

# island scene

well-being, family, and fun for **HMSA** members | spring 2016 | [wellbeinghi.com](http://wellbeinghi.com)

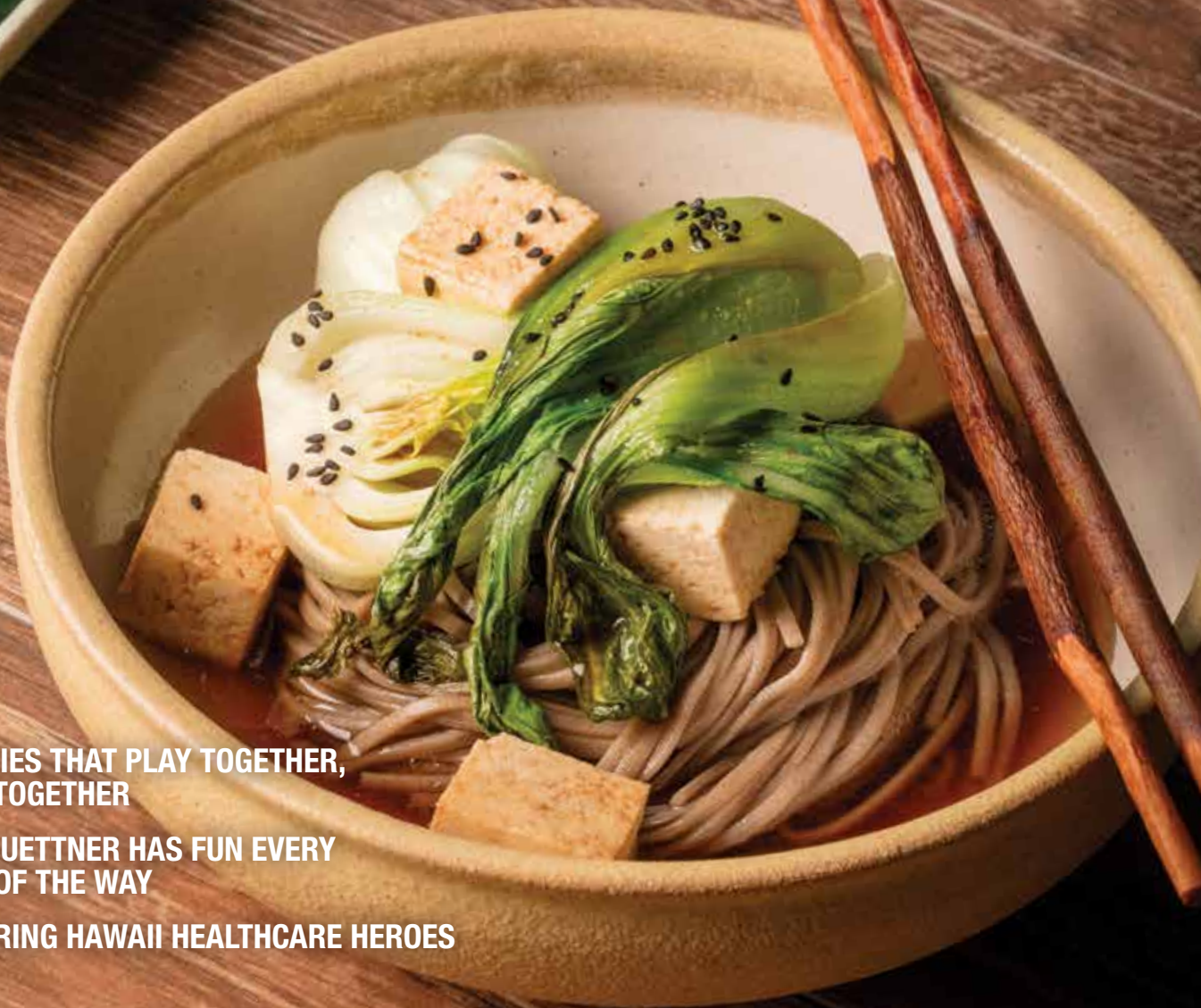
## HEALTHY RECIPES WITH LESS MEAT

FOCUS ON PLANTS.

**FAMILIES THAT PLAY TOGETHER,  
STAY TOGETHER**

**DAN BUETTNER HAS FUN EVERY  
STEP OF THE WAY**

**HONORING HAWAII HEALTHCARE HEROES**







Yellow hala seed lei.

---

Pala ka hala, 'ula ka 'ā'i.

*When the hala ripens, the neck is brightened by them.  
People are very fond of hala lei. From a name chant of Kualī'i.*

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



# aloha members

Improving your health and well-being has always been our first priority at HMSA. We make sure that every program we introduce, decision we make, and dollar we spend are all in line with the same goal – help you get to your best physical, emotional, and mental well-being.

This spring, we're kicking off a truly innovative, first-of-its-kind physician payment transformation program that we believe will lead the way in better care for communities across Hawai'i and the rest of the United States. Basically, we're changing the way we pay your primary care providers. Instead of paying them for each visit or service, we'll pay them to care for your total well-being.



What does this mean for you?

- More access to your doctor when you need care.
- More ways to keep in touch with your doctor – whether it's through office visits, phone calls, text messages, or emails.
- An easier time letting your doctor know if you're happy with your care or want to get more involved in making care decisions.
- More personal time by eliminating unneeded office visits.

For more than a year, we've been collaborating with Hawai'i physicians, local health care professionals, and national thought-leaders. Together, we've developed this new program to help healthy members stay healthy and provide better care for those who need more help with their well-being.

For members whose primary care providers are participating in this pilot, the transition will be seamless – you can continue to see your doctor when you want and there won't be any changes in what you pay when you visit the doctor's office, fill a prescription, or visit a hospital. Over time, this program will make it easier for you to get involved in your own well-being.

In this day of modern technology, constant connectivity, and immediate feedback, we're paving the way in well-being innovation – all of it to help you be your very best.

Sincerely,

Michael A. Gold  
President and Chief Executive Officer



# reader comments

During last year's *Island Scene* reader survey, we heard from a lot of you and learned so much from your responses and comments. Here are some of the top (positive!) comments:

- I love that it's an uplifting magazine featuring Island living.
- Overall relevant information and encouraging. Definitely inspires me to make even small, doable changes to improve my health.
- Great magazine. I sincerely enjoy reading it from cover to cover. Nicely done, nicely produced. Thank you.

And just as important, readers had questions and suggestions:

- Send only one issue per address.
- Needs RSS feed.
- Like the printed magazine version, not online.
- Prefer online to paper.
- Is it worth the money to publish? I worry that my rates for Medicare are so expensive. Can we opt out?

We've started addressing many of your issues. For example, sending one issue per address is our goal, but here's where we need your help. If you're getting more than one copy, please email us at [feedback@islandscene.com](mailto:feedback@islandscene.com). Include the names from the different labels and let us know which one to keep.

The perceived cost is a common question about the magazine. Many are surprised to find out that printing costs are about \$1 per member per year. HMSA feels that's a smart investment to keep members informed about well-being and health care.

For those of you who'd prefer to read the magazine online and stop receiving the printed copy in the mail, the magazine is available on our Well-Being Hawaii blog at [wellbeinghi.com](http://wellbeinghi.com). To stop your subscription for the printed copy, please email [feedback@islandscene.com](mailto:feedback@islandscene.com).

Unfortunately, we're not able to address all of the comments from the reader survey here. If you have a comment or question about the magazine, feel free to email me at [Lisa\\_Baxa@hmsa.com](mailto:Lisa_Baxa@hmsa.com) and I'll be happy to answer you.

Mahalo for reading *Island Scene* and thanks again to everyone who completed our reader survey!

*Lisa*

Lisa Maneki Baxa  
Publisher and Editor

# island scene

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Edited by Marlene Nakamoto





# WE'RE BEHIND YOU

For whatever  
lies ahead

Live here. Live healthy. Live fearless.





By Christa Hester

## > Are You 65 or Older?

If so, it's time to think about how to care for yourself as you age. And that doesn't just mean being in good physical shape – your well-being includes strengthening your relationships with family and friends, challenging yourself mentally, and making sure you have the resources and support you need to be happy and healthy.

Use [aging.gov](http://aging.gov) as a one-stop shop to get ready for the next phase of your life. The U.S. Department of Health & Human Services created the site to help older Americans, their families, and their caregivers navigate federal, state, and local resources.

Go to [aging.gov](http://aging.gov) to file for Social Security benefits, enroll in Medicare, and apply for Medicaid.

You can compare Medicare physicians, hospitals, home health, and dialysis facilities. There's also a variety of articles to read, from "Top 10 Ways to Prepare for Retirement" to "Young at Heart: Tips for Older Adults" to "Aging and Your Eyes."

What are you waiting for? Check out [aging.gov](http://aging.gov) today.



## > Living Abled & Healthy

If you're dealing with an illness, injury, or disability, this book by Chris Brigham, M.D., can help you on the road to recovery. Brigham, a leading expert on health and disability, focuses on empowering you to take control of your injury or illness.

His book can help you:

- Define disability and learn how it can be prevented.
- See how people with similar problems and similar care may have very different results.
- Learn how payment systems, health care professionals, and personal actions contribute to health or disability.

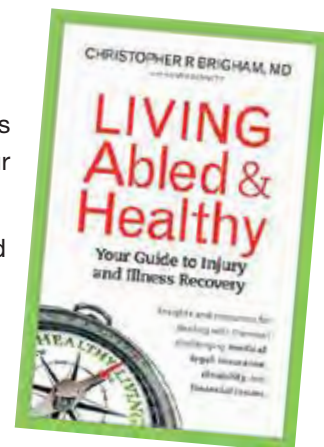
According to Brigham, there are 10 core principles to recover from injury or illness:

1. Take control of your life and health.
2. Stay positive.
3. Partner with quality health care providers who practice evidence-based, data-driven medicine.
4. Approach health problems from a "biopsychosocial" perspective – look at the biological,

psychological, and social elements that may affect your illness.

5. Weigh the risks and benefits of testing and treatment.
6. Focus on a healthy body, mind, and spirit.
7. Choose smart lifestyles that include exercise, diet, and healthy habits.
8. Weigh the risks and benefits of involving lawyers.
9. Cooperate with other health care participants and avoid unnecessary conflict.
10. Continue with your job, if possible. Work is generally good for your health and well-being. It helps you establish an identity and gives you a reason to get up daily.

Read *Living Abled & Healthy* and follow the 10 principles to improve your well-being.



# Working to be **SAFE** at School

For most children, being safe at school means not running with scissors and telling the teacher that you're allergic to peanuts, but for children with diabetes, it means so much more.

It means having someone around at all times who can help them manage their care. This is now possible with the Safe at School bill, which Gov. David Ige signed into law last year. The law allows school staff to volunteer for basic diabetes care training, including administering insulin, and allows children who

are capable to self-manage their diabetes at school.

"Without this law, children with diabetes are at serious risk because no one at school can help with daily and emergency diabetes care," says Leslie Lam, executive director of the American Diabetes Association's (ADA) Hawai'i branch. The law takes some pressure off parents, who often have to interrupt their workday to care for their child when no one else can. It also gives children the best chance for academic excellence because they won't be absent as often to get care.

"This law is still new and many schools aren't aware of their obligations under it," Lam says. "So we're working hard to educate schools and get them on board. We have educational materials, flowcharts telling you what the next step is when treating a child, and more. If your school needs diabetes training, call us! We're happy to help."

For more information, call the ADA in Hawai'i at 947-5979 on O'ahu or at 1 (888) 342-2383 toll-free on the Neighbor Islands.

## > All About Portions

According to the U.S. Department of Agriculture (USDA), every day you should eat 2½ cups vegetables, 2 cups fruit, 6 ounces whole grains, 3 cups dairy, and 5½ ounces protein foods. Those amounts vary according to your height and weight, of course, but you get the idea.

Here's an easy way to think of it: At each meal, make sure half your plate is fruits and vegetables – heavy on the vegetables – and the other half is protein and whole grains – heavy on the grains.

Try a lunch box or plate with compartments. Simply put the protein and fruit in the smaller compartments and voila! You have a nutritious, well-balanced meal.

To learn more, go to [choosemyplate.gov](http://choosemyplate.gov).



This is how *Island Scene* reader Sharon Wong reminds her family about portion sizes.



# still having fun every step of the way

Longevity expert Dan Buettner moves naturally doing what he loves every day.

By Danielle Douglass

When he was 14 years old, Dan Buettner rode his bike with his best friend from Minneapolis to Rochester, Minn., because it gave him a sense of freedom and it was incredibly fun.

Later in life, Buettner cycled thousands of miles around the globe and set three world records for long-distance cycling. He was still having fun.

Those days seem like a lifetime ago to *The New York Times* best-selling author and National Geographic fellow. Buettner's research led him to communities or Blue Zones® around the world where people live long and healthy lives.


Buettner, 55, carries a collapsible bike with him when he travels and walks when he can, no matter where in the world he may find himself.

He says that without health, the mind isn't sharp. Without that, he wouldn't be able to write well or think as well. He wouldn't feel well or be as happy.

Exercise and healthful eating habits are equally important, says Buettner. "It takes both to feel your best; you can't really have one at the expense of the other."

His advice for people who are looking to incorporate more natural movement into their daily lives is to make sure it's accessible and effortless.

"I'd much rather see people walking an hour a day instead of in a gym," says Buettner. "Walking back and forth to work, walking to meetings, walking to go shopping, or walking the kids to school."

Accessible and effortless. It's as simple as that. 

Learn more about the innovative Blue Zones Project® in Hawai'i at [hawaii.bluezonesproject.com](http://hawaii.bluezonesproject.com).



PHOTOS COURTESY OF BLUE ZONES, LLC

# Are you in the neighborhood?



## E komo mai

Please stop by, we'd love to have you visit.

Our HMSA Centers and offices are located statewide for your convenience.

We invite you to stop in and speak with our friendly health plan advisers. They can answer all your questions about your plan, bill, benefits, and more.

### **HMSA Center @ Pearl City**

Pearl City Gateway  
1132 Kuala St., Suite 400

Monday through Friday,  
9 a.m. – 7 p.m.

Saturday, 9 a.m. – 2 p.m.

### **HMSA Center @ Honolulu**

818 Keeaumoku St.

Monday through Friday,  
8 a.m. – 6 p.m.

