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more than you know



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WHAT'S THE BIG IDEA?

Read more stories on health, well-being, and innovation at islandscene.com/more or by scanning the QR code.





LEW HARRINGTON

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COVER: Statlin Pilialoha tends organic crops as part of the UH System Center for Indigenous Innovation and Health Equity. See UH story on page 23 by Craig DeSilva, David Frickman, Leslie Hayashi, and Michelle Regan. Photo courtesy MA'O Organic Farms.

aloha members,



We are living at a time when the world is changing at an unprecedented pace. It's incredibly different today than it was even just a generation ago. To live and succeed in this rapidly evolving world, it's essential that we value and foster innovation.

Even in the delivery of health care, we must change to keep up. We need to find new and innovative ways to improve the lives of our members and the health of Hawai'i. This is why HMSA partners with providers to bring innovative approaches to improving the quadruple aim of health care: better patient experience, more affordable care, improved health of the population, and health equity.

Some examples of transformative HMSA innovations include:

- HMSA's Online Care®: The first instance of broadly available telehealth in Hawai'i.
- Blue Zones Project®: Community and employer programs to increase well-being in the community.
- Payment transformation: A new way to compensate primary care providers that pays them for value rather than frequency of service.

- Integrated Health Management Services: Care management and care coordination that uses a team approach to coordinate and simplify care for those who need it most.
- Cozeva® and Coreo™: Population health software applications that help providers manage the quality of care.
- Palliative care: A benefit that provides at-home care to manage symptoms and improve quality of life for the most seriously ill patients.

In each of these examples, HMSA was a pioneer in bringing capabilities and programs to Hawai'i. But we also know that most of the greatest ideas come directly from the delivery system itself. That's why we've partnered with providers and educational institutions to invest millions of dollars in joint ventures.

You'll get to read about some of those partnerships in this issue of *Island Scene*. And you have my word that HMSA will continue to partner and innovate in service of the health of Hawai'i. It's who we are.

Sincerely,

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

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

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Join us in celebrating *Island Scene* magazine's 30th anniversary!

Visit islandscene.com during July for a fun online activity, and enter a prize drawing.

Mahalo for your support over all these years.



dear friends,

Remember when you were growing up and adults would say, "Thirty years ago ..." or "When I was little ..." and you thought they were old? Me, too. Except ... now, I'm there.

Thirty years ago, we launched *Island Scene* magazine. I've been lucky to work on the magazine ever since that first issue in 1992, through staff and leadership changes, redesigns, crazy workloads, and, oh yes, a global pandemic.

The one constant through it all has been our amazing team. Our team remains firmly committed to quality work to support *Island Scene* and islandscene.com.

Two team members have been with us since the beginning: Marlene Nakamoto and Garry Ono. Marlene is one of our writers in addition to being our food editor and copy editor. She works on a lot of our delicious and popular recipe features, including favorite *Island Scene* recipes on page 56 and pickle recipes on page 60.

Garry is a very talented artist and designer, and we're so lucky to work with him on *Island Scene* and HMSA



Garry Ono's art from HMSA's 2003 holiday card

projects. Check out a collection of his amazing work on page 10. The artwork above is also his from HMSA's 2003 holiday card.

This anniversary issue also includes the one-time return of our "I Remember When" feature on page 40 and articles looking back 30 years – Hurricane 'Iniki by David Frickman on page 36 and health and fitness trends by Craig DeSilva on page 45.

As we move into our 31st year, please remember that we're always here if you have questions or comments. You can email feedback@islandscene.com or call (808) 948-6839.

Thank you for reading *Island Scene* over the years!

Take care,



Lisa Maneki Baxa
Publisher and Editor

around the 808

maui, moloka'i, and lāna'i



Feed My Sheep volunteers sort food in Lahaina.

All hands on deck

Want something to do this weekend? Why not meet some new people and learn a new skill while making a difference in someone's life?

Maui County Volunteer Center Coordinator Wendy Stebbins has the privilege of connecting those who want to help with those who need it. "There's something for everyone," says Stebbins, "from delivering meals and gardening and lawn work to grocery shopping and animal care."

Adults, teens, and visitors are welcome. Ready to start? Call (808) 270-7150 or visit handsonmaui.com to see how you can help.

Wild for conservation

The nonprofit Hawai'i Wildlife Fund is dedicated to wildlife conservation and works to engage and inspire communities through education, outreach, marine debris removal, conservation, research, and advocacy. Hawai'i Wildlife Fund and Brookfield Properties recently partnered to open the Hawai'i Wildlife Discovery Center at Whalers Village. There are over 30 displays and interactive exhibits focusing on Hawai'i's marine life, the whaling era, cultural values, and conservation; an art and play area for keiki; and a kiosk with 45 Maui-focused educational videos.

Admission is pay as you wish. Contributions support future exhibits, community outreach, education, and continued conservation efforts. To learn more about Hawai'i Wildlife Discovery Center, visit hawaiiwildlifediscoverycenter.org or call (808) 884-5000.



big island

Parker Ranch partners on renewable energy

Parker Ranch partnered with Innergex Renewable Energy Inc. on a solar project to supply clean, renewable energy to the equivalent of 14,600 homes. The 300-acre solar farm near the ranch's industrial park off Mamalahoa Highway is expected to help reduce electricity bills and create new jobs.

The 30-megawatt project will provide electricity to Hawaiian Electric and generate nearly 20% of the island's baseload electricity requirements.



kaua'i

Play for all

An all-inclusive playground designed for keiki is now open at Lydgate Park. The design of the Kamalani Inclusive Playground addresses a range of challenges that children with developmental disabilities are faced with. The new playground features swings with seats that adapt for kids of all abilities, ADA-compliant features such as wheelchair access ramps, and multi-sensory elements with secluded areas for sensory relief.

"During my first weeks in office, I met with a group of mothers of children with autism and learned that we had no playground tailored to children liv-



ing with disabilities," says Kaua'i Mayor Derek S. K. Kawakami. "That day, I made a promise and I'm proud of our parks team for getting it done."

The project was supported by the nonprofit Leadership Kaua'i, which develops leadership skills in participants through its Annual Adult Leadership program, as well as Friends of Kamalani and Lydgate Park, a nonprofit organization dedicated to the preservation of Lydgate State Park.

In times of need

Public and charter school students on Kaua'i who find themselves in need of support due to stress or anxiety can turn to the Mokihana Project. When access to remote communities were blocked in the past few years from devastating floods, counselors reached them by helicopter or boat. Counselors have also been using telehealth during the pandemic.

"Our mission is to ensure that we put students first," says Department of Education Kaua'i district specialist Chesne Cabral Kitamura.

To learn more, call (808) 274-3505 or visit sites.google.com/k12.hi.us/kauai/publicschools/home and click on your school.

Holding water

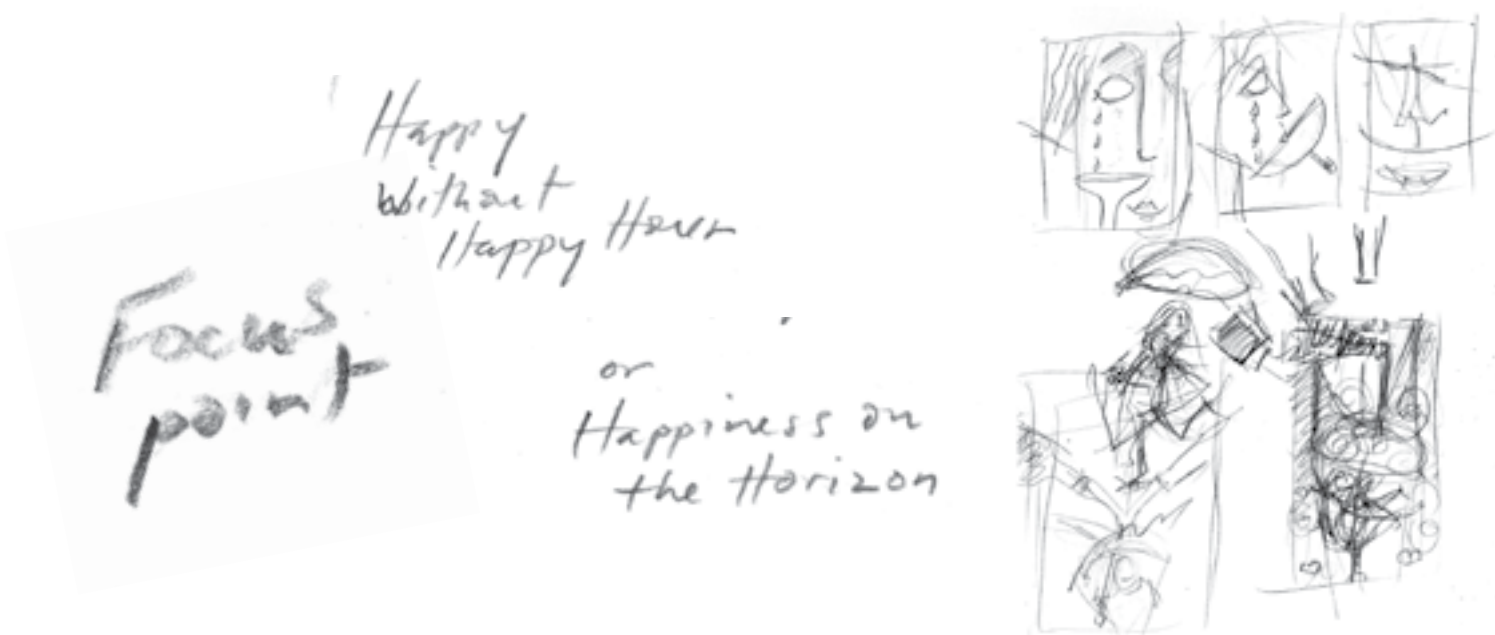
Finding new water sources is so essential on the Big Island that it's become the largest rainwater harvesting community in the country. Uncle Tilo's Clean Water LLC in Puna is doing its part to teach residents about sustainable, clean water solutions.

