available for all HMSA members.  
Here are some of the new workshops we're offering this year.

**808 Trail-ready:  
Hiking Safely in Hawaii**

Jan. 21, noon–1 p.m.  
Jan. 26, 5–6 p.m.

Are you interested in hitting the trails as a way to exercise, destress, and enjoy nature? In this session, we'll discuss ways to be prepared before you head out, such as knowing what clothes to wear, gear you should have in your pack, and local resources. Most importantly, we'll review how to avoid common mistakes that may put you in rescue situations.

**Make a Muscle**

Feb. 9, 5–6 p.m.  
Feb. 24, noon–1 p.m.

Did you know most of us have more than 600 skeletal muscles? While we typically know how to use them, we often neglect them, which can lead to muscle loss. In this workshop, we'll improve our understanding of how a strength-training routine can help muscles get larger and more useful. Along the way, we'll cover various types of muscle contractions and the importance of recovery in the muscle-building process.

**Happiness, You, and  
the Stress Review**

March 8, 5–6 p.m.  
March 24, noon–1 p.m.

We all want to be happy, but how do we achieve happiness with all the stress life can bring? This workshop will help you understand stress and how our bodies respond to it. You'll learn different coping skills and how to build resilience. Walk away with ideas and strategies to reduce stress and increase your satisfaction with life.

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](https://hmsa.com/HealthEducation) or call 1 (855) 329-5461.

# Important Information About Your Health Plan

## HMSA QUEST Integration Members

### HMSA doesn't discriminate

We comply with applicable federal civil rights laws. We don't discriminate, exclude people, or treat people differently because of:

- Race.
- Age.
- Color.
- Disability.
- National origin.
- Sex.

### Services that HMSA provides

To better communicate with people who have disabilities or whose primary language isn't English, HMSA provides free services such as:

- Sign language services.
- Information in other formats, such as large print, audio, and accessible digital formats.
- Language services and interpretation.
- Information written in other languages.

If you need these services, please call 1 (800) 440-0640 or TTY 1 (877) 447-5990.

### How to file a grievance or complaint

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

- Phone: 1 (800) 440-0640
- TTY: 1 (877) 447-5990
- Email: [Compliance\\_Ethics@hmsa.com](mailto: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](http://ocrportal.hhs.gov)
- Phone: 1 (800) 368-1019; TTY 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, D.C. 20201

For complaint forms, please go to [hhs.gov/ocr/office/file/index.html](http://hhs.gov/ocr/office/file/index.html).

**ATTENTION:** If you don't speak English, language assistance services, free of charge, are available to you. Call 1 (800) 440-0640. TTY: 1 (877) 447-5990.

**(‘Ōlelo Hawai‘i, Hawaiian) E NĀNĀ MAI:** Inā ho‘opuka ‘oe i ka ‘Ōlelo Hawai‘i, loa‘a ke kōkua manuahi iā ‘oe. E kelepona kāki ‘ole iā 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

**(Bisaya, Bisayan/Visayan) ATENSYON:** Kung Cebuano ang imong sinultihan, adunay magamit nga mga libreng serbisyo sa lengguwahe. Tawag sa 1 (800) 440-0640 walay-bayad (TTY: 1 (877) 447-5990).

**(繁體中文 Chinese)**

**Cantonese 注意:** 如果您講粵語，您可免費獲得語言協助服務。請致電免費電話 1 (800) 440-0640 (TTY: 1 (877) 447-5990)。

**Mandarin 注意:** 如果您講普通話，您可免費獲得語言協助服務。請致電免費電話 1 (800) 440-0640 (TTY: 1 (877) 447-5990)。

**(Deutsch, German) ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1 (800) 440-0640 gebührenfrei (TTY: 1 (877) 447-5990).

**(Français, French) ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro vert 1 (800) 440-0640 (ATS : 1 (877) 447-5990).

**(Ilokano, Ilocano) PAKDAAR:** No Ilocano, ti usaren a pagsasao yo, adda dagiti awan bayadna a serbisyo a tulong iti lengguahe a mabalinyo nga usaren. Tumawag iti 1 (800) 440-0640 awan bayadna (TTY: 1 (877) 447-5990).

**(日本語, Japanese) 注意事項:** 日本語での対応をご希望の場合は、言語支援サービス（無料）をご利用ください。1 (800) 440-0640 (TTY: 1 (877) 447-5990) までお電話にてご連絡ください。

**(한국어, Korean) 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (800) 440-0640 (TTY: 1 (877) 447-5990) 번으로 전화해 주십시오.

**(ພາສາລາວ, Laotian) ໂປດຊາບ:** ຖ້າວ່າ ທ່ານ ເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານ ພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ຄຸ້ມມືມືອມໃຫ້ທ່ານ. ໂທ 1 (800) 440-0640 ໂທພຣີ (TTY: 1 (877) 447-5990).

