

island scene

well-being, family, and fun for **HMSA** members | summer **2015** | islandscene.com



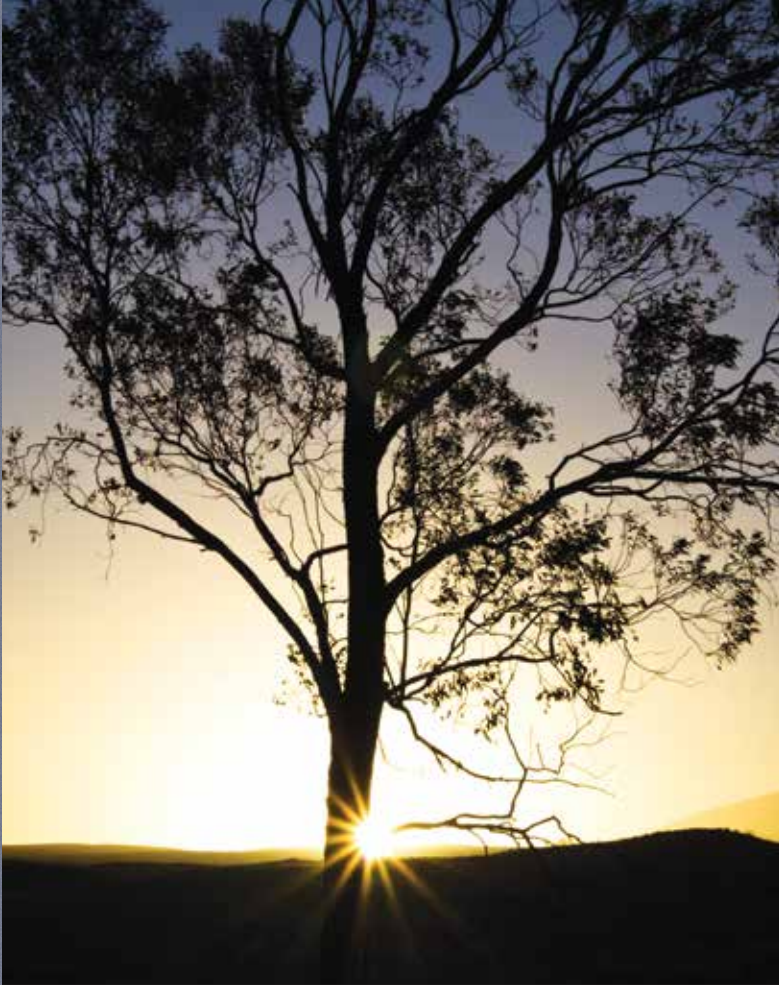
STEPHANIE STEURI

**WHAT'S NEXT FOR THIS
FORMER MISS HAWAII?**

**A JOYFUL WELL-BEING
JOURNEY**

FAST MEALS IN A MUG

***ISLAND SCENE*
READER SURVEY**



Sunrise at Waikoloa, Hawai'i Island.

Ka lā i ka Mauiola.

The sun at the source of life.

Maui-ola (Breath-of-Life) is the god of health.

From 'Ōlelo No'eau, Hawaiian Proverbs & Poetical Sayings,
by Mary Kawena Pukui, Bishop Museum Press

aloha members

Dealing with change and transformation have been givens in the 41 years that I've worked at HMSA. Among the major changes that have taken place in my time here are adding Medicaid programs, developing plans to comply with the Hawaii Prepaid Health Care Act, offering dental plans, and creating Akamai Advantage plans.

The challenges that the health care industry is facing today are unprecedented. We're dealing with a level of state and federal oversight and regulation that we've never experienced. We're working to keep health care costs from rising too fast. And we're working to be responsive to members who expect and deserve more — more services, more personal attention, and faster response times.

I'm an optimist. I've always thought of challenges as opportunities. And that's how we see our current challenges — as opportunities to once again transform HMSA to better serve you, now and in the years to come.

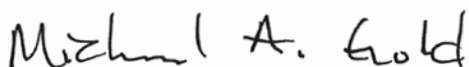
We've formalized that process of transformation and we call it **Māhie 2020**. It's HMSA's plan to serve as a catalyst to help develop a strong community-based health system that improves the well-being of all Hawai'i residents, our 720,000 members and everyone else who calls Hawai'i home.

There are many aspects to Māhie 2020. Some are internal and require us to rethink how we engage with our members, providers, and partners. Many are external and require us to work closely with partners to strengthen community networks and work together around a vision of a healthier Hawai'i where well-being is a way of life.

You'll be hearing more about HMSA's work to improve well-being. We see 2015 as a year to connect with people, organizations, and communities to draw on Hawai'i's collective wisdom and refine our vision.

While our vision may be transformational, our goal remains constant: At HMSA, caring for Hawai'i is our promise and our privilege.

Sincerely,



Michael A. Gold
President and Chief Executive Officer



we all need somebody to lean on

I keep a holiday card at my desk that I received in mid-January. A reader wrote to thank me for an article from our winter issue.



Her note was short and heartfelt. She was facing many critical challenges and didn't seem to have the right help yet, but still took the time to say thank you and to wish me a Happy New Year. She signed it, "A member."

I understand that she wasn't comfortable signing her name. But I wish she had. I wanted to reach out to her and help her find the right resources and support. And let her know that she had been heard.

I realize that some of our *Island Scene* articles may not be immediately useful or relevant to all readers. But situations change and you may find yourself looking for answers, whether it's a new health challenge or other help for yourself or a loved one.

This issue includes an article on an important resource in our community: the Domestic Violence Action Center. This local organization, which started in 1990, works to end domestic violence and other forms of abuse through leadership, prevention, legal services, and advocacy. Read the article by Danielle Douglass on page 24.

We all lean on a variety of resources to get through life, whether it's our family and friends, our physicians and other professionals, or community resources like the Domestic Violence Action Center.

And *Island Scene* is here to help our members on their journeys. If there's a specific health and well-being topic that you'd like to read about, please email me at Lisa_Baxa@hmsa.com. Because we all need somebody to lean on.

Mahalo and best wishes on your journey.

Lisa

Lisa Maneki Baxa
Publisher and Editor

island scene

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COVER: Catch up with Stephanie Steuri, former Miss Hawaii and a 2011 Kaimana Scholarship recipient. Photo by David Murphey. Page 8.



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WE'RE BEHIND YOU

For whatever
lies ahead

Live here. Live healthy. Live fearless.





> *New Beginnings*

Women struggling with substance abuse and addiction – especially those who are pregnant and/or parenting – are getting better access to support and guidance through the Baby SAFE (Substance Abuse Free Environment) Program.

The nonprofit Malama Family Recovery Center (MFRC) on Maui administers Baby SAFE, which is funded in part by the HMSA Foundation. To reduce infant mortality and morbidity among women who are high risk substance users, the program:

- Intervenes earlier in the pregnancy or before pregnancy.
- Increases access to prenatal care.
- Refers women to substance abuse treatment.

Women in the program learn about the effects of substance abuse on their baby and how to increase their chance of a healthy pregnancy.

They also receive intensive case management services such as pre-delivery hospital tours and get connected to community resources to help with any medical, financial, housing, or parenting issues.

At the MFRC – the only women-specific treatment center on Maui – women can go through the recovery process with their children living with them. Addressing issues and giving support help mother and child cultivate good health that's long-lasting.

Baby SAFE was developed in 1992 and originally operated on a statewide level. After a brief closure due to state budget cuts, several foundations revived the program in 2012, which currently serves Maui County. Since then, the program has helped more than 120 women, and 80 percent of babies born to women in the program have tested negative for alcohol or substance use.

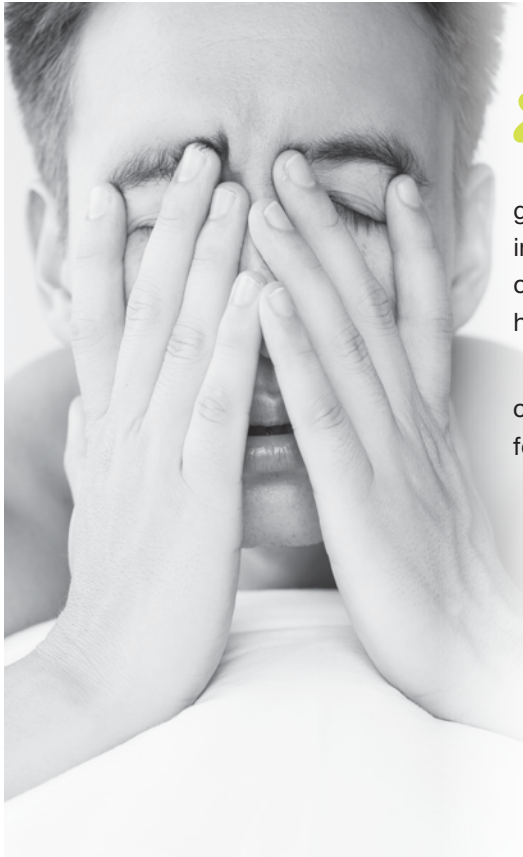
To learn more, go to aloha-house.org.

> *Stuck between a Stone and a Sugary Drink*

People who drink at least one sugar-sweetened beverage a day have a 33 percent higher risk for kidney stones than those who drink less than one sugar-sweetened beverage a week. The reason? The fructose in those drinks can cause the kidneys to excrete more calcium, oxalate, and uric acid – all of which are the building blocks for most kidney stones.

To lower your risk of developing kidney stones, drink plenty of fluids – just make sure the sugar stays out of it. It's best to drink six to eight cups of water a day to stay hydrated and help prevent kidney stones.





➤ *Good Reasons to Get Your Z's*

One night of sleep deprivation increases levels of ghrelin (your hunger hormone). This could explain why men in a Swedish study bought more food (and higher-calorie choices) after just one night of sleep deprivation (six or less hours of sleep).

Lack of sleep stalls our metabolism and we burn fewer calories. Not getting enough sleep can also increase your risk for hypertension, heart disease, and diabetes.

One study found that after a night of five to seven hours of sleep, our cognitive functions and physical reactions could slow to the point of being like someone with a 0.1 percent blood-alcohol level — that's over the legal driving limit in Hawai'i.

Now, those are some good reasons to aim for the recommended seven to nine hours of sleep every night!

➤ *Mightier than the Keyboard*

How you take notes may affect how well you'll understand the material.

A study published in *Psychological Science* showed that people who took longhand notes could recall content and had a better understanding of the concepts than those who took notes on a laptop. Researchers suggest that laptop note-takers can type what they hear verbatim without understanding the content, whereas writing notes longhand requires listening, analyzing, and summarizing the information.

Want to see if it's true for you? Try taking notes both ways — on the computer and by hand — to see if one works better for you. Typing on a keyboard may be faster, but if it gets in the way of your learning process, maybe old-school pen-to-paper note taking is the way to go.



beauty and the brains

Now that her Miss Hawaii reign is over, Stephanie Steuri looks forward to finishing school.

By Craig DeSilva

In the song “Beautiful Boy,” John Lennon sang that life is what happens when you’re making other plans. For Stephanie Steuri, becoming Miss Hawaii wasn’t on her agenda, but she certainly made the most of it.

The 2011 Island School graduate from Kaua’i was on track to finish her undergraduate degree in biology at the University of Hawai’i at Mānoa before applying to veterinary school on the Mainland. But seeing her friend compete in the Miss Hawaii pageant inspired her.

Even though her mom, Charlene, was Miss Maui in 1977, Steuri was apprehensive at first about telling her parents about her plan. “They worked hard to get me into my academic position and career path and weren’t sure if I could focus on my studies,” she says. “Then they realized I was doing it for the right reasons – for the scholarship money to further my education and not to just have a crown on my head. They supported me the entire time.”

She even surprised herself. “I was very much into sports and was a tomboy,” says Steuri, who grew up on Kaua’i hunting with her dad and riding dirt bikes with her brother.

Steuri won the Miss Paradise Kauai competition in January 2014 and then became Miss Hawaii that June. Although she grew up with her mom’s crown displayed on a shelf in the family room, she said it didn’t influence her. She did, however, get good advice. “She told me to stay true to who I am,” she says. “In the pageant world, it’s very easy to lose sight of that and focus on what you think other people expect of you.”

Although she didn’t win the Miss America competition last September, she says the experience has changed her life. “It stings,” she says of

the loss. “I’m very competitive and don’t like losing. But looking at my journey, it wasn’t a loss. I’ve learned so much.”

As part of her duties, she toured Hawai’i schools statewide, spreading her message to youngsters and to community organizations about the importance of STEM (science, technology, engineering, and math). Steuri is passionate about education. She earned a scholarship in the HMSA Kaimana Awards & Scholarship Program in 2011, which she credits for helping her stay on track toward a college degree. The Kaimana Program also focuses on athletics and community service. A natural athlete, Steuri was a national inline skating competitor, competed in air riflery, and played basketball, tennis, and volleyball in high school. She also dances hula.

To prepare for the Miss America competition, Steuri worked out with weights and did cardio every day. Although a knee injury from skating keeps her away from competitive sports, she still works out at a gym, hikes, and runs. She enjoys outdoor activities with her brother whenever he returns home from college in British Columbia.

Now that her Miss Hawaii reign ended in June, she’ll return to UH in the fall to finish her degree and graduate next year. Then, she’ll either go to veterinary school on the Mainland or use the Miss Hawaii scholarship to get a master’s of business administration degree.

What advice would she give future Kaimana scholarship winners? “Opportunity will come at any moment in your life,” she says. “You have to be open-minded and ready to dip your toes into anything.”

No matter what opportunity comes her way, she’s already a crowning success. **15**





By **Christa Hester** • Photos by **Rae Huo**

Raucous laughter floats above gray cubicles and out into the hall. This part of the HMSA Building's 8th floor is usually quiet, except for the click-clack of keyboards and the murmur of music through employees' headphones. But when Iwi Midbrod, Shannan Quiamno, and Traci Nagao get together, there's bound to be some laughs.

