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ROMEO COLLADO



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COVER: Kumu Lily Marleen Uta'i.
Story on page 10 by Craig DeSilva.
Photo by Romeo Collado.

aloha members,



The COVID-19 pandemic has been tough on a lot of us, but it has been really tough on our local businesses. They had to figure out how to stay afloat financially, service customers in a different way, allow employees to work remotely, and create safety protocols (including vaccine mandates) to protect public health.

Now, as we hope to recover from the effects of the pandemic, especially on our economy, it's still tough on employers. Hawai'i's workforce and the priorities of that workforce continue to change, requiring a whole new operating model.

Frontline workers have had enough, tough jobs have become intolerable, lots of job openings can make it easier for some people to change jobs, there's been a generational shift in attitudes toward work (including demands for more flexibility), many employees have reevaluated their priorities, and pandemic relief programs have given many employees some financial freedom.

The result? It's been hard for employers to find the workforce that they need to recover.

But they are rising to the challenge. Big and small, from mom and pop restaurants and pop-up retail stands on the beach to the big local banks and Hawaiian Airlines, they are bouncing back. The resilience that they have shown during these difficult times is inspiring.

In this day and age, resilience is not just perseverance. With the environment and external demands changing so rapidly around us, it's also adaptability, agility, ingenuity, innovation, and determination that make a company, or a person, resilient.

It's what makes our nation, our state, our community strong, sustainable, and successful.

In this issue, we celebrate the resilience of employers. It is the American way.

Sincerely,

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

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

When life feels like it's all work
and no play ...



Read stories of HMSA members doing what they love at
islandscene.com/more.

dear friends,

Spring is traditionally a time of rebirth and renewal. It feels like that's more important this year than ever before due to the COVID-19 pandemic. Here's to new beginnings and coming back stronger than before.

One of the things I let slide during the pandemic was my fitness routine. At first, I took advantage of having more time at home and jumped into a variety of fitness videos. After keeping at it for several months and seeing results, I let it slide. Although dealing with the pandemic made me want to spend hours embracing my couch-potatiness, exercise actually would have helped me manage pandemic stress better. Ironic, yeah?

I'm also blaming the two kittens we got in June, Nova and Comet, who like to wake me at 4 a.m. to see if it's time for breakfast (it's not). I was normally an early morning exerciser, but they made it hard to find the energy.

So, excuses aside, today is always a good day to get back on track. Whether you're on track or looking



Nova (left) and Comet

for inspiration, I hope this issue can help. We have a range of fitness-related topics for you, such as:

- Traditional Hawaiian 'ulu maika by David Frickman on page 24.
- Fitness myths in our "For Real?" column by Robyn Kuraoka on page 27.
- The "Trending Now" column on home gyms by Craig DeSilva on page 32.

And if all that physical activity makes you hungry, check out healthy Instant Pot recipes and recipes from employers featured in this issue in our Eat Well section starting on page 56.

Congrats on a fresh start. Let's keep it up!

As always, thanks for reading and take care,

A handwritten signature in black ink that reads 'Lisa'.

Lisa Maneki Baxa
Publisher and Editor

around the 808

kaua'i

Something's bugging Kaua'i coffee

Kona is known worldwide for its coffee. But did you know that Kaua'i is home to the largest coffee plantation in the U.S.?



Coffee plants help keep the Garden Isle green where sugar once grew. But the coffee berry borer, a small beetle that drills holes in coffee berries to lay eggs, has been spreading throughout the island. Coffee leaf rust, a pale-yellow fungus on leaves, is also causing problems. These pests started taking hold on some of the other islands and have now made their way to Kaua'i.

But don't worry about not getting your cup of joe. The Hawai'i Department of Agriculture, University of Hawai'i, and Kaua'i Invasive Species Committee are working together to help farmers manage these pests. After all, brewed local coffee is one of the best parts of waking up.

Help for youth in crisis

There's a movement afoot to help teens on Kaua'i who are struggling to navigate life's challenges.

According to the 2019 Youth Risk Behavior Survey conducted by The Kaua'i Resilience Project, 11% of public high school students on Kaua'i reported having attempted suicide in 2019. The Kaua'i Resilience Project wants to reduce suicide and suicide attempts and is seeking adults who are willing to work with teens regularly.

"We want to increase public awareness and engage the public, parents, and families about helping kids build resilience," says Alice Luck, CEO and president of Kaua'i Planning & Action Alliance, which coordinates The Kaua'i



Resilience Project. With the support of caring adults, "we can help mitigate kids' risk factors so when they experience adversity, they don't fall into a mental crisis."

To find out more about The Kaua'i Resilience Project or get ideas on how you can help the youth on Kaua'i, visit linktr.ee/Keiki2Career or kauaiskidsareyourkids.org, or call (808) 632-2005.

If you or someone you know needs help, text ALOHA to 741741.

big island

Have you tried "vegan lobster"?

Hearts of palm are grown on the slopes of Mauna Loa and can be a delicious addition to salads, stews, and even chilis. "Sushi chefs love it," says McKenzie Wildey of the Puna Gardens company, "because they can include it in sushi rolls as a substitute for scallops or lobster or use it for tempura."

The hearts are a source of protein, fiber, vitamin C, and minerals, and the plants thrive in tropical climates. They're crunchy raw or can be boiled for five to 10 minutes for a soft texture.

The next time you're on the Big Island, visit Hawai'i Farm-to-Car, an online farmers market for Big Island farmers, and pick up some hearts.



Aren Worley works with hearts of palm.

maui, moloka'i, and lāna'i

Caring for Moloka'i's health

Ka Hana Pono, or Molokai Community Health Center, is the only federally qualified health center on Moloka'i. Offering comprehensive medical, dental, behavioral health care, and social services, the health center works to fulfill their mission "to provide and promote accessible comprehensive individual and community health care to the people of Moloka'i with respect and aloha."

Through a partnership with Ho'okele Health, HMSA, and others, Ka Hana Pono now offers nonemergency medical transportation to help eligible patients and others travel to their health care appointments.

To learn more, call (808) 553-5038 or visit molokaichc.org.



Sweet history

It's mind-boggling to think how much of Hawai'i's culture, food, language, and ethnic diversity are the result of the sugar industry. Find out how much you don't know at the Alexander & Baldwin Sugar Museum in Pu'unēnē. The

museum, a 501(c)(3) organization, houses an extensive collection of artifacts, photos, and documents about the history and heritage of plantation life and work on Maui.

In 2020, the museum adapted its 30-year-old education program to a virtual format to continue serving Maui students during the pandemic.

Wear a mask and visit the museum Monday to Thursday, 10 a.m. to 2 p.m. (last admission is at 1 p.m.). Free admission for kama'āina with a valid Hawai'i ID; \$7 or less for others. Make a reservation (required) at sugarmuseum.com. Call (808) 871-8058 for information.



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.



A paycheck is an important part of any job. But job satisfaction can be more than a salary. Here are three employees who chose career paths that give them a sense of fulfillment and purpose to make a difference in their communities. Work is part of who they are and the values they hold near and dear to their hearts.

nonprofit satisfaction

words Craig DeSilva

photos Romeo Collado



Lily Marleen Uta'i teaches her students about kalo farming at Ho'okua'āina.



#livingherblessedlife

For Kumu Lily Marleen Uta'i, teaching at Mālama Honua Public Charter School in Waimānalo has been a cultural awakening. "Teaching here grounds me physically, emotionally, and spiritually. It's the 'medicine' that gives me strength to do my kuleana as a kumu."

Uta'i connects with local cultural groups to learn traditional Hawaiian practices and restoration projects. And the doors of opportunities continue to open for her. The understanding of Hawai'i she receives is transferred to her students. "When my students share their knowledge with their 'ohana, the foundation starts to build," she says. "Building community is not about taking. It's about emptying ourselves and being present in the work, because what comes after is an unforgettable journey."

Although Uta'i has taught in California and other areas on O'ahu, she feels that her calling and kuleana has always led her paths back to Waimānalo. "My no'eau is here," she says. "I'm privileged and blessed that my feet are planted and grounded here in the lands and sands of my birth. I live a blessed life because I do what I love where I'm loved. This is my lifetime hashtag – living my blessed life."

Nature calls

Ryan Chang didn't know what he wanted to do after graduating from Lutheran High School in Honolulu. He attended community college only to realize that school wasn't for him.

Then he started hiking with friends and discovered his calling to be outdoors. He learned about Hawai'i's endangered native flora and fauna and the importance of protecting them.

"People are becoming more aware of what's in their backyards and how losing native plants has a domino effect on animals and the health of our forests and drinking water," he says. "There's no money to be made in conservation, but you can't put a value on saving a species from extinction."

As a field technician for the O'ahu Invasive Species Committee, Chang rappels to remote areas to survey the dangers that invasive plants like miconia and strawberry guava have on native forests.

Although the job can be dangerous, Chang believes it's worth the risk. "Every species deserves a chance to live," he says. "It's a dire situation, but I have hope."



Ryan Chang investigates plants along a ridgeline in East O'ahu.





Louise Keali'iloma King Lanzilotti in the Hawai'i Public Radio studio


music hostess with the mostest

As a teenager, Louise Keali'iloma King Lanzilotti went on a family trip to India where she marveled in the grandeur of the Taj Mahal. But it was the poverty she saw on the streets of New Delhi that left a lasting impression.