**(Kajin Majöl, Marshallese) LALE:** Elañe kwōj kōnono Kajin Majöl, kwomaroñ bōk jerbal in jipañ ikijen kajin eoam ejelōk wonen. Kirlok 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

**(Lokaiahn Pohnpei, Mahsen en Pohnpei/Micronesia) PAKAIR:** Ma ke kin lokaian Pohnpei, ke kak ale sawas ni sohte pweine. Kahlda nempe wet 1 (800) 440-0640 sohte pweipwei (Ong me sohte kin rong 1 (877) 447-5990).

**(Gagana Sāmoa, Samoan) MO LOU SILAFIA:** Afai e te tautala i le gagana Sāmoa, o lo'o iai 'au'aunaga tau gagana e lē totoigiina. Telefoni mai: 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

**(Español, Spanish) ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame a la línea gratuita 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

**(Tagalog, Filipino/Tagalog) PAUNAWA:** Kung nagsasalita kayo ng Tagalog, maaari kayong gumamit ng mga serbisyonang tulong sa wika nang walang bayad. Tumawag sa 1 (800) 440-0640 walang bayad (TTY: 1 (877) 447-5990).

**(Tonga, Tongan) FAKATOKANGA'i:** Kapau 'oku ke lea-fakatonga, te ke ma'u atu ha tokoni ta'etotongi mei he kau fakatonu lea. Telefoni mai 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

**(Foosun Chuuk, Trukese/Chuukese) NENENGENI:** Ika ke aia Foosun Chuukiwe ke tongeni tongeni tungoren om kopwe angei aninisin eman chon chialku, ese chok kamo. Kori 1 (800) 440-0640 (TTY: 1 (877) 447-5990).

**(Tiếng Việt, Vietnamese) CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1 (800) 440-0640 (TTY: 1 (877) 447-5990).





# ***The fight*** to maintain Hawaii's blood supply.

## **Hawaii needs your blood.**

It's easy to take for granted. But did you know that every day we need between **150 to 200 donors** to keep up our state's blood supply? This daunting statistic serves as a pivotal reminder that we all must step up for the health of our community.

## **Giving blood is an act of heroism.**

**Tia Lewis** is terrified of needles. But after beating COVID-19, Tia learned that her blood contained CCP, a plasma with the potential to greatly help other COVID-19 patients. So, she donated without hesitation, saying,

**"I would tell anyone considering donating that you're taking one hour of your day to potentially add years to the life of someone who needs it."**



## **It's safer and easier than ever to donate.**

Because of the COVID-19 pandemic, safety standards and sanitation protocols have been stricter than ever. And you're probably closer to a donation site than you may think. With Oahu locations on **Young St.** and **Dillingham Blvd.**, as well as in **Waikale** and **Windward Mall**, chances are you won't have to travel far to give blood. The bloodmobile is also coming to **Kapolei Commons in 2022**, making it convenient for West Side residents to step up for the community. And for those on the Neighbor Islands, there's always the opportunity to sign up for scheduled drives online.

## **Answer the call.**

You can step up for the community, and be a hero. All it takes is an hour of your time to potentially save three lives. Are you ready to make a difference?

Schedule an appointment today at **bbh.org** or call **(808) 848-4770**.



**Blood Bank of Hawaii**

A Public Service Announcement







# make it quick

Is this you? After a long day of work, you're at the supermarket. You're starving and have no idea what to buy or what to do with it. And if you were to eat another sandwich, you may very well scream in anguish.

You should have started your crock pot at 7 a.m. Just kidding.

## Make it simple

When it comes to preparing meals, "quick" goes hand-in-hand with "simple," which means minimal ingredients, zero prep time, and short cooking time.

We present a few recipes that are more like ideas and guidelines with no details such as measured ingredients.

That's because when you're in a hurry to get dinner on the table, you don't want to bother with measuring 2/3 cup chopped onion and sautéing it in two teaspoons olive oil for exactly five minutes. And when you're shopping, you don't need to despair if you can only find an 8-ounce package of spinach and cheese tortellini when the recipe calls for 16 ounces of mushroom ravioli.

Make your life a little easier in the new year. Channel your inner Bobby Flay and go with the flow. You'll be fine.

**words** Marlene Nakamoto

**photos** Lew Harrington

**food styling** Cedric Fujita

## Tortellini Florentine

- 1 box frozen chopped spinach
- Olive oil
- 2 garlic cloves, minced
- Water
- Salt
- Crushed red pepper
- 1 package refrigerated tortellini
- Shaved or grated Parmesan cheese

Unwrap spinach and place in microwave-safe dish. Microwave on high for 5 minutes (some icy chunks may still remain). In a medium skillet, heat a little olive oil over medium heat. Add garlic; cook and stir about 30 seconds. Add spinach, a splash of water, salt, and crushed red pepper. Cook, stirring constantly, until spinach is thawed completely and heated through. Cook tortellini according to package directions; drain. To serve, top spinach with tortellini. Drizzle with a little olive oil and sprinkle with Parmesan.