The women work in Claims Administration, where members' claims are received and processed. Midbrod and Quiamno, both supervisors, report to Nagao, a senior manager. Over the past few years, they've developed an easy friendship that helps their work and, most importantly, their well-being.

“It’s about improving the whole self...”

Time for a change

It began when Nagao was diagnosed with prediabetes. With a mother who has diabetes and a family history of high blood pressure and cholesterol, her genes and lifestyle had caught up with her. It was time for a life change. “I was overweight for a long time, but the diagnosis made me want to truly change,” says Nagao. “I started going to the gym. Then I egged these fools on and we started motivating each other to lose weight and live healthier.”

Midbrod and Quiamno have similar family histories of diabetes, high blood pressure, and high cholesterol. “Even when I was at a normal weight, I had to take medications because of my genes,” says Midbrod. “My mom passed away at 61; she had a lot of health issues that contributed to her passing ... I’d like to live past 61.”

“My dad got a kidney transplant two years ago,” says Quiamno. “Going through that process with him made me realize how unhealthy I was. And when my grandparents got older, sharing caregiving responsibilities and supporting them through the end of life also made me reflect on my own health and well-being.”

Major life events or health scares often make us confront areas of our life that need change, but the real challenge is figuring out how to make those changes last.

Being well in the workplace

When HMSA began to roll out initiatives like Blue Zones Project® and the

Gallup-Healthways Well-Being 5™, Midbrod, Quiamno, and Nagao got the additional support they needed to make lasting lifestyle changes. “I’ve been working at HMSA for 13 years,” says Midbrod, “and there’s been a big shift to help employees be healthier.” Some of the workplace improvements include a community garden on the company’s rooftop, healthy lunches for sale in the employee lounge, and group walks at lunch.

Quiamno and Nagao, who’ve worked at HMSA for about eight years, also see a shift toward total health. “There are so many different aspects to your health,” says Nagao. “It’s not just diet and exercise – it’s your total well-being.”

“It’s about improving the whole self,” says Quiamno. “Your mind, body, and spirit. And because we spend most of our time at work, it’s good to have a boss who supports us.”

Before you improve your well-being, you have to know where it is. Using apps and devices such as MyFitnessPal and Fitbit, the women track their calories and physical activity. With that information, they’ve been able to make diet and exercise changes that help them meet their well-being goals. Midbrod now eats oatmeal and fruit for breakfast. If Nagao gets hungry before lunch, she drinks water instead of snacking. Quiamno brings lunch from home instead of eating out. “Home lunch helps me eat less carbs and more veggies,” says Quiamno. “We also try to bring healthier snacks.”

And when things come up – the day gets too busy or the gym closes early – the women find ways to stay active and meet their goal of 10,000 steps a day.



*“... your
mind,
body,
and
spirit.”*

"We took the stairs one time when we couldn't go to the gym and we walked around the building," says Midbrod. "We actually got a lot of steps in that day."


Being well at home

Their journey to better well-being doesn't end when they leave work. They've also started to change habits at home.

Nagao cooks healthier food for her and her husband, substituting quinoa for rice, limiting beef and pork, and making more seafood and tofu dishes. "Rice has been the hardest to give up," she says, "but when I make it, I mix brown and white rice so it's a little healthier." She also volunteers at the Hawaiian Humane Society, where playing with dogs and walking them helps her decompress.

Midbrod uses family outings as a time to bond with her kids and exercise. "My son plays basketball and soccer, so I walk for a bit during his practices and games. I also bike with my daughter." To de-stress, all three women watch the Hallmark channel. "It's just so relaxing," says Midbrod. "The drama! The romance!"

Quiamno regularly walks with her husband through Ala Moana and Kapi'olani parks. "Being disciplined is hard," she says, "but this is my motivation." She pulls out a picture of her from 2013. "I've lost 30 pounds since then. But I was still cute chubby, ya?" she says with a laugh. Quiamno wants to lose another 30 pounds by her next birthday. "I'm putting it out there now," she says as Nagao and Midbrod react to her announcement – it's the first time they've heard of her new goal. "So scary, but putting it out there keeps me accountable," she says.

These women know that their journeys to better well-being are far from over. But with support from their employer, the community, and each other, it's a road they'll never have to travel alone. 



The women's well-being improvement tips

- Have a team or at least one other person to go through it with you.
- Get something like a Fitbit to see where you are and track your progress.
- Find something that you can commit to.
- Set a goal and never give up.



Iwi Midbrod

Favorite healthy snack?

Raw broccoli, cauliflower, and carrots.

Guilty pleasure?

Chocolate.

Well-being inspiration?

My kids.

New thing you want to try?

Zumba.

Next well-being goal?

Find better choices to satisfy my sweet tooth.

Traci Nagao

Favorite healthy snack?

Greek yogurt with granola and fruit.

Guilty pleasure?

I have a hard time saying no to desserts.

Well-being inspiration?

My family.

New thing you want to try?

Start an aquaponics system in my yard.

Next well-being goal?

Change my mindset so that healthy choices are automatic.

Shannan Quiamno

Favorite healthy snack?

Chile or garlic soybeans.

Guilty pleasure?

Chilled glass of white wine.

Well-being inspiration?

My grandparents.

New thing you want to try?

Hiking.

Next well-being goal?

Lose 30 more pounds by my 50th birthday.

Start your well-being journey

- Take the Well-Being 5 survey at hmsa.com/wbc to see where your well-being is and how you can improve it.
- Learn more about Blue Zones Project at hawaii.bluezonesproject.com.
- Find ways to improve your well-being at hmsa.com/wellness-programs.

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hmsa
KAIMANA
AWARDS
& SCHOLARSHIP PROGRAM

The HMSA Kaimana Awards
& Scholarship Program
recognizes high school
student athletes and schools
in Hawaii for academics,
athletics, community service,
healthy activities, and
sportsmanship.



CONGRATULATIONS

to the 2015 Kaimana
Scholarship Winners



Kaydee Rapozo

Waiakea High
School



Cory Yamagata

Kealakehe High
School



Luke Kikukawa

Molokai High School



Christopher Kim

Maui High School

KAUAI



Nina Bean
Kaimuki High School



Nicole Carney
Kauai High School



Myah Post
Kapaa High School



Mari Domingo
Mililani High School



Tammy Ko
Roosevelt High School



Tiffany Chang
Punahou School



Ayumi Sakamoto
Iolani School



Kiana Paakaula-Reis
Waialua High School



Laura Tyler
Castle High School



Kimberly Uehisa
Island Pacific Academy



Erik Yamada
Iolani School



The Kaimana Awards & Scholarship Program is proudly sponsored by HMSA and the Hawaii High School Athletic Association. For the complete list of scholarship and school winners, visit hmsa.com/kaimana.

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SESSION DATE	LOCATION	TIME
OAHU		
Wednesday, July 8	Manoa Grand Ballroom, 2454 S. Beretania St., 5th Floor	9:30 - 11 a.m. or 1 - 2:30 p.m.
Tuesday, July 21	HMSA Center @ Pearl City, 1132 Kuala St., Suite 400	9:30 - 11 a.m. or 1 - 2:30 p.m.
Thursday, August 6	Manoa Grand Ballroom, 2454 S. Beretania St., 5th Floor	9:30 - 11 a.m. or 1 - 2:30 p.m.
Thursday, August 20	HMSA Center @ Pearl City, 1132 Kuala St., Suite 400	9:30 - 11 a.m. or 1 - 2:30 p.m.
HAWAII ISLAND		
Thursday, July 16	HMSA Center @ Hilo, Waiakea Center, 303A E. Makaala St.	9 - 10:30 a.m. or 1 - 2:30 p.m.
Tuesday, July 28	HMSA Kona Office, 75-1029 Henry St., Suite 301	9 - 10:30 a.m. or 1 - 2:30 p.m.
Tuesday, August 18	HMSA Center @ Hilo, Waiakea Center, 303A E. Makaala St.	9 - 10:30 a.m. or 1 - 2:30 p.m.
Thursday, August 27	HMSA Kona Office, 75-1029 Henry St., Suite 301	9 - 10:30 a.m. or 1 - 2:30 p.m.
KAUAI		
Thursday, July 30	HMSA Kauai Office, 4366 Kukui Grove St., Suite 103	9 - 10:30 a.m. or 1 - 2:30 p.m.
Tuesday, August 25	HMSA Kauai Office, 4366 Kukui Grove St., Suite 103	9 - 10:30 a.m. or 1 - 2:30 p.m.
MAUI		
Tuesday, July 21	HMSA Maui Office, 33 Lono Ave., Suite 350	9 - 10:30 a.m. or 1 - 2:30 p.m.
Thursday, August 13	HMSA Maui Office, 33 Lono Ave., Suite 350	9 - 10:30 a.m. or 1 - 2:30 p.m.

You can also meet with a licensed sales representative at no charge. Bring a friend or relative. We look forward to seeing you!

Seating is limited. Reserve your seat early by calling **948-6402** on Oahu or **1 (800) 252-4137** toll-free on the Neighbor Islands.



Free parking. Refreshments will be served. Akamai Advantage is a PPO plan with a Medicare contract. Enrollment in Akamai Advantage depends on contract renewal. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 948-5555 on Oahu or 1 (800) 620-4672 toll-free on the Neighbor Islands. TTY users, call 711.

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can help drive change
and improve *Island Scene*.

Mahalo!



FIVE PILLARS OF WELL-BEING

Build a solid foundation for your best health.

By Danielle Douglass

Photos by Rae Huo

At HMSA, we've been using the term "well-being" a lot. But what exactly is it? What does it look like and is it the same for everyone? And most importantly, how do you achieve it?

Simply put, well-being is that wonderful feeling when you have a balanced and satisfying life. It may make you smile for no particular reason and helps you feel your best nearly every day. It's also a fluid state – your life events and mindset can easily change your well-being. With life's unpredictability, we always need to be aware of our well-being so we can do what it takes to maintain it.

There are five areas of well-being:

- Purpose.
- Physical.
- Social.
- Community.
- Financial.

Think of them as pillars – for you to be able to stand strong, all five pillars need to be supported. When one is weak, you're out of balance. When all five are strong, you experience a well-being high.

In its 2014 report, "The State of American Well-Being," Gallup-Healthways points out that the well-being elements work together. Each one directly affects the others, whether positively or negatively, which contributes to growth or decline.





PURPOSE

Purpose is different for everyone. It typically comes from your job or education, or caring for family members. People with a strong purpose like what they do and are motivated to achieve their goals. They also have high levels of engagement and emotional investment in their work and are less likely to be absent. They also tend to have more energy.

On the other side of the spectrum, if someone is having difficulty finding work or personal measures of success, their rating for this pillar will be low. When purpose is low, people may feel defeated and hopeless about their future.

In their 2010 book, *Well-Being: The Five Essential Elements*, Tom Rath and Jim Harter offer the following suggestions to improve your purpose pillar:

- Use your strengths each day.
- Identify and spend time with someone who encourages your growth.
- Spend more time with people you enjoy being around.



SOCIAL

The social pillar represents the relationships you have with people you feel emotionally connected with. Your network includes friends, family, and colleagues. Everyone in your network influences your feelings of well-being positively or negatively. Research shows there's a 15 percent chance that you'll be happy if someone you're connected to is also happy.

Those who have a high social well-being have someone in their lives who encourages them to be healthy. They also feel positive energy from friends and family every day.

To enhance your social pillar:

- Spend six hours each day socializing with friends, colleagues, and family.
- Strengthen mutual connections in your network.
- Incorporate physical activity into social time.



FINANCIAL

When your economic life is managed effectively, you experience less stress and increased security. This is the key to financial well-being. Those who thrive in this pillar are generally satisfied with their standard of living. When people can afford basic necessities, they can decide what to do with their money. Studies show that people actually receive an emotional boost when they spend their money on others.

People with high financial well-being feel they have enough money to do the things they want to do. They also report not worrying about money in the past week.

To strengthen your financial pillar:

- Spend money on experiences, such as outings with loved ones.
- Spend less on material possessions and more on others.
- Set up automatic payments and savings to lessen money worries.



PHYSICAL

People with high physical well-being have good health and high energy. Having excellent well-being in this area often correlates with high well-being in other areas. Unhealthy behaviors are commonly related to higher health care costs and higher prevalence of chronic illnesses.

To maintain high physical well-being, you need access to information about healthy and unhealthy choices. You also need to be able to develop strategies that contribute to making healthy choices.

To rev up your physical pillar:

- Get 20 minutes of physical activity each day.
- Sleep enough (seven to eight hours) to feel rested but not too long (more than nine hours).
- When you shop for groceries, make healthy choices.