"That's when I decided that I didn't need to make a lot of money," she says. "My family wasn't rich, but compared with those people in India, I felt I had nothing to complain about. I already had enough."

Lanzilotti got a degree in classical music and started conducting and teaching arts education at public schools in low-income neighborhoods in Philadelphia. "I was blessed with parents who told me to follow what I loved," she says.

When she returned home to Honolulu, she held positions as curator of education at The Contemporary Museum and managing director at Honolulu Theatre for Youth. One of her proudest moments was bringing the international music teaching program, El Sistema, to underserved youths in low-income housing communities.

Lanzilotti currently hosts *Classical Pacific* and *Kanikapila Sunday* on Hawai'i Public Radio. "The arts and music speak to us about empathy, communion, and beauty," she says. "It's part of the human experience and helps us to better understand each other." 



Read about Tehani Kaalekahi, executive director of Sust 'āina ble Moloka'i, at islandscene.com/more.





company women

words Michelle Regan

photo Romeo Collado

Lori Silva grew up Hawaiian. She started dancing hula when she was 5 years old. Her family pounded their own poi. Her grandmother was a Native Hawaiian activist and practiced lā'au lapa'au, or Hawaiian medicine. When she got a sunburn, she got slathered in aloe and was sent outside to dry off. This was all she knew.

"When I was with my grandmother and we'd be on the beach doing things with plants, I just thought 'Oh, everybody does this. It's normal,'" says Silva. "Come to find out, it's not."

Today, Silva owns her own body care business, Napua'ala. Her products are aloe-based and smell like the Hawaiian plants she grew up with. "It was something that I was passionate about," she says. "It just came together, and I came up with this business. It was second nature."

Planting the seed

Silva worked hard to lay the groundwork for her business. She put herself through beauty school, where she studied chemistry, and started her career as a hairdresser while working part time and raising her kids.

When she moved to the Mainland, she couldn't find her favorite scent, pikake, so she decided to make it

herself. She spent five years developing an authentic pikake scent. Then it took her 18 years and a move back home to launch her business.

Silva knew the chemistry, the plants, the skin care. When it came to sales, she was doing craft fairs and festivals like Made in Hawaii and Merrie Monarch. She knew she needed to do more, but what was next?

"I didn't know that there were places you could go to get money for your capital, to scale. I didn't even know what 'upscale' meant," she says. "You could take a person like me who went to beauty school. But the business side wasn't my strength, I just needed some help to figure out the ins and outs of running a business."

All photos below courtesy of YWCA. From left, clockwise: The Enterprising Women of Color Business Center celebrates its opening, the center receives recognition from the governor, a staff member consults with a client



Taking care of business

Silva connected with YWCA's Minority Business Development Agency Enterprising Women of Color Business Center through the Council for Native Hawaiian Advancement. The resource center provides free classes and counseling in business analysis, finance, marketing, and SWOT (strengths, weaknesses, opportunities, and threats) to anyone who comes through their doors.

"That's what they do," says Silva. "They help people like me who have no clue what to do or what steps to take next."

The center's mission is to help minority women business owners find ways to grow. "We have been privileged to assist women entrepreneurs like Lori – who represents where there is a will, there is a way – in establishing and growing a business," says Marla Momi Musick, center director. "Historically, minority women in particular have had a steeper mountain to climb, particularly when trying to access capital."

Despite common barriers like lack of funding, limited business networks, and lack of confidence, 44,000 businesses statewide are majority-women-owned. "Recent research has confirmed that only 2% of all venture capital funding is awarded to women-owned businesses," says Musick. "The center is focused on ensuring minority women-owned businesses can increase their competitive edge. We help our

clients navigate our own and other community resources and opportunities to position them for growth."

The center provided a neutral and confidential sounding board to help more than 3,300 clients learn how to refine and expand their businesses through accounting, marketing, insurance and bonds, human resources, legal, exporting, e-commerce, and more in their first year.

Silva completed the center's certification program, which made her one of fewer than 30 certified Women-owned Small Businesses in Hawai'i. The certification allows her to compete for government contracts that are set aside for women-owned, veteran-owned, service-disabled veteran-owned, and minority-owned businesses. She was also certified as a Women Business Enterprise, which allows her to compete for corporate contracts set aside for women-owned businesses.

"It's women helping women, people helping people," Silva says. 

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is the **year**
I make 65 just
another number.



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employers supporting employees

What does it take to attract and retain top talent in the 21st-century workplace? Benefits that support professional and personal well-being. Think incentives like mentorship opportunities, companywide fitness challenges, gratitude programs, and even pet insurance.

Here, two Hawai'i companies share some of the ways they're nurturing happier, healthier employees and how that results in a better customer experience.



American Savings Bank

After nearly a century of serving the Hawai'i community, American Savings Bank has learned that the greatest investment businesses can make is in their employees – or teammates, as the bank refers to them.

"Every one of our 1,100 teammates is a valuable member of the American Savings Bank Dream Team. We're committed to helping them live their best lives inside and outside of work," says Beth Whitehead, executive vice president and chief administrative officer at American Savings Bank.

In addition to robust and affordable health plan benefits, the bank provides "out-of-the-cubicle" incentives that team members imagined.

"Many of our most-popular perks, such as weekly paydays and our casual dress code, came from teammate suggestions," Whitehead says. "We care about our teammates' health and well-being."

Other unique employee benefits include:

- A birthday holiday for teammates to celebrate their special day.
- Keiki leave and 'ohana personal time off.
- Health insurance for pets.
- An award-winning LifeBalance program to help team members stay active and connected through fitness resources.
- Seeds of Service teammate volunteer program.
- Free financial education and resources.
- Leadership development, career advancement, networking, and mentoring opportunities.

"We're committed to creating a culture in which people want to come to work, feel empowered and supported to live their best life, and are inspired to help make our customers' dreams possible," Whitehead says. "We know that if our teammates are fulfilled, they'll be able to provide a better experience for our customers."



Adventist Health Castle

Providers aren't the only ones making rounds at Adventist Health Castle. Executives at the Kailua hospital have been showing their appreciation to the more than 1,200 employees and medical staff (or associates, as Adventist Health Castle calls them) by delivering grab-n-go meals.

The food is based on themes – such as Mexican breakfast burritos one week, Chinese food for Lunar New Year, and healthy desserts for Valentine's Day. It's their way of saying "job well done" to the doctors, nurses, other providers, and office staff.

Executives and peers also express their gratitude in Adventist Health Castle's spiritual care and employee well-being program by mailing handwritten thank-you cards to employees' homes. In the Cheers for Peers program, employees nominate co-workers for exemplifying good health and well-being. Their names are put into a weekly drawing for a gift card to a local shop or restaurant.

"These gestures of gratitude show who we are and how we work together," says Tracie Ann Tam Tjapkes, director of associate well-being.

The community has also been showing their appreciation and support to the staff throughout the pandemic. The outpouring of cards from students and coffee, treats, meals, and even a flower flash surprise on Valentine's Day have touched the hearts of the staff.

"It's very uplifting, especially during a time when our health care workers are being stretched to the limit from the pandemic," says Tjapkes.

Last year, they participated in a 28-day challenge to achieve Blue Zones Project® Power 9® principles of living well. Winners received Dan Buettner's latest Blue Zones Project book for reaching goals, such as:

- Eating more plant-based meals.
- Walking with a co-worker to move more.
- Connecting with a family member.
- Joining a church group or volunteering for a food drive.

"Our health care workers already give a lot of themselves to care for patients," says Tjapkes. "To see them go the extra distance volunteering their time and donating to the community speaks volumes about their sense of purpose. And when we have purpose, we have hope." ¹⁵

life out west

words Courtney Takabayashi

photos Rae Huo



From left, Jesse Mikasobe-Kealiinohomoku, Kealani Cook, and Robyn Tasaka

The University of Hawai'i–West O'ahu was established in 1976 to provide accessible, affordable higher education to Leeward Coast residents and beyond. But for Kealani Cook, Ph.D.; Robyn Tasaka, Ph.D.; and Jesse Mikasobe-Kealiinohomoku, UH West O'ahu is so much more than a school. It's a place where they can do what they love, help others, and make a difference.

The relatable professor

A common perception of a college professor, especially for local kids, is someone who's much older, probably not local, and most of all, out of touch. Cook, associate professor of history at UH West O'ahu, is none of these things. He's in his 40s, originally from Waimea on the Big Island, and can relate to his students. He's passionate about his job, focusing mostly on Hawaiian and Pacific history. "I get to tell stories and read for a living," Cook says.

Working at UH West O'ahu, Cook appreciates the flexibility he has with his work schedule. "I do what I love, have time for my family, and can take care of my health," he says. "It's a good work-life balance." When Cook compares stories with colleagues on the Mainland, it becomes clear that he has a lot to be grateful for at UH West O'ahu.

"Our students don't view us as customer service, they're actually here to learn," he says. He also appreciates that the university was proactive at the beginning of the pandemic. "They supported us and kept everyone safe by moving classes online and shutting down the campus." To Cook, UH West O'ahu didn't just say that safety was a priority, they acted on it.





Student-centric support

Robyn Tasaka also appreciates the way the university handled the pandemic. “The flexibility they gave us was crucial in keeping everyone safe,” she says. As the tutor coordinator in No’eau Center, the learning center on campus, Tasaka works with a variety of students throughout the university.