Every month, Uncle Tilo, who's been working with water as a civil engineer for more than 20 years, holds a free class for residents to learn about options like water harvesting for household use and how to ensure your water is clean. To learn more about sustainable clean water solutions and education programs, call (808) 965-1026 or visit tiloscleanwater.com.



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

the visual problem solver



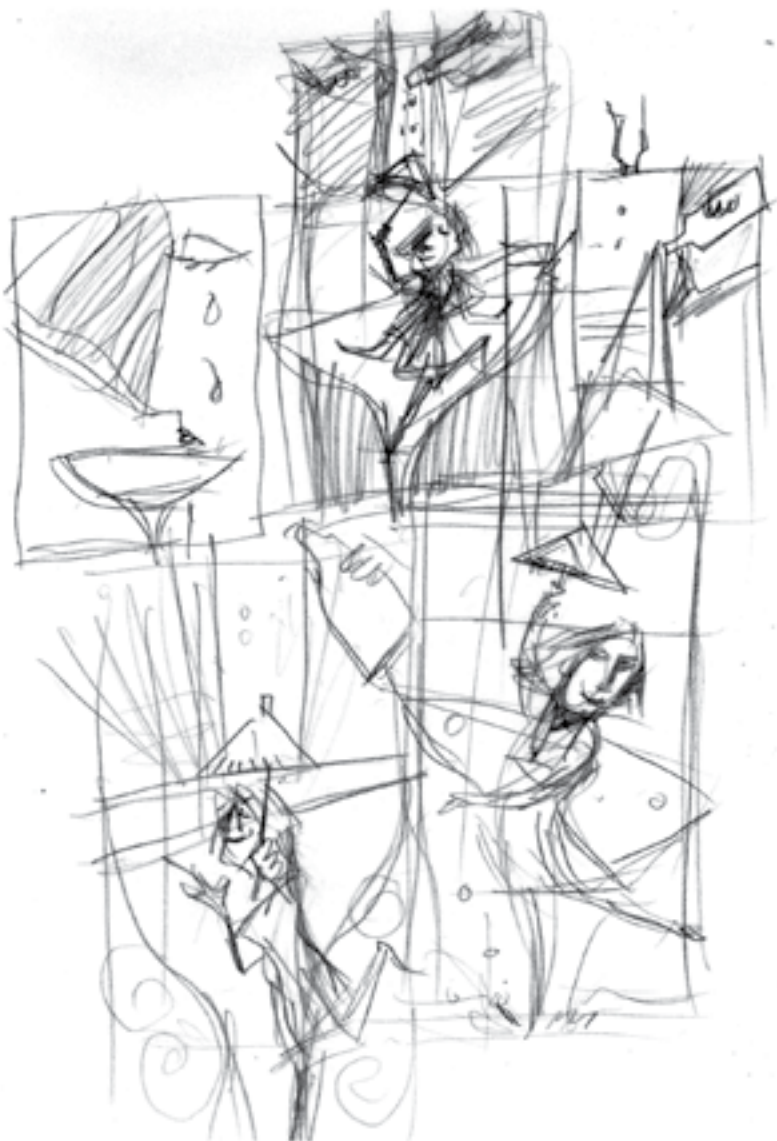
words Lisa Maneki Baxa **art** Garry Ono **photos** Earl Yoshii

His art starts with words. Garry Ono reads through his *Island Scene* assignment and jots down words to focus on. The words lead to images, to rough sketches on tissue paper, which are scanned and refined on his computer. Somewhere in that process, he weaves in a touch of whimsy, maybe a dreamlike image or bold colors.

He takes time to research his assignments carefully and is good at clearly communicating complex ideas and concepts. He describes himself as a "visual problem solver."



"Cracking the Habit" from fall 2003



"Happy Without Happy Hour" from fall 2020



"What to Do About the Flu" from fall 2014

"With a Little Help from Their Friends" from fall 2006

Ono is a designer and illustrator for HMSA and *Island Scene*. He started at HMSA in 1991, a year before the magazine launched. His talent and distinctive artistic style help make *Island Scene* stand out in Hawai'i's media landscape.

As a kid, Ono loved to draw. After graduating from Pearl City High School, he earned a Bachelor of Business Administration in marketing at the University of Hawai'i at Mānoa. A few weeks working in an office convinced him to follow his heart, and he enrolled in the Academy of Art University in San Francisco and earned a Bachelor of Fine Arts in illustration.

HMSA and *Island Scene* are grateful for that change of heart. And we're happy to have shared his talent with you for 30 years. Mahalo, Garry. 🍷



Ono 'ohana (from left): Dominic, Christian, Faye, Samantha, and Garry



"Navigating Change with Confidence" from winter 2021



"What They Do for Love"
from summer 2005

"A Troubled Heart"
from spring 2013



"I Remember When" from summer 2017



"Heads in the Game"
from fall 2011

"Beachin' It the Smart Way"
from summer 2016



"Learn to Love the Burn" from spring 2015



"The Power of Talking Story" from fall 2017



"Have a Healthy Holiday Season" from fall 2016



"Help for the Dying" from spring 2007

"Speaking Out About Mental Illness"
from winter 2007



Make your next blood donation *twice as special.*



This summer, Blood Bank of Hawaii is partnering with HUGS so that when you give blood, your donation goes toward helping a family with a sick child. So make an appointment today, and help two local charities with one selfless act.

Visit **bbh.org** or call us at **(808) 848-4770** to schedule an appointment.



@BloodBankHawaii

1010-545350



A Public Service Announcement

innovation matters



words Craig DeSilva
photos Lew Harrington

One thing that the pandemic has taught us is the need to be innovative. HMSA President and CEO Mark M. Mugiishi, M.D., F.A.C.S., helps lead the charge to continually find new ways to improve health care in Hawai'i. We asked him to share his thoughts on innovation.

Why is innovation important to HMSA?

HMSA members have traditionally relied on us for health care benefits. And we'll always be there for them when they need us. But today, we're more than just a health care payer. We're a health organization that provides information, tools, and resources to help members make smart decisions about their health.

It's a sacred trust that we take very seriously, not just for our members, but for all of Hawai'i. It's how we stand apart from other health plans.

What's a good example of that?

Our members have been able to see doctors using their computer or smartphone since 2009. Giving our members access to telehealth helps to remove any barriers they may have to getting care. They can stay on top of their health in the safety and comfort of their home. During the COVID-19 pandemic, telehealth emerged as a safe way for patients to see doctors without having to leave home. The number of visits to HMSA's Online Care® increased from about 22,000 in 2019 to nearly 120,000 in 2021.


How important are partnerships in innovation?

HMSA can't solve problems alone. That's why we continue to work with hospitals, physicians, and other providers as well as government and community organizations that are aligned with our goals and aspirations of health and well-being. It's a lot of work and requires the cooperation of everyone, but it's possible.

How are HMSA employees embracing the challenge to innovate?

Some of the best ideas come from people who encounter issues in their daily lives. They're most familiar with situations and likely have solutions. At HMSA, we foster creative thinking and growth. We provide employees with the tools to find ways to better serve our members. HMSA members are always top of mind in our work.

What are your thoughts on taking risks?

If you don't take risks, you don't make improvements. If you fail, at least you tried. There's an appropriate balance between risk and reward. But if the boat never leaves the dock, it won't get to its destination. 

Read more of Dr. Mugiishi's thoughts on innovation in Up Front on page 5.



Read about HMSA's Innovation Center at islandscene.com/more.

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Your Privacy is Important

HMSA works hard to keep the information you share with us safe and confidential.

Learn more about your privacy rights as an HMSA member and how we use your health information to serve you. See the **Privacy Notice** at hmsa.com/privacy/notice or call (808) 948-6079 or 1 (800) 776-4672.



1010-528300

What you need to know *about breast reconstruction benefits*

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

This includes:

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

This coverage will be provided in consultation with the patient and the patient's attending physician and will be subject to the same annual deductible, coinsurance, and/or copayment provisions otherwise applicable under the plan.

Call us to find out if your HMSA plan covers mastectomies and reconstructive surgery.

(808) 948-6079 or 1 (800) 776-4672



The doctor is in and online.



Telehealth is a convenient way to connect with your doctor. Ask your doctor if they have telehealth options such as video visits or email check-ins.

If you don't have a doctor, use HMSA's Online Care® to get care on demand using a smartphone, tablet, or computer.

For more information, visit hmsaonlinecare.com. Then download the free Online Care mobile app.



You must be in Hawaii to use Online Care. Depending on your health plan, you may be charged a copayment.

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1010-525617



summer school for tomorrow's doctors

words Michelle Regan



For most students, summers are spent at the beach, driving around with friends, eating shave ice. But a few college students interested in medical careers spend their summer days delving into research projects, shadowing doctors, and observing surgeries at Hawai'i Pacific Health and The Queen's Medical Center.

Both programs are competitive but the lessons and connections they impart pave the way for tomorrow's doctors in Hawai'i.

HPH's Summer Student Research Program

About 100 college students apply to HPH's Summer Student Research Program each year. The 12 who are chosen spend eight weeks working on research projects to improve patient care.