Saturday, 9 a.m. – 2 p.m.

### **HMSA Center @ Hilo**

Waiakea Center  
303A E. Makaala St.

Monday through Friday,  
9 a.m. – 7 p.m.

Saturday, 9 a.m. – 2 p.m.

You can also visit us  
Monday through Friday,  
8 a.m. – 4 p.m. at:

### **Kailua-Kona office**

75-1029 Henry St.,  
Suite 301

### **Kahului office**

33 Lono Ave., Suite 350

### **Lihue office**

4366 Kukui Grove St.,  
Suite 103







# All in the 'Ohana

Families that play together, stay together.

By **Craig DeSilva**

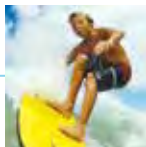
In *Lilo & Stitch*, Lilo was right when she said, “family means no one gets left behind.” Our ‘ohana ties are indeed strong in Hawai‘i. Even if you’re not related by blood, you’re somebody’s uncle, auntie, bruddah, sistah, or cuz.

Here are three families who, no matter how busy life gets, always make sure that no one gets left behind.





From left: Kamalei (14), Kao (11), Kala (3), mom Tehani, Kamalei (6), dad Warren, and Tehani (3).



Photos courtesy of Warren Hassett

An only child growing up in Mākaha, Warren Hassett always wanted to be part of a big family. Now that he has four kids and a foster daughter, he's making sure he does a good job as a parent. He lives by the words tattooed across his chest: Family First. "Everybody's there for each other," he says.

A self-employed stone mason and youth coach, Hassett instills the importance of sports in his children's lives. "It teaches them the importance of physical fitness, being a team player, and working hard to succeed," he says. On weekends, the entire family watches soccer and football games and surf competitions. The beach is their refuge for surfing and relaxing. They always try to eat together and go to the park or beach for barbecue picnics.

"Nowadays, everybody's head is down in their electronics in this technology-driven world," he says. "I think it's important that we put them away and communicate with each other. It keeps our family tight-knit and gives them values I think they need."

It's not easy juggling everyone's activities, but keeping the family together has created a loving, supportive household. "I have no control over what they do when they leave the house," he says. "All I can do is instill moral values and be involved in their lives and hope that they'll eventually make good decisions."





# Lovely Hula Family

Preparing for a performance, Robyn Kuraoka and husband Lance (far right) make ti leaf skirts. Kupuna Carolee Nishi arranges flowers in her granddaughter Kiralee Kuraoka's hair. Ron Nishi helps his granddaughter Kaila Nishi with a lei.

Hawaiian music and dance have always been part of Robyn Kuraoka's life. "Before I could walk, I was sitting in my mom's hula classes," she says. "And it was the same for my daughter, Kiralee. We'd put her in her car seat in front of class while I was teaching. And when she started sitting up and crawling, we'd lay a mat out for her to sit on."

Kuraoka follows in the footsteps of her mom, Carolee Nishi. They belong to a dedicated hui of longtime volunteers who teach Hawaiian traditions such as hula, music, crafts, and language at Hula Hui O Kapunahala at the Nu'uaniu YMCA. Students range from keiki to kūpuna. "It's rewarding to see the children grow into wonderful adults and know that we had a small part in that," says Kuraoka.

Hula is shaping three generations of dancers in the Nishi family. Kuraoka's daughter and niece are active in the hui.



Photos courtesy of Robyn Kuraoka

"It's given them confidence and the sense that they can do anything. They've learned how to help their younger hula sisters and respect their kūpuna. And it's given them a sense of purpose," Kuraoka says.

Her husband, Lance, helps pick flowers and ti leaves for the dancers and drives them to performances. And Kuraoka's dad, Ron, attends weekend performances and rehearsals.

"No matter how busy we are as a family during the week, we can always count on seeing each other on Saturdays for hula at the YMCA," says Kuraoka.



For Lana Ozaki, playing games isn't just for fun. It brings her family together.

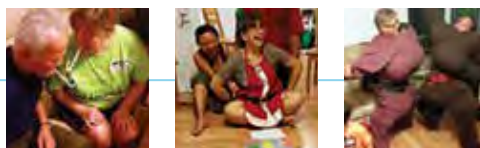
She started organizing games during family get-togethers at her Hawai'i Kai home. "We all look forward to it," she says. "It brings out our competitiveness and creativeness."

They play relay games and bingo and pound mochi for New Year's. Everyone in the family participates – aunts, uncles, cousins, and her cousin's children. They gather at least once a month to celebrate birthdays and holidays. "Just any reason to get together to keep in touch and reconnect," says Ozaki.

"If we don't get together, the next generation won't have the same family connections that I grew up with."

Now with 4-year-old twins, she's looking forward to when her kids are old enough to participate.

"It's important for the kids to know their family," she says. "If we don't get together, the next generation won't have the same family connections that I grew up with." **15**



Photos courtesy of Lana Ozaki

Nathan Cadiante and Lana Ozaki with twins Nakana (top) and Lyric.



# STRENGTH TRAINING SECRETS

Get more bang  
for your buck.

By Neal Iwamoto

It's no secret that exercise is good for your health. And while we all have a favorite activity, one activity that should be a part of any fitness routine is strength training.

The benefits of strength training are enormous. Beyond increased muscle strength and endurance, it can help improve your balance and coordination. It can boost your energy and mood, and ward off or manage countless ailments from arthritis to diabetes to heart disease. Studies have shown that strength training is superior to aerobic exercise for weight management and fat loss. That's because more muscle means a higher metabolism.

Maybe you've been strength training for years, but are just going through the motions. Like me. Maybe you're pushing the limits, but not seeing any results. Or maybe you're just starting out. How do you know you're getting the most out of your workout?

Certified personal trainer and strength and conditioning specialist Tim Rabetoy has helped countless people transform their bodies and recover from injuries for nearly two decades. He's learned a few secrets over the years and shares three tips to help you maximize your time and effort.



## SECRET #1 What Goes Up Must Come Down



Technique makes a big difference in your results. If you're doing a bench press, you're probably concentrating on getting the weight up with little regard for the way you bring it down. Yet the entire motion is important to your progress. "Muscles have to work just as hard to control the weight on the way down as they do on the way up," Rabetoy says.

Fight the urge to let gravity take over. "No matter what the exercise is, control the weight in both directions," he says. "It works your muscles both ways and makes your exercise 100 percent efficient."

**TIM'S TIP: A general rule of thumb is to come down at half the speed you went up. That doubles your effort and results.**

## SECRET #2 Repetitions Count ... But Stop Counting Them



What's with the number 10? There are 10 commandments, 10 is a "perfect" score, and just like a robot, it seems we're programmed to do 10 repetitions when working out. But according to Rabetoy, 10 isn't the magic number. In fact, you shouldn't even count repetitions.

"If you're doing 10 reps of an exercise, but are capable of doing more, you're simply doing maintenance work at best and preventing yourself from achieving any fitness gains," he says.

Rabetoy says to lift to the point of failure. "By doing this, you're challenging the muscle groups and their only response is to get stronger."

**TIM'S TIP: The only time you need to count repetitions is when you're trying to figure out how much weight to use. If you can do more than 15 reps of an exercise, increase the weight.**

## SECRET #3 Rest Your Way to Results

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T


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Th

F

There's a reason your body is sore after a hard workout. When you're in the gym exercising, you're not building muscle, you're breaking it down. The real muscle building occurs after a workout.

Your body needs time to recuperate. In other words, the road to a washboard stomach doesn't mean you should do a thousand crunches every day. "If you're working the same muscle groups day-in and day-out, you're never giving your muscles a chance to fully rebuild and your gains will be drastically minimized," Rabetoy says.

**TIM'S TIP: Split your workouts so you work different muscles groups on different days. For example, train your legs and abdominals on Monday and Thursday, and your upper body on Tuesday and Friday. This gives different muscle groups plenty of time to recuperate and get stronger.** 

*Consult your doctor before starting any new fitness routine to determine if it's right for you. It's also highly encouraged to work with a certified trainer if you start a new fitness routine.*

*For more fitness and exercise tips, visit HMSA's Well-Being Hawaii blog at [wellbeinghi.com](http://wellbeinghi.com).*



## Cauli Chameleon



Cauliflower rice? Yeah, that's right.

[wellbeinghi.com/food](http://wellbeinghi.com/food)

Join the conversation about health  
and well-being in Hawaii.



@Wellbeing\_HI



/wellbeinghi



# feeling local

Angst over SPAM musubi.

By Kimberly Click

remember reading somewhere that the amount of time that has to pass before you can consider yourself local in Hawai'i can be measured by planting a mango tree. If you plant a tree when you first get here, you can call yourself local when the tree bears fruit, which is five to eight years. When I think about this, it seems too short. By this measurement, I am local. Sometimes I feel local. Other times, not so much.

One of the times that makes me feel very not local is the potluck. It seems simple. Bring food to share. Potlucks are seemingly unavoidable here and come with many different levels of commitment.

Unfortunately, even the simplest of potlucks — the post-sports feeding of 10-year-old athletes — stresses me out. I don't know if it's difficult for me because I'm haole or because I'm from the Mainland. It could be a combination of both.

Last season, I teamed up with another parent to provide snacks after a volleyball game. She suggested a brown-bag snack with fruit and yogurt tubes. I was leery. Other parents had been setting the bar high, bringing things like mini-bentos. I gave in and let her win. It was clearly the worst snack all season. After that, I think my son tried to pretend that he wasn't related to me.

I wanted to do better this season. I had to provide snacks for football and volleyball. The other moms tried to convince me that it was simple. That it was grab and go. That I could do it. I decided on warehouse store pizza for one and fast-food cheeseburgers for the other. I absolutely cock-roached the burger idea from one of the football moms and used it for volleyball. It involved going places that I generally never go. But there I was, the vegetarian in the drive-thru lane of a fast-food joint, ordering 13 cheeseburgers.



I had considered providing SPAM musubi, but I had no idea where to buy it in bulk. And I made them only once, in New York, where no one would know how much they potentially did not look or taste the way they should.

And, really, sports snacks are the least of my problems.

Whenever there's a family get-together or even a gathering of my son's preschool alumni, I'm stressed out. After many potluck failures, my son commented that no one eats the food I bring.

I think my desire to fit in and the fact that I'm vegetarian both play into my inadequate potluck contributions. These two things do not go together well. And I think I'm trying too hard. If I were still in New York, I'd know what to bring: I'd make baked ziti or a big salad.

But I'm getting better. After many years, I have a couple of go-to contributions that seem to be crowd pleasers. I now consider vegetarian chili cheese dip the ace up my sleeve. And while it may not really be considered a local dish, everyone loves it. It helps me slide into that potentially local category, although it's not a perfect fit. Not yet. **15**



# Costco Wholesale Invests in Employees' Well-being

The return on investment is priceless.



Costco Lihue employees (from left): Irene Aguayo, LeeUndra Baltazar, Lydia Maldonado, Christie Manibog, Dave Rutherford, and Kim Lazo

By Christa Hester • Photos by Earl Yoshii

Wholesale products, gargantuan pizzas, a plethora of free samples – Costco is a company that does many things well. But the thing it does best is take care of its employees' well-being.

It didn't happen all at once. Costco has been learning how to best support its employees' well-being

since 2008, when it started a health improvement initiative at the grassroots level. "When Healthways and HMSA formed a partnership, we thought it'd be a good opportunity to see how they could help support our initiatives," says Donna Sexton, director of employee benefits at Costco.

For the past few years, HMSA has provided Costco Hawaii with tools like the Gallup-Healthways Well-Being 5™ – a survey that tells you how you’re doing physically, mentally, and emotionally – to help form a complete picture of employee well-being. “We’re still in the discovery process; we had a campaign last year to introduce folks to Well-Being 5. Now we’re going through the things that have come up and are starting the next phase, which will focus on the well-being areas that employees want to improve,” Sexton says. “We really want to meet employees where they are with the tools that are going to help them the most.”

### Creating a well-being culture

Big health initiatives don’t often succeed without the support of local leadership and a little healthy competition. It’s how Costco’s Līhu’e warehouse finished first in Costco Hawaii’s 2015 well-being campaign.

From July to September, Costco warehouses in Hawai‘i competed to see who could complete the most Well-Being 5 surveys. Lydia Maldonado, administration manager of Līhu’e Costco, succeeded in getting about 75 percent of her warehouse to complete the survey. “We had a banner showing all the different warehouses’ progress,” Maldonado says. “We wanted to win! Every day, I’d update it and people would come in and ask me if we were still in first place.”

Each month, Maldonado sent out information about HMSA health plan benefits and programs in her warehouse’s newsletter. “It made the employees feel a little more appreciated to have someone let them know about all the stuff that’s available to them versus having to go find it on their own,” she says. “The more you invest in employees’ well-being and the more information you give them to show that you’re actually there for them, the more they’re going to want to come to work and work harder.”



Administration Manager Lydia Maldonado

Maldonado also integrated her warehouse’s annual fitness challenge with the well-being campaign. Over the course of the month, employees track their steps, what they eat, and how much weight they lose. “The employees with the highest percentage of positive change are the winners; they get a surprise prize,” she says. “We had really good turnout last year and became fitter and healthier. You can tell the difference in how it’s changed the attitude toward fitness at work. Employees are happier, they’re more active when they’re at work, and they’re calling in sick less.”

If you want to foster a culture of well-being like Maldonado, here are her tried-and-true tips:

- **Communicate constantly.** “We kept in weekly contact with HMSA to see what incentives, tools, and programs they had,” she says. “Then we put the information up in the break room and told employees about what’s available.”
- **Make it a company thing.** “We let employees take the Well-Being 5 in the office instead of doing it on their own time. We made it a Costco thing,” Maldonado says.
- **Make the healthy choice the easy choice.** “We gave everyone a pedometer to help them keep track of their steps. And I made a point to hand out weekly challenge ideas, healthy recipes, exercise tips, and articles on health topics,” she says.



Irene Aguayo (left) and Lydia Maldonado



## Empowering employees and changing lives

At first, Lihu'e Costco employee LeeUndra Baltazar was focused on the prize that came with winning her warehouse's annual fitness challenge. "It was competitive and every week I was asking everyone, 'How much did you lose?'" Baltazar says. "I really wanted that prize! But a week and a half into the challenge, I started feeling better. I wasn't as tired – I just felt good. So I decided to keep it up and not just do it for the temporary one-month challenge. I wanted a lifestyle change."