“I suppose it’s a cliché, but I really do love our students,” she says. “They’re very down-to-earth.” She’s also grateful for her co-workers in the student affairs department. “I’ve spent most of my life thinking academics is the most important thing in life,” Tasaka says. “Since coming to West O’ahu, my colleagues have helped me to think more holistically, to understand the value of emotional connections and relationships with one another and with students.”


Since the university is relatively small compared with schools on the Mainland or even UH Mānoa, Tasaka is able to get to know the students in different capacities. “They may come in for tutoring, work on campus, or I may see them at campus events,” Tasaka says. “There are students I’ve met during their freshman orientation or on a campus tour and then I see them all the way through until they’re walking across the stage at commencement!” It’s rewarding for Tasaka to see the students grow during their time at UH West O’ahu.

A leader in the making

Jesse Mikasobe-Kealiinohomoku decided to attend UH West O'ahu because they offered a major in sustainable community food systems. "Ecological well-being is so important and so vital for the people of Hawai'i and the land," he says. "I want to create systemic change and, through my education at West O'ahu, I can make it happen."

Mikasobe-Kealiinohomoku is also majoring in political science and while a double major means double the work, he sees it as double the value. "The sustainable community food systems and poly sci majors complement each other," he says. "Bigger change happens on a political level and that's where I want to be."

Mikasobe-Kealiinohomoku has the opportunity to practice his leadership skills and nurture his passion for sustainability in his role as president of the UH West O'ahu Aloha 'Āina Student Service Club. The club helps to maintain the organic garden on campus. "We grow fresh, chemical-free produce for students and faculty," he says. "The garden is also a place where I can unwind after my classes. It provides a space to apply what I learned in the classroom."

As club president, Mikasobe-Kealiinohomoku leads members in creating a culture of civic engagement, generating positive social change, and encouraging a lifelong dedication to the land. His favorite aspect of serving as club president is bringing people together to support each other and appreciate everyone's individual qualities. "I'm so thankful for the opportunities that UH West O'ahu offers," Mikasobe-Kealiinohomoku says. "And I appreciate the school's 'ohana vibe." 

For more information about UH West O'ahu, visit westoahu.hawaii.edu or call (808) 689-2800.







rebirth of 'ulu maika

words David Frickman
photos Earl Yoshii

It's a game that many Hawaiians remember playing as children. But its past and present reveal a larger purpose.

In ancient Hawai'i, 'ulu maika was a traditional stone disc-rolling game. Its beginnings likely came well before the 18th century when the first-known written history of the sport was recorded. Players used either disc-shaped stones (maika) or half-ripe breadfruit ('ulu) and rolled them down a long path as far and straight as they could.

'Ulu maika is one of the games played during Makahiki, when communities gather to feast and play games. Makahiki starts in late October or early November and lasts for four months.

"The benefits of 'ulu maika are a connection to the land and a connection to the past," says Cedric Akau, M.D., physical medicine, rehab, and sports medicine specialist at Straub Medical Center. "It's not only physical, but it's emotional and should be an uplifting thing and a source of pride."



The Kuamoo family enjoys a game of 'ulu maika at the Bishop Museum in Kalihi. Players roll a disc-shaped block of wood or stone (maika) as far as they can between two posts.

“You have science, you have culture, you have physical, and you have health.”

Historians point to the influence of missionaries for the decline of 'ulu maika in the 19th century. Missionaries discouraged activities that involved gambling (as sports did at the time) and these sports faded away. Many of them later saw a renewal, but the popularity of modern-day bowling among Hawaiians in the 19th and 20th centuries kept 'ulu maika from seeing the same rebirth.

Until now. Today, players use disc-shaped 'ulu maika made of stone or wood or use bocce balls and roll them down a two- to three-foot-wide path marked with tent pegs or other markers. The player who rolls it the farthest while staying within the pegs wins.

As with bowling, doing well in 'ulu maika takes “not just strong arms,” says Dr. Akau. “Having balance on your two feet, core and extremity strength, and eye-hand coordination are all part of what makes a person good at throwing.

“Strength, balance, and eye-hand coordination all mean that the kinetic chain of the body is moving together as one. It’s a multisystem requirement of the body.”



The sport of 'ulu maika dates back centuries. It lost popularity in the 19th century when missionaries discouraged participation because of its connection to gambling at the time.




'Ulu maika has been played at the Bishop Museum for decades.

Dr. Akau recognizes that 'ulu maika and other games weren't just frivolous activities for native Hawaiians. He says they were well designed and served a purpose.

“In Hawaiian culture, it was not only the action and the physicality and the emotion and the cultural perspective, but there was a lot of science involved. Acceleration. Force. Power. Trajectory. A lot of the physics involved in the athletic aspects were honed in on. Hawaiians are very good scientists.”

Which is what makes learning about these games perfect for today's student curriculum. “You can make it fun for kids,” says Dr. Akau. “You have science, you have culture, you have physical, and you have health.”

He says the curriculum in elementary school should include more than just how to play the sport, “but what it means during the time of Makahiki: Regrowth, rejuvenation, teamwork, sportsmanship, and a friendly rivalry while supporting each other. Hawaiian culture reaches across all cultures.

“That would be my dream. To see 'ulu maika and the other sports continue to burgeon at least at the elementary school level.” 

fitness facts



words Robyn Kuraoka
art Garry Ono

Remember back in elementary school, right before PE, everyone would do arm circles, side to sides, and picking pineapples? Doesn't matter if you called them something else. We were all taught at an early age that it's important to stretch before exercising.

Turns out this is true. According to stretching guidelines from the American College of Sports Medicine, daily stretching is most effective. Aim for at least two to three times a week.

See other fitness info below and see if you can tell what's true and what's not.

True or false: No pain, no gain.

False. While it's natural to feel pain after exercising muscles that haven't been used in a while, a lack of pain doesn't mean that your exercise wasn't productive. It's important to listen to your body. Pain is your body's way of telling you that something's wrong. If you're feeling sharp or extreme pain, stop what you're doing and talk to your doctor.

Fact or fiction: Running on a treadmill is better for your knees than asphalt.

Fiction. It's actually the force of your body weight, not the running surface, that puts stress on your joints. Running on a treadmill and running on asphalt can both be hard on your knees. Instead, vary your workout. Try an elliptical machine, riding a bike, or speed walking to lessen the impact.

Yes or no: Workout machines are better than free weights.

Sometimes. Weight machines are a good option for beginners. They reduce the risk of injury because they're built to encourage proper form. As you become more adept at using weight machines, try free weights to target different muscles. No matter what you're using to exercise, it's important to practice proper form to maximize your workout and prevent injury.

For real or not: Building muscle can make you slimmer.

For real. Building muscle can help slim you down. According to the Mayo Clinic, that's because muscle tissue burns more calories than fat tissue. In fact, any extra movement helps to burn calories. Even activities such as cleaning house, doing yardwork, and washing your car.



cancer treatment warriors

words Craig DeSilva

photo-illustration Garry Ono

Hawai'i is moving forward in the war against cancer. In the last decade, there have been great advances in cancer care and treatment that have helped save lives. Those gains have been partly due to clinical trials at the University of Hawai'i Cancer Center.

"Much of the lifesaving care patients receive today is thanks to clinical trials that happened 10 years ago," says Tripit Reevesman, UH Cancer Center's Clinical Trials Office administrator. "Similarly, the research we do today will benefit patients 10 years from now."

Trials involve people who have or had cancer, caregivers, and providers in the areas of breast, lung, prostate, and colon cancers. Past trials have provided women with the options of chemotherapy and anti-estrogen therapy following breast cancer surgery, which have helped increase their chances of survival. Women also had the option of undergoing a less-invasive lumpectomy or radiation.

"Clinical trials probably helped save my life. Now it's my turn to give back and help other patients have the same lifesaving treatments."


: Sharleen Anderson

"Cancer impacts almost all of us, whether as a patient or someone who's lost a loved one from the disease," says Reevesman. "So, we all need to work together to win this war."

The UH Cancer Center is looking for clinical trial participants. People with cancer can ask their doctors about a trial that may be appropriate for their condition. Patients in trials will receive

the latest care and treatment from a team of doctors, nurses, caregivers, social workers, and pharmacists.

Cancer survivors and caregivers can also join the Patient Advocacy Council, a volunteer group affiliated with the UH Cancer Center that provides education on clinical trials through community outreach. The council also participates in clinical trial review and approval.

Sharleen Anderson is a breast cancer survivor who now volunteers on the council. "Clinical trials probably helped save my life," she says. "Now it's my turn to give back and help other patients have the same lifesaving treatments." 

*50 years
of progress*

The University of Hawai'i Cancer Center is the only National Cancer Institute-designated cancer center in the Pacific. Founded in 1971, the center helps reduce cancer deaths and improve patient care through research and education.

Located at a world-class facility in Kaka'ako, the center works with health care partners in the UH Cancer Consortium. HMSA is a proud member of the consortium with Adventist Health Castle, Hawai'i Pacific Health, Kuakini Medical Center, The Queen's Health Systems, and UH Mānoa's John A. Burns School of Medicine.

For more information on how you can participate in cancer trials or join the Patient Advocacy Council, contact the UH Cancer Center's Clinical Trials Office at ctoadmin@cc.hawaii.edu or (808) 586-2979.

eating disorders: record to recover

iPhone, iPad, and Apple Watch Apps

Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and ARFID. It is intended for people with general shape concerns.