"For the past 35 years, program physicians, staff, and administrators have invested in promising young students aspiring toward a career in medicine," says S. Kalani Brady, M.D., program co-director. "Our founders laid the foundation for a program that, today, provides incredible access to the inner workings of the health care system."

While students spend the majority of their eight weeks collaborating with physician mentors on research projects, they also tour medical facilities, attend Q&A sessions led by practicing physicians, and participate in community service projects. Each activity is designed to demonstrate the many facets of a medical career.

"Year after year, the Summer Student Research Program has added enriching experiences and physician engagement, both from within our organization and throughout the community," says Andras Bratincsak,



Above photos courtesy of Hawai'i Pacific Health. Top: Summer Student Research Program student Shani Ma and Andras Bratincsak, M.D., SSRP co-chair, present their research on Coronary Artery Dilation in Kawasaki Disease. Bottom: SSRP students at Wilcox Medical Center on Kaua'i.



M.D., program co-director. "COVID-19 challenged us, but we were able to find new ways to preserve this unique, hands-on program."

The ties the students build while in the program serve as an important support system as they continue with their studies. "The Summer Student Research Program was extremely helpful in solidifying my desire to pursue a career in medicine," reflects Lauren Au, 2018 alum and student at the University of Hawai'i John A. Burns School of Medicine. "I'm incredibly thankful for my mentor, who helped guide me for years beyond the program with personalized advice and constant support."

Queen's Summer Research Internship


The Queen's program selects six students who excel in their scientific studies and have a passion for a career in medicine. They collaborate with UH Mānoa's Department of Native Hawaiian Health on public health research, lectures, and campus tours.

Todd Seto, M.D., director of research and academic affairs at Queen's, says that they want to help students become competitive applicants for medical school. But the program has a larger, lasting impact for both students and staff.

"We, the doctors, the nurses, the pharmacists, the hospital, benefit from having young learners around and they benefit from being here. It's part of who we are," says Dr. Seto.

Whitney Limm, M.D., chief physician executive at Queen's and an HMSA Board member, went to medical school at UCLA. But being part of the Queen's internship in 1977 made him want to come back to Hawai'i to practice.

"I did my residency training here. I was attracted to Queen's on two levels," says Dr. Limm. "One is the fact that it's a hospital for anybody. It's not limited to socioeconomic class or race. Number two is, I saw the education focus. Almost every medical student at the University of Hawai'i's John A. Burns School of Medicine rotates through Queen's at some point."

Dr. Seto says that no matter which program students choose, it's a valuable investment in Hawai'i's future physicians. "We all recognize the need for mentorship, the need for exposure, and that is a wonderful thing that we're all doing." 



Top photo courtesy of Hawai'i Pacific Health. Summer Student Research Program students Kylie Yamauchi and Tamlyn Sasaki are working on a simulated patient while classmates observe their efforts. Middle and bottom photos courtesy of The Queen's Medical Center. Middle: Summer Research Internship student Nicholas Van. Bottom: Summer Research Internship students Nicholas Van, Cameron Woods, Kamaile Asing, and Taylin Kai.

Keep your smile healthy all summer long



Your body will thank you

Your dental health can have a big impact on the rest of your body, especially if you live with medical conditions like diabetes or heart disease.

A Mayo Clinic study found that programs that integrate medical and dental care like HMSA's Oral Health for Total HealthSM can help people with diabetes, heart disease, and other chronic conditions live healthier.

Take advantage of the dental program that will help keep you healthy and smiling this summer.

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



Mayo Clinic Study: Borah, BJ., Brotman, SG., Dholakia, R., Dvoroznak, S., Jansen, MT., Murphy, EA., Naessens, JM. (2022, March) "Association Between Preventive Dental Care and Healthcare Cost for Enrollees with Diabetes or Coronary Artery Disease: 5-Year Experience." Compendium 2022;43(3):130-139.



health care and UH: more than you know

words Craig DeSilva, David Frickman,
Leslie Hayashi, and Michelle Regan

The contributions of the University of Hawai'i to the state's health care landscape are well known. The John A. Burns School of Medicine, for example, is a leader in educating the medical professionals of tomorrow.

But there's much that UH does for the health of Hawai'i that you may not be aware of, such as efforts to reconnect with Indigenous health practices, new and emerging technologies for future nurses, and in-depth programs that teach kūpuna how to live healthier lives.



PHOTOS ON THIS PAGE COURTESY UH MINI-MEDICAL SCHOOL ON HEALTHY AGING



Clockwise from top left: Asking questions at an informational session; on the move in a physical activity class; Dr. Rosita Leong

Lessons for healthy living

Hawai'i enjoys the highest longevity rate in the nation. Chalk it up to the weather, our aloha spirit, the right genes, or the embrace of our close-knit families and friends.

Hawai'i residents over 60 years of age make up one fifth of our population and have another resource to help them live longer: knowledge. And that's thanks to a program called the **Dr. Rosita Leong Mini-Medical School on Healthy Aging**.

Every spring and fall at the UH medical school, these seniors spend five consecutive Saturday mornings learning how to keep themselves healthy as they age. It's the same type of information taught to UH medical school students but tailored for the general public. The goal is to teach and encourage seniors to be mentally engaged, socially connected, physically active, and nutritionally balanced.

Previous topics have included preventing falls, improving sleep habits (and not falling asleep in front of the TV),

managing chronic pain, and practicing good dental hygiene. Participants also learn about the latest treatments for cancer, arthritis, and Parkinson's disease.

HMSA was the initial sponsor of the program that began in 2014. Dr. Leong, a UH Foundation board member and president and CEO of Bunker Hill Developments Inc., later endowed the program that was then named after her. Because of this endowment and generous donations by participants, community members can take part in the program for free.

New topics and speakers are introduced every spring and repeated in the fall. Before the pandemic, the courses were held at the UH Cancer Center, but now they're offered online on Zoom. Previous sessions are available for anyone to view at jabsom.hawaii.edu/minimedschool/lectures.html.



Nursing Hawai'i to good health

When telehealth use skyrocketed at the start of the pandemic, UH went into high gear to train nursing students to use new technology.

"Telehealth is here to stay, and we need to make sure our students are prepared," says Lorrie Wong, Ph.D., R.N., interim associate dean for Academic Affairs, HMSA distinguished professor of the **UH Mānoa Nancy Atmospera-Walch School of Nursing**, and director of the UH Translational Health Science Simulation Center.

The school acquired TytoClinic™, small hand-held devices with a camera that nurses can use to examine a patient's ear, mouth, eyes, or skin. The up-close video images are transmitted to a provider who can diagnose conditions, prescribe medications, or instruct the nurse on treating the patient. The device can transmit sounds of the patient's breath and heartbeat to detect lung or heart problems.

Technology is nothing new for the nursing school. Students already get hands-on training with life-sized mannequins that simulate breathing, eye movement, and childbirth. Students check the mannequins' pulse, heart, lung, eye, and stomach activity. They also practice with student actors from UH Mānoa's Department of Theater and Dance who act out real-life medical scenarios.

To enhance telehealth learning, students use robots on wheels in simulated activities to examine patients from other locations. Students from UH Health Sciences programs learn to collaborate with each other using telehealth technology.

"Our students need to know how to provide care that's both routine and a matter of life or death," Wong says.



PHOTOS ON THIS PAGE COURTESY UH MĀNOA NANCY ATMOSPERA-WALCH SCHOOL OF NURSING

From top: Students using TytoClinic equipment during a mock checkup; learning the process of conducting an infant evaluation on a mannequin





Culture as health

Long before high rises dotted the Waikī skyline, before Captain Cook landed in Waimea, Native Hawaiians and Pacific Islanders were healthy and thriving. By all accounts, including Cook's, they were physically fit, ate a healthy diet of fish and plants, and nurtured deep spiritual connections.

The new **UH System Center for Indigenous Innovation and Health Equity** seeks to reconnect Native Hawaiians and Pacific Islanders with precontact practices as a tool for improved health. "It's an equity issue," says Kamuela Enos, director of the UH System Office of Indigenous Innovation. "For people who have lived here for thousands of years, the sense of loss of people and landscape is physical."

The center is new, but Enos and Aimee Malia Grace, M.D., director of the UH System Office of Strategic Health Initiatives and lead of the UHealthy Hawai'i Initiative, are already working with communities to find out how Indigenous practices can lead to better health outcomes and build equity. The initiative is based on research that shows increased connection to organic farming can decrease incidence of type 2 diabetes by 60%, dancing hula can reduce hypertension, and ceremonial cleansing has the potential to reduce PTSD symptoms.

"We're trying to expand this idea of seeing Indigenous practices as health interventions," says Dr. Grace. "Where are the barriers? Are they related to policy, funding, or research? How do we expand these practices so that we can improve the health of Native communities?"

Enos says being immersed in Indigenous practices shifts people's mentality and behavior. "We want to make sure that this can happen not just in Hawai'i, but across the Pacific and for Native Americans and Alaska Natives. We're building a broad movement to reposition our Indigenous communities as experts in their own healing and to provide a counterpoint to the narrative of loss," he says. ¹⁵

HMSA has been a strong UH supporter over the years with a \$1 million donation to establish the HMSA Distinguished Endowed Professorship in Health Economics at the UH Economic Research Organization and a \$1 million donation to the nursing school for team-based care training. In addition, the HMSA Foundation donated \$5 million for learning communities in the Office of Medical Education.