During the challenge, Baltazar developed habits to help her make lasting changes. She learned the difference between eating healthy and going on crash diets, which foods were healthy and which weren't, tracked the number of her steps, and kept a food diary. "The hardest thing for me was staying away from all the bad things that I love – sweets, fatty foods, and soda."

Baltazar – a mother of eight and a grandmother of nine – didn't win the prize, but she's kept up her healthy lifestyle changes and is planning on making more. "I have a goal in mind, but I know it takes time," she says. "I don't want to be a size two. I just want to be healthy, be here for my grandchildren, and not be a burden on my family as I get older."

Last year, Baltazar focused on her physical well-being. This year, she's focusing on her mental and emotional well-being.


"I recently had an anxiety attack. It felt like I was dying!" she says. "The doctor said it was stress and everything building up." Baltazar's go-to stress reliever used to be unhealthy comfort foods, but she's working to find new ways to relieve stress and stay energized.



LeeUndra Baltazar

"I work morning shifts and when I come home, I'm super tired," Baltazar says. "If I take a nap, I feel even worse. So I started working in our garden because I thought, OK, this will help me stay awake. Now I feel better and I'm not that tired during the evening." The Baltazar's garden not only helps her re-energize and de-stress, it also provides their family with a regular supply of free, organic fruits

and vegetables like eggplant, green beans, avocados, and more. "We love our garden because fresh produce can be so expensive, except at Costco!" Baltazar says with a laugh.

Baltazar's journey to better well-being started with one simple motive – to win a prize. With the right support and encouragement, it's grown into a mission to make herself and her family as happy and healthy as possible. "I never grew up with that healthy kind of lifestyle," she says. "Now I try to instill that in my children, because I don't want them to struggle to change like me. I'm not where I want to be, but I'm not going to quit. The secret is to keep making changes, slow and steady." 



LeeUndra Baltazar picking fruit in her family's garden.



*“... I just  
want to be  
healthy,  
be here for  
my grand-  
children...”*

LeeUndra Baltazar with grandchildren (from left) Cijay, Cyris, and Christyn Baltazar

### Interested in strengthening your company's well-being?

If you're an HMSA employer group, we can help you create and maintain a well-being plan that helps the whole company be happier and healthier. Talk to your HMSA representative to get started.

Some of the well-being services we offer include:

- **Gallup-Healthways Well-Being 5** – This 15-minute online survey tells you how you're doing with your mental, physical, and emotional well-being.
- **Health coaching** – Create and carry out a well-being plan to reach your health goals with the support of a certified health coach.
- **Health education workshops** – Attend workshops on everything related to health and well-being, from diabetes management to smart supermarket shopping techniques.



Gallup-Healthways Well-Being 5™. All rights reserved.



# Telehealth Comes to Ka'ū



Residents can soon  
access health care  
in their backyard.

By Danielle Douglass

**f**inding a specialist in the rural Ka'ū district on Hawai'i Island isn't always easy. That's because most of the specialists on the island are in Hilo and Kailua-Kona. But Ka'ū residents now have an easier way to see a doctor with a telehealth device called The Health Kiosk.


Located at the Ka'ū Rural Health Community Association in Pāhala, The Health Kiosk makes accessing health care easy and convenient for community members. The kiosk serves residents from the Ocean View, Nīnole, Wai'ōhinu, Nā'ālehu, and Pāhala communities. Anyone living in those communities, including children accompanied by a parent or legal guardian, can use the kiosk for free.

"Many residents have no primary care physician, no insurance, no access to health care, and limited financial resources," says "Auntie" Jessie Marques, executive director of the Ka'ū Rural Health Community Association.

"They often have medical conditions that are treatable, but they don't see a doctor or health care professional and eventually end up in the emergency room or in the hospital."

American Well and HMSA donated The Health Kiosk, which is made by Zivelo, one of the largest kiosk manufacturers in the world. The kiosk will be integrated with American Well's telehealth platform and will be available this summer. In addition to the kiosk, HMSA donated free visits for community members. Natasha Richards, business analyst for HMSA's Online Care®, encourages residents to use the wide array of services that the kiosk offers.

"The kiosk makes it much easier for residents to go to the community center and sit down for a 15-minute visit versus driving an hour and a half or taking the bus to Hilo or Kailua-Kona," says Richards. Another advantage of the kiosk is that residents can get behavioral health services, which is one of the specialist shortage areas.



Coming in summer 2016, Kaʻū residents can use The Health Kiosk at the Kaʻū Rural Health Community Association, 96-3126 Puahala St., in Pāhala. And anyone in Hawaiʻi can use HMSA's Online Care from their smartphone or tablet. Visit [hmsa.com/well-being/online-care](http://hmsa.com/well-being/online-care) for more information and to register.

The kiosk will be located in a separate room to ensure privacy. It's a self-guided touchscreen with a high-definition webcam that lets residents use Online Care to see health professionals.

Launched in 2009 through a landmark agreement between HMSA, Microsoft, and American Well, Online Care enables anyone in Hawaiʻi to speak with physicians, specialists, mental health professionals, and other health care providers on their computer, smartphone, or tablet. The service is available to HMSA members and nonmembers at little or no charge after they sign up for an Online Care account through My Account on [hmsa.com](http://hmsa.com).


The kiosk also features a blood pressure cuff, otoscope, derm cam, thermometer, pulse oximeter, and a handset for private conversations.

"It's remarkable how rapidly telehealth has grown over the past few years," says Richards. "We've gone from expensive, complicated computer equipment in

doctors' offices and hospitals to immediate access to quality health care with a simple click of a button. We hope that offering the use of the kiosk free of charge to community members will encourage more of them to see a health care professional before their condition gets serious. It's easy, convenient, and completely confidential."

The kiosk also plays a role with interning practical nursing students from the University of Hawaiʻi at Hilo, certified nurse aides, and community health workers who help people use the kiosk and its features.

"The internship is an outreach to the underserved, geographically isolated communities and minorities who are in dire need of access to health care," says Marques. "The students learn about telehealth alternatives while connecting residents to doctors and specialists."

The merging of technology and health care has made it possible for Hawaiʻi Island residents to get care for themselves and their families. These days, even those who live in rural communities have urban options for their best health and well-being. 



# TAKING CARE OF OUR KUPUNA



**Did you know...** from 2000 through 2010, the number of seniors age 60+ increased in Hawaii by 34%?

**Did you know...** Hawaii has the 5th highest rate of seniors experiencing cognitive difficulty, and the highest rate of underweight seniors?

Seniors that experience chronic or acute disease, decreased physical activity, poor nutrition, or decreased cognitive and social stimulation are at higher risk of becoming socially isolated and depressed. This creates

a significant amount of stress on the families who are primary caregivers.

**What We Are Doing:** Aloha United Way is funding programs to support seniors by enhancing their quality of life, so they are able to live independently longer, safer, and in their own homes. This helps seniors avoid or delay their dependence on social services.

**Know a senior or family who needs assistance? Call our 211 hotline.**

Photo Credit: Randy T. Fujimori



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# transforming the way providers help patients

A chat with Dr. Michael Nagoshi.

By David Frickman

Michael Nagoshi, M.D., has long had a vision for fixing what he sees as a broken health care system.


“Our primary care base is in trouble,” he says. “Locally and nationally, there’s a physician shortage and fewer medical school graduates are interested in practicing primary care. Half of all physicians show signs of professional burnout.”

To help overcome these issues, Nagoshi has taken an active role in changing the physician-patient relationship. He’s promoting a method of care known as the patient-centered medical home (PCMH) or advanced primary care (APC).

Instead of working independently, primary care providers in APC work as a part of a team of physicians and specialists. The team interacts regularly with patients to keep them healthy, instead of getting involved only when they’re sick.

APC was introduced with great success at the Central Medical Clinic, where Nagoshi is chief medical officer.

A third-generation Japanese-American, Nagoshi’s parents were both teachers; his two children also work in education. Personally, he’s been involved in clinical education for the past 30 years at the University of Hawai’i John A. Burns School of Medicine, training those who can help relieve the physician shortage and, he hopes, embrace a new way of providing care.

“I have a great interest in helping to make what many believe is a necessary, fundamental change in the delivery of health care,” Nagoshi says. “I’m hoping that our new APC model will eventually create a succession plan and ensure that my patients will continue to be cared for long after I retire.” 



BRAD GODA





# Honoring Hawaii Healthcare Heroes

Program recognizes extraordinary health care professionals.

By Lynn Shizumura

Health care professionals are often a saving force in our lives – providing care when we’re the most vulnerable and in need. And when they go above and beyond their already-demanding jobs to provide extra encouragement or support, their kindness can forever change us.

That’s the sentiment behind the Hawaii Healthcare Heroes program, which was launched in 2014 by the Healthcare Association of Hawaii (HAH) to recognize those who have transformed lives.

“Through the program, we’ve gathered and shared hundreds of patient stories of life-saving care, as well as those simple acts of compassion, which are every bit as meaningful. These are the actions that make our health care community a treasure,” says George W. Greene, president and chief executive officer of HAH.

Each year, five professionals earn the distinction. Here are the stories behind two of the 2015 winners.



Jim Stremick (left) works with a patient on a stretching and flexibility exercise.

**Jim Stremick, MPT**, a physical therapist with PrimeCare Services Hawaii, has been practicing since 1998. A patient who never thought she’d walk again nominated Stremick, who helped her recover with a combination of patience, kindness, and persistence. But he emphasizes that this isn’t a one-step process.

“Learning to walk again has many milestones, such as standing, weight shifting, balancing, and eventually stepping and walking,” Stremick says. “If a person understands why and how an activity will help them, they’ll take ownership of their recovery and are more likely to succeed.”

Stremick helps patients recover from injuries caused by falls, strokes, cardiovascular problems, and other conditions. After an injury, patients can be emotionally down. He understands their pain and listens to their stories to find out what’s important to them.

In September 2014, Stremick’s nominator was admitted to the hospital and was diagnosed with severe heart failure that rendered her unable to walk. Stremick saw her shortly after she was admitted and reassured her that she’d walk again. He found out that she was intent on going to the Rose Parade in Pasadena, Calif., which she looked forward to attending every year. He used this event as a motivator in her therapy.


With Stremick’s help, the patient was able to walk and attend the parade. “I have to thank Jim, my health care hero, for not giving up on me,” she says.

massage, nourishment for her spirit in the form of calm, encouraging words or a prayer. The only difference was that Grace was now taking care of us, too,” Porras’ nominator said.

Porras says this process is an essential part of the job. “Families need more attention during these times. I spend extra time with the residents and their families to help them through the situation,” she says.

Porras has an 89-year-old mother, so she often puts herself in her residents’ shoes. Porras finds much of her strength and sense of purpose from her volunteer work at Saints Peter and Paul Church.

“Small touches, spending more time with the patients, and prayer can help families through the difficult times,” Porras says.

The call for entries for the 2016 Hawaii Healthcare Heroes program is now open and will close in June. For details, visit [hah.org/heroes](http://hah.org/heroes). Eligible nominees include both clinical professionals (such as nurses, physicians, social workers, and pharmacists) and non-clinical professionals (including admissions intake professionals, drivers, housekeepers, and medical equipment suppliers). Winners will be announced in October. 



Grace Porras

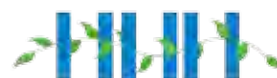
**Grace Porras, LPN,**

has been a nurse at Maunalani Nursing and Rehabilitation Center for more than 23 years. She started her career as an emergency room nurse in the Philippines and has spent most of her life caring for others.

Porras was recognized as a health care hero for providing exceptional end-of-life

care to her nominator’s family member, who had been diagnosed with congestive heart failure and was placed in hospice care. Porras guided the family through the end-of-life process with honesty and compassion, going above and beyond to offer much-needed support.

“When the time came, there it was, the special touch of aloha – a bit of humor to make our mom laugh, a



Hawaii Healthcare Heroes

## Congratulations to the Other 2015 Hawaii Healthcare Heroes

**Kathy Krammer, R.N.**

Senior speech, language, and swallowing pathologist and head and neck cancer support group co-founder and group facilitator at The Queen’s Medical Center.

**Warren Tamamoto, M.D.**

Chief of Pulmonology at Kaiser Permanente Hawaii.

**Juliette Zelada, M.D.**

Surgeon at Wilcox Memorial Hospital.





**LOOK!**  
**UP IN THE**  
**EPIDERMIS!**

IT'S AN ORGAN.  
IT'S ESSENTIAL.  
IT'S ... YOUR SKIN!

By Christa Hester

**I** stood in front of my bathroom mirror, staring at my raw, red nose — the result of a DIY pore-shrinking-nose-strip concoction gone awry. “It’s a gentle formula,” Pinterest said. “It works like a charm,” bloggers said. Lies!

As I looked at my Rudolph-the-Reindeer nose, I realized with painful clarity how much I don’t know about skin care. I was tired of falling for skin care fads, slick product packaging, and unreliable online advice. I needed real skin care answers, stat.

Enter Miki Garcia, M.D., dermatologist and HMSA participating provider, who helped demystify skin care. Read on for Garcia’s answers to common skin care questions.



Dr. Miki Garcia with a patient.

**YIKES!**

## WHAT ARE THE MOST IMPORTANT THINGS YOU SHOULD DO TO CARE FOR YOUR SKIN?

1. **Apply sunscreen daily.** With more than 3.3 million Americans treated for skin cancer each year, it's important to protect your skin every day. "If you're driving, sitting in a bus, or walking to your car, you're getting sun, and the effects of that sun accumulate over time," Garcia says. She recommends applying sunscreen that's rated SPF 30 and above on all sun-exposed areas daily and reapplying it about 20 minutes before going back into the sun.

### TIP

Wondering how to reapply sunscreen over makeup? Try cream or powder sunscreens that are tinted.



2. **Moisturize daily.** Dry skin may not seem like a big deal, but it can lead to bigger problems like itchiness, eczema, and accelerated aging. "You need some type of moisturizer all over your body, especially after you expose yourself to water while taking a shower or swimming," Garcia says. "Water takes moisture out of your skin, so you should combat that by moisturizing directly after drying off, even if it feels like you don't need to."