COMMUNITY

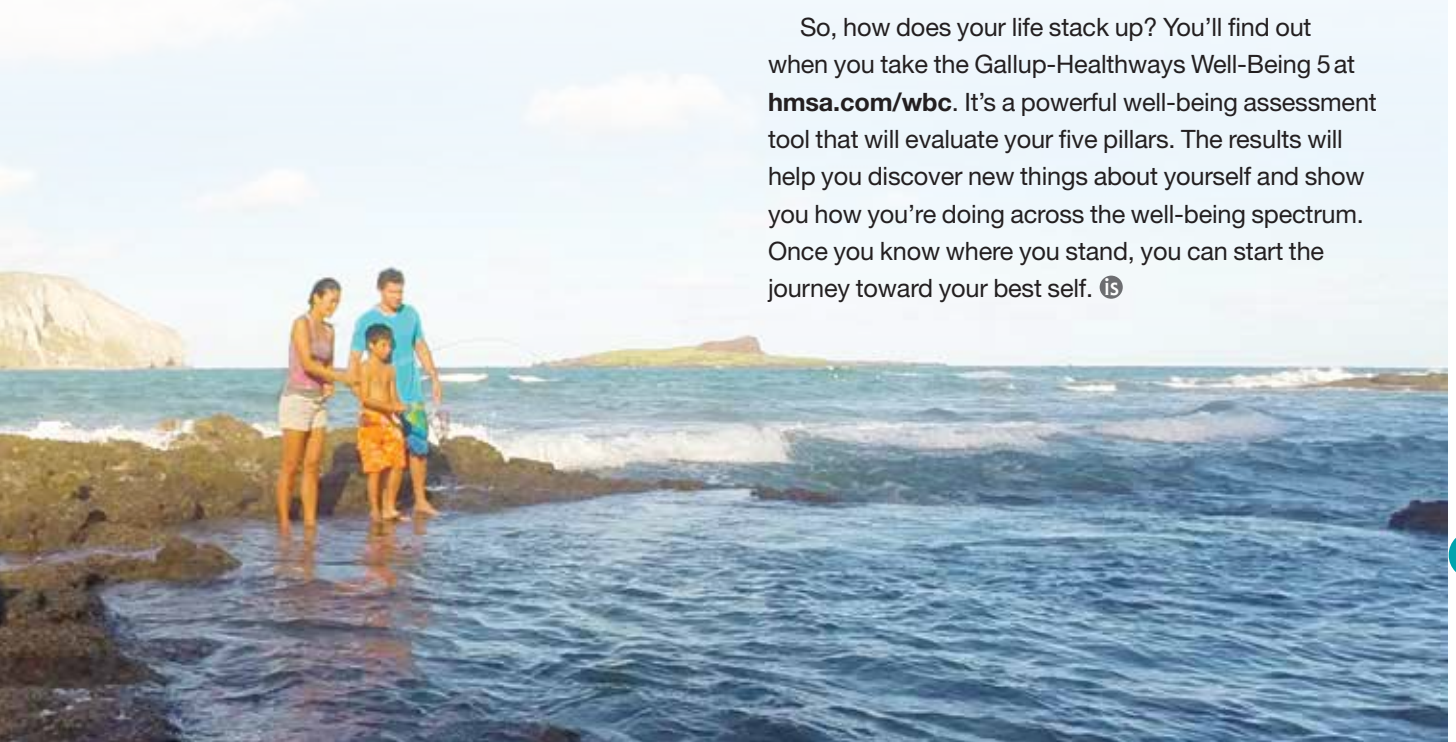
When you like, feel safe, and have pride in where you live, you have community well-being. Important elements of this pillar include personal safety, social opportunities, and tolerance for new residents. High community well-being also comes from being actively engaged in your community, through volunteer work and other activities.

Although donating money to a worthy community cause is associated with higher well-being, volunteering your time has a greater emotional impact. When you volunteer, you can see the positive impact you've made.

To boost your community pillar:

- Find out how you can contribute to your community.
- Talk about your interests with others so you can be connected to groups and causes.
- Join a community group or event.

So, how does your life stack up? You'll find out when you take the Gallup-Healthways Well-Being 5 at hmsa.com/wbc. It's a powerful well-being assessment tool that will evaluate your five pillars. The results will help you discover new things about yourself and show you how you're doing across the well-being spectrum. Once you know where you stand, you can start the journey toward your best self. 





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Available on most Apple and Android devices and tablets.

do the windows rattle when you snore?

Talk to your physician about sleep apnea.

By Laura Myers

Snoring could be more than just an embarrassing annoyance; it may be a symptom of obstructive sleep apnea, a common sleep disorder characterized by the closure of the airway in the throat many times throughout the night. Millions of people in the U.S. suffer from this treatable but often undiagnosed condition.

As Jamil S. Sulieman, M.D., says, “Snoring is the flashing red light of sleep apnea;” it’s one of the most common indicators of the condition. Other indicators are daytime sleepiness and being overweight. It affects all age groups. An HMSA participating provider, Sulieman is director of The Sleep Lab in Kāneʻohe and a pulmonologist with over 30 years of experience.

Sleep apnea can result in a loss of blood oxygen. The health consequences of not treating this condition can include an increased risk of high blood pressure, stroke, arrhythmia, lung problems, poor diabetic control, irritability, depression, and dementia. The drowsiness commonly experienced by people with sleep apnea greatly increases the possibility of driving accidents, and the overall quality of life is affected when the condition goes untreated.

If you think you may have sleep apnea, the first step is to talk to your primary care provider, who may refer you to a sleep clinic. If a specialist determines that additional study is needed, a diagnostic sleep test (a polysomnogram), is conducted overnight. A home-based diagnostic test is also available. Although results are not as detailed as the overnight clinic test, the home study can be a useful and convenient alternative.



Advances in options and refinements of older treatments have made it easier to manage sleep apnea, and many patients are amazed by the improvement in their lives. The continuous positive airway pressure (CPAP) machine, which delivers a constant flow of air, is the gold standard for treating sleep apnea.

New materials and masks, as well as smaller, quieter machines, have made it easier to sleep with the machine. And other options are available. Oral appliances, either off the shelf or custom made by a dental lab or similar provider, include tongue retaining or mandibular positioning devices.

A word of caution: watch out for anti-snoring devices that are advertised as cures for sleep apnea. Always talk to your primary care provider or a specialist from HMSA’s network for proper diagnosis and treatment of sleep apnea. ⓘ

WILL MY HEALTH PLAN HELP PAY FOR IT?

While most HMSA plans will help pay for the diagnostic sleep test, benefits to treat obstructive sleep apnea depend on your specific plan. Check your *Guide to Benefits* by logging on to My Account on hmsa.com or call the number on the back of your HMSA membership card.

The background features a dark blue gradient with a word cloud of terms related to domestic violence and mental health, including 'SEXUAL', 'INTELLECTUAL', 'PSYCHOLOGICAL', 'EMOTIONAL', 'PHYSICAL', 'LAW', 'ETHICS', 'MORALS', 'VALUES', 'SUPPORT', 'DEPRESSION', 'THROWING', 'OTHERS', 'PAIN', 'VE', 'SU', 'A', 'DEPRE', 'THROW', 'WIT'. A large, dark silhouette of a hand with fingers spread is positioned in the lower-left foreground, reaching towards the center.

My Safety is Not Negotiable

Domestic violence survivor Joy repeatedly told herself, “My life, my safety, and my children’s lives are not negotiable.” This mantra carried her through years of pain, fear, struggle, and ultimately freedom from her abuser. For Joy and countless other survivors, safety doesn’t mean merely surviving – it means thriving. To provide a healthy and safe environment for herself and her children, she needed resources and support to break away.

A community issue

Domestic violence is a subject that makes us uncomfortable. We know it exists in our community. In fact, statistics tell us that one in five women has experienced severe physical violence by an intimate partner in her lifetime. That means that almost everyone knows someone who’s gone through it or perhaps is currently experiencing it.

“If someone is willing to control you, then it’s not a healthy relationship,” Joy says. “If you’re not in an equal partnership and you’re being degraded on a daily basis, then that’s not a healthy relationship. Living in an abusive relationship is not living at all.”

**We must
change our
values that
contribute to
domestic
violence.**

By Danielle Douglass

Domestic Violence Action Center

There's been lots of media attention lately on domestic violence. It affects everyone, from all ethnicities and walks of life. As we digest the stories, one local organization marks its 25th year of helping survivors navigate a personal path to safety, freedom, and healing.

The Domestic Violence Action Center (DVAC) has served the people of Hawai'i through leadership, legal services, and advocacy. The organization strives to drive social change.

Nanci Kreidman, DVAC's chief executive officer, explains that any conversation about domestic violence needs to include the unfortunate fact that certain community values contribute to domestic violence. These values, such as people believing that the person being abused is at fault for staying, need to shift for change to occur.

"Not everyone shares an understanding of the values that contribute to domestic violence," says Kreidman. "If we don't get to the core values and root of the problem, we're not going to move much further along. If we all say that we value family and want a healthy community, we have to address the violence that goes on in the community."

Survivors need resources

DVAC approaches each case as unique and helps the survivor navigate out of domestic violence. Some of the services and support that DVAC provides include legal counseling, financial aid for school, vocational training and support, cell phones, bus passes, teen support, and referrals to internal and external programs.

Joy turned to DVAC to get the right resources for her situation. With the help of a dedicated advocate, she was able to begin rebuilding her life. When you're experiencing domestic violence, you're robbed of all resources, she says. Some survivors contemplate going back to a bad situation because being alone is rough. The challenge is rebuilding those resources. "They set their path and we support them on that path," says Kreidman. "Each person we work with makes their own decisions about what they're going to do. If a person has decided they're going to leave, we'll do whatever they need for them to get free, safe, and self-sufficient."

We can all do something

Kreidman sees this year as a special opportunity to break down some of the misconceptions that still exist and to address the overlying issue of domestic violence. “We can’t say this too many times, but this is a problem that affects every age group, socioeconomic class, cultural community, and neighborhood,” she says. “If we don’t accept that fact, it creates the opportunity to marginalize.”

Each person in our community can do something to support survivors of domestic violence. No matter who you are, you can contribute to shifting values about domestic violence.

Professionals: Educate yourself so you’re equipped and able to support someone who needs help.

Businesses: Educate your workforce and management to create a supportive workplace.

Donors: Choose a community agency that supports survivors of domestic violence.

Volunteers: Spend your time at a community event or with an organization dedicated to helping survivors.

Educators: Know the signs of dating abuse so you can help students. Believe children who say domestic violence is happening in their home.


Survivors: Take gentle steps toward acknowledging the violence. Don’t be afraid to ask for help.

Everyone: If you suspect people around you are being abused, offer loving words or resources.

Prevention is key

“We need to look at preventive measures as critical care,” Joy advises. “Preventive measures and how to establish safe relationships should be a core requirement in everything, including work, community, and especially education from elementary to college.”

Hitting, name calling, and bullying among children can set the groundwork for violence later in life. It starts at home, with friendships, and then carries on to private relationships, says Joy. The key is to produce a generation that values healthy and loving relationships. Parents and educators should take special care to make sure this message is reiterated to young people.

Many years ago, Joy decided that her safety and life as well as her children’s lives were not negotiable. She now knows that her children have become loving human beings who know what a healthy relationship looks like. “For me, the benefit is seeing that you have a good life. Good doesn’t mean rich; good means that your children are safe and that they’re in an environment that’s loving and supportive,” she says. 

To contact DVAC, call 531-3771 on O’ahu or 1 (800) 690-6200 toll-free on the Neighbor Islands. You can also visit stoptheviolence.org.

...this is a
problem that
affects every age
group, socioeconomic
class, cultural
community, and
neighborhood...

DOMESTIC VIOLENCE BY THE NUMBERS

One in five women and one in seven men have experienced severe physical violence by an intimate partner.

Intimate partner violence is most common among 18 to 24-year-old women.

Every minute in the United States, nearly 20 people are victims of physical violence by an intimate partner.

Nationwide, more than 200,000 phone calls are placed daily to domestic violence hotlines.

Source: National Coalition Against Domestic Violence



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HMSA365 helps HMSA members lead healthy lifestyles 365 days a year. Find discounts at hmsa.com/hmsa365.





Our network is growing.

More quality health care providers means more choices for you.
We welcome these physicians and other providers to our network.

Irish C. Acoba
Theresa A. Andrews
Molly M. Ashkenas
Mehtap Berkmen
Naomi G. Bikle
Colleen D. Block
Patricia L. Borman
Samuel R. Brune
Chloe Buckley
Kayse C. Budd
Robert R. Bumann
Crystal C. Cabansag
Elizabeth Cabrera
Edith D. Canby-Hagino
Gregory G. Caputy
Judith A. Casarella
Emily Y. Chan
Susie Chang
Carmenne A. Chiasson
Lisa A. Ching
Thomas L. Cook IV
Randall J. Cousins

Vicky M. Crowder
Chad M. Cryer
Elaine H. Daly-Rath
Michael F. Dash
Aimee L. Delmage
Robert G. Doe
Brian M. Duncan
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Erin C. Gertz
Marquita A. Granda
Elizabeth Greene
Tiare K. Hartman
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Thomas E. Horst
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Chanel E. Kealoha

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Kristen Lion
Landis W. Lum
Justin Maeda
Matthew C. Marchetto-Ryan
Amanda L. Markell
Kathleen M. McCarron
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Cynthia G. Meyer
Kimberly D. Milhoan
Norman D. Miller
Steven J. Mintz
Miki Miura
Stephanie A. Murata
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Michael Nishimoto
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Hoon Park
Faraz Qureshi
Ramakrishna P. Rao
Joyce A. Raszewski
Steven G. Rawson
Deborah J. Reese
Timothy J. Roe
Patricia J. Ryan
Navjot Singh
Jennifer L. Smith
Valerie M. Suey
Paul J. Sulla III
Peony Crystal Tam
Jeffrey O. Tom
Wendy F. Tresidder
Nancy M. Visitacion
Claire A. Ward
Jacob Zivotofsky

For contact information and plans accepted, go to hmsa.com and click Find a Doctor. These providers joined HMSA's network December 27, 2014 – March 30, 2015.

try this drug: lifestyle change

Change daily habits to prevent or manage chronic disease.

By David Frickman

Rosally Modou felt tired all of the time. She ate poorly. The most exercise she got was from sewing and making lei. She knew she needed help. “Before, I felt so weak and sleepy,” she says.

Modou finally sought help and learned that diabetes was the culprit. She could have chosen a medication regimen to bring her stats in line, but decided to make changes to her day-to-day life instead.

Registered Dietitian Sheryl Yoshimura, who runs the chronic disease management program at Kokuia Kalihi Valley (KKV) Clinic, says many people can find significant relief for diabetes and other chronic issues (such as heart disease or obesity) by combining medication with simple lifestyle changes, like more activity and better eating habits.