Use for self-help or with your therapist. Recovery Record manages recovery with you.

- Celebrate your successes
- Plan your meals
- For every stage and type of eating disorder
- Based on CBT and self-monitoring

Get started today by replacing your current discreet and easy mobile App with the support you need in the

RR: Eating Dis Management
Recovery Record

GET

words Michelle Regan

What do eating disorders look like?

You may be surprised to learn that the most common eating disorder among all genders and age groups in the U.S. is binge eating, frequently eating unusually large quantities of food and feeling unable to stop. Or that there's a peak in adulthood – 65% of women ages 25-45 report disordered eating behaviors and 13% of women over 50 experience symptoms.


James Westphal, M.D., medical director at Beacon Health Options, says there are several potential triggers for disordered eating later in life. As people reach midlife, they're often facing new health challenges that are accompanied by suggestions to lose weight. Other stressors can increase. Many people face divorce, children leaving home, or menopause. Meanwhile, the internet is creating more unrealistic body expectations daily.

"Once you start dieting, or restricting your food intake, it biologically triggers a whole cycle of indulging and restriction that can get worse," says Dr. Westphal. "A significant proportion of binge eaters in adolescence become obese by their 20s."

While the triggers may differ, the underlying cause is the same as in teens. "Your self-esteem is tied to your weight,

your shape," says Dr. Westphal. "The importance of other roles in a person's life shrink."

A few years ago, Beacon and HMSA chose an app called Recovery Record to support members with eating disorders. Recovery Record follows the principles of enhanced cognitive behavioral therapy, a treatment that's proven effective for eating disorders. It improves engagement and participation in therapeutic activities, especially for those who already spend a lot of time on their phone. It prompts users to record meals and emotions, which increases healthy self-monitoring and provides a record for therapists. It also uses social connection and affirmations to encourage healthy body image and self-esteem.

"Part of the effectiveness of the app is that it provides perspective," says Dr. Westphal. "That's the key to behavioral treatment and that's what this app does. It helps people work on and change those thoughts and attitudes about shape and weight." 

To download Recovery Record at no cost, visit the Apple app or Google Play store on your smartphone. The app works best when used with treatment.



Visit **islandscene.com/more** to learn how disordered eating affects athletes.

home body

words Craig DeSilva



think you need a gym membership to be a gym rat? Don't sweat it. Even homebodies can work on their body at home.

Home gyms – whether in a garage, spare room, or lānai – have become increasingly popular even after in-person workouts resumed during the pandemic. You don't even need a lot of space or money to get your heart rate up. Pete Clines, an HMSA health and well-being educator, offers these tips.


Save space. Instead of filling a room with multiple pieces of equipment, consider a multifunctional machine with adjustable weights to target different muscle groups.

Don't let strength training weigh you down. Instead of dumbbells, feel the burn with exercise bands or body weight exercises, such as pushups and squats.

Search for second hand. You want to burn your muscles, not your finances. Look for gently used weights and machines at thrift stores. Also, ask local fitness centers if they're selling their old equipment. Although you can buy equipment online, the shipping cost to Hawai'i is often costly.

Think creatively. Use household items for weights, such as canned foods or containers filled with water.

Multitask. Pair your workouts with home activities. You can spend 30 minutes on a treadmill, exercise bike, or rowing machine while watching TV, listening to your favorite podcast, or talking on the phone.

If a home gym isn't possible for you, head outdoors. Hike a trail or walk around a park, on the beach, or in your neighborhood. "Take advantage of our year-round sunny weather," says Clines. "Fresh air and nature are also good for your mental health." 

For more tips on exercising at home, attend HMSA's HOME Body workshop online. There's no fee to attend. Visit hmsa.com/HealthEducation or call 1 (855) 329-5461 for more information and to register.



Cancer doesn't wait. Neither should you.

Regular cancer screening can save your life.

Screening tests like mammograms and colonoscopies can detect cancer before it starts or catch cancer early when it may be easier to treat. Many tests are available for free or covered by insurance.

Talk to a doctor about which screening tests are right for you.

Cervical cancer screening

Colorectal & breast cancer screening

Discuss lung cancer screening with doctor

Learn more at **cancer.org/get-screened**

health matters

Learning about long COVID

Post-COVID symptoms, also known as “long COVID,” describe a wide range of new, returning, or ongoing health problems people can experience four or more weeks after being infected with COVID-19.

The most common symptoms include difficulty breathing, fatigue, headache, fever, rash, and brain fog and other cognitive issues.

Symptoms can happen to anyone even if the illness was mild and can last weeks or months. While the Centers for Disease Control and Prevention is studying risk and recovery rates, doctors say the best way to prevent post-COVID conditions is to prevent COVID-19.

Let your doctor know if you think you’re experiencing long COVID.



Hydrated or hungry?

Being dehydrated is often mistaken for hunger, which may prompt you to eat unnecessarily. Pour yourself a glass of water to help control caloric intake and weight and keep your energy up.

Drinking 4-6 cups of water a day is enough for most people. You'll know whether you're drinking enough if you rarely feel thirsty and if your urine is colorless or light yellow.

Whole-grain goodness

Oats, corn, and brown rice are all familiar whole grains. However, eating other whole grains such as farro, amaranth, and buckwheat is a good way to add more nutrients to your diet. Cooking times vary for each and can be ready to eat in as little as five minutes, while some take up to an hour.



Moms and mental health

While the birth of a child is a joyous occasion, it can be one of the most challenging times for moms to maintain their mental health. In the U.S., one in every 10 new moms suffers from postpartum depression, which may include symptoms such as fatigue, trouble sleeping, and mood swings.

If these symptoms persist and/or intensify, it can negatively impact the newborn's health. The good news is it's a treatable condition with the right help.

Expectant mothers should be aware of postpartum depression during the last trimester, especially those with a family history of depression.

After giving birth, new mothers should:

- Accept help with food prep, running errands, and other chores.
- Sleep when the baby sleeps.
- Eat healthy and hydrate.
- Make time for self-care.

Remember to make and keep your postpartum doctor's appointment. And if you experience symptoms related to postpartum depression, call your doctor right away.

For information on the HMSA Pregnancy and Postpartum Support Program, see page 40.





certified blue zones project communities: making the grade

words David Frickman

photos courtesy of Blue Zones
Project Hawai'i

The Blue Zones Project® has identified communities around the world where people live longer, healthier lives. Recreating that success in Hawai'i has been a goal of Blue Zones Project through the creation of Certified Blue Zones Communities®.

"A Certified Blue Zones Community is a community that has reached a tipping point toward long-term well-being change," says Lisa Delfin, statewide operations manager for Blue Zones Project Hawai'i. "They've achieved specific criteria and have made healthy choices easier through permanent changes to a community's environment, policy, and social networks."

To reach these goals, it takes the work of a host of community members. Their goal is to improve the quality of life for those who live, work, and travel in their community.

There are currently seven certified Blue Zones Communities in Hawai'i: East Hawai'i, North Hawai'i, and West Hawai'i on Hawai'i Island; Central Maui; and Mānoa-Makiki-McCully-Mō'ili'ili, Wahiawā, and Kapolei-'Ewa on O'ahu.

Becoming a certified community takes a lot of effort, Delfin says. "Community certification is a rigorous process that takes three to five years to complete." The process starts with a discovery phase where goals and objectives are developed. These goals are shared with community leaders, residents, and organizations who make small changes to improve the well-being of the community.



Over time, organizations can become Blue Zones Project Approved™ and designated communities can become certified because of the positive changes the organizations have made.

"There is so much opportunity to create deeper well-being transformation with residents, schools, worksites, restaurants, and food policy across the state of Hawai'i," Delfin says. "We've really just scratched the surface."

For more information on becoming a Blue Zones Project Approved organization, email bluezonesprojecthawaii@sharecare.com, visit bzphawaii.com, or call (808) 909-3052.

Photo facing page: Members of Mānoa-Makiki-McCully-Mō'ili'ili celebrate their certification. Photo this page: Ala Wai Elementary School students participating in their Blue Zones Project Walk to School Day.

Read how the Blue Zones Project Community of Mānoa-Makiki-McCully-Mō'ili'ili is making a difference in the fall 2021 issue of Island Scene. To access back issues, go to islandscene.com and scroll to the bottom of the homepage.

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Blue Zones Project Approved™ is a trademark of Blue Zones, LLC and Sharecare, Inc. All rights reserved.

Learn more: Blue Zones Project Approved organizations

The foundation of Blue Zones Project Certified Communities are entities that carry the designation of Blue Zones Project Approved organizations. Numerous restaurants, schools, worksites, grocery stores, and civic organizations carry this designation and are key to their community’s success.

Here are two Blue Zones Project Approved organizations.

Campbell High School

James Campbell High School, the largest school in the state, became a Blue Zones Project Approved school and worksite in spring 2021. This achievement was possible through the passion and commitment of the staff and students to improving campus culture and being a resource for the community.

Campbell instills civic-mindedness through community service projects led by staff and students who formed the HĀ Hui to ensure the school’s ability to sustain and expand their campus wellness culture. This group works independently and in partnership with other campus groups on projects like a meditation garden, creating a school 'oli, and providing a cultural component to the new teacher induction day.

The school began propagating plant starters in the 2020-21 school year that they shared with more than six other organizations to help build community gardens and improve access to healthy food.

- Megan Yarberry, Blue Zones Project Hawai'i School Lead



Many common spaces on campus have been transformed with seating, plants, lighting, and positive quotes.