Clockwise from top: Intern Statlin Pilialoha tends to a row of organic crops at the MA'O Organic Farms in Wai'anae, a core partner with the UH Center for Indigenous Innovation and Health Equity; at MA'O Organic Farms, staff and interns perform cultural protocol and programs are designed with Indigenous practice and place-based ancestral knowledge; an ola seminar on health that promotes the Center's holistic, communal, and multi-faceted approach to health.

on the road to better care

words Craig DeSilva

art Kat Uno

Because Kailua resident Ellen Abrams works multiple jobs, she doesn't always have time for doctor appointments.

She's also hesitant to wait in a crowded doctor's office with sick patients during the pandemic. So instead of going for care, care went to her.





Adventist Health Castle suggested Abrams do a wellness visit using telehealth. Although she doesn't have any chronic health problems, she was overdue for an annual checkup. After an hour-long video session with an advanced practice registered nurse, Abrams was impressed with the care she received. Her nurse brought up issues that she didn't think to ask about, such as an advanced directive, family medical history, and alternatives to medication.

"It was like he was in the same room with me," says Abrams. "I could tell he really cared about my health and well-being. He asked questions that mattered to me and wasn't just checking off a list. I didn't expect that much attention to detail."

Abrams is just one of the HMSA members in Adventist Health Castle's Advanced Practice Provider Program. The program provides seamless care to patients through nurse practitioner support in partnership with home health staff, hospitalists, emergency department physicians, and primary care providers.

The program's team of advanced practice registered nurses:

- Offers Medicare annual wellness visits in a way that best fits the patient – whether at home, through telehealth, or at a doctor's office.
- Provides follow-up care to patients who've been discharged from the hospital.
- Works with Castle Home Health to provide care for patients who don't have a primary care provider.
- Provides care to patients who have a hard time leaving home.
- Offers at-home blood draws and immunizations.

"This is the future of health care," says Ryan Tenn, Adventist Health Castle's lead nurse practitioner. "If patients can't come to us, we go to them. We see patients who would otherwise fall through the gaps."



Tenn sees most of his patients through telehealth or at their home. Some even request to meet at a park or coffee shop. "Wherever it's most comfortable for them," he says. "We want to break down any barriers they may have to getting care."

Although telehealth and home visits aren't new, they've become more common since the start of the pandemic, especially for higher-risk older adults.

"We want to cut down on patients who repeatedly end up at the hospital for things that could have been prevented."

: Ryan Tenn

About 95% of the patients in the program are over age 65. Some have serious health conditions like diabetes or heart disease that require ongoing follow-up care. Others need an annual checkup with reminders for health screenings and immunizations or advice on lifestyle changes.

Patients who don't have a doctor see an advanced practice registered nurse until they establish their primary care provider.

"We want to cut down on patients who repeatedly end up at the hospital for things that could have been prevented," Tenn says.

Being in a patient's home also helps Tenn assess how their living situation may impact their physical and mental health. "It's a better way to connect and make them feel comfortable with the care they're getting," he says.

For Abrams, Adventist Health Castle's program was the right fit. For someone who usually delays making doctor's appointments, she now looks forward to her next checkup.

"It's like taking care of my car," she says. "I'll do what it takes to prevent it from breaking down." **15**

This is the year

I make 65 just another number.



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The HHHRC's mobile medical unit on a community visit providing needed services

reimagining care

words Michelle Regan **photos** courtesy of Hawai'i Health & Harm Reduction Center

For some of Hawai'i's most in-need communities, getting care means reimagining the limits of traditional medicine. The Hawai'i Health & Harm Reduction Center takes a "no wrong door" approach to their work around homelessness, substance use and abuse, mental health, the legal system, and chronic diseases like HIV and hepatitis.

"No matter what door you come in, we can link you to our services or more appropriate ones from our community partners," says Heather Lusk, HHHRC executive director. "Through that collaboration and addressing the whole person, we're going to have a much bigger impact on both their physical and behavioral health."

Mobile medical unit

Many patients can't get to the clinic, so HHHRC's mobile medical unit allows them to take care to communities that need it. Due to a change in federal regulation during the COVID-19 pandemic, HHHRC has been able to offer behavioral health and substance use services using telehealth.

"There were parts of the islands that, according to the Hawai'i Department of Health, had higher rates of HIV but didn't have services," says Lusk. "People in those communities didn't want to get tested in their own community because their auntie worked at the clinic. They weren't comfortable."

With the mobile medical unit, clinicians help patients access telehealth services and distribute smartphones to help

bridge the equity gap. If patients can contribute to their monthly bill, they do. But HHHRC found that even for those who can't, the cost of a monthly phone bill is much more manageable than treating compounding health issues.

PrEP injectable

Since the Food & Drug Administration approved it in 2012, preexposure prophylaxis, or PrEP, has made HIV prevention exponentially more manageable. "It's been a game changer," says Lusk. "It's such an effective medication that, aside from sterile syringes, it's now the best evidence-based medical intervention we have to prevent HIV."

In December 2021, the FDA approved a new PrEP injectable that could change the game again. Instead of taking a daily pill, which can be difficult for patients to remember to take, especially if their mental health or living situation is unstable, they get a series of injections a few months apart.

"There's longer-term protection between shots," Lusk says. "It's an incredible amount of time to have that relief and that lack of anxiety and know that you're protected."

HHHRC is reaching out to patients who are most likely to benefit from the PrEP injectable and will offer it as soon as it's available.



"No matter what door you come in, we can link you to our services"

: Heather Lusk



Major Mike Lambert conducting a crisis intervention class

HPD crisis intervention training

The Honolulu Police Department responds to calls involving people with mental illness every day. Officers and citizens can be injured or killed and misunderstandings sometimes lead to arrests.

That's why HHHRC is working with HPD to conduct crisis intervention training. "By training officers in trauma-informed care and helping them separate their trauma from the trauma of the folks they're interfacing with, people are safer," says Lusk. "There's more collaboration. It's more likely that the encounter's going to end without arrest or violence."

The program teaches officers how to de-escalate tense or chaotic situations and respond with compassion. They

learn how to maintain their safety while expanding their understanding of what it's like to live with mental illness.

"We talk about active listening skills and open-ended questions. It's the difference between 'Tell me your name' as the first encounter and something like, 'What's going on here? Looks like you're feeling really overwhelmed,'" says Lusk. "We teach them empathic listening and skills to build rapport and hopefully connect with a person to get information, get them to another location, or help them get a mental health assessment." ¹⁵

Learn more about the Hawai'i Health & Harm Reduction Center's services at hhhrc.org or call (808) 521-2437.

Food for Thought ...

Nearly 1/4 of all the food we buy
ends up in the trash.

This equates to 237,000 tons of food per year. Wasted food is not only bad for the environment but often it is wholesome, edible food that could instead be redistributed to feed Hawaii's hungry.



Do your part to stop food waste.

Visit **HawaiiFoodbank.org** or call **808-482-2224**.





hurricane 'iniki: providers weathered the storm

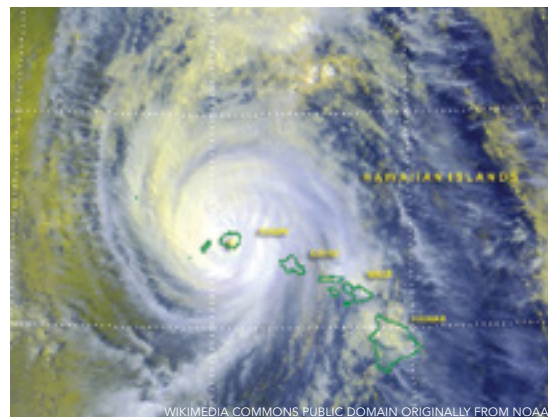
words David Frickman

It was the most powerful hurricane to hit Hawai'i in recorded history. Even 30 years later, the sights and sounds and memories of Hurricane 'Iniki are fresh.

On Sept. 11, 1992, roaring 145-mile-per-hour winds gusting up to 225 miles per hour slammed the Garden Island. 'Iniki caused six deaths and more than \$3 billion in damages to the state, mostly on Kaua'i.



B/W PHOTOS COURTESY HAWAII STATE ARCHIVES, STAR-ADVERTISER PHOTOGRAPH COLLECTION, M495-501, HURRICANE INIKI



WIKIMEDIA COMMONS PUBLIC DOMAIN ORIGINALLY FROM NOAA



COURTESY GERI YOUNG, M.D.

But the response to the storm showed the resilience and dedication of health care workers. Geri Young, M.D., was working as a general pediatrician at what is now Wilcox Medical Center. Dr. Young is currently Kaua'i medical director for Hawai'i Pacific Health Medical Group.

She says she and her colleagues felt prepared for 'Iniki after their experience with Hurricane 'Iwa 10 years earlier, which kept her working at the hospital for seven days straight. "The medical staff had learned a lot from the experience with Hurricane 'Iwa," she says. "We all remembered what we needed to do."

No one, however, was fully ready for the devastation that Hurricane 'Iniki would bring.

Dr. Young was with her children in her basement apartment when the storm hit. "When the eye of the storm passed, my ears popped from the pressure," she says. When she emerged from her home, "There were untouched homes scattered between homes that were completely destroyed. On the ocean-front lots, there were just cement slabs where there had been homes."

"It looked like a giant held a weed whacker over the island and just turned it on," says Ron Fujimoto, D.O.,



COURTESY GERI YOUNG, M.D.

Geri Young, M.D.

Opposite: In many places on Kaua'i, it looked like a bomb went off.