“Usually, people have symptoms like feeling tired, but they don’t associate it with high blood sugar levels,” Yoshimura says. “When we talk about the symptoms and how to bring their numbers down and they do those things, they come back and say, ‘Oh, now I feel better.’”

Those changes, Yoshimura says, include being more active. She recommends at least 30 minutes of activity a day, either all at once or broken down into five-minute chunks.

“Diabetes is preventable and exercise is free medicine. Any kind of movement is good,” she says. Examples include walking around while you talk on the phone, dancing or marching in place while watching TV, or taking a short walk during your lunch break.

“I really enjoy the activity and I know it can help me feel good,” says Rosa Achiske, who also came to KKV with symptoms of diabetes.

Achiske and Modou participate in all of the activities that KKV offers, including Zumba, hula, and a gardening program. Gardening offers exercise and activity while providing food for a healthier diet.



Rosally Modou (left) is feeling much healthier today; Rosa Achiske enjoys the dance classes that keep her fit.

“If they don’t have the vegetables from the garden and only a little money to shop with,” Yoshimura says, “they’re going to buy just rice and meat. Vegetables won’t be a priority.”

Before taking KKV’s classes on good eating habits, “I would eat canned food. I never understood the right food to eat,” says Achiske. “But since I’ve been following the diet that they taught us, I feel very different.”

The key to proper eating habits lies in choosing the proper foods and learning the importance of portion size. “I’m eating rice, chicken, and vegetables, but now I know the correct portions to eat,” Achiske says.

Since making these simple lifestyle changes, the results for Achiske and Modou have been remarkable, including a significant drop in blood sugar levels. “I don’t feel that tiredness anymore,” says Modou. As for Achiske, “I feel strong. I don’t feel weak anymore.”

Whether people have been diagnosed with a chronic condition or are just starting to feel the symptoms, Yoshimura says the time to start making lifestyle changes is now. “With any kind of chronic condition, a lifestyle change is going to help.” **15**

people and pets on the move

Walking is a family affair for this family and their pets.

dog hair on the car seats. On the floor, furniture, and clothes. It's the price that husband and wife, Gary Funasaki Jr. and Marlene Nakamoto, gladly pay for walking with their dogs, Dusty, Cricket, and Shadow. The exercise is good, but breathing fresh air is even better. And the best part is the friends they've made over the years.

How many times a week do you walk?

Marlene: Four to seven days a week, weather permitting. But we take the dogs out three times a day, every day.

Do you walk together?

Marlene: Sometimes.

Gary: My work schedule varies, so I usually walk the dogs at UH Mānoa in the evening.

Marlene: When Gary's home, we'll go to Mānoa Valley District Park together. After work, we'll take the girls there for a walk. Sometimes my daughter, Rachel, goes, too. Otherwise, I'll take the dogs out myself.

Why Mānoa?

Gary: Nights at UH are ideal for me. It's cooler, quiet with very few people walking around campus.

Marlene: We love Mānoa because it's cool. Of course, sometimes it's raining, but if it's just drizzling, we'll still go.



From left: Schipperkes Shadow, Cricket, and Dusty.

Do you measure how far or long you walk?

Marlene: No. I have a pedometer, but I haven't used it in a while. We'll pass the baseball fields, the community garden and elementary school, go up to Mānoa Road, and then come down past the gym. I've never measured the distance.

Gary: When I go to UH, we usually walk around for at least an hour, so I like to think we're all getting a little exercise.

Marlene: It's good when Rachel goes with us, because she walks faster than I do. She leads the way and the dogs, especially Dusty, want to follow her. So we're walking faster than we usually walk.



EARL YOSHII

Do you think of your routine more as exercise for you and the dogs or as getting out of the house?

Marlene: I guess it's both, because they're a little older. Cricket turned 13 on April 4 and the other two will be 12 in July. So they're older, they sleep more. And I'm older, I sleep more. [Laughs.] I've realized that if I didn't have the dogs, I'd just be at home sitting on the couch. I've said this to my dog friends: "If I didn't have the dogs, I wouldn't be here. I would just be at home watching TV." So it's exercise and fresh air for all of us.

Have you met people during your walks?

Marlene: Oh yeah. You get to know "dog people." You see the people who take their dogs out at the same

time we do. First, you find out the dog's name. It's like an icebreaker.


It's just really nice. After a while, you start talking and you get to know the owners more. Pretty soon, you're hanging out and not walking the dogs as much. [Laughs.]

Gary: It's an unexpected social benefit – sharing conversation with other people who share a mutual interest. Over the years, we've made many friends, human and canine. And we all share the same reasons for being at the park: a nice walk, fresh air, and just getting out of the house. If it weren't for our dog park outings, we probably wouldn't have started conversations, much less crossed paths in our daily routines. Looking back, it's amazing ... all the good things that have transpired from taking our dogs out for a walk.

I want to go out and get a dog.

Marlene: It's so social and so nice. We don't talk only about the dogs. Initially, it's all about the dogs and then as you get to know the dogs, you get to know the people.

You know, if I've had a junk day and I don't really want to talk to anybody, that's when the long walk is really good. I'm just with the dogs and I'll just walk. That's when I especially value the walk.

Gary: It's kind of a de-stressing tool for me. I like to think of it as my reward at the end of the day. My time after work to get out of the house and give myself a different perspective. And it's beneficial for the dogs after being cooped up in the house all day. 

Marlene is Island Scene's food editor and copy editor.



EARL YOSHII

Ripley, the newest addition to the family, is currently in leash-training.

Your Well-Being Matters

Communities across Hawaii are working to become Blue Zones Communities®. What does that mean? It means that residents and business owners are focused on making healthy choices easier in places we live, work, and play.

Get involved!

There will be many opportunities for you to make a difference. Take the first step today!

- **Join the movement**
Pledge to improve your personal well-being at hawaii.bluezonesproject.com.
- **Take the Well-Being 5**
Help your community determine their well-being baseline by completing the Gallup-Healthways Well-Being 5™ survey. Visit hmsa.com/wbc to unlock and improve your well-being. Invite a friend to do the same!



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2014 ANNUAL REPORT

It starts with us.

A MESSAGE from the President and Chair



What is it?
And why does it start with us?

Aloha,

Remember the saying that you have to care for yourself before you can care for others?

At HMSA, we're taking that idea to heart.

Our vision is to advance the health and well-being of Hawaii. We continually encourage our members to take care of themselves – we remind them to eat more fruits and vegetables, stay active, manage stress, and so on. With that vision in mind, we started with our HMSA ohana – our employees. Ourselves.

Well-being starts with us.

Last year, we made several improvements at HMSA to create a true culture of well-being. We started a rooftop garden with vegetables and herbs and a weekly farmers market outside the HMSA Center @ Honolulu. We turned all HMSA offices statewide into no-smoking zones. We also encouraged employees to take the stairs instead of the elevator, join walking and healthy eating moais (groups) with co-workers, and volunteer in their communities.

Employees learned how to make small changes that can lead to long-lasting healthy habits. They learned that it's a little easier to make those changes when they have support. Our employees took what they've learned home to their families, friends, and neighbors.

Making healthy choices easier is a concept of Blue Zones Project by Healthways, which HMSA brought to Hawaii in spring 2013. We presented Blue Zones Project to communities and employers and invited them to participate.

In December, HMSA received word that we're Hawaii's first designated Blue Zones Demonstration Worksite. It's a major milestone, but we're not done yet. Please join us on this journey to transform our state into an even better place to live, learn, and play.

Mahalo,

Michael A. Gold

President and Chief Executive Officer

Robert S. Harrison

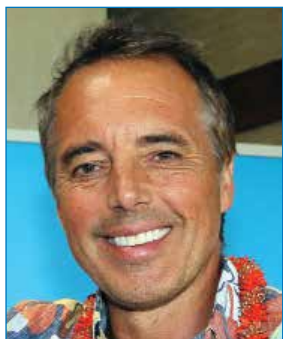
Chair of the Board

BLUE ZONES PROJECT

Imagine your community with safe places to walk and bike. Restaurants offer healthy menu options. Fresh, local produce is readily available and easy to buy. People are healthier and more engaged in their well-being.

These are a few key concepts behind Blue Zones Project by Healthways, a national well-being improvement project that makes healthy choices easier through changes in environment, policy, and social networks.

The project is based on findings from an eight-year worldwide longevity study funded by National Geographic and the National Institute on Aging. Researchers identified five longevity hotspots in places such as Okinawa, Japan; Sardinia, Italy; and Loma Linda, Calif. The team found common elements among these original Blue Zones® that contribute to people living longer, better lives with lower rates of chronic diseases and a higher quality of life.



Dan Buettner, a National Geographic explorer and educator, documented those findings in his *New York Times* best-selling book, *The Blue Zones: Lessons for Living Longer from the People Who Have Lived the Longest*.

... people living longer, better lives with lower rates of chronic diseases and a higher quality of life.

Blue Zones Project was developed in partnership with Healthways to teach and enable communities to make healthy choices easier. Our efforts today can have a positive impact on all of us for years to come.

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SERVING YOU We're here for you
every step of the way.

LIVE Here
LIVE Healthy
LIVE Fearless

This vibrant ad campaign inspired viewers to live free of worry and fear and to move forward with self-assurance and good health.

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67,630

In our HMSA Centers @ Hilo, Honolulu, and Pearl City, and HMSA offices in Kahului, Kailua-Kona, and Lihue, health plan advisers and customer service representatives served 67,630 walk-in visitors – HMSA members and nonmembers.



33K

As the first step toward improved well-being, 33,110 people in Hawaii took the Healthways Well-Being Assessment®.

QUALITY CARE Our priority is to ensure that
members receive safe, quality care while keeping costs in check.

P4Q

HMSA's pay-for-quality program helps ensure that primary care providers are paid based on clear gains in improved quality and expanded access to care.

7,160

HMSA's large network of 7,160 participating providers includes physicians, dentists, hospitals, pharmacies, and other health care providers.

TOP
10%

CAHPS® survey results show that HMSA Preferred Provider Organization members rated their overall health care in the top 10 percent of all health plans.

* HMSA's PPO plan rates above the 90th percentile according to the Quality Compass® 2014. This data is used with the permission of the National Committee for Quality Assurance (NCQA). Quality Compass 2014 includes certain CAHPS® data. Any data display, analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such display, analysis, interpretation, or conclusion. CAHPS® is a registered trademark of the U.S. Agency for Healthcare Research and Quality (AHRQ).

COMMUNITY

Healthy communities are central to HMSA's vision of a healthier Hawaii.

\$1.3M

The HMSA Foundation awarded \$1,265,200 million to 40 community organizations that strive to improve access to health care, promote disease prevention, and enhance health care.

\$266K

To support United Way and its 105 partner agencies, HMSA employees donated \$266,300.

\$88K

The HMSA Kaimana Awards & Scholarship Program awarded 21 high school seniors and 10 schools a total of \$88,000 for their accomplishments in athletics, academics, sportsmanship, and community service.

257 PINTS

At five blood drives in the HMSA Building in Honolulu, employees donated 257 pints of blood to the Blood Bank of Hawaii.

5,900 POUNDS

HMSA employees donated food and \$39,000 to feed the hungry on Oahu, Hawaii Island, Maui, and Kauai.

FINANCIAL STATEMENTS

Statutory Basis (In thousands)

CONDENSED HMSA BALANCE SHEET

December 31, 2014

WHAT HMSA OWNS

Cash and short-term investments.....	\$ 216,112
Investments	
Bonds.....	\$ 45,650
Mutual funds.....	320,828
Preferred stock.....	2,098
Real estate.....	58,417
Investment in subsidiaries.....	12,656
Other investments.....	19,449
Total investments.....	459,098
Receivables.....	205,335
Deferred income taxes.....	15,863
Electronic data processing equipment, net.....	3,089
Other assets.....	33,351
Total assets.....	<u>\$ 932,848</u>

WHAT HMSA OWES

Estimated member claims outstanding.....	\$ 252,496
Membership dues collected in advance.....	27,696
Accrued expenses.....	154,486
Provision for experience rating.....	64,408
Premium deficiency reserve.....	8,200
Notes payable.....	16,883
Other liabilities.....	15,279
Total liabilities.....	<u>539,448</u>

RESOURCES AVAILABLE FOR THE PROTECTION OF MEMBERS

Total resources available for the protection of members.....	393,400
Total liabilities and resources.....	<u>\$ 932,848</u>

CONDENSED HMSA STATEMENT OF OPERATIONS

Year ended
December 31, 2014

Member dues.....	\$ 2,873,034	100.0%
Member benefits		
Medical and hospital claims.....	\$ 2,601,053	90.5%
Claims adjustment expenses.....	91,690	3.2%
Total member benefits.....	2,692,743	93.7%
General administrative expenses.....	211,744	7.4%
Total expenses.....	2,904,487	101.1%
Net operating loss.....	(31,453)	-1.1%
Net realized investment and other income.....	34,523	1.2%
Income before income tax benefit.....	3,070	0.1%
Income tax benefit.....	1,155	0.0%
Net income.....	<u>\$ 4,225</u>	<u>0.1%</u>

BOARD of DIRECTORS

HMSA has the guidance of our Board of Directors that serve as top-level advisers to ensure that HMSA fulfills its mission. These knowledgeable, experienced professionals serve staggered three-year terms without compensation.



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HMSA Center @ Honolulu

818 Keeaumoku St.

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Suite 301

Kahului office

33 Lono Ave., Suite 350

Lihue office

4366 Kukui Grove St.,
Suite 103



bill paying tips

Paying your monthly premium on time is necessary to keep your health plan active.

By Jessica Junker, Health Plan Specialist, HMSA Center @ Honolulu

At HMSA, we offer several options to make it as easy as possible to pay your premiums.

In person

Visit an HMSA Center in Hilo, Honolulu, or Pearl City; or visit our HMSA offices in Kahului, Kailua-Kona, or Līhu'e. Our cashiers can accept checks, credit cards, and cash.