### TIP

If you can stand a heavier moisturizer, try a cream. It works better than a lotion.



## WHY DO I (STILL) HAVE ACNE?

"Acne happens when your sebaceous gland produces too much oil, which gets trapped in or around the hair follicle and forms a comedone," Garcia says. "Any number of things may cause acne, so it may take some trial and elimination to get clear skin." If you've tried over-the-counter treatments and they're not working, make an appointment with a dermatologist.

Factors that can contribute to acne:

- **A particular life stage.** Puberty, menstrual cycles, and menopause all cause hormonal imbalances that can contribute to acne. "Adult females in particular get hormonal acne that occurs on the jawline, chin, and neck," Garcia says.
- **Repeated irritation.** "Acne may appear in the same place if something is always touching that area, like your glasses, a phone, your pillowcase, or sports equipment like helmets," she says.
- **Inflammation from food.** "Studies show that high glycemic index diets make acne worse," Garcia says. "Cut down on foods high in sugar, including white bread and pasta, because they'll spike your glucose and cause inflammation. For males, whey protein, which is in skim milk, can lead to more acne."
- **Excessive washing.** "If you wash your face or problem area too frequently, your skin is tricked into thinking it's too dry and starts overproducing oil," she says. "Strive for balance – not too dry, not too oily."
- **Makeup products and tools.** To keep your pores oil free, use noncomedogenic makeup that hasn't expired. "Remove makeup before you exercise and always remove it before going to bed," Garcia says. "And wash your makeup brushes once a week."

## IS IT OK TO POP MY PIMPLES?


"Popping" your pimples, or extraction, should be done at a dermatologist's office to prevent scarring. "I use a sharp blade to lance the surface of the skin and gently press to get it out," Garcia says. "If you have a pimple that's superficial, you can gently press it on either side to get it out. But if that doesn't work, leave it alone or see a dermatologist."

POP!

## WHEN SHOULD I SEE A DERMATOLOGIST?

See a dermatologist annually if you have:

- A lot of moles.
- A family history of skin cancer.
- Had a lot of sun (use tanning beds, work outdoors, had blistering sun burns).

If you have a general skin concern, see your primary care provider first for treatment or a referral to a dermatologist. 



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# stay cool while running

Beat the heat with these tips.

By Lynn Shizumura

In Hawai'i, it's almost always sunny and humid, so it's important to be prepared before jogging or running outdoors. Otherwise, you may increase your chances of dehydration or heat stroke.

Dehydration is a serious condition that could result in diarrhea, vomiting, and fever. Other symptoms may include thirst, fatigue, and increased heart rate. To avoid overheating, experts recommend drinking water often.

"Small amounts of water spread out before, during, and after exercise is reasonable and practical for most people," says Pete Clines, an HMSA health and well-being educator.

Whether you exercise often or are getting back into the routine, here are tips to stay safe and cool on your outdoor runs:

## 1. Protect yourself, but go light.

Wearing sunscreen with an SPF of 30 or higher is an absolute must. Visors, shades, and headbands can also help keep the sun and sweat away from your eyes. Choose running apparel that's light in color, lightweight, and has vents.

## 2. Hydrate, hydrate, hydrate.

Be sure to properly hydrate throughout the day. Experts recommend listening to your body and doing what works for you when drinking water, but an average of 8 ounces per hour should do the trick.

Hydration during your run depends on how hot it is and how long you plan to run. If you're running 4 miles or less, you may not need to take anything with you.

## 3. Know before you go.

Check the forecast before you head out and take note of the UV (ultraviolet) Index at the time you plan to run. The index provides a



forecast of the expected risk of overexposure to UV radiation from the sun.

## 4. Start early or go late.


If possible, it's best to avoid the sun's vibrant rays at midday and start your run in the early morning or at sunset.

## 5. Mind your body.

Pay attention to how you feel and adjust your pace based on weather conditions. A slower pace is normal when it's hot or humid. Instead of using your running app as your measuring tool, use perceived exertion and heart rate as your guide. Know when to slow down, take a break, or call it quits.

## 6. Replenish and reflect.

Rehydrate with water. If you prefer, squeeze a slice of lemon in your water. Experts recommend drinking about two glasses of water for every pound lost during your run.

After you've cooled down, take time to look back on your run and how you felt as you ran. Make changes and adjust as necessary for the next run. And remember to pat yourself on the back for another great workout. 

For more running inspiration and fitness tips, visit HMSA's Well-Being Hawaii blog at [wellbeinghi.com](http://wellbeinghi.com).



# An Alternative to the ER

Save time and money with urgent care.

By David Frickman



sprains

Recent statistics show that the use of emergency rooms continues to increase while visits to a patient's primary care provider (PCP) are decreasing. One reason is that when an urgent health need arises, many people think that the ER is the best, and maybe the only choice, especially when their PCP isn't available.

However, there's another choice to consider, which combines the immediate availability and services of an ER with a cost that's similar to a visit to the doctor's office.

Look at urgent care for times that you thought only the ER would do.

"I think urgent care in general provides important access to services that may otherwise be difficult to attain with our increasingly hectic lives," says Gary Blum, M.D., co-founder of All Access Ortho, Hawai'i's first urgent care center to specialize in orthopedic injuries. "It shouldn't replace true emergency services and shouldn't supplant the role of PCPs with respect to disease prevention. It fits perfectly between these two entities."

There's probably an urgent care facility in the community where you work or shop. The centers are staffed with physicians (often with ER experience) who specialize in acute illnesses and injuries. They handle non-life-threatening cases such as burns, sprains, and broken bones that used to send people straight to the ER.

**Gary Blum, M.D.**  
Co-founder of  
All Access Ortho





There are key advantages to using urgent care instead of the ER in non-life-threatening situations:

- In almost all cases, a doctor will see you much sooner in urgent care than at the ER. "The wait time is usually half or less than most ERs," says Lorraine Sonoda-Fogel, M.D., owner of Waimea Urgent Care.
- You'll pay less for services than you would at the ER. In fact, pricing is comparable to what you'd pay at your doctor's office.

While urgent care should never replace your PCP, there are advantages to urgent care when you need help now:

- Urgent care facilities are walk-in facilities; no appointment is necessary. If your doctor can't accommodate you in the next couple of days — and waiting a couple of days isn't an option — urgent care may be your best choice.
- Hours of operation include evenings and weekends. "Most, if not all, are open seven days a week and most holidays" says Sonoda-Fogel.
- There are times when your PCP may determine that your condition requires immediate help elsewhere. In a limited number of cases, it might be the ER, but urgent care is the better destination most of the time. "PCPs need to be aware of services and locations of urgent care," says Blum. "They also should be aware that simply saying, 'just go to the ER,' carries a substantial monetary consequence."
- Most have services comparable to the ER, such as X-ray machines and lab testing. Some also fill prescriptions on site.

It's a good idea to check in advance to make sure your nearest urgent care center accepts your HMSA insurance.

Before heading to urgent care, assess your current health condition. If your issue is life-threatening, go to the ER. If it's not life-threatening and your PCP is not available, then urgent care may be your better choice. **is**

*Do you need more help deciding how to weigh your health care options? See the winter 2016 issue of Island Scene at [wellbeinghi.com](http://wellbeinghi.com). Look for the Quality Quotient article, "Understanding Urgent Care," on page 30.*





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Seiji Yamada  
Kent S. Yamamoto  
Shane S. Yamane  
Brandon D. Young  
Denise M. Young-Ajose

For contact information and plans accepted, go to [hmsa.com](http://hmsa.com) and click Find a Doctor. These providers joined HMSA's network September 21 – December 20, 2015.

# dealing with injury

Bouncing back mentally and physically.

By Danielle Douglass

Injuries are common among active people. Mine came last year, right before a trip overseas. It's not a glamorous story, I didn't injure myself on a narrow ledge while hiking or hit the reef while surfing. Instead, I strained my calf walking down the stairs after a workout.

It felt like I'd been shot in the back of the leg. It was the most bizarre sensation, as if a ball of liquid had exploded in my leg and radiated sharp pain throughout my calf. All of a sudden, my calf was frozen, making it difficult to walk. Somehow I managed to hobble back to my desk to assess the situation.

When I realized I wasn't going to shake it off, I called my doctor and made an appointment for the next morning (after crying to my husband about my tragedy). Sure enough, my calf was sprained. I received some medication for the pain and was instructed to ice, elevate, and rest it. Resting was the hardest for me, which my doctor knew. He told me not to run up the mountain once I could walk normally.

I was a good patient. I rested and took four weeks off from the gym. When I could walk without limping, I took walks around my work building. I dealt with my mental frustration with positive thoughts and self-love, including extra chocolate. At five weeks, I felt a twinge of pain while walking on the beach and immediately stopped instead of pushing through.

Suffice it to say I recovered after about seven weeks. In retrospect, I could have continued working out and focused on the muscles that weren't injured. Michael Rangel, an HMSA lifestyle coach, says there are ways to exercise while avoiding the injured area but advises people to check with their doctor first.

Another realization I had was the importance of warming up, stretching, and proper hydration. I'll admit I hadn't always given those activi-



ties the attention they deserved. These days, simply thinking about my injury is all it takes to remind myself of their importance.

"There's no way to fully prevent injury, but there are ways to decrease the chances of getting injured," says Rangel. "Warming up prior to activity is a great way to decrease that chance and it could be something simple that gets the blood flowing through the body to help the muscles get ready for activity." A good warmup is five to 15 minutes and consists of a low-impact activity such as walking or using an elliptical machine.

Proper hydration is also a vital part of physical fitness. The American College of Sports Medicine recommends drinking 16 to 20 ounces of water at least four hours before exercise, another 8 to 12 ounces 10 to 15 minutes before exercise, and then 3 to 8 ounces every 15 to 20 minutes while exercising.

My injury was a humbling experience, teaching me that sometimes it's OK to put the brakes on my active lifestyle. Although it's an integral part of my life, exercise doesn't define me. Slowing down gave me the opportunity to care for myself and reminded me of the importance of stretching and hydrating. In the end, I came out stronger knowing I could deal with an injury without it being the end of the world. **15**



# Wise Choices Today for Better Health Tomorrow

By Christa Hester

Your health care choices  
can make all the difference.

Debbie and Reid Takayama plan to be together for their 25th wedding anniversary in July. For these HMSA members, being together – whether it's a quarter of a century or just a few months longer – is cause for celebration.

In early 2015, Reid was diagnosed with stage 4 lung cancer that had metastasized to his brain and bones. "We were told that with or without treatment, Reid probably had six to 12 months," Debbie says. But with help from his team of doctors and guidance from the Choosing Wisely initiative, Reid's treatment results continue to exceed expectations.





Choosing Wisely is an initiative that the American Board of Internal Medicine Foundation and *Consumer Reports* started in 2012 to encourage doctors and patients to ask, “Is this test or treatment really needed?”

Since then, medical specialty societies across the U.S. have come up with more than 300 recommendations on when less care is better. Each medical society participating in the Choosing Wisely initiative has released a list of the top five tests or treatments in their specialty that are overused and don’t always provide meaningful benefits to patients.


According to the Institute of Medicine, unnecessary care accounts for about 30 percent of health care spending in the U.S. “More importantly, over-testing and over-treating can actually make people sicker or worsen their symptoms,” says Daniel Fischberg, M.D., medical director of The Queen’s Pain & Palliative Care Department. “For example, a CT scan is a great tool to detect the early stages of lung cancer, but it has a fairly high dose of radiation. If you did a CT scan on everybody, you’d create more cancer than you’d cure.”

Fischberg led the task force that developed the Choosing Wisely list for the American Academy of Hospice & Palliative Medicine (AAHPM). The list recommends not delaying palliative care for a patient with a serious illness who has physical, psychological, social, or spiritual distress because they’re pursuing disease-directed treatment. This Choosing Wisely recommendation was a game-changer for the Takayamas. “Our doctor told us about the clinical trial for early palliative care and that’s how Dr. Fischberg got involved,” Debbie says.

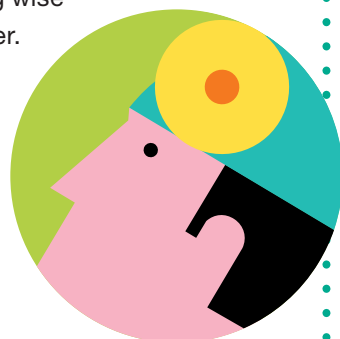
Many people hear “palliative care” and think it’s synonymous with hospice care or end-of-life care, but Fischberg says that’s not true. “Palliative care focuses on preventing pain and other symptoms of stress related to a serious illness,” he says. “It provides an added layer of support for the patient and family.”

Every week, the Takayamas fly from their home on Hawai’i Island to The Queen’s Medical Center on O’ahu for Reid’s treatment. As Reid goes through chemotherapy, Fischberg helps counter symptoms related or unrelated to his disease such as back pain, bleeding from the mouth, and coughing. Fischberg also coordinates care with Reid’s other doctors, is available to answer the couple’s questions, and helps find the best treatment solutions for Reid.

The palliative care isn’t just for Reid – Debbie has gotten care as well to help her manage the anxiety and stress of being the primary caregiver. “I truly believe the palliative care that we’ve both gotten has helped tremendously,” Debbie says. In October 2015, a CT scan showed that 40 percent to 70 percent of Reid’s cancer was gone and there was no new cancer. “We didn’t even think we’d make it to this past Christmas,” she says. “And now we think we’ll make our anniversary in July!”

Despite Reid’s initial diagnosis, the Takayamas have never given up hope and have learned how to be at the center and in control of Reid’s health care. They’ve learned the value of educating themselves on the disease they’re fighting, engaging in meaningful relationships with their doctors, and making wise health care decisions together. To others going through similar situations, Debbie says, “Do your research so you know the right questions to ask and don’t be afraid to ask those questions.” 

Do your  
research  
and don’t be  
afraid to ask  
questions.





## What to ask your doctor before getting a test, treatment, or procedure

- How will this test or procedure improve my health?
- What are the risks or side effects?
- Are there simpler or safer options?
- What happens if I don't do anything?
- How much will it cost me and will my insurance pay for it?



Learn more at [hmsa.com/choosingwisely](https://hmsa.com/choosingwisely).

To see if palliative care is a benefit of your HMSA plan, check your *Guide to Benefits* or call the number on the back of your HMSA membership card.