Top left: Waves crash against the shore at Po'ipu before the heart of Hurricane 'Iniki arrived.

Top right: Satellite image of Hurricane 'Iniki making landfall on Kaua'i.

Bottom right: Dr. Young's home after the hurricane hit.



PUBLIC DOMAIN THE U.S. NATIONAL ARCHIVES.



Top: Albizia trees destroyed by Hurricane 'Iniki. Left: A view of damage to oceanfront homes near Po'ipu.
Right: Hurricane 'Iniki knocked out Kaua'i's communications system and blocked numerous roads.

“In any type of catastrophe,
you'll see the best in people.”

: Ron Fujimoto, D.O.

who was working as a family practitioner at Kuhio Medical Center. "All the trees were down. Anything tall got knocked over."

There was no electricity. Fallen trees completely blocked many roads. Health care workers faced a daunting task under difficult circumstances with resources stretched to the limit.

In the days before FEMA arrived to help with medical care, "We went to the hospital and asked them if they needed help," says Dr. Fujimoto. "And they clearly needed help. So we staffed the emergency room in shifts. And when they had enough staff, we saw patients in our clinic," which had no electricity until generators arrived many days later.

Dr. Young says the doctors on Kaua'i "banded together, as we were a small group of both employed and independent physicians, and we all knew each other. We covered each other's patients and kept our morale positive."

It wasn't just Kaua'i doctors who answered the call. Dr. Young says, "Many physicians from O'ahu and the other Neighbor Islands flew over to help us, as did some Mainland providers."


Richard Lee-Ching, M.D., who has a private practice in Hilo, flew to Kaua'i a few days after the storm to help take

care of a doctor's patients. "When I heard that things were bad at his house, I decided I'd give him a hand. I took care of patients who went to his office and offered my help to anybody else who needed it."

Power was out on Kaua'i for nearly three months. But Wilcox, the island's only Level III trauma center, had emergency generators that stayed intact despite the devastation. "That was key to keeping our medical care functioning on the island," Dr. Young says. "Thank God for our emergency power system because it worked great."

There are some who find the memories of Hurricane 'Iniki too difficult to revisit today. "I don't want to go back," says one doctor who lost his home to 'Iniki. "The hurricane was too painful for me, my family, my patients, my office, and my practice."

But even in the chaos and tragedy of Hurricane 'Iniki, a lot of good came through.

"In any type of catastrophe, you'll see the best in people," says Dr. Fujimoto. In his neighborhood and elsewhere, "There was a real sense of camaraderie. People shared their food because the food would spoil otherwise. There was no electricity, so neighbors had barbecues and potlucks. A lot of sharing went on. It was amazing." 

For tips on how to get ready for hurricane season, see page 52.



Ron Fujimoto, D.O.



What else happened 30 years ago? Visit islandscene.com/more to find out.



i remember when

compiled Marlene Nakamoto

art Garry Ono

As we celebrate 30 years of keeping health front and center for HMSA members, we wanted to take a trip down memory lane.

We asked some of our readers to share their fond memories of life in Hawai'i. Here's what they said.

I remember working at Dole Cannery as a pineapple trimmer and then going with my friends to the beach and falling asleep on the sand only to wake up with sunburn. In those days, we didn't use sunscreen. Just tanning oil or, if you're like me, baby oil to get a nice tan. And lightening spray to get nice color for your hair. As an adult, I can't imagine letting my daughter go out into the sun without applying 50+ SPF, wearing a sun shirt, and, when she was really young, a hat.

Janet Murayama, Mililani

We used to do this in high school and in college: When it snowed on Mauna Kea, we would go up and play in the snow. Then we would shovel some snow into the back of a pickup truck, drive it down to Hāpuna Beach, and build a snowman on the sand and have snowball fights before it melted.

Brenda Salgado, Salt Lake

Going to Kam Drive-In with a van full of people and only paying for three. (Uh ... that's a story from a friend.) Back then, you could bring your own food and you had to mount that big silver speaker box on your roll-down window so that you could hear the movie. My kids were sitting in a friend's car once and pointed to the window crank and asked, "Uncle, what's that for?" They thought it was so cool to roll the window up and down. They sat and entertained themselves for a good 30 minutes.

Hollis Okamura, Nu'uano

The good old days I always think about our younger days at the Nu'uano YMCA. Our kumu would send us outside with brown paper bags and instruct us to pick mock orange leaves from the huge bush at Kamāmalu Playground near Central Intermediate School's PE building. We had so much fun picking the leaves and mostly playing! In those days, we used mock orange leaves for our adornments. Nowadays, we don't use those leaves or type of lei anymore.

Wanda Akiu, Kailua

On Friday nights, my mother would take me to KC Drive Inn at the edge of Waikīkī where the Waikīkī Landmark now stands. Waffle dogs! Peanut butter shakes! We never went into the restaurant. It was always the carhop for us. My mom would leave the car lights on to call the waitress, who'd come on roller skates to take our order and come back with a tray of food that clipped onto our car window. My mom would order hot fudge sundaes that were served in paper cups. Before we'd leave, she'd always order an extra one to throw in the freezer when we got home.

Nalani Keale, Nu'uano

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A Public Service Announcement
1010-551803



summer myths

words Courtney Takabayashi



before you enjoy some fun in the sun, see if you can tell which of these statements are true and which are false.

Yup or nope? You can get a sunburn on a cloudy day.

Yup. You may feel like the clouds are protecting you, but you're still exposed to the sun's ultraviolet rays. According to the Centers for Disease Control and Prevention, UV rays, not the temperature, are what damage your skin. So even if it's cloudy, remember to put on sunscreen before you leave home.

Yea or nay? There are different types of ultraviolet rays.

Yea. There are two types of UV rays, ultraviolet A and ultraviolet B. UVA rays can cause cancer and, since they can travel deeper into the skin, may lead to premature skin aging such as wrinkles and collagen damage. UVB rays can cause sunburn and sometimes skin cancers.

Fact or fiction? You can get a sunburn through glass.

Fact. Most types of glass block only UVB rays, which leaves you exposed to UVA rays if you're in a car and the sun is hitting you. Even if you're just going for a short drive, apply sunscreen on your body wherever the sun hits. If you're at home in a room lit by sunlight, you're generally safe. But if you're getting direct sunlight for many hours, you may want to protect yourself. Rearrange your furniture so you're not in direct sunlight, install curtains, or put on sunscreen.

True or false? All types of sunscreens are the same.

False. There are lots of different kinds of sunscreen. What should you look for? Here are a few tips:

- **Avoid sunscreen with harmful chemicals.** Hawai'i banned sunscreen with oxybenzone and octinoxate as they've been shown to harm coral reefs. Plus, oxybenzone can cause an allergic reaction.
- **Choose broad-spectrum protection.** Sunscreens with this designation protect against both UVA and UVB rays. Only products that pass a certain Food & Drug Administration test can be labeled as broad spectrum.
- **Understand what sun protection factor is.** SPF measures how well sunscreen protects against UVB rays. While a high-SPF of 100 may seem like the ultimate protection, it's best to use SPF 30 to 50 and reapply every two hours. If you're sweating or swimming, reapply more often.

See the "Health Matters" section on page 46 for more sun safety tips.

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fit or fad?

words Craig DeSilva



When it comes to fitness, we'll try just about anything. Roll with a wheel or stretch rubber bands. From vibrating belts to suits to help you sweat it out and even all-night hula hoop contests, there's always the latest, greatest thing that promises a leaner, fitter you.

But what may seem trendy isn't always new. "Take kettle bells and medicine balls for instance," says

Honolulu athletic trainer Kevin Chang. "They've been around for years. It's trendy because it's new to a younger generation on social media."

Like anything else, fitness has evolved. For 30 years, *Island Scene* has been here to help you keep up with the latest. Here's a flashback at trends that have come and gone and – in some cases – come back again.

Spinning

Love to bike but don't feel safe on the road? Take your workout indoors with a stationary bike.



1990

CrossFit

Get the benefits of gymnastics, weightlifting, body weight exercises, and calisthenics in one total body workout. You can even add an obstacle or two.



2000

2010

2020



Tae Bo

Martial arts, boxing, and hip hop combine for a high-intensity workout.



Zumba

Miss the disco? This dance-inspired workout blends salsa, tango, bachata, and flamenco with upbeat Latin or pop music.



High-intensity interval training

Spend maximum effort in minimal time. No extra weights or equipment needed. Do it at home using free online videos.

health matters

Strike a (yoga) pose

Yoga helps improve flexibility and strength and reduce stress. With many different styles, there's something for everyone.

Here are some of the styles you can choose from:

- **Ashtanga:** One of the most popular styles of yoga, it's a traditional and physically strong style.
- **Hot:** A vigorous workout that loosens muscles and gets your heart rate pumping in a hot studio with temps between 80 and 108 F.
- **Iyengar:** Deep, long poses can be challenging, and props such as yoga blocks and straps may be used to help achieve postures.
- **Power:** A high-energy workout that's often a faster, more strength-based vinyasa class.
- **Restorative:** A passive style that focuses on breathing while stretching to release tension.
- **Vinyasa:** This style flows from one pose to the next with breathing linked to the movement.



Small effort, big reward

Did you know that adding just 10 minutes of exercise to your day can provide significant health benefits? Many adults have about five hours of free time daily. If you can squeeze in a 10-minute workout, it might be enough to improve your health.

Researchers say that 10 minutes of moderate to vigorous physical activity can reduce blood pressure, blood sugar, cholesterol, and ultimately prevent more than 100,000 deaths a year in the U.S.