Chef Arin Antonio from Queen's-West O'ahu, who's taken the lead on curating healthy dishes for the dining room

The Queen’s Medical Center – West O’ahu


The Queen’s Medical Center – West O’ahu became a Certified Blue Zones Worksite in June 2019. To achieve this designation, Queen’s – West O’ahu implemented a variety of well-being best practices, employee well-being events, and environmental changes that allow employees to live longer, healthier lives.

One of the biggest changes implemented was the addition of healthy, plant-based food items to the dining room’s menu. These changes included the introduction of an onsite vegan- and vegetarian-only salad bar, mini portions of popular items, and plant-based twists to local favorites, resulting in a 64% increase in healthy options purchased in the dining room.

- Kelsie Cajka, Blue Zones Project Hawai'i Senior Manager, Worksite Well-being 



Spring Clean Your Smile



Spring is a time of renewal. While you're giving your home a fresh start to the season, how about giving your smile a fresh start, too?

Bacteria can build up in your mouth and cause problems that can be painful — and expensive!

Regular dental checkups and cleanings can give you a confident smile and help you enjoy better health year-round.

To learn more, visit hmsadental.com
or call (808) 948-6440 or 1 (800) 792-4672.



pregnancy support during a pandemic



Whether you're expecting your first child or your fourth, pregnancy is an exciting time. However, it's normal to feel stressed and overwhelmed, especially during a global pandemic.

Whatever you're going through, the **HMSA Pregnancy and Postpartum Support Program** can provide encouragement and personalized guidance.



For FAQs on pregnancy and the COVID-19 vaccine, go to islandscene.com/more.



Alaka'i Kealoha and her 'ohana



Sierra Delgado and her daughter, Paisley-Ann

Someone to count on

Alaka'i Kealoha found out she was pregnant in March 2020. Three weeks later, Hawai'i shut down because of the pandemic. Kealoha started to get nervous, which was uncharacteristic for her. As a registered nurse who works in the intensive care unit, Kealoha worried that she may contract COVID-19. When she asked her ob-gyn for guidance, she was told to "do her best" to protect herself. Then, the unthinkable happened. "I tested positive for COVID-19 when I was at 31 weeks," Kealoha says.


During this stressful time, Kealoha enrolled in the HMSA Pregnancy and Postpartum Support Program. She was paired with Brenna Kahana, a registered nurse. "The support that Brenna provided was immeasurable," Kealoha says. "It was like having a seasoned 'mom friend' on speed dial." Kahana would check in regularly to see how Kealoha was feeling and answer her questions about pregnancy and COVID-19. "Whenever I started freaking out, Brenna talked me down," Kealoha says.

The stress didn't end after Kealoha gave birth to a healthy baby boy. "Postpartum depression hit me hard," Kealoha says. "I didn't realize that contracting COVID would end up affecting me both mentally and physically." Luckily, she could always count on Kahana. "Anytime I was struggling with breastfeeding, sleep, anxiety, or newborn concerns, Brenna was there for me." Sometimes Kealoha would text Kahana on the weekends or in the middle of the night. "Even though I'd tell her it was OK to get back to me the next workday, Brenna always replied right away."

No judgment, just support

When Sierra Delgado found out she was pregnant in May 2020, she felt scared. "I was happy, too, but I was also alone, pregnant for the first time, and it was during a pandemic," Delgado says. "Plus, I'd just been promoted in April to a position where I dealt with customers and vendors all day." She couldn't avoid interaction with people.

Delgado's pregnancy went smoothly and she delivered her daughter, Paisley-Ann, in January 2021. However, three weeks after giving birth, a close contact of Delgado's tested positive for COVID-19. Since they live in the same household, Delgado and her daughter both got tested. And both of their tests came back positive. "I freaked out," says Delgado. Though she was asymptomatic, her daughter threw up three times in one night. Delgado took her to the doctor who recommended monitoring her breathing and temperature. Thankfully, that was the worst of it and mother and daughter made a full recovery.

Throughout her pregnancy and postpartum COVID-19 diagnosis, Delgado leaned on one person who saw her through it all: Brenna Kahana. "She checked in with me every week and made sure I was OK," Delgado says. "Some days, I was an emotional wreck from the stress of being pregnant or taking care of a newborn and dealing with the pandemic. But Brenna was there for me, no matter what, no judgment." 

There's no cost to members for the HMSA Pregnancy and Postpartum Support Program, which pairs you with your own maternity nurse who'll provide support during your pregnancy and up to six months after your baby is born. As soon as your pregnancy is confirmed, sign up at hmsa.com/pregnancysupport or call 1 (855) 329-5461.

what does the rest of your 2022 look like?



live healthy



stay active



*see my
primary care
provider*

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

Hawaii

Carly K. Correa
Andriana Falcon
Steven D. Filardo
Melissa L. Honeycutt
Anna Melissa Lo
Karen V.

Morgenshtern Yacoby
Nicole Simone Weston
Eric J. Wolf
Chanda K. Zavodny

Kauai

Karen L. Gutierrez

Lanai

Kris B. Aceret
Taryn T. Achong

Maui

Wazhma Aslamy
Samantha Cox
Sandra Diaz
Lila Erickson
Roberto A. Gonzalez
Kathleen A. Kauper
Monika Agatha Malecha
Paul Alexander Mazur Jr.
Li S. Poa

Jordyn H. Reeser
Michael Rutledge
Lisa K. Sodehani
Oralea A. Starr
Zachary P. Thielen
Kylie K.T. Yamada

Molokai

Sally M. Bowles

Oahu

Erin Lesleigh Aihara
Carolyn R. Annerud
Jeffrey Bautista
Steven R. Brauer
Carli L. Bullis
Lianne M. Chang
Kacey A. Combs
Lauren Emoto-Barnhill
Frank Fang
Kelsey L. Finn
Alexandra N. Galati
Alexander Gino
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Alice K. Howe
Yukiko N. Hunt
Anneke L. Johnson
Tara Jordan
Elizabeth Ping Hui Kaoh
Kathleen A. Kauper

Alan Kojima
Natalie K.A. Kong
Carie Sin-Jy Kwan
Anna Melissa Lo
Robin Martin
Malin Skjeldnes

Martinsson
Sheeren L. Masifi
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Michael A. V Mirzai
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Kathleen Ranola
Michael Krishna Rao
Lara S.L. Ries
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For a complete list of providers, contact information, and plans accepted,
visit [Find a Doctor on hmsa.com](https://www.hmsa.com).



knowledge for the next generation



Kenneth Sumida, M.D.

Teaching was ingrained in Kenneth Sumida, M.D., since his youth.

"I've had a long-standing interest in sharing knowledge," he says. "I think maybe it's genetics or even environmental because my mom was a public school teacher."


Dr. Sumida regularly shares more than 30 years of knowledge with students at the University of Hawai'i John A. Burns School of Medicine and with residents training in the University of Hawai'i Internal Medicine Residency Program. He wears many hats, including associate professor in the department of medicine and core clinical faculty of the Internal Medicine Residency Program at the medical school, director of medical education at Kuakini Medical Center, and associate clinical researcher at the UH Cancer Center. He also practices hematology and oncology with Hawai'i Oncology and at the Queen's Cancer Center at The Queen's Medical Center and Kuakini locations.

"Dr. Sumida is well known in the medical community for his commitment to medical education and evidence-based approach to oncology care," says Stefanie Park, M.D., vice president and chief medical officer at HMSA. "He has trained many generations of physicians to improve their clinical and critical thinking skills. He

has also courageously helped so many patients and their families cope with a cancer diagnosis."

His work at the UH Cancer Center includes participation in the Hawai'i Minority/Underserved National Cancer Institute Community Oncology Research Program, which ensures that people can participate in clinical trials on cancer control, prevention, and care delivery regardless of where they live.

"The program has been a big deal for the state of Hawai'i," Dr. Sumida says. "I don't think people realize how lucky we are to have earned that designation and how lucky we are to be able to deliver some of the care that can only really be given through this kind of research opportunity."

Born and raised in Hawai'i and a UH medical school graduate, Dr. Sumida says he's always felt the desire to give back to his home. "I've always had that feeling of just wanting to be in Hawai'i, where I grew up with my family and friends, and contribute to the community because of how lucky I felt to have the chance to be educated here." 

For more information on the UH Cancer Center and clinical cancer trials, see the article on page 28.

words David Frickman

for your benefit

March is Colorectal Cancer Awareness month

It's the third-leading cancer in Hawai'i. Have you been screened?

Both HMSA and the American Cancer Society recommend that adults be screened for colorectal cancer starting at age 45. There are two common ways of getting screened:

- A colonoscopy, where a doctor visually examines your colon with a machine. If your last colonoscopy was 2012 or earlier (10 or more years ago), you may be due for another screening.
- A stool test (called a gFOBT or FIT). This kind of test can be done at home at your convenience. This may be an option for anyone worried about screening during the pandemic. If you did a stool test more than a year ago, you may be due for another screening.

Both types of tests are benefits of most HMSA plans. If you haven't been screened yet or you need another screening, talk with your doctor about which test is right for you.