Cashier Hours of Operation

O'ahu

- Honolulu: Monday–Friday, 8 a.m.–5 p.m.
- Pearl City: Monday–Friday, 9 a.m.–5 p.m.

Neighbor Islands (credit card payments are accepted until 2 p.m.)

- Kahului, Līhu'e, and Kailua-Kona: Monday–Friday, 8 a.m.–4 p.m.
- Hilo: Monday–Friday, 9 a.m.–7 p.m.
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Online

- Individual plan members can make one-time or recurring automatic payments online from their credit card or checking or savings account. You must first register for My Account on hmsa.com. After creating an account, click Profile in the top right-hand corner to get to Pay My Bill. Members must be over age 18 to pay online. Online bill-paying currently isn't available for COBRA or Akamai Advantage members.
- Employers can make one-time or recurring automatic payments online (from a credit card or checking or savings account) through vuebill.com/hmsa.

Over the phone

Individual plan members and employers can use an Interactive Voice Response payment system when they call 1 (855) 613-9221 toll-free. Telephone bill paying isn't available for COBRA and Akamai Advantage members.

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Send payment to the address on your bill or to ATTN: Cashiers, HMSA, P.O. Box 860, Honolulu, HI 96808-0860.



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Automatic payments

- Automatic payments forms and instructions can be found at hmsa.com or at any HMSA Center or office.
- If you have more than one plan, an automatic payments form must be submitted for each plan. After submitting the form, it can take up to 60 days for processing.

Akamai Advantage members can also request, in writing, to have payments automatically deducted from their monthly Social Security check.

For help with billing and payment, stop by an HMSA Center or office. Or call:

- **Individual plans:** 948-6140 on O'ahu or 1 (800) 782-4672 toll-free.
- **COBRA:** 948-6386 on O'ahu or 1 (855) 260-5256 toll-free.
- **Akamai Advantage:** 948-6174 on O'ahu or 1 (800) 782-4672 toll-free.
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at your service

Your local pharmacy may provide special services.

By David Frickman

It's very likely that the pharmacy you always go to can do more than just fill your prescriptions. Some pharmacy services are well-known, such as detecting when someone's mix of prescription drugs may cause a dangerous interaction. Other services may come as a surprise and are worth asking about.

"I think it's really critical that pharmacists are able to provide services that have to do with outcome and behavioral change, because it increases access to care," says Catalina Cross, Ph.D., director of pharmacy at Times Supermarket. "People are able to go into a community pharmacy and have quality access to care through a health care professional."

"One of the reasons we offer special services is to help patients take their medications properly," says Fred Cruz, director of operations for CVS/Caremark in Hawai'i. "Any tool that we can provide to make their lives easier is crucial to helping them stay healthy."

Not all pharmacies provide all of these services. Ask your pharmacist if you can get any of these:

Mail delivery services. If you're busy or have trouble getting to the pharmacy, some pharmacies will mail your prescriptions to you. Your pharmacy may even offer home delivery.


Automatic refills/refill reminders. If the prescription allows, pharmacies can automatically refill your medication each month (or every three months, if you're getting a 90-day supply). The pharmacy would contact you if there are no remaining refills on the prescription. If automatic refills aren't possible for your prescriptions, many pharmacies will make courtesy calls or send a text, email, or letter to remind you that it's time for a refill.



Compliance packaging. "Some patients take a lot of meds and sometimes it's hard for them to remember which ones to take each day," says Cruz. Your pharmacist can package your medications so they're grouped by the day and time you need to take them. Some pharmacies use what's known as strip packaging, which are packets labeled with the date, day, and time the medication should be taken.

Medication synchronization. The pharmacy can consolidate and coordinate various prescriptions so they can all be refilled together.

Services for the visually impaired. Labels can be printed in large, 18-point font or in Braille. Some pharmacies even have a device that will give audible instructions. "When the instructions for the medication are printed out, there's a little chip that goes on the bottom of the vial," says Cruz. "You put the bottle on a little monitoring station, which recognizes the chip and verbally tells you the information about the medication."

Check with your pharmacist about these services, which can help you take your medication properly for your good health. 

pushing the limits, achieving lofty goals

Swimming is good medicine for Dr. Steven Minaglia.

By Neal Iwamoto

Steven Minaglia, M.D., loves the water. How much? Try churning in choppy seas for over 11 hours. Or swimming 900 miles in one year.

Minaglia is just as driven as a specialist in urogynecology and pelvic reconstruction surgery. The HMSA participating provider is also an associate professor at the University of Hawai'i John A. Burns School of Medicine, director of robotic surgery at Kapi'olani Medical Center for Women & Children, and online journal editor for the American Urogynecologic Society. In addition, he travels regularly as an internationally sought speaker on his sub-specialty of pelvic floor disorders.

Simply put, Minaglia is a workhorse. And now he's tackling open-water marathon swimming and the Ocean's Seven, a series of seven long-distance swims around the globe. To date, only six people have completed the challenge since former professional marathon swimmer and coach Steven Munatones threw down the gauntlet in 2008.

Ironically, Minaglia grew up in Chicago terrified of the water. He overcame that fear, joined his first swim club as a teenager, and has stayed wet ever since. Swimming, however, took on a new meaning once he plunged into the Pacific upon moving to O'ahu in 2007 with wife Madeleine Young, an estate attorney who's originally from Hawai'i. He started with rough water races off O'ahu, then progressed to a trio of Neighbor Island channel crosses.

In November 2013, he became the first person to round-trip the Pailolo Channel between Maui and



Getting ready to cross the Strait of Gibraltar (below).

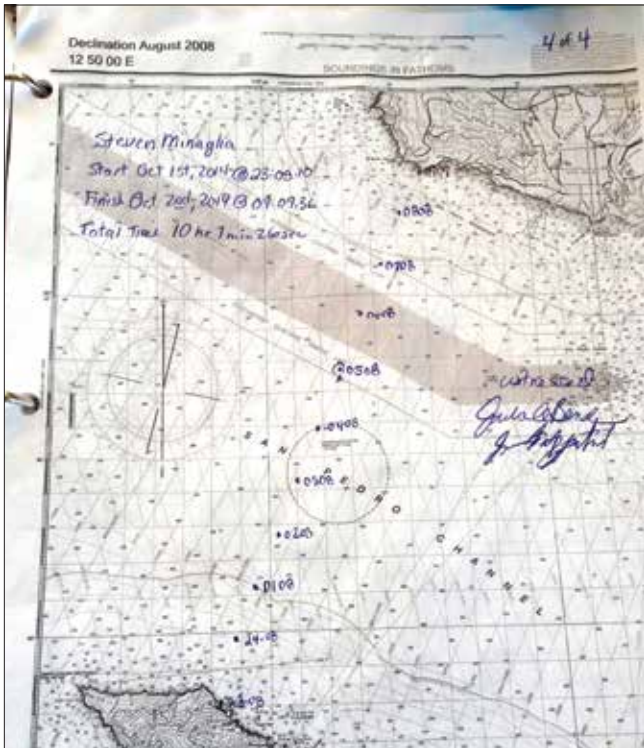


Moloka'i. He completed that 19-mile swim in just 11 hours and 10 minutes. Two months later, he double-crossed the 'Au'au Channel (17.5 miles), which separates Maui and Lāna'i.

All that's been a primer for the Ocean's Seven. Minaglia completed the first leg of his quest last summer, conquering the Strait of Gibraltar. His attempt at



The Catalina crew.



GPS log certifying the Catalina Channel crossing.



With wife, Madeleine, and their children.

the Tsugaru Channel later that fall was postponed due to weather conditions, but he crossed the Catalina Channel a month later.

A March attempt across New Zealand's Cook Strait was cut short due to hypothermia, even after he gained 15 pounds to help with insulation. It was an important lesson about cold-water swims for a Hawai'i-based swimmer.

What makes this goal even more amazing is that Minaglia had Wolff-Parkinson-White (WPW) syndrome, a heart condition that can lead to episodes of rapid heart rate, chest pain, dizziness, and shortness of breath. Minaglia was diagnosed just days before double-crossing the 'Au'au Channel.

A month after that swim, he underwent a cardiac ablation, a procedure to resolve the electrical abnormality at the root of WPW. "After the surgery, my rhythm was normal," he says.

Nothing stops Minaglia. "I try to accomplish new things," he says. "It's the same with surgery. You look at where you can have process improvement and if a surgery can be safer, better, quicker, or cheaper. And it's about mitigating risk. Everything has to be aimed at succeeding."

Minaglia also recognizes the teamwork involved. Surgery requires collaboration with skilled nurses, technicians, and anesthesiologists. In marathon swimming, reaching the finish line hinges on knowledgeable and adept water escorts. "There's a humility to it," he notes. "I'm just the swimmer ... I'm just the surgeon. If they fail, I fail. If it weren't for them, I wouldn't succeed."

Minaglia's most important teammates are his wife and four children. His daughter, who's now 13, accompanied him during his Gibraltar crossing last summer and cheered him on from the escort boat. "She seemed to be really proud to be a part of it," he says. "It was a great life experience for both of us." ¹⁵

Ocean's Seven consists of the **English Channel** (21 miles), the **Catalina Channel** off the coast of Southern California (21 miles), the **Cook Strait** in New Zealand (16 miles), the **Tsugaru Channel** in Japan (12 miles), the **Strait of Gibraltar** between Spain and Morocco (8 miles), the **North Channel** between Scotland and Northern Ireland, (21 miles), and the **Moloka'i Channel** between Moloka'i and O'ahu (26 miles).

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when the path changes

A journey of self-discovery.

By Danielle Douglass

I remember the exact moment I knew I had to move on. It was a scorching hot day in October 2013. I was sitting at my desk among stacks of ungraded papers, meeting notes, and practice tests for the impending Hawai'i State Assessment. School had just gotten underway. And although I loved this group of students, I was exhausted after only three years of teaching public school.

I was no longer my upbeat and positive self. I felt anxious, frustrated, and alone. I'd gained weight, wasn't eating healthy, and suffered from chronic fatigue and headaches. I'd recently had a terrible case of stress-induced hives, wrist pain requiring physical therapy, and even a nasty bout of jaw pain. I was sick all the time.

And then it hit me – I wasn't happy. I knew it's normal to not always look forward to going to work, but this was different. I actually felt like my profession was weighing me down and not allowing me to thrive. I had divergent views about standardized testing and felt ethically conflicted.

"But what about those college loans you took out to earn your master's degree?" "What about the time and energy you've invested into teaching?" "What about the relationships you've formed here at school and the kids who need you?" Those were questions that kept me up at night.

I knew I needed to interrupt those negative thoughts. I wanted my health to improve. I reminded myself that I'd previously had a successful career. I'd been through rough patches and difficult decisions in the past and somehow I've always been OK. I was lucky to have the support of family and friends.

Today, I'm living a lifelong dream to write and I'm satisfied knowing it's been achieved. This was my first passion in life. I'm also in a situation that's much more conducive to my health. I have enough energy to work out every day, eat healthy, feel less stressed, and have no major health issues (except for a bum knee, which I've learned to live with).



Did I make the right decision? My heart tells me I did and that's what matters most. I don't believe in having regrets in life. You do what you need to for yourself, your family, and your health.

Sometimes your loved ones support you, sometimes they balk. But at the end of each day, you're the one who lives with your decisions, both good and bad.

In any situation, you'll need to weigh the pros and cons. It was a bold move to switch careers in a shaky economy. If circumstances had been different, I may not have taken such a risk. Change was uncomfortable and there were moments I doubted my decision.

Teaching is one of the noblest professions. I miss the kids and being with them. But I don't miss the working conditions, testing overload, and being in poor physical health. I don't miss feeling underappreciated, spending my own money on work supplies, and bringing stacks of paperwork home every day.

Teaching conditions may improve for public school teachers. I hope they do. Perhaps my views could change, and if they do, I'll take another hard look at my path. For now, I like what I do and I feel good. That's the simplicity I knew I wanted on that October day. 15

Good health is important at every age. HMSA's Akamai Living provides information and inspiration to guide you toward a healthy, active lifestyle today and every day.

Akamai Living is tailored to help Hawai'i's adults 50 years and older enhance their lives. Making the decision to remain fit and active, both physically and mentally, is important, especially when it comes to leading an independent life. Akamai Living can point the way.

app, app, and away

Technology can help you manage your health care.

By Craig DeSilva

I admire my 76-year-old mother's tenacity to keep up with technology.

She records her Korean dramas on digital TV, listens to music on an iPod, and uses Skype™ to talk to her grandson overseas. But other than playing online word games and scrolling through her Facebook page (and making and answering phone calls, of course), she doesn't use her smartphone much.

If you're like my mom, you're part of a growing number of seniors who are upgrading their cellphones and desktop computers to smartphones and tablets, but aren't always sure what to do with all the bells and whistles. These devices use apps, or applications, that let you use your phone to surf the Web and send email.

What's app with that?

If you're confused about apps and what they do, we'll walk you through the basics.

What's an app? Apps are similar to computer programs. There are more than a million apps available. Many are free while others require a small one-time fee.

What do apps do? They let you do just about anything from making collages of the grandkids' photos and gathering the latest news to finding recipes and playing online games to keep your mind sharp. Need reminders to take your medications? Want to track how much you've walked today? Which has more vitamin K, spinach or kale? Apps can help.

Where do I get an app? Where you get an app depends on the device you have. Each manufacturer has an online store where you can browse, search, and download apps to your device:



Android
Android Market



iPhone or iPad
App Store



Nokia
Ovi Store



Windows
Windows
Marketplace



Tip: Take a sneak peak of an app in your online storefront before downloading it. It's like window shopping. You can view an image of the app and read its features, user ratings, and reviews.

Here are some free apps to help you stay on track with your health goals.