## Situations where Choosing Wisely can help you and your loved ones

### Feeding tubes for people with advanced dementia

Imagine your grandma who loves to cook develops dementia. First she can't recall the recipes she knows by heart, then she needs help remembering how to use silverware, and now with advanced dementia she can't eat on her own. You're worried and your first instinct is to give her a feeding tube. But her doctor says it wouldn't help someone with her condition live longer and could increase her risk of pneumonia and pressure sores. Instead, you decide with her doctor that careful hand feeding is a better option.

*"Don't recommend percutaneous feeding tubes in patients with advanced dementia; instead, offer oral assisted feeding."*

— American Academy of Hospice and Palliative Medicine

### Sleeping pills for insomnia

Let's say that, like 70 million other adults in the U.S., you have trouble sleeping. It's gotten even worse with age, so you go to the doctor for prescription sleeping pills. But your doctor tells you that sleeping pills aren't a permanent solution because they only help you fall asleep about eight to 20 minutes faster, they can make you confused and drowsy during the day, and you can easily develop a dependence on them. In the end, you decide to make a few lifestyle changes with the help of your doctor that promote good sleep.

*"Avoid use of hypnotics as primary therapy for chronic insomnia in adults; instead offer cognitive-behavioral therapy, and reserve medication for adjunctive treatment when necessary."*

— American Academy of Sleep Medicine



# Help finish the fight against cancer.

At Relay For Life events we honor cancer survivors, remember loved ones lost, and fight back against a disease that has already taken too much.

## START A TEAM.

### 2016 Relay For Life Communities



#### BIG ISLAND

HONOKA'A April 16 (Honoka'a High School)

KONA July 9-10 (Old Kona Airport)

HILO July 16 (Francis Wong Stadium)

WAIMEA August 13 (Waimea Community Park)

#### MAUI

MAUI YOUTH Date & Location: TBD

CENTRAL/SOUTH MAUI June 25-26 (War Memorial Events Arena)

WEST MAUI July 16 (Lahaina Aquatic Park)

#### KAUA'I

HANAPEPE April 23-24 (Hanapepe Soccer Field)

NORTH SHORE August 19-20 (Kaua'i Christian Academy)

#### O'AHU

UH-MĀNOA April 9-10 (UH-Mānoa)

LEEWARD O'AHU April 15-16 (Kapolei High School)

MILILANI May 28 (Mililani High School)

WINDWARD O'AHU July 9 (Kailua High School)

MAGIC ISLAND July 16

KAMEHAMEHA 'OHANA August 20 (Kamehameha H.S. Campus)

**GUAM** May 20-21 (George Washington High School)



For more information: 1-800-227-2345 | [relayforlife.org](http://relayforlife.org) | #PAINTHAWAIIIPURPLE

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# *His Grandson is His “Why”*

**“Life is Why” reminds us of the  
importance of heart health.**

By Danielle Douglass

Photo by Ethan Tweedie

Everyone has a reason to live a long, healthy life. Whether it's a family member, friend, or personal aspiration, we all have reasons to live better.

That's the message of the American Heart Association (AHA) and American Stroke Association's "Life Is Why" campaign. Designed to evoke a personal, emotional response, the campaign challenges people to define their personal why – why do you want to live a healthier, longer life?

"The 'Life is Why' campaign is designed to make an emotional connection with people and explain the power of the life-saving research and life-enhancing public education that the American Heart Association is doing," says Mary Fastenau, a partner at Anthology Group who's been an AHA volunteer for more than 20 years. "As volunteers, we all have our reasons why we're working to make Hawai'i a healthier place. It's a powerful connection when we share our stories and a great source of motivation."

### *Grandson is his "why"*

Jerome Kanuha's "why" is his 6-month-old grandson Kahana. The 63-year-old Kona resident has a new outlook on life following his brush with death in 2014. While paddling in a canoe regatta on Hilo Bay, Kanuha suffered sudden cardiac arrest. He's convinced that everything happened for a reason because it wasn't his time to go.

Kanuha doesn't remember everything from that day, so teammates and witnesses have recounted the story to him. He remembers, however, giving specific instructions to his teammates before the race. He may not have survived otherwise.

That morning, Kanuha felt a strong inclination to rearrange the seat assignments of his teammates. They were reluctant. Angry. Nonetheless, they moved as instructed. He moved Mac to the number three seat and Mana to number five. Kanuha sat number four for


that race, between the two men he moved. He later learned they were both CPR trainers. The two of them, along with bystanders on the beach who had access to an automated external defibrillator (AED), worked together to get his heart going after it stopped.

When he woke up at The Queen's Medical Center in Honolulu, Kanuha still wasn't sure what happened. But he knew one thing for sure. "I got a second chance. I really did," he says. "I believe I'm here for a reason, to see my grandson. Knowing that fuels my life now. If God wants me, He can take me any time, because I've been blessed to see my grandson. That's all I wanted to do, to make sure that I live in this world long enough to have one grandson or granddaughter."

These days, Kanuha is still active. He paddles, surfs, swims, plays tennis, and is the head coach for Kealakehe High School's tennis team. He's lost 110 pounds after changing his diet with help from his wife, Debra, who's had a big influence on his dietary habits.

He's doing things he was doing 30 years ago; he didn't want to sit around feeling sorry for himself. Kanuha was fortunate to receive a newer, less-invasive type of defibrillator implant. His cardiologist, John Cogan, M.D., a participating HMSA provider, inserted it under his armpit instead of the traditional placement in the chest.

Kanuha works as a remodeling contractor. He has a special place he visits each morning, rain or shine. It's a small piece of property at Kuamo'o Bay owned by The Betty Kanuha Foundation. He sits, meditates, and listens to the birds sing. As he feels the energy coming from the ocean, sun, and birds, Kanuha feels good.

"I enjoy life, I really do," he says. "I enjoy more of it now than I ever did. If you don't get out and enjoy life, why live?" 

### **Learn more**

According to the Centers for Disease Control and Prevention, heart disease was the leading cause of death in the United States and stroke was number five in 2013. The AHA's website ([heart.org](http://heart.org)) has specific ways

to help prevent heart disease based on your stage of life. The website also lists ways to care for your heart at any age:

- Have a healthy eating plan.
- Be physically active.

- Learn the warning signs of heart attack and stroke.

Find out more about the American Heart Association and American Stroke Association's "Life is Why" campaign at [lifeiswhy.org](http://lifeiswhy.org).





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## **Hawaii Foodbank Food Drive Saturday April 16, 2016 8:00 am – 3:00 pm**

For information on Food Drive site locations, visit  
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- Monetary Contributions

**Mahalo to HMSA for sponsoring this ad.**

# cozeva: better than ever

This online tool helps you manage your health care.

By David Frickman

In December 2015, significant enhancements were made to Cozeva® to improve its usefulness.

What's Cozeva? It's a free online tool you can use to manage your health care and your family's care while staying in touch with your doctors and dentists. Cozeva lets you take control of the details, such as:

- Scheduling appointments.
- Asking for prescription renewals.
- Receiving reminders for preventive care.

"Cozeva keeps track of when you're due



for preventive care screenings and helps ensure that conditions like diabetes are managed appropriately," says Carol Sato, R.N., vice-president of Provider Solutions at Applied Research Works, which launched Cozeva in

2011. "Through Cozeva, you can receive preventive care reminders via text, email, or U.S. mail."

You can also manage your family's health care with a feature called Cozeva Circles, which is used by about one-third of Cozeva users.

"Cozeva Circles allows individuals to care for their loved ones by participating in their health care," says Sato. "Parents can view their children's health history, such as past appointments and vaccinations. With permission, adult children who are caring for senior parents can view lab results and message the care team on behalf of their loved ones."

The enhancements have taken Cozeva to a whole new level. They include:


**Find a Doctor:** Search for a physician, dentist, or specialist near your home or workplace. View the address and phone number to make



an appointment. Sato says members can easily access providers who are conveniently located near their home or workplace and quickly discover whether or not the provider is in HMSA's network.

**Medical history:** View previous doctor visits, lab results, and prescriptions. When logged in, members and their loved ones participating in a Cozeva Circle can also view their care plan.

**Dental history:** Cozeva was expanded earlier this year to include your dental history when you receive care from a participating HMSA dental provider. This gives your dentist access to your medical history and your current prescriptions, which will help make your health management more comprehensive and allow coordination of the care you need. Other HMSA participating providers who are involved with your care will also have access to your dental history.

**Health topics:** Research health topics, drugs, and supplements through Medline Plus, a trusted source of health information. "You can also find information about a loved one's condition or prescription," Sato says. Videos are also available. 

*Cozeva is available on the Web (at [Cozeva.com](http://Cozeva.com)) and through a mobile app.*

Cozeva is a registered trademark of Applied Research Works, Inc.



# local roots

It's not just about the numbers for business executive and HMSA Board member Ross Murakami.

By Craig DeSilva

It may be hard to believe, but Ross Murakami wasn't always as hard working and driven as he is today.

"I was a lazy, rascal kid who lacked focus and direction," he admits with a smile. "I didn't have the spark to try and was afraid of failure."

Murakami's father left the family when he was 6 years old, and his mother raised him and his brother on her own in Hilo. "Being from a single-parent household was not normal back then. When asked where my father was, I was told to say he was on a business trip. From that need to maintain a good outward impression, I learned not to bring shame on the family."

His mom later remarried and the family moved to Kailua-Kona. "It was a big deal for me," he says, "but it gave me opportunities to do things I was too shy or intimidated to do in Hilo."

Murakami became more outgoing and adventurous. At Konawaena High School, he was vice president of the student body, played football, and ran track and field. He earned his degree in accounting and marketing at the University of Hawai'i's Shidler College of Business. Now a partner in the Honolulu accounting firm KMH, Murakami has never lost touch with his Hilo roots.

## How much has Hilo influenced you?

"I grew up in a small community with genuinely good people who've been successful. I've known them since I was 3 years old. I still keep in touch with friends from grade school. I think we've remained together because of our shared commitment to service. We were all involved in student government and extra-curricular activities, volunteering our time to help others.

"Having a relationship with people I can count on for 40 years is pretty special. Those connections are very valuable. Kona gave me opportunities, but Hilo really shaped me."

## What was it like growing up in a small community?

"I remember always waving at people as we drove down the street, whether you knew them or not. People back then knew what the family car looked like, so if you didn't wave, there would be a comment later. It helped curb bad behavior. If you did something wrong, word would get back to my mom or my aunties."

## What's one of the best parts of your job?

"I work with dynamic clients and energetic and enthusiastic employees. I also like influencing young professionals in their careers. A lot of people have mentored me over the years and I want to give back to the young employees straight out of college who are coming through the firm. As much as I teach them, I learn from them, too."

## What's your advice for young people?

"Be patient, work hard, and stay focused. It takes time, dedication, and commitment to be successful at anything. It's hard to explain that to a generation where instant gratification from the Internet and mobile devices has been their way of life since birth."

## Why did you join HMSA's Board of Directors?

"I like how HMSA is helping people take personal responsibility for their health and well-being. It's better to stay healthy now instead of waiting until it's too late."

## How do you care for your own well-being?

"On weekends, I'm involved in my son's and daughter's high school sports activities. I also walk about five to six miles on weekend mornings. Me and my buddy since my Hilo days, Ken Takahashi, have walked practically every neighborhood from Kalama Valley to West O'ahu."

## What words do you live by?

"Never slow down. There will be enough time when I'm dead to take a nap. I'm going to take advantage of every moment." **IS**







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THE QUEEN'S  
HEALTH SYSTEMS

A Public Service Announcement



# FREE Health Education Workshops Statewide

Whether you live in Kahului or Līhu'e, you can attend a free HMSA health education workshop to learn how to improve your health and well-being.

These informative workshops cover:

- Nutrition
- Weight awareness
- Physical activity and exercise
- Disease awareness
- And more!

See the workshop schedule on page 60, visit [hmsa.com/well-being/workshops](http://hmsa.com/well-being/workshops) for an updated schedule, or call 1 (855) 329-5461 toll-free to register.

# care and support when you need it

Information and resources for HMSA members.

By J. Marc Rosen, M.D., Vice President, Medical and Quality Management

As an HMSA member, you have many resources and programs available to you, often at little or no cost. We're here to help.

## Understanding and managing chronic disease

To complement the care you receive from your primary care provider (PCP), HMSA offers disease management services to members with asthma, chronic obstructive pulmonary disease (COPD), cardiovascular disease, and diabetes. The disease management program provides you with support, helps strengthen your relationship with your PCP, and enhances your awareness of your condition.

Disease management services include:

- Tools that help you learn more about your condition and keep track of medications, exercise, and action plans.
- Regular phone calls from trained clinicians who may conduct a health and well-being assessment, answer questions, help you create a self-care plan, provide information about your disease, and offer psychological support.
- Reminders about screenings and exams.
- Educational materials on request.

Eligible members are identified through claims information and are automatically enrolled in the disease management program. Soon after, they'll receive a letter in the mail confirming their enrollment. Members can opt out of the program at any time by calling 948-6930 on O'ahu.

If you've been diagnosed with a chronic condition but haven't heard from us, call 440-7057 on O'ahu or 1 (855) 211-4527 toll-free on the Neighbor Islands. QUEST Integration members should call 440-7017 or 1 (855) 817-0211 toll-free.



## Preparing for your newborn


This can be an exciting and stressful time. For support, members can call HMSA or ask their physician to refer them to our HMSA Pregnancy Support Program. You'll receive a book, *Your Pregnancy and Childbirth: Month to Month*, which includes tips and information about prenatal appointments, diet, exercise, and guidance for concerns like diabetes and preterm labor.

As soon as you know you're pregnant, review your plan's *Guide to Benefits* (GTB) to learn about:

- Your maternity benefits.
- Whether a deductible applies to services.
- What you can expect to pay out of pocket.

It's also important to remember to add your newborn to your HMSA plan as soon as possible. For most HMSA plans, you must enroll your newborn within 31 days of birth. Some plans may allow up to 60 days, but you'll need to check your GTB to see if this applies to you.

## Here for you when you need it

For information about resources that are available to you, call us at 1 (855) 329-5461 toll-free or visit an HMSA Center or office. 



# plan your health care future

Take steps now to make it easier for your loved ones later.