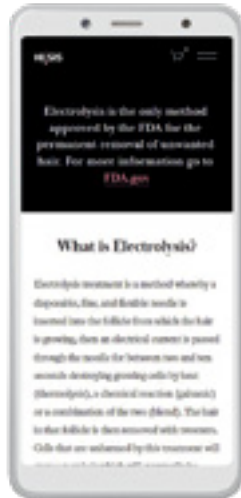
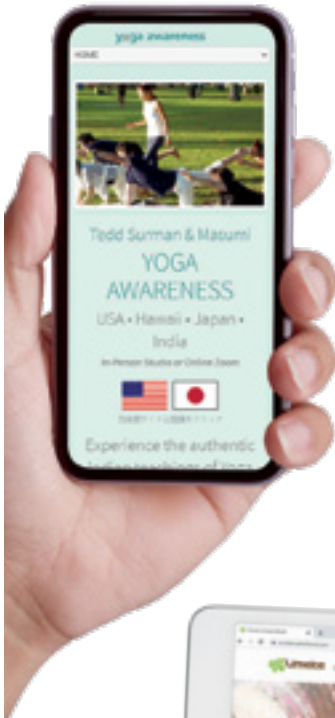


Get prescriptions mailed to your home

There's an easy way to avoid frequent trips to the pharmacy to pick up prescription medications. Many HMSA members can get a 90-day supply of their maintenance medications with mail order. There's no delivery charge and medications are sent to an address of your choice.

Getting prescriptions in the mail is convenient and fast since they're mailed from the CVS Caremark Mail Service Pharmacy® on O'ahu. If you'd like to get your prescriptions through mail order, talk with your doctor. Or check with your pharmacy, since many offer delivery by mail or home delivery.





HMSA365 discounts

HMSA members 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 claim to file.

Check out these discounts:

- Big City Diner: 10% off dine-in "Healthy for You Meals." (808) 678-3895.
- HI SIS in Honolulu: 20% off all electrology services. (808) 381-8569.
- Mani Pedi Spa in Honolulu: \$25 off hydrofacial, \$10 off any new lash set, and \$10 off Brazilian wax. (808) 949-0600.
- Umeke Market LLC in Honolulu: 5% off all regular priced menu items. (808) 522-7377.
- Yoga Awareness in Makawao: 20% discount. (808) 280-7771.

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





Vinson Diep, M.D.

COURTESY VINSON DIEP, M.D.



Nina Lima

COURTESY NINA LIMA



Alia Tseng

COURTESY ALIA TSENG



Kimberly Uehisa

COURTESY KIMBERLY UEHISA

kaimana catch-up

words Courtney Takabayashi
and Allison Valdez

The HMSA Kaimana Awards & Scholarship Program recognizes exceptional high school seniors and schools for achievements in academics, athletics, community service, healthy activities, and sportsmanship. The students use their scholarships to help pay for college expenses.

But what happens after they graduate from college? We caught up with four Kaimana Scholarship winners to see what they're up to.



Nursing from the heart

Alia Tseng, formerly Alia Weiss, still remembers the day her 43-year-old father had a heart attack. “We were at the beach back home on Kaua’i when he collapsed,” Tseng says. “A nurse in the parking lot came over and started CPR until the lifeguards and paramedics arrived with an AED. My father is alive and well today because of that nurse.” This experience shaped Tseng’s entire career.

Tseng dreamed of becoming a nurse and was able to fulfill her dream in part because she won a Kaimana Scholarship in 2010 when she was a senior at Kapa’a High School. After Tseng graduated with a BSN in nursing, she joined Adventist Health Castle as a telemetry nurse. These specially trained nurses monitor activities in the body such as blood pressure, oxygen saturation, heart rhythms, and respiration using technological devices.

Tseng currently works in the intensive care unit. “It’s challenging but keeps me motivated to continue to learn and develop my skills,” she says. “Castle is a smaller hospital and provides a tight-knit community feel. My co-workers are great and my patients are like neighbors. I’m really happy with the work that I do, and I am grateful for the Kaimana Scholarship and the momentum it provided me at the beginning of this journey.”



Vinson Diep, M.D.

COURTESY VINSON DIEP, M.D.

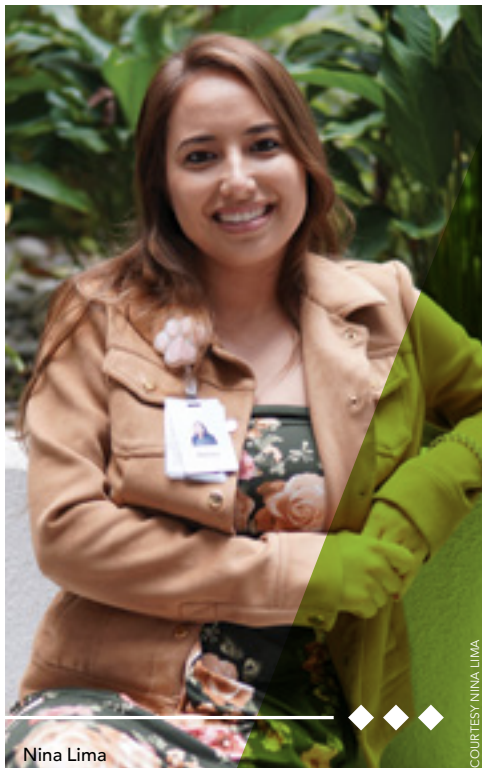
Caring for the next generation

Vinson Diep, M.D., credits the Kaimana Scholarship he won in 2009 while a student at Kalani High School as one of the reasons he was able to go to the Mainland for college. "The money went toward my tuition at the University of Portland where I majored in biochemistry with a minor in biology," Dr. Diep says.

After he graduated, he returned home to attend the University of Hawai'i John A. Burns School of Medicine. "I completed my pediatric residency in 2020 and stayed on an extra year as a pediatric chief resident," he says. "I'm now in private practice as a general pediatrician working with another pediatrician. My office is at Kapi'olani Medical Center for Women & Children."

Dr. Diep says that he set up his practice in Hawai'i rather than on the Mainland because he wanted to give back to the community that raised him. "I went into pediatrics because I love interacting with kids," Dr. Diep says. "There aren't many careers that would give me the amazing opportunity to watch a baby grow up into an adult. I'm helping to take care of the future generation."

Always willing to give back, Dr. Diep says, "People can feel free to contact me if they're looking for shadowing, mentoring, or advising. I'm also happily accepting new patients for my practice!" To learn more, visit doctordiep.com or find @doctordiep on Instagram.



Nina Lima

COURTESY NINA LIMA

Full circle

When Kapolei High School student Nina Lima found out she won a Kaimana Scholarship in 2012, she was excited and shocked. "I've been an HMSA member all my life," Lima says. "I was honored to be chosen for a scholarship by a company I've always loved."

Though Lima was surprised, it's apparent why she won: She graduated in the top 5% of her class with a 4.0 GPA, played soccer all four years of high school, and volunteered regularly to work with children at homeless shelters.

After Lima earned a degree in business and accounting, she went to work in the private sector. Though the job allowed her to use her accounting skills, she longed for a job that gave her purpose. So, in 2018, she accepted a position at HMSA as a compliance analyst. "Working at HMSA bridges the gap between what I love to do and helping people," Lima says. "My co-workers are hardworking yet caring and it's incredible that I can contribute to a company that works to improve the health of Hawai'i. I couldn't ask for a better place to work."



Kimberly Uehisa

COURTESY KIMBERLY UEHISA

Molecular-level change yields big results

When she graduated from Island Pacific Academy in 2015, Kimberly Uehisa was all set to go to the Naval Academy on a full ride scholarship. But when she was medically disqualified, she set her sights on the University of California, Los Angeles.

Though she was excited to go to UCLA, Uehisa worried about tuition and other college costs. That's why winning the Kaimana Scholarship was essential to her education. "The scholarship helped offset tuition, textbooks, and club membership fees, which allowed me to pursue my passions in different clubs," Uehisa says. "It also gave me the ability to experience living on my own in California, which has been life-changing."


When she was still a teenager, Uehisa was diagnosed with high blood pressure. This inspired her to learn more about how the body works on a molecular, microscopic level, so she pursued a degree in microbiology, immunology, and molecular genetics. While attending classes, Uehisa cofounded a text messaging platform with three doctors at the UCLA Women's Cardiovascular Center. Her research delivers heart health knowledge to educate teens on the importance of taking care of their heart from a young age to prevent disease later in life. The platform has expanded to reach adults and for her thesis she is focusing on delivering texts to underserved minority populations.

While working in various capacities in the medical field, Uehisa gained valuable insight about what it means to be a doctor. "I enjoyed working in the cardiac surgery department because it was incredible to see people in their most vulnerable and fragile state before surgery and then witness the miracles that medicine could accomplish when I saw them recovering after their surgery," she says. Uehisa also worked part time as a scribe at St. Francis Medical Center in Lynwood, California. "I wrote down firsthand accounts of paramedics, the police, patients," she says. "Scribing was an eye-opening experience that exposed me to the triumphs and challenges of medicine, including how social justice impacts an individual's health, especially while working during the COVID 19 pandemic."

Uehisa recently started a master's program in biomedical science at Charles R. Drew University in Los Angeles, California. The school's mission to serve minorities and underserved, vulnerable populations resonated with Uehisa. "I'm going to pursue a career route in medicine so I can work with underserved communities as a physician," she says. "My life experiences, education, and work history are all leading me to this goal." **15**



To learn more about the HMSA Kaimana Awards & Scholarship Program, visit hmsa.com/kaimana or call (808) 948-5072.