Exercise: Endomondo

Whether you walk, swim, hike, or do yoga, you can track your exercise and share it with an online network of friends, if you like. The app records duration, distance, calories burned, and heart rate while you work out. Set goals, view your friends' goals, and see your exercise route on a map. An audio coach tells you how you're doing.

Nutrition: Fooducate

Do low-fat, low-sugar, and gluten-free food labels confuse you? Scan a grocery item's barcode with your phone to get the facts. Read

nutrition information and alerts on fat, sugar, and artificial ingredients. A tracker helps you calculate how many calories you eat and you'll get daily food tips to help you make smarter choices.


Health: HMSA's Online Care

Web chat with doctors anywhere in Hawai'i anytime without an appointment about a range of topics, including allergies, colds and the flu, and headaches. If necessary, doctors can send prescriptions to your pharmacy. And if you're feeling the blues, you can speak to psychologists or licensed therapists. Conversations are confidential and secure.

Medication: MedCoach

Keep a list of medications, vitamins, and supplements in your mobile device. Set reminders to take your meds and refill prescriptions. Learn about side effects, precautions, drug interactions, and more.

Other popular mobile apps

- **Facebook** – Stay in touch with family and friends. Send messages and share photos.
- **YouTube** – View and share countless homemade and professional videos.
- **Yahoo Weather** – Get forecasts and current conditions where you live and wherever you're traveling. 

Must-Reads

Stephanie Steuri:
Beauty and the Brains, **page 8.**

A Joyful Well-Being
Journey, **page 10.**

Five Pillars of Well-Being,
page 18.

Special services from local
pharmacies, **page 43.**

Fast Meals in a Mug, **page 52.**

Crock-pot recipes, **page 56.**

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Moms In Hawaii members share their knowledge.

Compiled by **Marlene Nakamoto**



While temper tantrums are usually associated with toddlers, kids of any age can react to a situation with an emotional outburst of anger and frustration. How do you handle it? These moms have all been there.

When my son (2-1/2 years old) has a meltdown, I stop what I'm doing and hug him. I ask him to calm down, then try to understand what happened. I make suggestions because he can't fully express himself. "Are you tired?" "Are you hungry?" "Are you mad because mommy said you can't have (fill in the blank)?" I'm trying to teach him that being upset doesn't lead anywhere, and that being calm and using words will help me understand his needs/wants. I know that if I get out of hand, get mad, or start losing it while he's throwing tantrums, it doesn't help the situation at all. | Nichole Nakamichi

The eye-level stare. I get down to his level and stare, expressionless. Once he makes eye contact, he melts into my arms. Then we can talk.

| Destaney Peters

Don't tolerate it. No matter how young they are, get in control at the slightest sign of a potential tantrum and stay in control. And be discreet when handling a meltdown – take your child out or on the side. You never should embarrass yourself or, more importantly, your child. | Chas Coloma

Parents should learn about their child's development before all else. You can't discipline a toddler the same as a child or preteen, and so on. We aren't raising children, we're raising adults. We owe it to them to understand how their brain works so they can be healthy, functioning adults. | Lea Garner

Don't have unrealistic expectations of your kids. | Kanani Morgan 

Last year, I got a second job. The pay stinks, I'm on call 24/7, and the boss is really demanding. But I'm learning a lot and gaining invaluable experience. I love it.

My second job? I became a mother to a beautiful baby named Sadie. She's perfect and amazing and SO much work! My hat's off to anyone raising a child – let alone multiple kids – who can

balance the immense responsibilities of parenthood and everyday life and still manage to get meals on the table every day. That part is still a challenge for me, so I've resorted to some emergency measures.

When Sadie goes down for a nap, I have about 45 minutes (give or take 40 minutes) to throw in a load of laundry, wash the spit-up off the couch, pick up a zillion toys, and realize that the pureed baby carrots I licked off my hand earlier didn't quite cut it for lunch.

What can I make that's healthy, hearty, well-rounded, and ready in minutes? A bowl of soggy cereal gets old pretty quickly. Canned soup has so much sodium. PB&J is an option, but what if I accidentally expose Sadie to peanuts too early and she has a life-threatening allergic reaction? (Yes, I'm a paranoid mom.) Then I remember my new best friend – the microwave oven.

During those early sleep-deprived days of infancy, when I realized that time for grocery shopping and cooking depended on a small miracle, I began to seek out quick and easy recipe ideas. And "ready in under an hour" wasn't going to cut it; I needed instant results. My search turned up a surprising number of meals that could be made in the microwave. Who knew that eggs, pasta, and even cake don't require a stove? After lots of experimenting, I found a few favorites that made daily appearances in my home those first few months and are still on the menu quite frequently.




LET YOUR MICROWAVE OVEN KEEP YOUR PRIORITIES IN CHECK.

By **Andrea Wright-Agustin**
Photography by **Lew Harrington**
Food styling by **Karen Jones**

These recipes aren't only ideal for busy parents, of course. They would have come in handy during my college dorm room days. They're perfect starter recipes for getting kids interested in cooking. (I often imagine making these with Sadie in a few years once she's old enough to push the buttons on the microwave.) They're also great for anyone on their own or cooking for two, anyone in a hurry, and anyone too tired to cook. So, basically, most of us most of the time.

One day, I'll get back into cooking (I promise, husband). But for now, I'm content to put elaborate meals and extensive cleanup on the back burner and focus on work. This week, I've got a big stuffed animal convention, I'm on deadline to memorize three new nursery rhymes, and I'm trying to perfect my peek-a-boo skills.

Yes, this new job definitely has its perks.

I tested these recipes in an 1,100-watt microwave oven; you may have to adjust cooking times for your microwave. If you don't have a microwave or would prefer not to cook in it, these recipes can be adapted to cook in the oven. Try individual-sized ramekins or make larger quantities in a casserole. You'll need to experiment with cooking times and temperatures. 

Omelet in a Mug

For those times when you spent an hour rocking your baby to sleep and your arms are too weak and shaky to pull out a frying pan.

- 1 egg
- 2 egg whites
- 1 Tbsp. nonfat milk
- 1½ Tbsp. shredded reduced-fat cheddar cheese
- 1 Tbsp. diced pre-cooked ham
- 1 Tbsp. diced red bell pepper
- 1 Tbsp. diced onion
- Salt (optional) and pepper to taste

Place egg, egg whites, and milk in a large, microwave-safe mug and mix well with a fork or mini-whisk. Add remaining ingredients and stir. Microwave on high for 1 minute. Stir and continue to microwave in 20-second intervals until egg is set, up to 2 additional minutes. Makes 1 serving.

Feel free to add about 1 tablespoon of your favorite omelet ingredients (veggies, cheese, and meat).

Per serving (without salt): Calories 150, protein 18 g, carbohydrates 3 g, total fat 7 g, saturated fat 3 g, cholesterol 200 mg, sodium 350 mg, total sugar 2 g



French Toast in a Mug

For those days when you can't remember the last time you ate a warm breakfast.

- 1 egg
- 1/4 cup nonfat milk
- 1/4 tsp. vanilla extract
- 1/2 tsp. sugar
- 1/4 tsp. cinnamon
- 1 1/2 slices whole-wheat bread,
cut into 1/2-inch cubes
- 2 tsp. maple syrup

Add egg, milk, vanilla, sugar, and cinnamon to a large, microwave-safe mug and mix well with a fork or mini-whisk. Add bread cubes and press them into egg mixture until bread is soaked. Microwave on high for 90 seconds and continue to microwave in 30-second intervals until all liquid is absorbed, up to 2 more minutes. Drizzle with syrup. Makes 1 serving.

Note: Use any bread you have on hand. If it's stale, that's even better!

Per serving: Calories 320, protein 14 g, carbohydrates 47 g, total fat 9 g, saturated fat 3 g, cholesterol 190 mg, sodium 540 mg, fiber 4 g, total sugar 20 g

Lasagna in a Mug

For those times when you're too sleep deprived to remember how to boil water.

- 1/3 cup uncooked 1-inch pieces whole-wheat spaghetti
- 2/3 cup water
- 1/4 cup pasta sauce, divided
- 1/2 cup baby spinach
- 2 Tbsp. nonfat cottage cheese
- 1/4 cup shredded reduced-fat mozzarella cheese

Combine spaghetti and water in a large, microwave-safe mug. Microwave on high in 60-second intervals until pasta is al dente, about 6 to 8 minutes, stirring occasionally. (Watch the mug the first few minutes to make sure the water doesn't boil over.) Drain excess water if necessary.

Top pasta with half the sauce, then spinach, cottage cheese, remaining sauce, and mozzarella cheese. Microwave on high for 1 minute and continue to microwave in 20-second intervals if needed until cheese is melted, up to 1 more minute. Let sit 2 minutes. Makes 1 serving.

Note: If you're tight on time or energy (or if your pants are feeling a little tight), omit the spaghetti. Simply start with a layer of sauce in the bottom of the mug and follow the directions from there.

Per serving: Calories 360, protein 24 g, carbohydrates 36 g, total fat 15 g, saturated fat 7 g, cholesterol 30 mg, sodium 840 mg, fiber 5 g, total sugar 5 g

Meatloaf in a Mug

For those days when a shower didn't happen (again), but you want to feel like you accomplished something.

- 1/4 lb. lean ground beef**
- 1/4 slice whole-wheat bread, diced into small pieces**
- 2 Tbsp. nonfat milk**
- 1 Tbsp. chopped green onion**
- 2 tsp. ketchup**
- 1/2 tsp. Worcestershire sauce**
- Salt (optional) and pepper to taste**

Combine all ingredients in a large, microwave-safe mug and mix well. Microwave on high for 3 minutes and continue to microwave in 30-second intervals if needed until firm and no longer pink in the center, up to 2 more minutes. Cut in the center with a knife to test doneness. Let sit 2 minutes. Makes 1 serving.

Per serving (without salt): Calories 260, protein 25 g, carbohydrates 11 g, total fat 12 g, saturated fat 5 g, cholesterol 70 mg, sodium 300 mg, fiber 1 g, total sugar 5 g



Fudgy Brownie in a Mug

For those times when your baby's been crying nonstop and you're about to join her.

- 2 Tbsp. whole-wheat flour**
- 1 Tbsp. unsweetened cocoa powder**
- 1 Tbsp. sugar**
- Pinch salt (optional)**
- 2 Tbsp. nonfat milk**
- 1 Tbsp. unsweetened applesauce**
- 1/4 tsp. vanilla extract**

Combine flour, cocoa powder, sugar, and salt in a microwave-safe mug. Add remaining ingredients and stir. Microwave on high for 45 seconds and continue to microwave in 15-second intervals until center is nearly set, up to 45 more seconds.

(Brownie will continue to cook a little longer when it comes out of microwave.) Let sit 2 minutes.

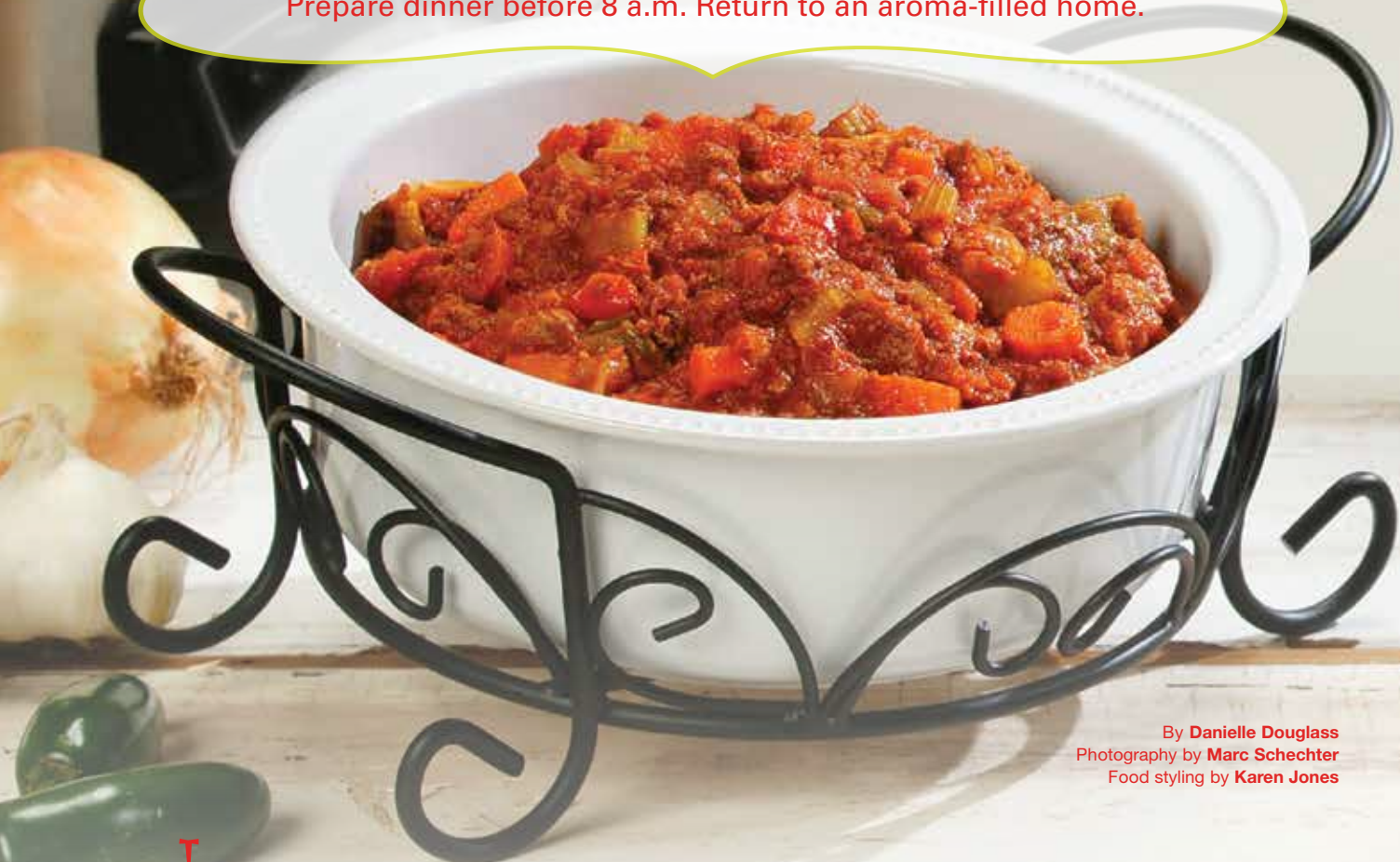
Makes 1 serving.