Sun safety

Enjoy the warm weather, but don't forget to protect yourself and your family from the sun. July is UV Safety Awareness Month and the perfect time to brush up on sun safety tips.

- Cover up with hat, sunglasses, and clothes, such as long-sleeved shirts and long pants.
- Stay in the shade, especially during the intense midday hours (10 a.m.-4 p.m.).
- Choose a sunscreen with at least 30 SPF and UVA/UVB protection.
- Apply enough sunscreen – a palmful of sunscreen at least every two hours. And reapply more frequently if you're sweating or swimming, even if the sunscreen is waterproof.

For more summer tips, see the "For Real?" column on page 43.

for your benefit

Stay safe

August is National Immunization Awareness Month. Make sure that you and your family are up to date on your recommended vaccinations. Many vaccines are a benefit of your HMSA plan with little or no copayment.

The CDC provides helpful vaccination schedules on their website at cdc.gov/vaccines. Refer to the schedules to make sure your 'ohana gets what they need at the proper time. Check with your doctor if you or your child is due for a shot or if you aren't sure if you're up to date.

To find out which immunizations are a benefit of your plan, check your *Guide to Benefits* or call HMSA Customer Relations at (808) 948-6079 or 1 (800) 776-4672. TTY users, call 711.

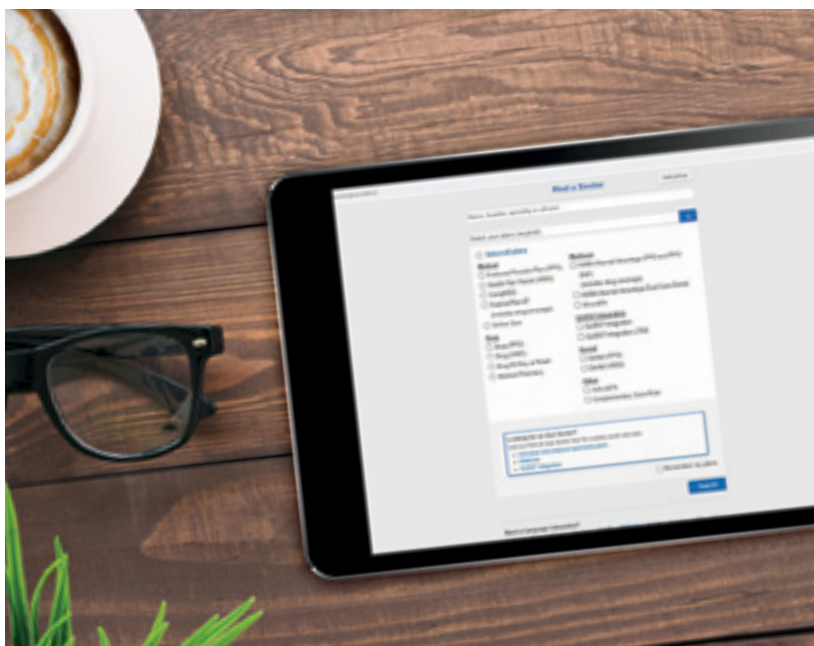


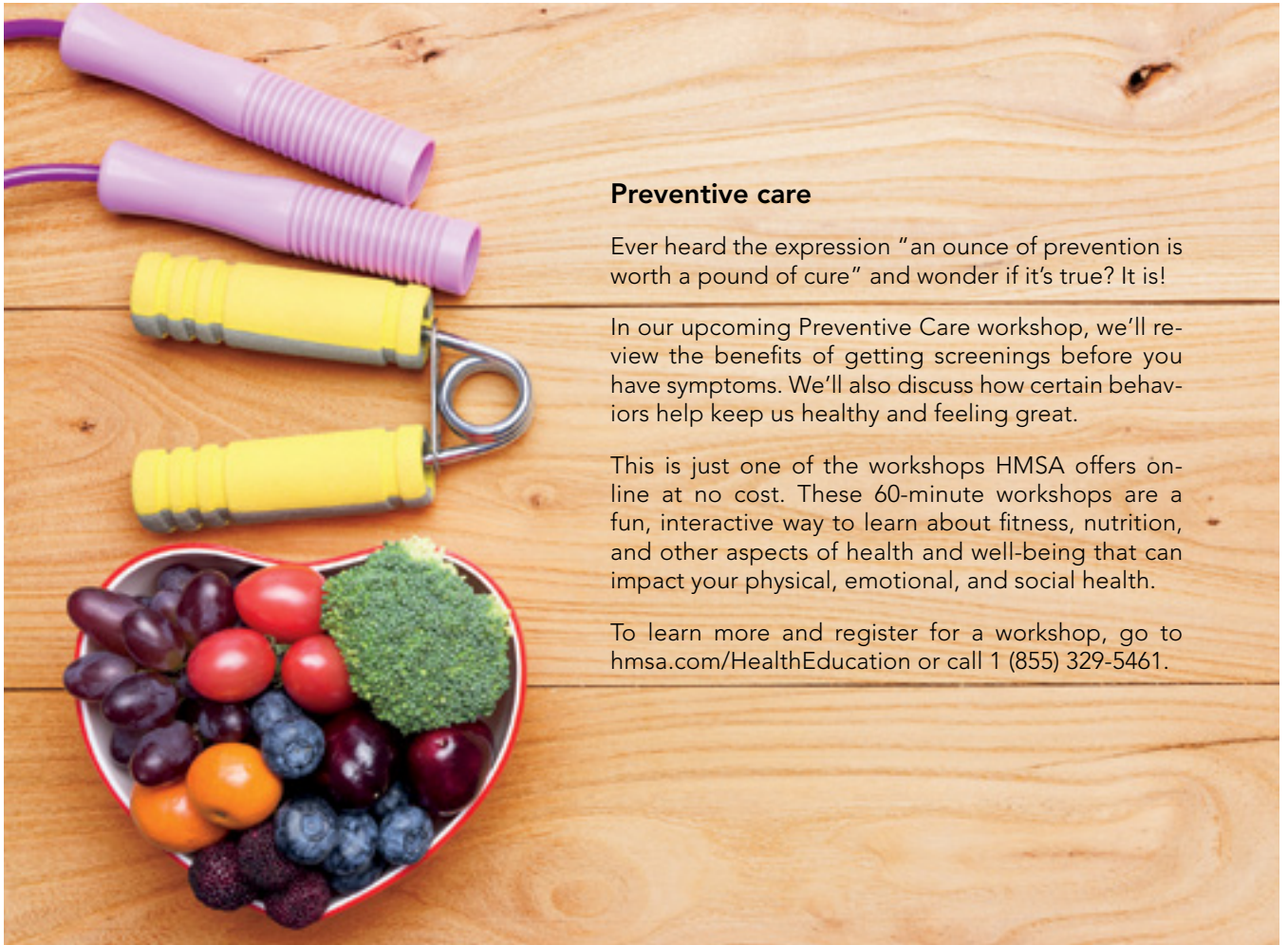
Best way to find a doctor

Starting this year, providers in our network must verify four times a year that the information in the HMSA provider directory is up to date. If they don't verify their information, they'll be taken off the list.

This is good news for you, especially if you're looking for a doctor, because you'll have access to current information.

The online directory is easy to use. Go to hmsa.com and click Find a Doctor at the top of the page. From there, you can search for a provider by location, specialty, or the specific ailment you need treated. You can also find out if the provider you choose accepts your HMSA plan and if they're taking new patients.





Preventive care

Ever heard the expression “an ounce of prevention is worth a pound of cure” and wonder if it’s true? It is!

In our upcoming Preventive Care workshop, we’ll review the benefits of getting screenings before you have symptoms. We’ll also discuss how certain behaviors help keep us healthy and feeling great.

This is just one of the workshops HMSA offers online at no cost. 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.

To learn more and register for a workshop, go to hmsa.com/HealthEducation or call 1 (855) 329-5461.

5

Reasons to Have a Primary Care Provider

Having a primary care provider is good for your health. Here are five ways they can help you:

1. Monitor your health.
2. Manage chronic illness.
3. Recommend specialists.
4. Schedule routine screenings.
5. Improve your overall well-being.

Finding a good health care provider can make all the difference. These providers joined HMSA's network between Dec. 21, 2021, and March 30, 2022.

Hawaii

Kellie Marie Acosta
Michelle Marie Israel
Joette L. Lucco
Damien Sebastian Young

Lanai

Kerri L.K. Cummins

Maui

Angela N. Albertson
Shenelle M. Foster
Dane T. Kurohara
Lauren Kelly Schwartz

Oahu

Michael F. Aprile
Jaime Arambula
Anthony M. Barcia
Tristan Raymund Besa Jr.
Joelle K. Branch
Rodrigo G. Bristol
Haley Conroy
Kendra K. Epstein
David E. Hatch
Kristen N. Holdaas
Lisa M.K. Jurick
Jaxon T. Kagawa
Jasmine M. Kelly
Brandi L. Lawrence
Calvin Lee
Taylor R. Libby

Imnas B. Macabugao
Katrina C. Marume
Leilani Maxera
Keely N. Molles
David F. Moore
Daniel M. Muench
John P. Murray
Somarrey D. Prum
Kyle E. Shoji
Jason Shou
Shirley A. Tamoria
Gregory L. Thalken
Lauren Y. Usami
Alisha A. Wallace
Alex Wah Hin Yeung
Kevin James Yeung

For a complete list of providers, contact information, and plans accepted, or to find a primary care provider, visit Find a Doctor on hmsa.com.

summer reading, had me a blast

words Courtney Takabayashi and Junie Hayashi

You probably read a lot every day, from emails to social media feeds. But when's the last time you read for fun?