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look books

words Michelle Regan and Carina Chernisky

When was the last time you stopped to appreciate the night sky? How about the trees you pass by every day? One of the many joys of cracking open a book is the opportunity to pause and ponder the familiar or explore the unknown.

Carina Chernisky, librarian at University of Hawai'i – West O'ahu, shared a few of her favorite bite-sized bits of escapism in the form of coffee table books for you to linger over and revisit regularly.

The World at Night

By Babak Tafreshi

Tafreshi, a photojournalist and astronomy communicator, uses his skills to bridge art and science and Earth and sky. Humans share one sky and Tafreshi has curated a collection of stunning images that capture the night sky above monuments and unique locations. Budding photographers may be particularly interested in the last section of the book, which has tips on how to take nightscape photos.

The Atlas of Beauty

By Mihaela Noroc

Noroc takes us on a journey around the world to showcase the beauty that exists all around us. These striking portraits highlight the diversity of everyday women. Many include brief glimpses into the subject's life, which underscores the sorrows, dreams, and connections we share.

Wise Trees

By Diane Cook and Len Jenshel

Cook and Jenshel take us on a tour of more than 50 historic and noteworthy trees. This book is a tribute to the elegance and endurance of trees around the world and tells the compelling stories that they've been a part of. The photographs are majestic, and the stories prompt considerable reflection about the essential role that trees play in relation to human existence.



Humans

By Brandon Stanton

Creator of *"Humans of New York,"* Stanton has expanded his scope in this latest collection of stories where everyday people across the globe share a small part of their life. Filled with heartbreak and humor, struggles and triumphs, memories and hopes, this book portrays the complexity of life and the connectivity of human existence. It also serves as a gentle reminder that every person who crosses your path is a human with their own unique story and that we should all have a bit more compassion for others and ourselves.

The Rainbow Atlas

By Taylor Fuller

This book is a traveler's guide for those who love color. Fuller, a travel blogger, has selected 500 places that are teeming with color and whimsy. Each location is featured with a blurb that orients you to what you'd expect if you were to visit along with the ideal time to visit. You'll be adding new dream destinations to your bucket list after flipping through these pages.



Need someone to talk to?

Your furbaby is always there to listen when you need someone to talk to. But if you need to talk with a professional, consider using telehealth.

Telehealth is a way for you to connect with a behavioral health care provider to get support and advice. Many providers have telehealth options such as video visits so you can see them from your smartphone, tablet, or computer without leaving home.

Ask your doctor to recommend a behavioral health care provider. If you don't have a doctor, use HMSA's Online Care® to make an appointment with a psychologist, psychiatrist, counselor, therapist, or social worker.

Your furbaby will be right there with you.

Download the free Online Care mobile app or visit hmsaonlinecare.com.



You must be in Hawaii to use 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.



wait – don't die yet!

words Marlene Nakamoto

art Garry Ono



Annette Kam is on a mission to help people plan for death.

"You may not like to think about it but avoiding it won't solve the problems that you or your loved ones leave behind," she says.



Kam wrote *Wait – Don't Die Yet!* following an 18-month marathon of settling her father-in-law's affairs after he died. The book's subtitle is an effective preview:

"A complete guide to all things no one really wants to think about (but everyone needs to know) before, during, and after a loved one's passing."

In 2018, Kam was a retired nurse when Dad fell in his bedroom. While in the hospital, he developed pneumonia and died about a week later. Since he took care of everything, her mother-in-law wasn't inclined to start. Mom told her, "You do everything." And since Kam's husband, Peter, was still working, everything indeed fell to her.

Although Dad kept his important papers fairly organized, Kam quickly discovered that there was so much more to do. "You don't realize what you don't know," she says.

Kam also makes a point about seemingly mundane things like labeling keys on a key ring and decluttering your home. She discovered that it's imperative to have more than one authorized person on utility accounts. "Dealing with one of them was a nightmare," she says.

She could have written a straightforward guide but believes that sharing her personal experiences will impact more people. "When people read my book, they'll see what I went through and understand why I want to help others.

"My book is a starting point to get your affairs in order," says Kam. "Think about what you're leaving behind for your heirs, your spouse, or other family members.

"Preparation is key. Start now." 

Visit annettekam.com

- Order the free e-book (available only on the website).
- Download and print the guidebook.

keiki corner

Plumeria search

There are 10 plumeria in this drawing. See if you can find all of them!



Spring haiku

Write a haiku about spring and draw a picture to go with it.

A haiku is a poem with three lines:
The first line has five syllables, the
second line has seven syllables,
and the third line has five syllables.
In a haiku, the lines don't have
to rhyme.

Get crafty: Curled paper flowers



Crafting is a great way to be creative while practicing reading and fine-motor skills. Here's a craft that's fun and easy to make.

Supplies

- Paper for the background, flowers, stem, and leaves.
- Ruler and scissors or paper cutter.
- Pencil or a variety of markers in different sizes.
- Glue stick.
- White glue.













Instructions

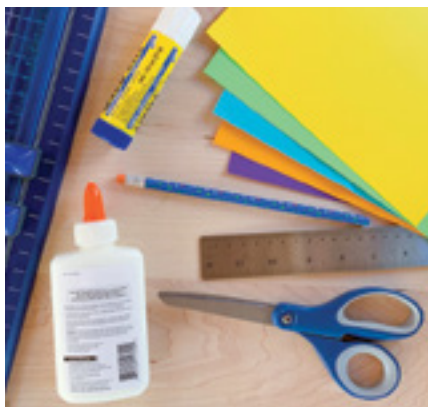
Use a ruler and pencil to mark $\frac{1}{2}$ to 1-inch strips on colored paper, depending on how thick you want each flower. Cut strips with scissors. Or, with the help of an adult, use a paper cutter to cut strips. Wrap strips around a pencil to create curls. Using different-sized pencils or markers will give you different-sized curls. Cut thin strips for stems and cut leaf shapes out of green paper.

Glue stems and leaves to a sheet of paper. Add puddles of white glue (not too much!) at the top of the stems and arrange curls to form flowers. Gently press the curls and hold them in place for a minute while it sets up. Add as many petals as you want.

Nature scavenger hunt

Taking a walk, whether it's in your backyard, a park, or hiking trail, is good for your body and mind. How many things on this list can you spot?

 butterfly	 rock	 snail
 bird	 something round	 bug
 something blue	 flower	 colorful leaf
 lizard	 rainbow	 water





recipes to grow a healthy workforce

photos Lew Harrington **food styling** Marjie Beaton

Reawaken your taste for vegetables with these recipes that pull inspiration from the garden. We asked employers featured in this issue to share a springtime recipe, and did they ever deliver! From a veggie-filled okonomiyaki to a Hawaiian-style kalo poke, there's no lack of creativity behind these recipes. What's more, each recipe can be made easily on even the busiest of workdays.

Food that's fresh, fast, and healthy? We can dig it!

Tofu Okonomiyaki

- 2 cups all-purpose flour
- 1 cup water
- 1 tsp. salt
- 1 tsp. baking powder
- 2 tsp. sugar
- 1½ lbs. cabbage, thinly sliced (about 10 cups)
- 4 eggs
- ¼ cup toasted sesame oil, divided
- 8 oz. firm tofu, drained and thinly sliced
- ¼ cup okonomiyaki sauce
- 1 cup mayonnaise
- 1 Tbsp. aonori (powdered nori seaweed)
- 1 cup chopped green onion

Mix together flour, water, salt, baking powder, and sugar in a large bowl. Add cabbage and mix until all of the cabbage is coated in the batter. Add eggs and mix gently just until combined.

Preheat a nonstick or cast-iron skillet or pan at least 3-5 minutes on medium-low heat. Add 1 tablespoon of the sesame oil, making sure to coat the entire surface of the skillet. Spoon about a quarter of the cabbage mixture into the skillet to form a pancake about 6 inches in diameter and about 1 inch thick. Gently lay tofu slices on top, making sure they don't overlap.

Cook 3 minutes then flip the pancake. Cook 3 minutes, flip it again, and cook 2 more minutes. The pancake is ready when it's browned on both sides. The tofu should be heated through, and the cabbage inside should be tender.

Transfer pancake to a plate, tofu side up. Top each pancake with 1 tablespoon each okonomiyaki sauce, mayonnaise, and aonori. Add more or less of any topping to taste. Garnish with green onion.

Cut pancake into quarters and serve immediately. Repeat with remaining oil and batter. Makes 8 servings.

Per serving: Calories 450, protein 11 g, carbohydrates 35 g, total fat 31 g, saturated fat 5 g, cholesterol 100 mg, sodium 610 mg, fiber 4 g, total sugar 6 g

Recipe from Chef Dan Swift, Adventist Health Castle partner and workforce development coordinator and instructor at Windward Community College. Read more about Adventist Health Castle on page 18.

Kalo Poke

- 2 cups kalo, cooked*, cooled, and cut into cubes
- 1 Tbsp. sesame oil
- 2 tsp. inamona
- Hawaiian salt to taste
- Limu (seaweed) to taste (optional)

Place cooked kalo in a large bowl with sesame oil, inamona, and salt. Mix gently to combine. Top with limu, if using. Refrigerate 10 minutes before serving. Makes 4 servings.

* Make sure to cook kalo all the way through. Raw kalo contains needle-like calcium oxalate crystals that can irritate your mouth and throat when eaten. Heat produced during cooking, baking, or steaming breaks down these crystals.