Per serving (without salt): Calories 130, protein 4 g, carbohydrates 30 g, total fat 1 g, saturated fat 1 g, cholesterol 1 mg, sodium 15 mg, fiber 4 g, total sugar 16 g



Stop and Smell the Cooking

Prepare dinner before 8 a.m. Return to an aroma-filled home.



By Danielle Douglass
Photography by Marc Schechter
Food styling by Karen Jones

I'm convinced that the slow cooker is one of the best culinary inventions of all time.

When I reach for mine, I always feel a tinge of excitement because I'm about to create a delicious dinner that I'll look forward to all day. There's nothing like food to motivate you to power through your day.

Irving Naxon invented what would become the most popular brand of slow cooker. His inspiration was his grandmother, who'd told him stories of a bean-based stew she made while growing up in Lithuania that cooked over the course of 24 hours. Naxon patented his food-heating device in 1940 and sold his business to Rival Manufacturing when he retired. In 1971, the cooker was re-introduced as the Crock-Pot.

These days, slow cooking is still popular — in 2011, *Consumer Reports* reported that 83 percent of families owned a slow cooker. It's no wonder why today's busy families find the ease and convenience of these devices so attractive. The best part of slow cooking is the amazing meals that welcome you home after a long day. There's nothing more comforting to me than stepping into my apartment and catching a whiff of whatever concoction has been cooking in my kitchen all day.

Here are a few recipes to inspire you to grab that slow cooker that you've stowed away. Maybe you've never thought of slow cooking as a summer "thing." Just imagine how nice it would be if you didn't need to stand over the hot stove to make dinner. These recipes are also great for people with food allergies because they're gluten-free and can be made dairy-free. **15**

— No-Bean Turkey Chili —

1 onion, chopped
3 garlic cloves, minced
1 Tbsp. olive oil
1½ lbs. lean ground turkey
3 bell peppers (any color), diced
1½ cups peeled and chopped carrot
1½ cups chopped celery
1 jalapeno, minced
28-oz. can crushed tomatoes
14-oz. can diced tomatoes
15-oz. can tomato sauce
3 Tbsp. chili powder
1 Tbsp. dried oregano
1 Tbsp. dried basil
2 tsp. cumin
1 tsp. garlic powder

1 tsp. onion powder
1 tsp. paprika
1 tsp. sea salt (optional)
1 tsp. black pepper
½ tsp. cayenne pepper
Diced tomatoes and avocado,
crumbled bacon, and cilantro for toppings

In a large skillet, sauté onions and garlic in olive oil over medium heat. Add ground turkey and cook until brown, about 8 minutes. Transfer mixture to slow cooker and add remaining ingredients. Stir to combine. Cook on low heat 6 hours. Makes 8 servings.

Per serving (without salt and toppings): Calories 220, protein 19 g, carbohydrates 20 g, total fat 8 g, saturated fat 3 g, cholesterol 60 mg, sodium 710 mg, fiber 5 g, total sugar 10 g



— Crock-Pot Shredded Chicken —

4-5 boneless skinless chicken breasts
(about 2 lbs.)

16 oz. salsa

1 packet taco seasoning mix

Corn or flour tortillas, taco shells, or Romaine or
butter lettuce leaves for serving

Diced tomatoes and avocado, cheese, chopped
onion, green onions, sliced olives, salsa, and
sour cream for toppings

Place chicken breasts in slow cooker. Add salsa
and taco seasoning. Cook on low heat 6-8 hours.

Just before serving, remove chicken and shred with
two forks. Return chicken to pot and stir to combine
with salsa. Serve as desired. Makes 6 servings.

Per serving (chicken only): Calories 200, protein 35 g, carbohy-
drates 5 g, total fat 4 g, saturated fat 1 g, cholesterol 110 mg,
sodium 600 mg, fiber 1 g, total sugar 3 g



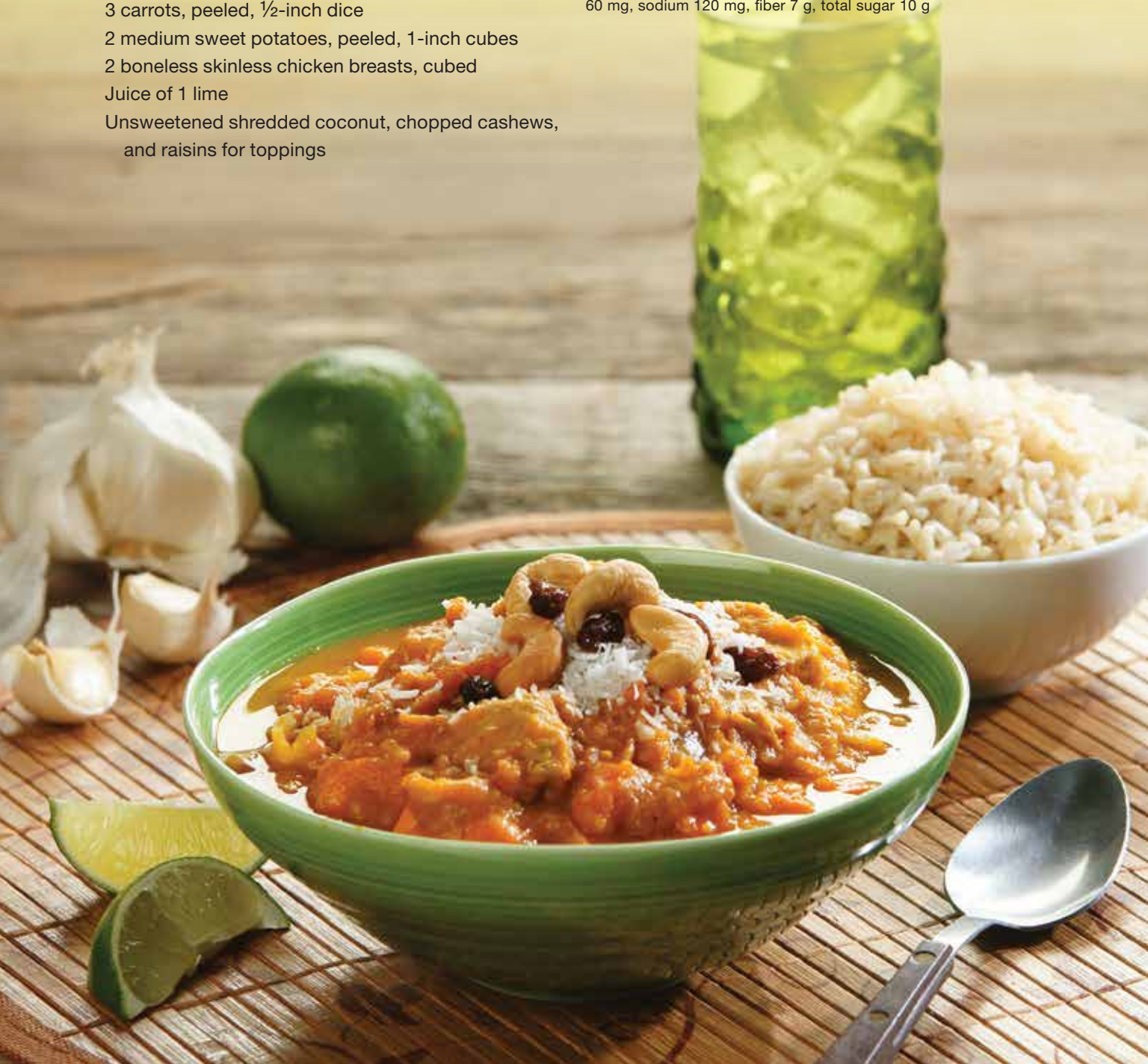
— Pumpkin Coconut Chicken Curry —

29-oz. can pumpkin puree (not pumpkin pie filling)
15-oz. can coconut milk
1 cup chicken broth
¼ tsp. turmeric
1½ tsp. curry powder
2 tsp. garam masala
1 tsp. sea salt (optional)
½ tsp. pepper
1 onion, chopped
1 garlic clove, minced
3 carrots, peeled, ½-inch dice
2 medium sweet potatoes, peeled, 1-inch cubes
2 boneless skinless chicken breasts, cubed
Juice of 1 lime
Unsweetened shredded coconut, chopped cashews,
and raisins for toppings

Place pumpkin puree, coconut milk, chicken broth, and spices in slow cooker and mix well. Add onion, garlic, carrots, sweet potatoes, chicken, and lime juice, and stir. Cook on low heat 6-8 hours. Serve with brown or jasmine rice and toppings. Makes 6 servings.

Note: Garam masala is a spice blend available at most supermarkets.

Per serving (without salt or toppings): Calories 260, protein 22 g, carbohydrates 29 g, total fat 7 g, saturated fat 5 g, cholesterol 60 mg, sodium 120 mg, fiber 7 g, total sugar 10 g



EVENTS FOR JULY THROUGH SEPTEMBER

WELL-BEING WORKSHOPS

All workshops listed are open to HMSA members at no cost. Visit hmsa.com for the current workshop schedule or call 1 (855) 329-5461 toll-free to register. Please register at least three days before the workshop.

Balanced Life

Practice techniques to improve your balance in this highly interactive session.

- 7/13, 9:30–10:30 a.m.
HMSA Center @ Honolulu
- 7/16, 10–11 a.m.
HMSA Center @ Pearl City
- 7/22, 11:30 a.m.–12:30 p.m.
Nu'uuanu YMCA
- 7/25, 9:30–10:30 a.m.
Kaimuki Plaza, Kaimana Room

Diabetes 101

Learn about recommended tests for diabetes and ways to improve your blood glucose levels.

- 7/7, 9–10 a.m.
HMSA Center @ Hilo
- 7/11, 9:30–10:30 a.m.
HMSA Center @ Pearl City
- 7/16, 4:30–5:30 p.m.
HMSA Center @ Honolulu
- 7/18, 1:30–2:30 p.m.
Kaimuki Plaza, Kaimana Room
- 7/23, 6–7 p.m.
Kapi'olani Women's Center
at Artesian Plaza
- 8/4, 9–10 a.m.
Kaua'i Healthways Office, Lihu'e
- 9/15, 10–11 a.m.
HMSA Kailua-Kona Office

Eating on the Run

Learn how to choose the best meals and snacks when you're in a hurry.

- 8/5, 5:30–6:30 p.m.
HMSA Center @ Hilo
- 9/15, 5:30–6:30 p.m.
HMSA Center @ Pearl City

- 9/22, 5:30–6:30 p.m.
Kaimuki Plaza, Kaimana Room
- 9/26, 9:30–10:30 a.m.
HMSA Center @ Honolulu

Goodbye Diet! Hello Health! 2!

Stop reading those nutrition facts labels. Find out why and what's in it for you.

- 9/12, 9:30–10:30 a.m.
HMSA Center @ Pearl City
- 9/16, 12:30–1:30 p.m.
Kalihi YMCA
- 9/17, 4:30–5:30 p.m.
HMSA Center @ Honolulu
- 9/19, 1:30–2:30 p.m.
Kaimuki Plaza, Kaimana Room

Hiking for Health (New!)

Learn the basics of hiking in the islands, including safety, gear, groups, and trails.

- 8/8, 9:30–10:30 a.m.
HMSA Center @ Honolulu
- 8/15, 10–11 a.m.
HMSA Center @ Pearl City
- 8/18, 5:30–6:30 p.m.
Kaimuki Plaza, Kaimana Room

Music & Health

Discover the "method to gladness" and the connection between music and your health.

- 8/26, 11:30 a.m.–12:30 p.m.
Nu'uuanu YMCA

Outdoor Fitness

Find out where to go and how to prepare for swimming, hiking, and biking in Hawai'i.

- 9/23, 11:30 a.m.–12:30 p.m.
Nu'uuanu YMCA

Successful Aging Begins with You

Discover the secret to extended longevity, fully engaged living, and well-being from the world's centenarian populations.

- 8/8, 9:30–10:30 a.m.
HMSA Center @ Pearl City
- 8/13, 4:30–5:30 p.m.
HMSA Center @ Honolulu
- 8/15, 1:30–2:30 p.m.
Kaimuki Plaza, Kaimana Room

Supermarketing!

Learn how to make healthier choices at the grocery store and spot clever marketing techniques.

- 7/28, 10–11 a.m.
HMSA Maui Office
- 9/29, 10–11 a.m.
HMSA Center @ Hilo

COMMUNITY ACTIVITIES

Activities are free to the public unless otherwise noted and are subject to change. Please call the numbers listed for more information.

HAWAI'I ISLAND

9/3-7

Queen Lili'uokalani Long Distance Outrigger Canoe Races

Eighteen-mile races hosted by Kai 'Ōpua Canoe Club at Kailua Bay. Other events include the Historic Kailua Village Cultural Walk, Paddling Talk Story, Native Artist Fair, Torchlight Parade, Stand-up Paddleboard Race, Alii Challenge, and the new Hulakai OC4 (four-person canoes) Spring Relay Race. Online registration deadline is August 29. For more information, visit kaiopua.org.

Every Sunday

Walk with a Doc on Hawai'i Island

Walk includes a brief warm-up/stretch and an informative talk from a community doctor or medical student. First-time walkers get a free T-shirt and pedometer. Meets rain or shine. 8 a.m., Lili'uokalani Gardens, Hilo. For more information, see wwadbisland.org.