Why not treat yourself to a good book this summer? Here are some recommendations from Junie Hayashi, public services librarian at Leeward Community College.



Junie Hayashi



The Kimchi Chronicles: Korean Cooking for an American Kitchen
By Marja Vongerichten

One of the best ways to learn about a culture is through food. For travel and food lovers, this book is filled with beautiful photos of Korea and mouth-watering recipes. It's amazing how Vongerichten takes a simple American food like a hot dog and pairs it with kimchi to truly elevate it. The descriptions of various Korean ingredients used in the recipes are invaluable. Whether a seasoned cook or newbie to Korean food, this book has something for everyone.

Broken (In the Best Possible Way)
By Jenny Lawson

Sometimes the best way to deal with pain is laughter. In her fourth book, Lawson continues her journey dealing with depression and anxiety in a hilariously relatable way. Who wouldn't laugh at a chapter entitled, "Six Times I Lost My Shoes While Wearing Them: A List that Shouldn't Exist." You'll laugh, you'll cry. Whatever you're going through, Lawson makes you feel like you're not alone.

Harbor Me
by Jacqueline Woodson

Woodson is skilled at tackling complex issues for young readers. In *Harbor Me*, a group of sixth graders are selected to go to the ARTT (a room to talk). It takes some time for them to open up to each other, but once they do, the experience is transformative. They discuss various issues including growing up as a black male, dealing with a parent's deportation, and handling bullying in school. Although heartbreaking, these situations aren't without hope. (Young adult fiction, ages 10-12.)

Counting by 7s
By Holly Goldberg Sloan

This book tells the story of Willow Chance, a 12-year-old genius who has difficulty relating to anyone other than her adoptive parents. Unfortunately, Willow's parents die in a tragic accident and she's left to navigate a world that's less than kind to oddball orphans. Willow shows us how a self-described misfit can find acceptance and a family in an unorthodox way. (Young adult fiction, ages 9-12.)



be prepared for hurricane season

words Courtney Takabayashi

art Brandon Young

Summer in Hawai'i means longer days, hitting the beach, and the start of hurricane season, which is June 1 to Nov. 30. "It only takes one emergency to have a disastrous impact on our lives," says Diane Peters-Nguyen, CEO of the American Red Cross, Pacific Islands Region. "Being prepared is critical to remaining calm and safe while protecting yourself and your loved ones." Here are some tips to help you prepare.

Gather the basics for your emergency kit

- Food, water, and essentials.
 - Seven-day supply if you're going to an emergency shelter.
 - Fourteen-day supply if you're sheltering in place at home.
- Important documents like IDs, Social Security cards, property deeds, etc.
- Flashlight, first-aid kit, and cellphone charger.
- Pandemic gear such as masks and sanitizer.

Be sure to update your emergency kit annually.

Prepare for the unique needs of your household

- Include the following in your emergency kit:
 - Medication.
 - Medical equipment.
- Determine the fastest way out of your house.
 - Plan two exits from every room if possible.
 - Decide on a place to meet in case communication with other household members is cut off.
 - Have emergency escape drills.

Know the difference between sheltering at home and going to an emergency shelter

- Shelter in place, if possible, especially during the pandemic.
- Know the safety level of your home and prepare accordingly.
 - Reinforce any structures that may not withstand a storm.
 - Secure all items that may risk being picked up and thrown by the winds.
- Learn where the Tsunami Evacuation Zone is and if your home is at risk of flooding.
- Find out if there's a risk of landslides from heavy rain and strong wind if you live on a hillside.

Set up multiple ways to receive information

- Hand-crank, solar-powered, or battery-operated radio (check batteries).
- Enable wireless emergency alerts on your cellphone.
- Follow official social media accounts of the state, city and county, and local news stations.
- Download emergency preparedness apps from reputable organizations such as the Red Cross.

Prepare for hurricane season now. It could help you avoid long lines and shortages and prevent additional stress.

To read about how providers helped us weather Hurricane 'Iniki in 1992, see page 36.



Visit **[islandscene.com/more](https://www.islandscene.com/more)** for water safety and first-aid tips from Hawaii Red Cross.

keiki corner

Create a butterfly garden

If you love butterflies, it's easy to create a home for them in your backyard. They're beautiful and help your flowers grow. All you need is patience and a few specific flowers.

Flowers that attract and feed butterflies bloom on plants such as kalanchoe, lantana, pentas, and salvia. Or you can plant milkweed, also called the crown flower, to attract monarch caterpillars. If you want to attract Kamehameha butterflies, add mānaki, a native Hawaiian plant, to your garden.



Summer scramble

Can you unscramble these summer-related words?



ECBHA _ _ _ _ _

FRSU _ _ _ _ _

LHLSE _ _ _ _ _

UIMDH _ _ _ _ _

GINKIH _ _ _ _ _

SOOTIUESMQ _ _ _ _ _

ESSENCURN _ _ _ _ _

IMCGPAN _ _ _ _ _

EHSVA ECI _ _ _ _ _

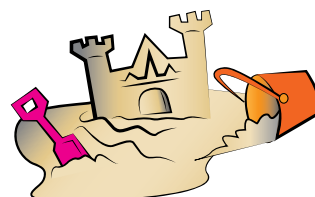
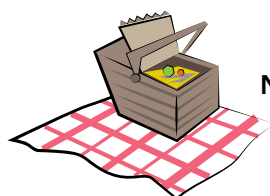
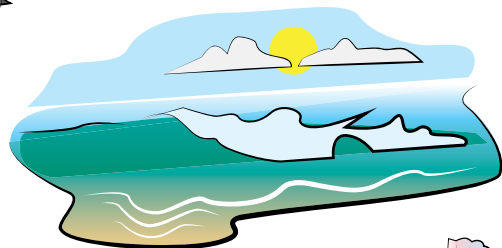
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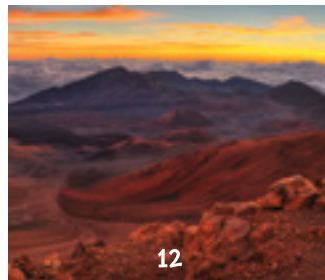
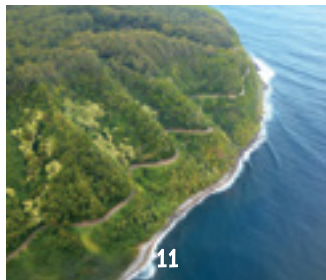
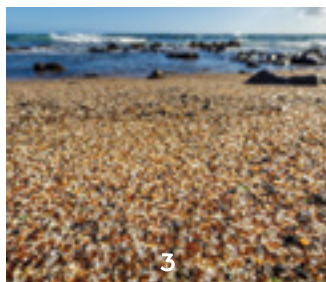
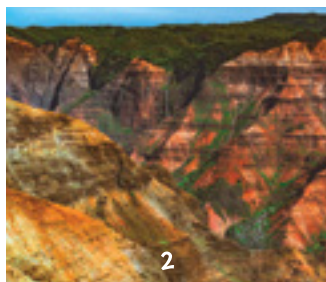
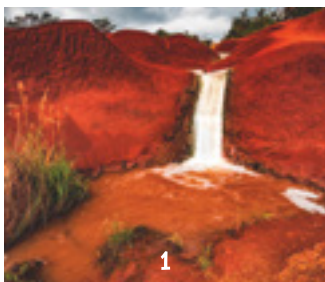
beach, surf, shell, humid, hiking, mosquitoes, sunscreen, camping, shave ice, sand castle, slippers, sunshine, picnic, vacation

Name that place


Hawai'i is filled with interesting and unique places. See how many you can name.



- | | |
|-----------------------------|--|
| _____ Waipi'o Valley | _____ Red Dirt Waterfall |
| _____ Glass Beach | _____ Kaiolohia (Shipwreck Beach) |
| _____ 'Iolani Palace | _____ Keahiakawelo (Garden of the Gods) |
| _____ Haleakalā | _____ Waimea Canyon |
| _____ Byodo-In Temple | _____ Kalaupapa National Historical Park |
| _____ Kīlauea Volcano | _____ Hāna Highway |
| _____ Mokolī'i | _____ Papakōlea Beach (green sand beach) |
| _____ 'Āo Valley and Needle | _____ Pāpōhaku Beach (longest beach) |



1 Red Dirt Waterfall, 2 Waimea Canyon, 3 Glass Beach, 4 Byodo-In Temple, 5 Mokolī'i, 6 'Iolani Palace, 7 Kalaupapa National Historical Park, 8 Papōhaku Beach (longest beach), 9 Keahiakawelo (Garden of the Gods), 10 Kaiolohia (Shipwreck Beach), 11 Hāna Highway, 12 Haleakalā, 13 'Āo Valley and Needle, 14 Waipi'o Valley, 15 Kīlauea Volcano, 16 Papakōlea Beach (green sand beach)



recipes revisited


words Marlene Nakamoto

photos Lew Harrington

food styling Marjie Beaton

Over the years, *Island Scene* has presented recipes ranging from the traditional to the revamped, common to obscure, quickly and slowly cooked, and more.

In case you missed it, here are three previously published recipes that are staff favorites.