Per serving (without limu): Calories 130, protein 1 g, carbohydrates 23 g, total fat 4 g, sodium 310 mg, fiber 3 g

Recipe from Jesse Mikasobe-Kealiinohomoku, University of Hawai'i-West O'ahu Aloha 'Aina Student Service Club president. Read more about Mikasobe-Kealiinohomoku and UH West O'ahu on page 20.

Szechuan Eggplant

- 2 lb. Japanese eggplant
- 2 Tbsp. vegetable oil
- ¼ cup dried shrimp (optional)
- ½ lb. ground pork, chicken, or turkey
- 1 Tbsp. rice vinegar
- 1 tsp. chili garlic sauce
- 1 Tbsp. oyster sauce
- 1 tsp. sesame oil
- 1 tsp. hoisin sauce
- ½ cup chicken broth
- 2 Tbsp. cornstarch
- ½ tsp. Hawaiian salt
- Chopped green onion and red chile pepper for garnish

Cut eggplant in half lengthwise. Slice diagonally in ½-inch-by-2-inch pieces.

Heat oil in a skillet over medium heat. Stir-fry dried shrimp (if using) and ground pork 3 minutes. Toss in eggplant and stir-fry 3 to 4 minutes. Add vinegar, chili garlic sauce, oyster sauce, sesame oil, and hoisin sauce, and let sizzle on high heat, stirring constantly.

Mix chicken broth, cornstarch, and Hawaiian salt in a small bowl. Add to skillet, stirring constantly until thickened. Garnish with green onion and red chile pepper. Makes 4 servings.

Per serving (without dried shrimp): Calories 280, protein 13 g, carbohydrates 19 g, total fat 18 g, saturated fat 4 g, cholesterol 40 mg, sodium 570 mg, fiber 7 g, total sugar 10 g

Recipe from Robyn Tasaka, tutor coordinator in the No'eau Center at the UH West O'ahu. Read more about Tasaka and UH West O'ahu on page 20.



tea time

Milk tea. Chai. Boba tea. Matcha. Tea houses are giving coffee shops a serious run for their money, growing in popularity as tea connoisseurs readily shell out big bucks for their daily fix. But with all that sugar and fancy additives, we tend to forget the joy that can come from a basic drink that has spread across multiple cultures over thousands of years.

No matter your preference – green, black, white, etc. – all are made from leaves of the *Camellia sinensis* plant.

See what tea can do for you.

Flavonoids

Naturally occurring chemicals in tea (and other plants) can have health benefits.

Caffeine (mg/8 oz.)

Green: 9-63

Black: 42-79

Maintain your brain

Has been shown to help memory and thought processes.

Smile

Contains fluoride that could benefit dental health.

Heartfelt

May help maintain cardiovascular health.



Feel better

Sip some tea, take a deep breath, and feel at peace.

words Marlene Nakamoto



cook quickly under pressure

A French physicist invented the pressure cooker in the 17th century, but it wasn't until the 1930s that they were manufactured for home use on the stovetop. Fast forward to the 1990s when they evolved into electric appliances first with a timer, then with a digital controller, and now programmable, multifunctional, and safer than ever.

Instant Pot is a brand name that's quickly (if not already) becoming the generic term for a programmable electric pressure cooker that's also a slow cooker and maybe even an air fryer.

It's not really "instant." Depending on what's in the pot, it may take 20 minutes or more to get up to pressure and start cooking. Then, it's sort of instant when compared with the time it takes to cook something on the stovetop.

Overall, it's a time-saving device because you can set it, forget it, and devote your time to other things.

And don't we all love multitasking?

Chinese Chicken Curry

- 2 Tbsp. oyster sauce
- 1 Tbsp. ketchup
- 1 ½ Tbsp. curry powder
- 1 Tbsp. sugar
- 1 tsp. salt
- Cooking spray
- 2 tsp. vegetable oil
- 6 chicken thighs, skin removed
- ¾ cup chicken broth
- ½ onion sliced in thin wedges
- 1 garlic clove, crushed
- 4 red potatoes, scrubbed and quartered
- 3 stalks green onion, sliced in 1-inch lengths

In a small bowl, mix oyster sauce, ketchup, curry powder, sugar, and salt. Set aside. Prepare pot with cooking spray and add oil. Turn pot on to sauté. Brown chicken in two batches, 3 to 5 minutes on each side. Remove chicken and turn the pot off. Add broth and deglaze the pot, scraping the brown bits off the bottom with a wooden spoon. Stir in curry mixture, onion, and garlic. Return chicken to pot and close and seal lid. Set timer to 8 minutes on manual at high power. When done, quick release the pressure. Stir chicken gently, then add potatoes, submerging them in the sauce as much as possible. Top with green onion. Close and seal lid and set timer to 4 minutes on manual at high power. Quick release the pressure. Makes 6 servings.

Per serving: Calories 310, protein 39 g, carbohydrates 22 g, total fat 7 g, saturated fat 2 g, cholesterol 165 mg, sodium 880 mg, fiber 3 g, total sugar 4 g



Lazy Lau Lau

- 1 lb. taro leaves
- 1 cup water
- 1 lb. pork shoulder
- 2 tsp. Hawaiian salt

Wash taro leaves well. Remove stems and chop into 1-inch pieces. Place in pot with water. Slice pork into 2-inch cubes. Layer half of the taro leaves in the pot, add pork, and sprinkle with salt. Add remaining taro leaves. Close and seal the lid. Set timer to 90 minutes on manual at high power. Quick release when cooking is done. Drain excess liquid. Makes 5 servings.

Per serving: Calories 190, protein 20 g, carbohydrates 6 g, total fat 11 g, saturated fat 4 g, cholesterol 55 mg, sodium 1,090 mg, fiber 3 g, total sugar 3 g

words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita



Vegan Pinto Beans

- 1 lb. dried pinto beans
- 1 onion, chopped
- 6 garlic cloves, minced
- 1 jalapeno, minced
- 3 bay leaves
- 1 tsp. cumin
- 1 tsp. oregano
- 1 tsp. sugar
- 4 cups vegetable broth
- 1 tsp. salt
- 14 ½ oz. can crushed fire-roasted tomatoes
- Chopped cilantro for garnish

Wash and pick over beans. Place in pot with remaining ingredients except tomatoes and cilantro. Mix well. Spoon crushed tomatoes evenly over the top. Do not mix. Close and seal the lid. Set timer to 45 minutes on manual at high power. When time is up, allow 20 minutes for natural pressure release. Garnish with cilantro. Makes 12 servings.

Per serving (½ cup): Calories 160, protein 9 g, carbohydrates 30 g, total fat 1 g, sodium 450 mg, fiber 7 g, total sugar 4 g



Learn how to make spaghetti squash in your Instant Pot and use it in a recipe for cheesy chicken spaghetti squash casserole at [islandscene.com/more](https://www.islandscene.com/more).



CLICK TO CONNECT. LEARN, AND GROW

Here are some of the free online health education workshops we're offering this quarter:

Crimes Against Spines

April 22, noon-1 p.m.

April 26, 5-6 p.m.

Many of us ignore our neck and back. Improper lifting, poor posture, weight gain, and lack of stretching can contribute to an unhealthy spine. Learn about these areas of neglect and what you can do to help prevent pain and injury.

HOME Body

May 13, noon-1 p.m.

May 19, 5-6 p.m.

Is your home your office? If that's the case, your new routine might result in less physical activity, which puts you at increased risk of chronic illness and musculoskeletal issues. In this workshop, we'll review the benefits of basic cardiovascular exercises, strength training, stretching, and mobility drills that can be done in the comfort and safety of home.

Under the Sun

June 7, noon-1 p.m.

June 23, 5-6 p.m.

The outdoors provides boundless opportunities for fun in the sun. But danger could be lurking if you're not careful. Get sun and water safety tips to help protect you and your family. You'll also learn how to prevent skin cancer, heat illnesses, and more.

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.

#myislandscene



In this issue, we're highlighting our members' fitness routines. Fitness can look like going to the gym, playing a sport (professionally or for fun), or taking a walk. We love it all.

Want to share your fitness routine? Post a photo on Instagram and use the hashtag #myislandscene.

Find us on  askhmsa or  myhmsa.



Jesse Mikasobe-Kealiinohomoku hikes Palikea, O'ahu, to collect native plant seeds to propagate.



Coach Gilbert Casison and his daughter, Taylor, play basketball together.



Deren and Wendy Oshiro with Sophie hiking the Kuli'ou'ou Ridge Trail.



Jim Westphal, M.D., works out in the gym to improve his strength, endurance, and mobility.



Kellen (left) and Jaron (right) Yabes with jiu-jitsu coach Kayle Quinn.



Sharleen and Craig Anderson take Honi on walks along the Kaiwi coastline.



Jo and Harris Chang like to start each day with a walk in their neighborhood.



Roxy Berg (left) and friends practice Krav Maga with coach Jeff (second from left).



Matthew Chun bikes through the Pali tunnel.

A full-page photograph of a sunset over a body of water. The sun is a bright orange orb on the horizon, partially obscured by dark, silhouetted mountains. The sky is a deep orange. The water in the foreground is dark with ripples, reflecting the orange light from the sun. In the middle ground, a group of people are in a long, narrow canoe, their figures silhouetted against the bright sky. The overall mood is serene and contemplative.

Ho'omau | *To persevere*

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