Every Third Friday

Snorkel Day for People with Disabilities

Join us for a day at the beach. No experience necessary. Instruction, equipment, and lunch provided. 10 a.m.–2 p.m., Kahalu'u Beach Park, five miles south of downtown Kona. Register at deepandbeyond.org or call 326-4400, ext. 4017. Volunteers needed.

MAUI**7/8, 8/12, & 9/9****Diabetes Support Group**

Open to people with diabetes and their friends and family. 6:30–7:30 p.m., Maui Memorial Medical Center, Marion Hanlon Conference Room, Wailuku. Free valet parking. Call 442-5773.

O'AHU**7/7, 8/4, & 9/1****Stroke Club**

Join other stroke survivors for education and socialization. 10–11:30 a.m., Rehabilitation Hospital of the Pacific, 1st Floor Lanai, Honolulu. For information, call Rochelle Brace at 566-3791 or email RBrace@rehabhospital.org.

7/9**Hawai'i Sjögren's and Lupus Lecture Series**

Join guest speaker Dr. Kara Yamamoto (pediatric rheumatology) for an informative presentation; parents, kids, and siblings welcome. 5:30–7 p.m., Queen's Conference Center, The Queen's Medical Center, Honolulu. RSVP and more information at alwaysbehealthyandhappy.org.

7/10 & 8/14**COPD Support Group**

Find support and information on lung health, living with COPD, and more. 10 a.m.–noon, Kaiser Permanente, Room 2E, Honolulu. To register, call Valerie Chang at 699-9839, email Valerie@hawaiicopd.org, or visit hawaiicopd.org.

7/10, 8/14, & 9/11**Kardiac Kids****Parent Support Group**

Education and support for families with kids who have congenital heart disease. 6:30–9 p.m., Kapi'olani Medical Center for Women & Children, 2nd Floor, Conference Room B, Honolulu. Call Jullie Passos at 671-9047 or email jullie4heart@gmail.com.

7/14 & 8/11**COPD Support Group**

Find support and information on lung health, living with COPD, and more. 10 a.m.–noon, Pali Momi Women's Center at Pearlridge, ground floor conference room, 'Aiea. To register, call Valerie Chang at 699-9839, email Valerie@hawaiicopd.org, or visit hawaiicopd.org.

8/6**Diabetes Support – Preparing for the Holidays**

Discuss management and prevention with Shana Suzuki, MS, RD, LD. 1–2 p.m., 900 Fort Street Mall, Suite 940, Honolulu. To RSVP, call the American Diabetes Association Hawaii at 947-5979 or email ADAHawaii@diabetes.org.

9/3**Diabetes Support – Diabetes and Me**

Discuss management and prevention with Raenell Nakagawa, RD, CDE. 1–2 p.m., 900 Fort Street Mall, Suite 940, Honolulu. To RSVP, call the American Diabetes Association Hawaii at 947-5979 or email ADAHawaii@diabetes.org.

9/12**9th Annual COPD Education Day**

Check out exhibits and demonstrations from health care providers. 9 a.m.–2 p.m., The Queen's Medical Center, Queen's Conference Center, Honolulu. Pre-registration recommended. Call 699-9839, email Valerie@hawaiicopd.org, or visit hawaiicopd.org.

9/25–9/27**Hawaii Seniors' Fair – The Good Life Expo**

More than 275 exciting exhibits, educational seminars, lectures, workshops, live music, dance performances, exercise classes, cooking demonstrations, flu shots, and more. 8:30 a.m.–4:30 p.m. each day, Neal S. Blaisdell Center, Exhibition Hall, Honolulu. For information, call 832-7878.

Every Friday**Farmers Market at HMSA**

Enjoy fresh, island-grown produce and ready-to-eat local food. 11 a.m.–2 p.m., HMSA Center @ Honolulu. For information on vendors, call HMSA at 948-6521.

Adult Fitness at Queen's

Learn Jazzercise, tai chi, kickboxing, yoga, and more. Times and instructors vary. The Queen's Medical Center, Women's Health Center Classroom. Six classes for \$66. Call 691-7117 for details and to register.

Health & Education at Queen's

The Queen's Medical Center, Women's Health Center Classroom.

- **Genetics Class:** Learn about prenatal genetic screening and tests to check the health of your baby. Call 691-7633 for times and information.
- **Lymphedema/Breast Cancer Clinic:** Learn exercises to prevent lymphedema (swelling of the arms). First and third Thursdays, 1:30–2:30 p.m.
- **Mammogram and Cervical Cancer Screening:** Every other Friday, 8 a.m.–noon. Free for women who are ages 50–64, uninsured or underinsured, or low income. Call 691-7726 for times and eligibility.

Kids and Teens Lupus Group

Meet your peers and learn more about lupus at this fun, interactive meeting. Date, location, and time to be determined. For information, visit alwaysbehealthynhappy.org.

To submit information for future calendar listings, please email Lisa_Baxa@hmsa.com. Include event name, date, location, cost, and a brief description. Only free or low-cost health and family events will be considered.

foods of our past

VOVO'S VINHA D'ALHOS

In Hawai'i, there are many edible delights that tempt and tease our taste buds, but few that tantalize like a fresh, hot malassada. Delicate and crispy on the outside and melt-in-your-mouth on the inside. Yes, simply irresistible.

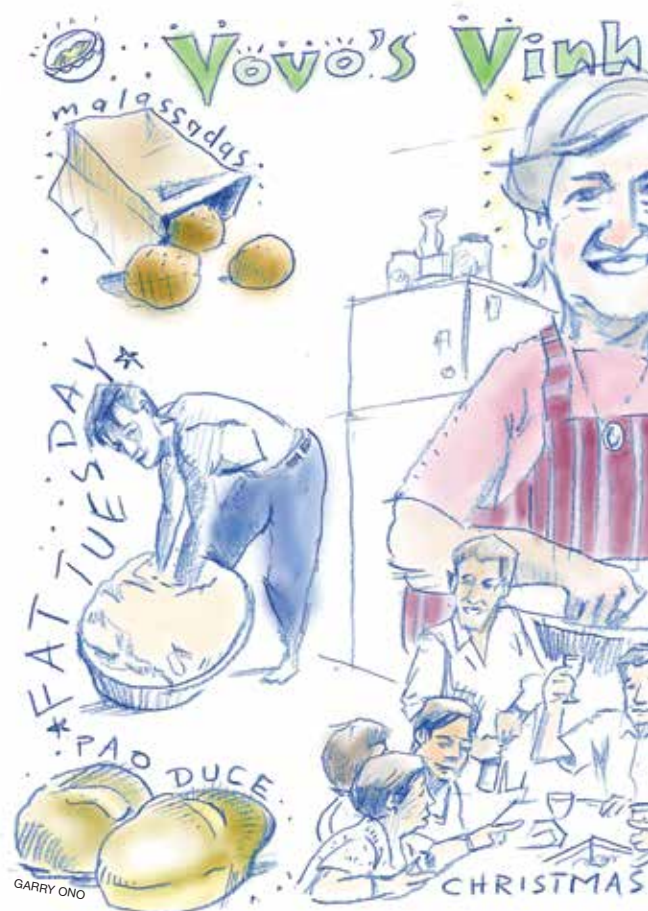
As a little girl raised by my vovo (Portuguese for grandma), I looked forward to Fat Tuesday. Vovo would make big batches of the infamous fried doughnut to share with family, friends, and neighbors. I remember the smiles that left, along with the oil-stained brown paper bags they clutched tightly.

I cannot forget the gigantic Tupperware that made its appearance year after year. It was so big, it hardly fit in the fridge. Not only did Vovo use it for the malassada batter, but also for my absolute favorite reserved for Christmas morning, vinha d'alhos – stew-cut pieces of pork seasoned with garlic, spices, and vinegar. While it marinated for a couple of days, the men in the family labored tirelessly over the pao duce (sweetbread), pounding the massive dough in huge metal tubs. Us kids always attempted to help, but we never lasted more than three minutes. Vovo divided the dough into loaves, blessing each one by marking it with the sign of the cross. In the spare room, the loaves would rise, giving off a lemony aroma.

On Christmas morning after Mass, the kitchen clamored with the breakfast bustle. Every year, we anticipated the arrival of this simple feast of vinha d'alhos, pao doce, linguisa, and scrambled eggs. Our table was laden with the comforts of tradition, family, and good food, offering priceless memories with it.

Vovo is now 85, so it's with pride that the ancient Tupperware now sits in my cupboard as I patiently await her bean soup pot. But that's another story.

Sandee Nelson
Wailuku, Maui



RICE AND TEA

I remember clearly to this day, as I was growing up in Nānākuli, the hardship that we endured in the late '40s and early '50s. I was 9 years old in 1950. My dad worked, but his income was very small. To help Dad, Mom ironed clothes for friends. Sometimes, we ate only rice and tea, poi, and Hawaiian salt with leaf onion.

I remember pushing a boat up the sand at Zablan Beach and being rewarded by Barney Gomes, a long-time fisherman, with fish to take home to eat. I would wake up early Sunday mornings to pick up empty beer bottles at the park and wash them and turn them in for money. I picked



kiawe beans and sold them for 65 cents a burlap bag to Mrs. Glover, who owned Glover Store. I sold newspapers in the morning, seven days a week, and helped out at Mahelona Store, our neighbor.

We planted vegetable gardens and raised chickens, ducks, and rabbits to eat. But we managed to survive all those years. It taught me that no matter what obstacles you face, you can find a way to push them aside and keep moving forward. Life was hard, but I have no regrets. I loved the old Nānākuli. It was my home then.

John Keala
Mā'ili, O'ahu

CHICKEN HEKKA

Kepaniwai Park is near the entrance to Maui's famous 'Īao Needle. I was around 8 years old attending summer fun when the park was dedicated in the early 1950s. It was a beautiful park with nicely landscaped gardens surrounded by picturesque green mountains and lush tropical forests. There were several pavilions that were popular spots for family picnics.

My friends and I loved the park's swimming pool with its crystal-clear water fed by underground springs. We would often bike up to the park from our Wailuku homes to swim in the icy cold water. After our swim, we would hunt for sweet guavas. We would also go down to the 'Īao River alongside the park to spear 'o'opu, but we were too slow for the akamai 'o'opu. There were many kukui trees and we often polished the nuts to make pendants and neckerchief slides, which we wore with our Boy Scouts uniforms. On weekends, our families would hike in the kukui forests above the park to hunt for pepeiao and shiitake mushrooms. Somehow, my Uncle Akio always knew where to look and managed to find the most.

Ira I. Tagawa
'Aiea, O'ahu

KEEP THOSE STORIES COMING

Island Scene welcomes your stories about growing up or living in Hawai'i. Tell us about events, people, places, songs, traditions, or anything else that brings back memories of Hawai'i's past.

Stories should be no longer than 250 words. All stories must include the writer's legal name, address, and phone number for verification. Double-spaced, typewritten stories are preferred.

Please send your stories to Marlene Nakamoto at:

Island Scene
I Remember When
P.O. Box 3850
Honolulu, HI 96812-3850

Email:
marlene_nakamoto@hmsa.com
Fax: 948-6860 on O'ahu

Island Scene may not be able to publish all stories and reserves the right to edit any story. *Island Scene* won't be responsible for returning stories.

clearing the clutter

The goal is a tidy home.

By **Marlene Nakamoto**

I would like to tell you that I've successfully tackled clutter in my home. That I donated or discarded countless unwanted things that were neither useful nor beautiful. That my home is neat, clean, refreshed, and energized. And that I feel invigorated and ecstatic.

But I can't tell you any of that, because it hasn't happened. Yet.

Do I dare confess what I've been holding on to? Here's part of the list:

- Clay figurines I made in elementary school.
- College papers from poetry, literature, writing, and philosophy courses.
- Several pairs of size-6 jeans that fit perfectly in 1997.

In addition to having too much stuff, I often feel overwhelmed just thinking about clearing it out. So nothing gets gone. Clearing clutter isn't simple. There are emotions and memories tied to my stuff, which I'd rather not face. And that feeds the procrastination.

Worthy cause

I know that I'm not beyond help, however. Whenever I'm motivated to clean up, I readily donate items to a nearby Goodwill, but last year I found out about a cause I could really get behind. Tai Matsuoka, a co-worker who volunteers for Community Helping Schools, asked for donations for their annual garage sale. CHS is a nonprofit organization that helps public school teachers and students get items for their classrooms.

Here was the perfect reason to ditch unwanted items. My stuff could be sold to help teachers and students, not "just anybody." As a product of public schools, I understood the need.



I got rid of lots of stuff. It was especially satisfying to give away items that reminded me of people I'd rather not be reminded of. And when I wasn't sure if an item was appropriate for the garage sale, I'd remember what Matsuoka said: "Somebody will buy it."

The plan

Of course, that wasn't the end to my clutter. There's still a lot more to do. I've read several articles in magazines and online for tips, such as what to do with your deceased parents' possessions or expensive gifts you don't like or won't use, or how to compromise with a spouse who saves everything "just in case." Right now, I need a simple plan that won't overwhelm me.

Here it is:

- Make an appointment (put it on the calendar!) to tackle one shelf, one drawer, etc., at a time.
- Sort items among three boxes: Discard, donate, and keep.

That's my plan. The goal is a tidy home that will relax and reinvigorate me after work. I can do this. **is**



‘Oī kau ka lā, e hana i ola honua.

While the sun yet shines, do all you can.

While there is earthly life (ola honua), do all you can.

*From ‘Ōlelo No‘eau, Hawaiian Proverbs & Poetical Sayings,
by Mary Kawena Pukui, Bishop Museum Press*

Island Scene
PO Box 3850
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2. Log in to My Account and click **Well-Being Connect**.

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