## Skillet Polenta

- Olive oil
- 1 zucchini, diced
- 1 Japanese eggplant, diced
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 tube prepared polenta, cubed
- 1 jar spaghetti sauce
- Grated or shredded cheese

In a large skillet, sauté vegetables in olive oil until tender. Add polenta and spaghetti sauce. Heat through, stirring gently. Top with cheese.





## Beef Stir-fry

Top sirloin or flank steak  
Vegetable oil  
Salt-free seasoning blend  
Small onion, thinly sliced  
Garlic, crushed or minced  
Ginger, crushed  
1 bunch baby bok choy  
or choy sum, sliced  
Green onion, chopped

Slice beef thinly across the grain. Heat oil in a large nonstick skillet over medium heat. Add salt-free seasoning blend and stir-fry about a minute. Add beef; cook and stir until beef is almost done (some pieces should still be pink). Add remaining ingredients and cook until vegetables are crisp-tender.

For an Oriental-style flavor, omit salt-free seasoning blend. When vegetables are added to the skillet, drizzle with oyster sauce and shoyu, then sprinkle with a little sugar and white pepper.





## Salsa Soup

- 1 pint fresh salsa
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 2 cans chicken broth
- Refrigerated fully cooked chicken breast strips, diced (optional)
- Tortilla chips
- Chopped cilantro
- Shredded cheese

Place first four ingredients in a medium saucepan over medium-high heat. Remove from heat just before it comes to a boil. Add diced chicken breast strips, if using. Coarsely crush a few tortilla chips into soup bowls. Ladle soup over chips and sprinkle with cilantro and cheese.





For a quick potato spinach frittata recipe, visit [islandscene.com/more](http://islandscene.com/more).

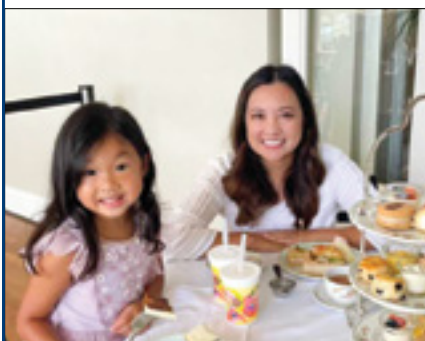
## #myislandscene



In this issue, we're highlighting our members' self-care routines. Self-care is the practice of preserving or improving your health and well-being. It can look like eating healthy, working out, meditating, taking a vacation, and more.

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.



Dr. Valerie Cacho loves spending quality time with her daughter, Ava Lee.



The Li family – Olivia and Ryan with their parents, Joscelyn and Alex – enjoys spending time outdoors.



Krystin Garcia catches sunsets on the beach on the beautiful island of Kaua'i.



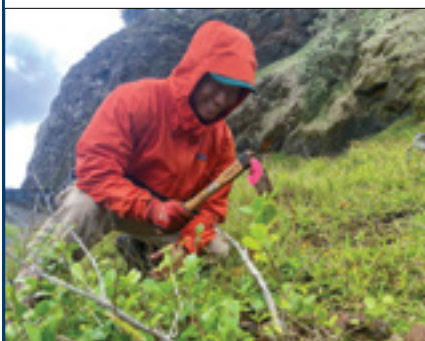
Ian Garcia relaxes after work by channeling his inner artist to make framed pinstriping art.



A very young HMSA member, Onyxx Ortiz, improves his well-being by taking naps.



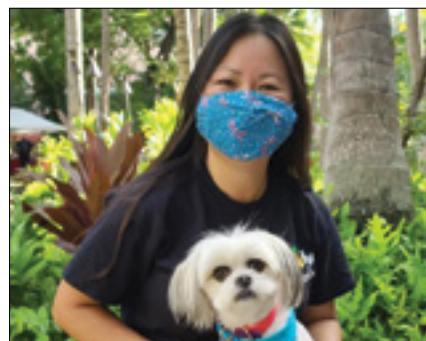
The Lawson family enjoys hiking together.



Brad Suenishi removes invasive weeds to make room for native plant seedlings near the Nu'uaniu Pali Lookout.



Johnny Reid, Danny Wang, Joey Manahan, and Ryan Tam (front row) enjoy working to beautify their community.



Natalie makes time to do what makes her happy, which includes spending time with and taking care of her Maltese Shi Tzu, Trixie.



Ulu pono | *To grow well*



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# Here with you



As we move toward a brighter future, HMSA is here to help you live your best life.

With HMSA, you can:

- Choose a plan that fits your lifestyle and needs.
- See a doctor in person, online, or after hours.
- Get the care you need at home or around the world.

When the only constant is change, HMSA is here with you.

For the good times. For the tough times. For lifetimes.

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