By Wanda A. Adams

When my closest friend died in 2014, she left me as the executor of her will. I had lightly assumed this task some years before. At the time, I had no idea what it meant. But everything in her life was about to land squarely in my lap in ways I'd never anticipated.

It was a simple estate — so tiny that it didn't need to go through probate. She was unmarried and had no children and no property. She did, however, have two elder cats, an apartment full of belongings, and a complicated will with contradicting bequests. She also had hidden debt and almost no assets.

After the dust settled four months later, I vowed to put my own house in order. No matter your age or circumstances, your death will leave somebody with a lot of work. I don't want that for my loved ones when the time comes.

Here are some tips based on my hard-earned lessons.

## 1. Choose an executor and make a will.

Name your executor and heir(s), and have it properly witnessed and notarized. If you own a home or have investments or savings, have a lawyer draft your will.

## 2. Record and safely store your personal information.

This includes account names, user names, email addresses, passwords, and PINs. Tell your execu-

tor where this information is and how to access it.

## 3. Plan your funeral.

Be specific about your funeral preferences. If you can afford it, invest in a burial plan.

## 4. Don't burden your survivors.

Long lists of unrealistic bequests create chaos. One option is to leave your entire estate to one heir in a bare-bones will. Then leave the heir a letter listing your items and who should receive them.

## 5. If you care about it, write it down.

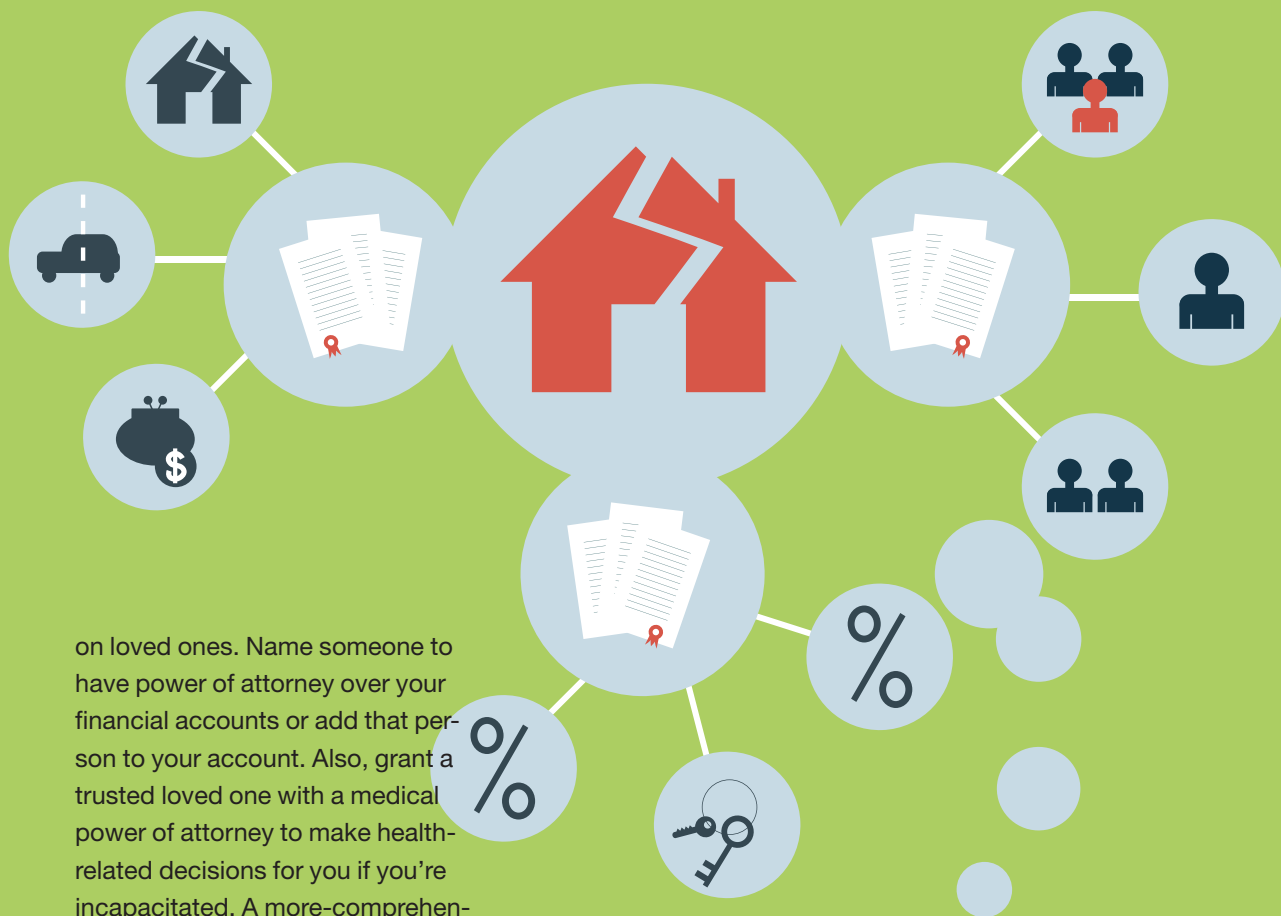
I've spent the better part of a week planning my memorial service in detail, writing my own obituary (a custom in journalism, my chosen profession), listing everything my husband and the executor should do in the days just after my death, drafting a new will, and more. I also gave my husband written permission to chuck the whole memorial plan if he didn't feel up to it or found it impractical.

## 6. Give now.

Consider making your life gifts — remembrances and things you cherish, but don't need now to live comfortably — in person. Invite a grandchild over and give her Grandma's locket with a story about how you received it. Make a gift now to a charity that you would otherwise include in your will.

## 7. Choose someone you trust to legally act for you.

This will greatly lessen the burden



on loved ones. Name someone to have power of attorney over your financial accounts or add that person to your account. Also, grant a trusted loved one with a medical power of attorney to make health-related decisions for you if you're incapacitated. A more-comprehensive "full" power of attorney allows someone to act for you in all matters if you lose the ability to manage your own affairs.

**8. Nurture your relationships.** This makes for a richer life and helps you identify whom you can trust to have your best interests at heart when you face the end of life.

Some people consider what I've been doing morbid, but remember the words of Rose Castorini (played by Olympia Dukakis) to her philandering husband in the movie *Moonstruck*: "Cosmo, I just want you to know no matter what you do, you're gonna die just like everybody else." **is**

*This article reflects one person's experience and isn't meant to replace legal advice.*





# Eligible for Medicare soon?

Attend a **FREE** health care planning seminar. Learn about Medicare, enrollment deadlines, health plan options, and more!

Sign up today. Call **948-6402** on Oahu or **1 (800) 252-4137** toll-free on the Neighbor Islands.

Seating is limited.

You can also meet with a licensed sales representative at no charge.

Free parking and refreshments. Bring a friend or relative.

Open to everyone.  
You don't have to be an HMSA member.

## Choose a day, location, and time.

### Oahu

9:30 – 11 a.m. or 1 – 2:30 p.m.

#### HMSA Building

818 Keeaumoku St.  
Multi-purpose Room, Ground Floor  
Thursday, April 21  
Thursday, June 16  
Thursday, August 11

#### HMSA Center @ Pearl City

Pearl City Gateway  
1132 Kuala St., Suite 400  
Monday, May 23  
Monday, July 18  
Monday, August 29

### Neighbor Islands

9 – 10:30 a.m. or 1 – 2:30 p.m.

#### HMSA Center @ Hilo

Waiakea Center  
303A E. Makaala St.  
Tuesday, July 5

#### Kailua-Kona Office

75-1029 Henry St., Suite 301  
Tuesday, June 7

#### Kauai Office

4366 Kukui Grove St., Suite 103  
Tuesday, May 10  
Thursday, August 25

#### Maui Office

33 Lono Ave., Suite 350  
Thursday, April 7  
Tuesday, August 16



If you qualify for or have a state, federal, or group-sponsored health plan, you may not need HMSA Akamai Advantage. Please talk to your health plan administrator or group leader to see what's best for you.

HMSA Akamai Advantage is a PPO plan with a Medicare contract. Enrollment in HMSA 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 948-6235 on Oahu or 1 (800) 693-4672 toll-free on the Neighbor Islands. TTY users, call 711.

H3832\_4001\_1010\_4586 Accepted

# traveling abroad?

Your HMSA benefits travel with you.

By the HMSA Center @ Honolulu Team

Traveling abroad can be fulfilling and joyful, but can be dampened by unexpected events such as getting sick or injured.

Planning can be helpful before going overseas. Here are some tips:

- PPO members can find a list of BlueCard Worldwide® hospitals and physicians in the places they'll be traveling at [bluecardworldwide.com](http://bluecardworldwide.com) or by calling 1 (800) 810-2583 toll-free.
- HMO members, please note that your plan will only cover emergency services.
- Always take your HMSA membership card with you wherever you travel.

If you receive services outside the U.S., you may have to pay for your medical and/or prescription drug expenses in full and file a claim with HMSA when you return home. You'll need to provide the following information for us to process your receipts for reimbursement. Make sure all documents are translated into English and payment amounts are converted to U.S. dollars.

For medical services:

- Date and place of service with the address.
- Procedure code.
- Description of service (such as emergency room, hospital, lab test, or office visit).
- Provider's diagnosis.
- Itemized charges.
- Physician's name and signature.
- If you paid the provider, include the receipt.

For prescription drugs:

- Name of prescribed drug.
- Strength of drug (potency).
- Number of days (supply).



- Drug type (inhalation, injection, or tablet).
- Name and address of pharmacy.
- Physician's name or ID number.
- NDC number (U.S. drug number, if known).
- Prescription number (Rx number).
- Amount paid.

Send all information, receipts, and forms for services received out of state to:

HMSA – BlueCard Claims  
P.O. Box 2970  
Honolulu, HI 96802-2970

Reimbursement for services from nonparticipating Blue Cross and Blue Shield providers in foreign countries is based on the eligible charges for equivalent services in Hawai'i. HMSA can reimburse you for a prescription purchased in a foreign country only if there's an FDA-approved equivalent.

Understanding your health care benefits before you leave the U.S. is an important part of your travel planning process. Visit an HMSA Center or office to learn more about your health plan benefits when you're away from home. 15



Mediterranean cuisine is as healthy as it is delicious.

By **ANDREA WRIGHT AGUSTIN**

**M**y family and I are traveling to Greece this year. I can't wait to explore the ancient Parthenon ruins and wander through the whitewashed lanes of Mykonos. But what I'm most excited about is the food. In addition to being tasty and vegetarian-friendly, Mediterranean cuisine is touted for its health benefits.

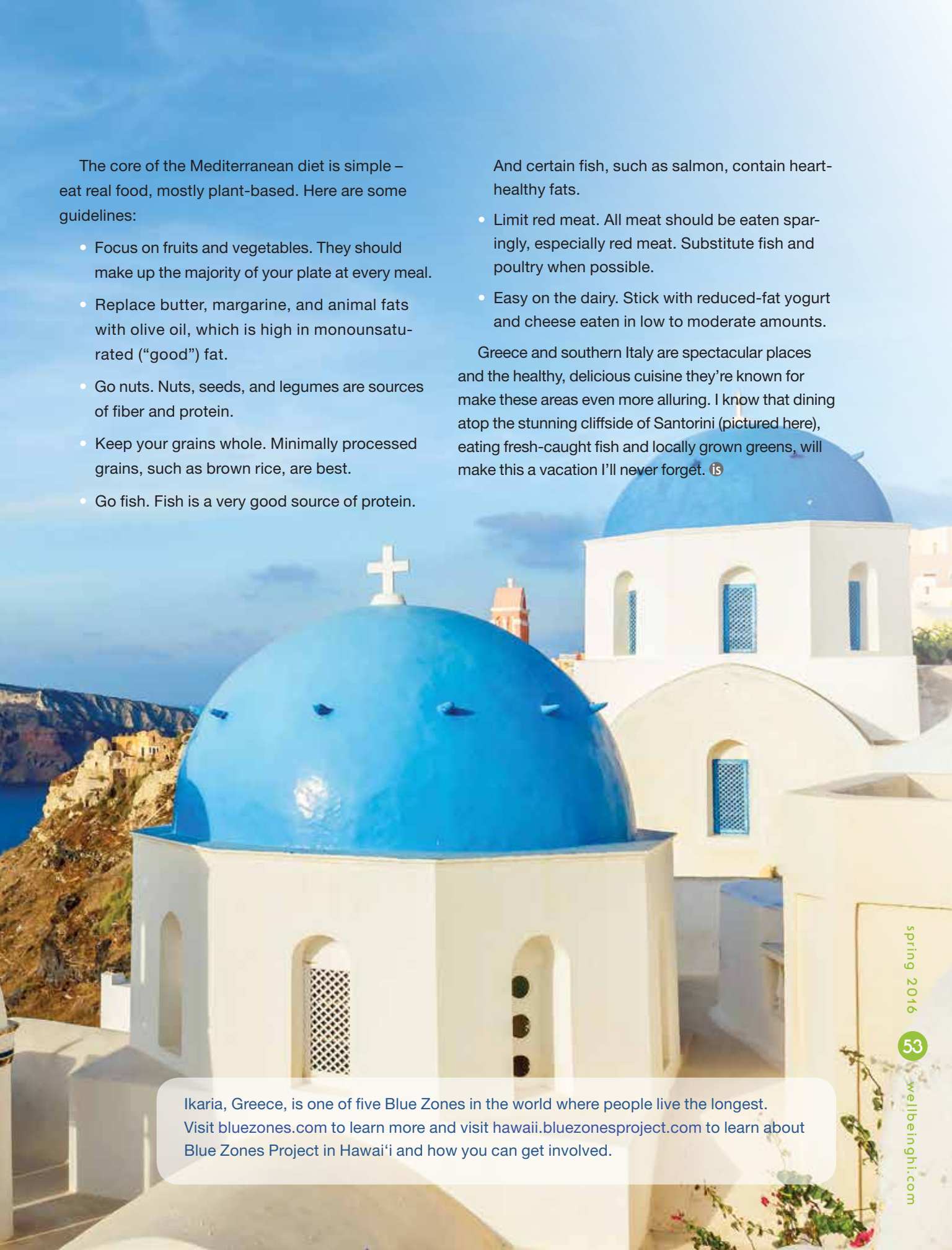
A 1995 report in *The American Journal of Clinical Nutrition* (AJCN) studied the nutritional value and health effects of Mediterranean cuisine, which has since soared in popularity. The Mediterranean diet is based on the diet of Cretan men in the 1960s – specifically in Greece and southern Italy – where life expectancy was reported to be among the highest in the world.