Chicken Tikka Masala

2 lbs. boneless skinless chicken thighs
½ cup plain lowfat yogurt
1 Tbsp. lemon juice
1 tsp. ground cumin
3 tsp. garam masala, divided
1 tsp. freshly ground black pepper
1 Tbsp. garlic paste
1 Tbsp. ginger paste
1 Tbsp. ghee
2 garlic cloves, minced
2 tsp. minced ginger
1 jalapeno pepper, minced
1 tsp. salt
15 oz. can tomato puree
1 cup half-and-half

Wash chicken thighs, remove excess fat, and cut each into three or four pieces. Drain and pat dry. In a medium bowl, stir together yogurt, lemon juice, cumin, 1 teaspoon of the garam masala, pepper, and garlic and ginger paste. Add chicken and mix to coat well. Cover and refrigerate overnight. Place chicken (with marinade) in a 13-by-9-inch baking pan. Bake in preheated 350 F oven 25 minutes or until large pieces of chicken are cooked through.

Prepare sauce while chicken is cooking. In a large, deep skillet, heat ghee over medium heat. Sauté garlic, ginger, and jalapeno 1 minute. Add salt and remaining 2 teaspoons garam masala; cook and stir briefly. Stir in tomato puree. Cover, reduce heat, and simmer 20 minutes.

Drain cooking liquid from chicken and discard. Transfer chicken to skillet and stir in half-and-half. Heat through; do not boil. Makes 6 servings.

Per serving: Calories 290, protein 33 g, carbohydrates 11 g, total fat 13 g, saturated fat 6 g, cholesterol 150 mg, sodium 690 mg, fiber 1 g, total sugar 7 g

Swiss Chard and Pecorino Pasta


1 bunch Swiss chard
2 tsp. olive oil
1 cup thinly sliced onion
2 garlic cloves, minced
14 ½ oz. can diced tomato with juices
1 tsp. sugar
6 oz. uncooked whole-wheat spaghetti
¼ cup pitted kalamata olives, chopped
2 Tbsp. grated Pecorino Romano
2 Tbsp. toasted pine nuts

Remove stems from Swiss chard and reserve for another use. Coarsely chop leaves and set aside. Heat oil in a large skillet over medium heat; sauté onion until translucent, about 5 minutes. Add chard and sauté until wilted, about 2 minutes. Stir in garlic, tomatoes with juices, and sugar. When mixture almost comes to a boil, reduce heat, cover, and simmer until chard is tender, stirring occasionally, about 5 minutes.

Meanwhile, cook spaghetti according to package directions. Drain and add to chard mixture; toss gently to combine. Top each serving with olives, cheese, and pine nuts. Makes 3 servings.

Per serving: Calories 370, protein 15 g, carbohydrates 58 g, total fat 11 g, saturated fat 2 g, sodium 620 mg, fiber 13 g, total sugar 11 g



A black ceramic bowl filled with soba noodles, cubed tofu, and baby bok choy, topped with black sesame seeds. The bowl sits on a wooden cutting board with chopsticks nearby. Another similar bowl is visible in the background.

Baby Bok Choy with Tofu

Sauce

- ¼ cup mirin
- 2 Tbsp. shoyu
- 2 Tbsp. agave or honey
- ¼ cup water
- 1 tsp. Sriracha sauce
- 2 Tbsp. grated ginger
- 3 garlic cloves, minced

Bok Choy

- 2 tsp. vegetable oil
- 4 heads baby bok choy, halved or quartered lengthwise
- 8 oz. extra-firm tofu, sliced into small rectangles or cubes
- 4 oz. uncooked soba
- 1 tsp. toasted black sesame seeds

In a small bowl, combine sauce ingredients and set aside. Cook soba according to package directions and drain. Heat oil in a nonstick skillet over medium-high heat and stir-fry bok choy until wilted, about 2 minutes. Add sauce and bring to a boil. Reduce heat to medium and cook 2 minutes, stirring constantly. Add tofu. Cook and stir gently until tofu takes on the color of the sauce. Pour bok choy mixture over soba that's been divided between two dishes. Sprinkle with sesame seeds. Makes 2 servings.

Per serving: Calories 500, protein 21 g, carbohydrates 84 g, total fat 12 g, saturated fat 2 g, sodium 1,050 mg, fiber 7 g, total sugar 28 g



For another favorite *Island Scene* recipe, matcha and chocolate swirl cupcakes, visit islandscene.com/more.



pickle picnic

In the heat of summer, pickled vegetables are an ideal nosh at a barbecue or picnic or a refreshing snack.

While cucumbers are the most familiar pickle, many other vegetables lend themselves to pickling. Eggplant, mushrooms, onions, beets, ginger, daikon, to name a few. Leafy vegetables such as cabbage and mustard greens make delicious pickles. Even proteins like eggs and meat (hello, corned beef) can be pickled.

Whether you like them sour, sweet, hot and spicy, in a sandwich, on a salad, or on a platter of antipasti, you can easily make pickles to your liking. Here are three recipes that can be adapted to your taste.

Pickled Carrots

- 1 cup rice vinegar
- 1 cup water
- 1 Tbsp. Hawaiian salt
- 1/3 cup sugar
- 1 tsp. peppercorns
- 1 tsp. dried red pepper flakes (optional)
- 1 lb. carrots, peeled and cut into sticks
- 2 garlic cloves

In a small saucepan over medium-high heat, combine vinegar, water, salt, sugar, peppercorns, and red pepper flakes (if using) and bring to a boil. When salt is completely dissolved, remove from heat.

Pack carrot sticks and garlic into a quart-sized jar. Add brine and cover jar. Refrigerate at least 12 hours. Consume within two weeks. Makes 14 servings.

Per serving (1 oz.): Calories 30, carbohydrates 7 g, sodium 300 mg, total sugar 5 g

Refrigerator Dill Pickles

- 1 1/4 cups white vinegar
- 2 cups water
- 3 Tbsp. Hawaiian salt
- 2 Tbsp. sugar
- 2 Tbsp. coriander seeds
- 2 Tbsp. peppercorns
- 2 lbs. small cucumbers (Persian or Kirby)
- 6 garlic cloves, peeled and halved
- Handful of fresh dill

In a saucepan over medium-high heat, heat vinegar, water, salt, sugar, coriander seeds, and peppercorns. Heat brine, stirring occasionally, until salt dissolves. Remove from heat and cool. Quarter cucumbers lengthwise or slice into 1/4-inch-thick rounds. Place in two quart-sized jars with garlic and dill. Add brine. If any of the cucumbers aren't submerged, top off the jar with water. Cover jars and refrigerate 24 hours. Consume within one month. Makes 40 servings.

Per serving (1 oz.): Calories 5, carbohydrates 1 g, sodium 250 mg, fiber 1 g

words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita



Spicy Giardiniera

- 1 green bell pepper, cubed
- 6 red, yellow, and orange mini bell peppers, sliced crosswise
- 2 jalapeno peppers, sliced crosswise
- 2 serrano peppers (optional)
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 cups cauliflower florets
- ½ cup Hawaiian salt
- 3 cups white vinegar plus more if needed
- 4 garlic cloves, minced
- 2 tsp. dried basil
- Freshly ground black pepper to taste

Place vegetables in a large bowl and sprinkle with salt. Add water to cover. Cover bowl and refrigerate 24 hours.

Drain vegetables and rinse. Pack into two quart-sized jars and set aside. In a medium bowl, whisk vinegar, garlic, basil, and pepper. Pour mixture into the jars. If necessary, add vinegar to completely cover vegetables. Cover jars and refrigerate two to seven days. Consume within three weeks. Makes 30 servings.

Per serving (2 oz.): Calories 10, carbohydrates 2 g, sodium 350 mg, fiber 1 g, total sugar 1 g



Get a recipe for Vietnamese daikon and carrot pickles at islandscene.com/more.

CLICK TO CONNECT, LEARN, AND GROW



**Here are some of the free
online health education workshops
we're offering this summer.**

Why Weight?

July 19, 5–6 p.m. | July 22, noon–1 p.m.

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

Preventive Care: An Introduction to Health Screenings and Proper Self-care Practices

Aug. 4, 5–6 p.m. | Aug. 9, noon–1 p.m.

Ever heard the expression that "an ounce of prevention is worth a pound of cure" and wonder if it's true? It is! In this session, we'll review the benefits of health screenings in the absence of symptoms as opposed to going to the doctor only when something is bothering you. Topics include screenings specific to women, screenings specific to men, and screenings for diseases that affect us all. We'll discuss how certain behaviors keep us healthy both on paper and in how we feel.

Supermarketing!

Sept. 23, noon–1 p.m. | Sept. 27, 5–6 p.m.

Whether you're trying to save time or money, buying processed foods at the grocery store may seem tempting. Canned, frozen, or bottled products tend to be high in sodium, fat, sugar, and calories. In this workshop, you'll learn how to read, understand, and compare the nutrition facts of foods and beverages so you can make healthier choices

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.

get your grill on

With summer here, now's the perfect time to fire up the hibachi, cook some favorite eats, and enjoy the day with family and friends.

Here are some safety tips to help prevent foodborne illness from crashing your party.

Separate

Keep raw meat, poultry, and seafood away from uncooked foods.

Chill

Keep meat, poultry, and seafood refrigerated or on ice until grill time.

Save

Place food in cooler or fridge within two hours of cooking (one hour if it's hotter than 90 F outside).



Clean

Wash your hands with soap and water before and after handling different foods.

Clean work surfaces, utensils, and the grill before and after cooking.

Cook

Use a food thermometer to make sure that foods are cooked to the appropriate internal temperature:

- Beef, pork, fish: 145 F
- Poultry, ground meat: 165 F

Serve immediately or keep food above 140 F until ready to serve.

words Marlene Nakamoto



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