The diet focuses on abundant plant foods (fruit, vegetables, grains, beans, nuts, and seeds), olive oil as the main fat source, and the occasional fish and poultry. The diet doesn't shun fat, but focuses on monounsaturated fat, which can help reduce LDL ("bad") cholesterol levels and supplies the body with beneficial antioxidants. The diet allows red wine – one glass a day for women and two for men – which is, of course, optional, but something I gladly accept.

Studies have repeatedly confirmed the Mediterranean diet's beneficial effects on cardiovascular health and its potential to reduce the risk of certain cancers and Alzheimer's and Parkinson's diseases.

# Go Greek

Recipe Photography by **MARC SCHECTER** • Food Styling by **KAREN JONES**



The core of the Mediterranean diet is simple – eat real food, mostly plant-based. Here are some guidelines:

- Focus on fruits and vegetables. They should make up the majority of your plate at every meal.
- Replace butter, margarine, and animal fats with olive oil, which is high in monounsaturated (“good”) fat.
- Go nuts. Nuts, seeds, and legumes are sources of fiber and protein.
- Keep your grains whole. Minimally processed grains, such as brown rice, are best.
- Go fish. Fish is a very good source of protein.

And certain fish, such as salmon, contain heart-healthy fats.

- Limit red meat. All meat should be eaten sparingly, especially red meat. Substitute fish and poultry when possible.
- Easy on the dairy. Stick with reduced-fat yogurt and cheese eaten in low to moderate amounts.

Greece and southern Italy are spectacular places and the healthy, delicious cuisine they’re known for make these areas even more alluring. I know that dining atop the stunning cliffside of Santorini (pictured here), eating fresh-caught fish and locally grown greens, will make this a vacation I’ll never forget. <sup>15</sup>

Ikaria, Greece, is one of five Blue Zones in the world where people live the longest. Visit [bluezones.com](http://bluezones.com) to learn more and visit [hawaii.bluezonesproject.com](http://hawaii.bluezonesproject.com) to learn about Blue Zones Project in Hawai‘i and how you can get involved.





## Salmon with Herbed Yogurt Sauce

This simple fish dish comes alive with fresh herbs.

**1 lb. side of salmon, skin on**

**Cooking spray**

**Salt and pepper to taste**

**½ cup plain reduced-fat Greek yogurt**

**2 Tbsp. lemon juice**

**1 Tbsp. minced fresh dill**

**1 Tbsp. minced fresh Italian parsley**

**1 Tbsp. minced fresh oregano**

**1 Tbsp. minced fresh mint leaves**

**1 garlic clove, minced**

**1 green onion stalk, thinly sliced**

Preheat oven to 400 degrees. Place salmon skin-side down on rimmed baking sheet prepared with cooking spray. Sprinkle with salt and pepper. In a small bowl, combine yogurt through garlic and mix well. Top salmon with yogurt mixture. Sprinkle with green onion. Bake 15 minutes or until fish flakes easily with a fork. Makes 4 servings.

**Per serving:** Calories 170, protein 29 g, carbohydrates 2 g, total fat 6 g, saturated fat 1 g, cholesterol 60 mg, sodium 380 mg, total sugar 1 g



## Tomato and Eggplant Stacks

Impress your loved ones with a fun presentation and lots of flavor.

**1 medium round eggplant**

**Cooking spray**

**Pesto (recipe to the right)**

**2 medium beefsteak tomatoes**

**½ cup reduced-fat feta cheese**

### Pesto

**1 cup packed fresh basil leaves**

**1 Tbsp. walnuts**

**3 Tbsp. grated Parmesan cheese**

**1 garlic clove**

**3 Tbsp. olive oil**

**Salt and pepper to taste**

To make pesto, place basil and walnuts in the bowl of a food processor. Pulse a few times to chop. Add Parmesan and garlic and pulse again until blended, scraping down the sides of the bowl when necessary. While food processor is running, add olive oil in a thin stream. Stir in salt and pepper; set aside.

Preheat oven to 400 degrees. Slice eggplant crosswise ½-inch thick and arrange in a single layer on baking sheet prepared with cooking spray. Spray eggplant with cooking spray. Bake 20 minutes, turning once halfway through cooking. Remove eggplant from oven and spread each slice with pesto. Slice tomato slightly less than ½-inch thick. Top each eggplant slice with a tomato slice of similar size. Sprinkle with feta. Stack medium-sized eggplant and tomato slices on the four largest ones. Continue stacking until all slices are used. You should have about three layers.

Bake until heated through and cheese begins to soften, about 10 minutes. Makes 4 servings.

**Per serving:** Calories 220, protein 7 g, carbohydrates 12 g, total fat 17 g, saturated fat 4 g, cholesterol 10 mg, sodium 520 mg, fiber 6 g, total sugar 7 g







# Couscous with Chickpeas and Artichokes

A light side dish that can be served hot or cold.

**1 (7.5 oz.) package couscous**

**¼ cup olive oil**

**Juice of 1 lemon**

**1 tsp. Dijon mustard**

**½ tsp. garlic powder**

**½ tsp. ground cumin**

**1 cup jarred artichoke hearts,  
drained and chopped**

**1 cup chickpeas, drained and rinsed**

**1 cup halved grape tomatoes**

**¼ cup pitted and chopped**

**Kalamata olives**

**Salt and pepper to taste**

Prepare couscous according to package instructions. Set aside and allow to cool. In a small bowl, whisk together oil, lemon juice, mustard, garlic powder, and cumin. Pour over couscous. Add remaining ingredients and toss to combine. Makes 8 servings.

**Per serving:** Calories 200, protein 6 g, carbohydrates 29 g, total fat 8 g, saturated fat 1 g, sodium 330 mg, fiber 4 g, total sugar 1 g







# Meals With Less Meat

**Focus on plants.**

By **Marlene Nakamoto**

Photography by **Lew Harrington**

Food styling by **Karen Jones**

As an HMSA employee, I work to advance the health and well-being of Hawai'i. Of course, my own well-being starts with me. I need to be more active, manage stress, and maintain my network of friends and family. And I need to eat nutritious foods.

Blue Zones are places around the world where people live longer, healthier, and happier. They share nine lifestyle habits called the "Power 9®." One habit is "Plant Slant," which refers to a diet that's focused on fresh fruits and vegetables, whole grains, beans, and nuts. Meat is OK, but in small, infrequent amounts.

I'm not a vegetarian, although I've experimented with it in the past. I liked being meatless and even felt a little virtuous. But after a month or so without animal flesh, I'd crave a burger.

It's been awhile since I've been on the vegetarian wagon, so maybe it's time to think about it again. I'm not going to make any drastic changes to my diet yet, but I think skipping meat once in a while is a good idea. My wallet might be healthier and happier, too. **IS**

*For information about Blue Zones and Blue Zones Project, visit [hawaii.bluezonesproject.com](http://hawaii.bluezonesproject.com). You'll find a link to Power 9 info.*



## Baby Bok Choy with Tofu

You won't miss the meat.

### Sauce

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

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

- 4 oz. uncooked soba, cooked according to package directions and drained

In a small bowl, combine sauce ingredients and set aside. Heat oil in a nonstick skillet over medium-high heat and stir-fry bok choy until wilted, about 2 minutes. Add sauce and bring to a boil. Cook about 2 minutes, stirring gently. Add tofu and continue to cook and stir until tofu takes on the color of the sauce. Remove from heat and pour over soba on a serving platter. Sprinkle with sesame seeds. Makes 2 servings.

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







## Chickpea Stew with Kale

Leftovers taste even better the following day.

- 1 bunch curly or lacinato kale
- 1 Tbsp. olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- ½ tsp. dried red pepper flakes
- 3 garlic cloves, minced
- 1½ tsp. cumin
- ½ tsp. turmeric
- Salt and pepper to taste
- 14-oz. can diced tomatoes with juice
- 1 tsp. sugar
- 1 cup water
- 14-oz. can chickpeas, drained and rinsed
- ½ cup chopped cilantro

Remove tough ribs from kale and discard. Tear or coarsely chop leaves (you should have about 8 cups). Set aside. In a large saucepan, heat olive oil over medium heat. Sauté onion and bell pepper until tender, about 5 minutes. Add red pepper flakes, garlic, cumin, turmeric, salt, and pepper. Sauté briefly, then stir in tomatoes, sugar, and water. Bring to a boil and add kale. Cook and stir until kale is wilted, then add chickpeas. Reduce heat, cover, and simmer 15 minutes. Stir in cilantro. Makes 5 servings.

**Per serving:** Calories 330, protein 18 g, carbohydrates 56 g, total fat 8 g, saturated fat 1 g, sodium 520 mg, fiber 16 g, total sugar 16 g

### Go Veg

Earlier this year, a few of my co-workers went meatless for two weeks. Go to our Well-Being Hawaii blog at [wellbeinghi.com](http://wellbeinghi.com) and search for “vegetarian.” Read “Well-Being Hawaii Goes Vegetarian” and watch the video.



## Rigatoni with Kabocha and Gorgonzola

Look for peeled and cubed kabocha at farmers markets.

- 1 lb. rigatoni
- 1 kabocha, about 2½ lbs.
- 1 onion, finely chopped
- 2 Tbsp. olive oil
- ½ tsp. smoked paprika
- 1 Tbsp. unsalted butter
- ½ cup water
- 6 fresh sage leaves, finely chopped
- Salt to taste
- 6 oz. gorgonzola, crumbled, divided
- ½ cup toasted pine nuts (optional)

Cook rigatoni according to package directions; reserve about ½ cup of the cooking water, then drain. Peel and seed kabocha; cut into 1-inch cubes. You should have about 6 cups. Set aside. In a large skillet, sauté onion in olive oil over medium heat until golden. Add paprika, butter, water, and kabocha. Reduce heat, cover, and simmer about 10 minutes or until kabocha is tender yet still holds its shape. Remove from heat and sprinkle with sage and salt. Add rigatoni to skillet and stir gently to combine. If the mixture seems dry, add some of the cooking water. Stir in about 4 ounces of the gorgonzola and transfer mixture to a large serving bowl. Sprinkle with pine nuts and remaining gorgonzola. Makes 8 servings.

**Per serving** (with pine nuts): Calories 460, protein 15 g, carbohydrates 64 g, total fat 18 g, saturated fat 6 g, cholesterol 25 mg, sodium 420 mg, fiber 6 g, total sugar 6 g

**Per serving** (without pine nuts): Calories 400, protein 13 g, carbohydrates 64 g, total fat 12 g, saturated fat 6 g, cholesterol 25 mg, sodium 420 mg, fiber 5 g, total sugar 6 g





## EVENTS FOR APRIL THROUGH JUNE

### WELL-BEING WORKSHOPS

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

#### Diabetes 101

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

##### Honolulu:

- 4/22, 10-11 a.m.  
HMSA Center @ Honolulu
- 5/27, 10-11 a.m.  
Kaimuki Plaza, Kaimana Room

**Kailua-Kona:** 6/22, 10-11 a.m.  
HMSA Kailua-Kona Office

**Līhu'e:** 4/11, 10-11 a.m.  
HMSA Kauai Office

**Pearl City:** 6/21, 10-11 a.m.  
HMSA Center @ Pearl City

#### Digestive Health – Your Ally in Well-being

Learn strategies to help keep your stomach pain-free.

**Hilo:** 4/16, 10-11 a.m.  
HMSA Center @ Hilo

##### Honolulu:

- 4/8, 10-11 a.m.  
HMSA Center @ Honolulu
- 4/9, 1:30-2:30 p.m.  
Kaimuki Plaza, Kaimana Room

**Kailua-Kona:** 4/21, 10-11 a.m.  
HMSA Kailua-Kona Office

**Pearl City:** 4/23, 10-11 a.m.  
HMSA Center @ Pearl City

#### Germ Busters

Find out about common respiratory illnesses and how to treat and prevent them.

**Hilo:** 4/23, 10-11 a.m.  
HMSA Center @ Hilo

##### Honolulu:

- 4/12, 5:30-6:30 p.m.  
Kaimuki Plaza, Kaimana Room
- 4/19, 9:30-10:30 a.m.  
HMSA Center @ Honolulu

**Kahului:** 4/26, 10-11 a.m.  
HMSA Maui Office

**Kailua-Kona:** 4/28, 10-11 a.m.  
HMSA Kailua-Kona Office

##### Pearl City:

- 4/16, 10-11 a.m.  
HMSA Center @ Pearl City
- 4/21, 10-11 a.m.  
HMSA Center @ Pearl City

#### Healthy Eating, Island Style

Learn how to identify healthier local food choices.

**Hilo:** 5/10, 10-11 a.m.  
HMSA Center @ Hilo

##### Honolulu:

- 5/13, 10-11 a.m.  
HMSA Center @ Honolulu
- 5/14, 1:30-2:30 p.m.  
Kaimuki Plaza, Kaimana Room

**Pearl City:** 5/21, 10-11 a.m.  
HMSA Center @ Pearl City

#### Heart Disease or Heart at Ease

Assess your risk for heart disease and learn heart-healthy strategies.

**Hilo:** 5/17, 10-11 a.m.  
HMSA Center @ Hilo

##### Honolulu:

- 5/7, 9:30-10:30 a.m.  
Kaimuki Plaza, Kaimana Room
- 5/14, 9:30-10:30 a.m.  
HMSA Center @ Honolulu

**Kahului:** 5/19, 10-11 a.m.  
HMSA Maui Office

**Lihue:** 5/9, 5-6 p.m.  
HMSA Kaua'i Office

**Pearl City:** 5/3 and 5/12, 10-11 a.m.  
HMSA Center @ Pearl City

#### Hiking for Health

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

**Honolulu:** 4/15, 11:30 a.m.-12:30 p.m.  
Nu'uuanu YMCA

#### Mind Your Muscles

Discover ways to incorporate strength training into your exercise routine.

**Hilo:** 6/20, 10-11 a.m.  
HMSA Center @ Hilo

##### Honolulu:

- 6/7, 9:30-10:30 a.m.  
HMSA Center @ Honolulu
- 6/9, 5:30-6:30 p.m.  
Kaimuki Plaza, Kaimana Room

**Kahului:** 6/24, 5-6 p.m.  
HMSA Maui Office

**Kailua-Kona:** 6/28, 10-11 a.m.  
HMSA Kailua-Kona Office

**Pearl City:** 6/11 and 6/14, 10-11 a.m.  
HMSA Center @ Pearl City

#### What are Calories?

Gain a better understanding of the role that calories play in your diet and overall health.

**Hilo:** 6/13, 10-11 a.m.  
HMSA Center @ Hilo

**Honolulu:** 6/10, 10-11 a.m.  
HMSA Center @ Honolulu

#### What the Heck is Cholesterol?

What is cholesterol? Do we need it? Get the answers and much more at this workshop.

**Honolulu:** 6/11, 1:30-2:30 p.m.  
Kaimuki Plaza, Kaimana Room

**Pearl City:** 6/25, 10-11 a.m.  
HMSA Center @ Pearl City

### COMMUNITY ACTIVITIES

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

#### HAWAII ISLAND

##### Every Sunday

##### Walk with a Doc on Hawaii Island

Walk includes a brief warm-up/stretch and an informative talk from a community doctor or medical student. Meets rain or shine. 8 a.m. Lili'uokalani Gardens, Hilo. For more information, see [wwadbigisland.org](http://wwadbigisland.org).

**O'AHU****4/8, 5/13, 6/10****Kardiatic Kids Support Group**

For families with children who have congenital heart defects. 6:30-9 p.m., Kapi'olani Medical Center cafeteria. For more information, contact Jullie Passos at 227-4558.

**4/12, 5/10, 6/14****COPD Support Group**

10 a.m.-noon, Pali Momi Women's Center at Pearlridge. To register, call Valerie Chang at 699-9839, email [valerie@hawaiicpd.org](mailto:valerie@hawaiicpd.org), or visit [hawaiicpd.org](http://hawaiicpd.org).

**4/28****HMSA's Annual Membership Meeting**

Annual meeting to present HMSA's financial and annual reports and elect directors. Proof of HMSA membership required. Business attire. Noon. Ala Moana Hotel, Hibiscus Ballroom. 948-5263 to register.

**5/26****Sjögren's and Lupus Foundation of Hawaii Lecture Series**

This informative presentation will cover strategies to help keep your eyes and skin healthy. 5:30-7:30 p.m., Bank of Hawaii, main branch. Space is limited. For more information, go to [slfhawaii.org](http://slfhawaii.org).

**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 more 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.

**Aloha Kidney Classes**

Learn how to manage conditions related to Chronic Kidney Disease (CKD). For locations and meeting times, go to [alohakidney.com](http://alohakidney.com) or call 585-8404.

**Hawaii Prostate Cancer Support Group**

Information and support for men and

their families. For locations and meeting times, go to [hawaii prostate cancer.org](http://hawaii prostate cancer.org).

**Health & Education at Queen's**

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

- **Genetics Class:** Learn about prenatal genetic screening and tests. 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:** Free for women ages 50-64. Call 691-7633 for times and eligibility information.

To submit information for future calendar listings, please email [Lynn\\_Shizumura@hmsa.com](mailto:Lynn_Shizumura@hmsa.com).

Include event name, date, location, cost, and a brief description. Only free or low-cost health and family events will be considered.

**Arthritis Foundation**

**Join us Sunday, May 22, 2016  
Honolulu Zoo**

Sign up today at: [www.walktocurearthritis.org/Hawaii](http://www.walktocurearthritis.org/Hawaii)

For more information, please contact the  
Arthritis Foundation, Hawaii office at 808-596-2900.

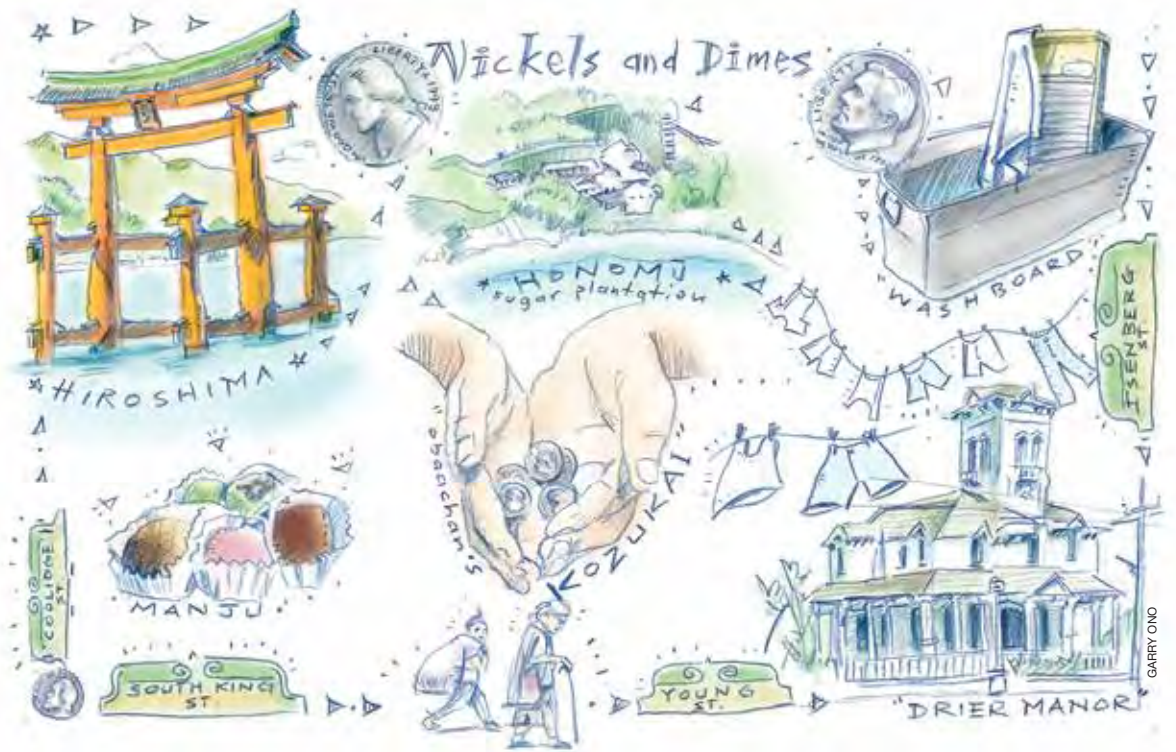
Walk to Cure Arthritis® National Sponsors

Nationally Presented by





# nickels and dimes



## OBAACHAN EARNING HER KOZUKAI

Obaachan (grandma) came to Hawai'i in the 1890s from Hiroshima, Japan, and settled in the sugar plantation camp of Honomū on Hawai'i Island.

Many years later, Obaachan lived with her third daughter (one of four) in Mō'ili'ili in Honolulu, where my mother gave Obaachan whatever *kozukai* (spending money) she could afford. Obaachan enjoyed visiting old friends from the plantation and always remembered to take mochi and manju with her.

She needed more *kozukai*!

When I was about 10 years old, I remember carrying a pillowcase and tagging along with Obaachan. We walked mauka on Coolidge Street where we lived and turned 'ewa on South King Street along the old landmark, "Drier Manor." Then we went mauka on Isenberg Street along Mō'ili'ili Field.

(Drier Manor burned down in 1952.) There was a rooming house for bachelors on the corner of Isenberg and Young streets. Obaachan would gather dirty laundry from some of them and put it in the pillowcase to take home to wash.

In those days, you washed your laundry by hand on a washboard using a bar of soap. Then you hung it out to dry. Obaachan would fold the laundry neatly and put it in the pillowcase for me to carry back to the bachelors' quarters. She would collect her hard-earned nickels and dimes.

Obaachan earned her *kozukai*!

Today, as I look back to the times I spent with Obaachan, I have nothing but fond memories.

Raymond S. Sakamoto  
Kāne'ohe, O'ahu

# KEEP THOSE STORIES COMING

*Island Scene* invites you to share your stories about growing up or living in Hawai'i. Tell us your memories of long-ago events, places, people, or anything else that was special to you.

Stories should be no longer than 250 words. Include your legal name and address.

Email your story to [Marlene\\_Nakamoto@hmsa.com](mailto:Marlene_Nakamoto@hmsa.com) or mail it to:  
*Island Scene*  
I Remember When  
P.O. Box 3850  
Honolulu, HI 96812-3850

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

## BACK IN THE DAY

I remember when our small family of four moved to 'Ewa Beach in the early '60s and we were surrounded by coral flats. Dad would teach us to shoot soda cans off the boulders behind our house and make us laugh. We'd enjoy picnics at 'Ewa Beach Park where there was so much limu, you could smell it a mile away. Silva Store was always a must-stop for a bottle of Coke and conversation.

Occasionally, we'd drive to Tenney Center as a special treat to enjoy breakfast at the café or watch a wrestling match in the gym. My dad loved to take us there to see Curtis "Da Bull" Iaukea, Neff Maiava, and Lord "Tally Ho" Blears do all the moves. It was pretty exciting back then, even while wondering the whole time if it was fake or not. But Dad convinced me it was real.

Young and ambitious, we'd walk to Hau Bush on the weekends to surf. Hau Bush was about a mile away! With me at the nose and my friend, Dawn Anzai, on the tail, we'd carry that tank, trading off as our arms got tired, until we got there. Surfing the day away and literally baking in the sun was all we wanted to do. Of course, we had to check out Tanaka Store on the way home for a 10-cent package of seed or candy. Another end to a perfect day and, boy, we slept good after that.

Helene Spencer

Kamuela, Hawai'i Island

## THAT NICKEL ALLOWANCE

When my sister Grace and I were little kids in Kaimukī long ago, one of our pleasures was going to the corner grocery store to spend our weekly nickel allowance – 5 cents for the two of us. We'd say, "two for you, two for me, and one for you and me." In other words, she could buy whatever she wanted with 2 cents and I could do the same with my 2 cents. With the remaining penny, we'd buy the most candy we could get. In those days, we could get a lot of little pieces of candy with 1 cent.

Sometimes, that nickel got us a brown paper bag full of delicious chow fun from the manapua man who peddled his goodies from two buckets suspended from each end of a long wooden pole that he carried on his shoulders. But our favorite was using that nickel to buy a little brown paper bag filled to the top with juicy crackseed. We'd sit on the porch eating and spitting out the many tiny cracked seeds. When all of it was gone, we didn't throw away the brown bag. Oh, no! We'd tear it into long pieces and chew them to get every bit of the crackseed flavor.

Can't do that anymore. Only plastic bags are used now and you can't get any crackseed in a bag for a nickel.

Helen O. Furukawa  
Kāne'ohe, O'ahu



# surfing in the moonlight

Night surfing has many benefits for my well-being.

By Danielle Douglass

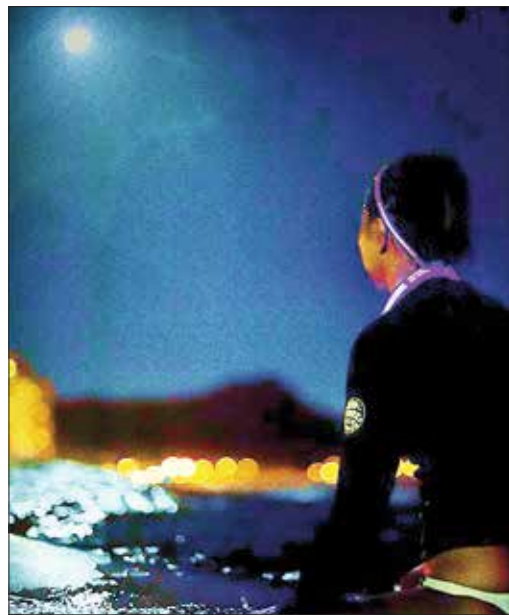
Like many people in Hawai'i, I surf for enjoyment and the sense of genuine bliss that comes from an epic session. I get cranky when I haven't surfed for a while and often tell my husband that I need to go surfing to "revive my soul." I get excited like a kid in a candy store at every chance I have to surf because life is busy and it's hard to find time for my favorite hobby. Surfing during daylight hours is always great, but surfing at night is even more special.

These occasions are rare. The moon needs to be full to light the water. I like to have a friend to go with because safety is as important as good company. It also needs to be on a day when I can stay up late, because we usually paddle in around 2 a.m. Given all those things, I've only gone night surfing a handful of times. And those sessions are some of the best memories I have of surfing.

There's something truly exhilarating about night surfing. It's incredible to think that under a full moon in Waikiki, you're in the same spot that Duke Kahanamoku, Hawaiian royalty, countless beach boys, and other men and women have surfed for centuries.

When I go night surfing, I look forward to it all day. When it's finally time to paddle out, I'm proud of myself for staying up late enough for the experience. I always bring glow sticks for myself and friends, selecting the same color so we can keep track of each other. Getting out to the break in the dark involves using all my senses and a bit of calming the voice in my head that says, "This is scary."

To distract myself from feeling nervous about what may be lurking nearby, I focus on how majestic the ocean looks under the moonlight. On a clear night, I can see the bottom of the ocean and the shimmering surface is really incredible. When I'm sitting on my board or



Night surfer at Waikiki.

catching a wave, it's like gliding over the top of an aquarium.

Using my senses really allows me to become in tune with the waves and the sets. My eyes quickly adjust to the rising and falling waves on the horizon. I watch the sets from a distance and can hear them breaking, which helps me know when to catch a wave. It's also helpful when there are other people out because most will shout out when the good sets are rolling in. Every time I've gone night surfing, there's been a handful of people at the line-up. But it's never too crowded like it is during the day.

Another really cool thing about night surfing is that you don't get sunburned. As the years go on, I've become more concerned with protecting my skin from the sun. When I'm surfing at night, I don't need to get out of the water to reapply sunscreen or worry about getting burned.

Living in Hawai'i gives us access to some unforgettable experiences. For me, night surfing tops my list and reminds me of the incredible opportunities we have for adventure here in the islands. It's good for my well-being and helps me stay present, which is something I strive to do every day. **15**





Weaving a haku lei.

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He lei pōina ‘ole ke keiki.

*A lei never forgotten is the beloved child.*

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



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