



Hilo's such a rainy old town Listen to the rain come down Don't it fall so free

~ Berry Mirrormaker

aloha members

erving Hawai'i Island has been HMSA's privilege for more than 70 years and we've been through good times and bad with Big Island families. HMSA employee James L. Carroll moved from Honolulu to Honomū with his wife, Agnes, and three children to bring HMSA closer to the Big Island. And his first day in the new Hilo office–April 1, 1946–was also the day of the Big Island tsunami.

Jim had just opened HMSA's doors for business when the first wave entered Hilo Bay and then receded. Reports say the water in the bay seemed to disappear, leaving boats and flopping fish on the ocean floor. Some initial reports were dismissed as an April Fools' joke.



Then, the tsunami struck. A 32-foot wall of water destroyed almost a third of Hilo and claimed 159 lives.

A former detective with the Honolulu Police Department, Carroll jumped in to help wherever he could. Antone Souza, a mill foreman with American Factors, nearly drowned in the tsunami and was our first member covered by HMSA in Hilo. Working on a volunteer rescue squad, Carroll later found Feliciano Dias trapped under eight feet of debris and pulled him out with help from six members of the armed forces.

Carroll was named to a disaster council committee on communications to help rebuild Hawai'i Island. In the years that followed the tsunami, he remained active in the community while serving HMSA members for 52 years.

Carroll embodied hard work, dedication, and compassion. Today, that tradition is carried on by Dean Fuke, who manages our HMSA Center @ Hilo; Cheryl Cagampang, manager of our Kailua-Kona office; and the many members of their dedicated teams. (You can read more about our Big Island staff on page 24.)

Mahalo to Jim, Dean, Cheryl, and the hundreds of HMSA employees who've served Hawai'i Island for more than 70 years. And thank you to our members, employer groups, and doctors and other health care professionals for your support and aloha. Serving you is truly our promise and our privilege.

Sincerely,

Mizhul A. Gold

Michael A. Gold Chief Executive Officer



where has the year gone? where have 25 years gone?

s we head into October and the holidays loom ahead, we reflect on an especially busy year for Island Scene.

In the spring issue, we kicked off our Neighbor Island "tour" with a spotlight on Maui, Moloka'i, and Lāna'i, followed by Kaua'i in the summer and the



Additions to our magazine family in the past year include, from left, writers Michelle Sullivan and Courtney Takabayashi and designer Lauren Gould.

Big Island in this issue. And we have an ongoing commitment to keep you informed about people, programs, and companies on the Neighbor Islands in the future. If you have suggestions for articles, please email me at feedback@islandscene.com. To catch up on past issues, see our archives in the Well-Being Hawaii blog at wellbeinghi.com.

This year also marked Island Scene's 25th anniversary. We're so honored to have shared information and stories with you and we deeply appreciate your readership and support over the years.

Thanks to our awesome team, we manage to pull Island Scene together issue after issue, over 100 issues since our beginning in the summer of 1992.

Mahalo to everyone who has contributed to Island Scene over the years. Each new face adds something special to the team, while each aloha tugs at our hearts. And a special thanks to you, our Island Scene readers and HMSA members. Here's to another great year in 2018.

Best wishes.

Lisa Maneki Baxa Publisher and Editor

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Jonathan Tanii Caryn Saito

Marlene Nakamoto Marlene Nakamoto

Craig DeSilva David Frickman Christa Hester Robyn Kuraoka Hayley Musashi Marlene Nakamoto Lvnn Shizumura Michelle Sullivan Courtney Takabayashi

Jocelyn Cua-Racoma Lawrence Esperanza Lauren Gould Fannie Niiyama Garry Ono

Shere Sasaki

Lisa Chun Lei Mano'i

J. Marc Rosen, M.D., M.P.H. Mark Mugiishi, M.D., F.A.C.S.

NUTRITION ADVISER C. Alan Titchenal, Ph.D.

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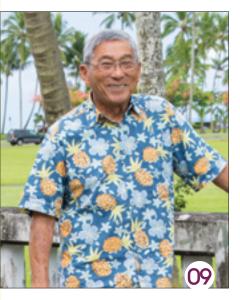
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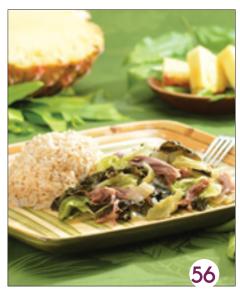
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COVER: Big Island Mayor Harry Kim and a friend. Story on page 9. Photo by Tami Kauakea Winston.









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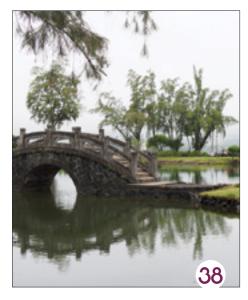
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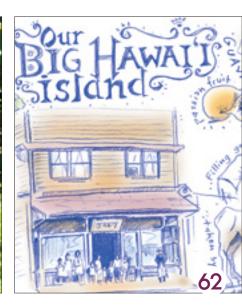
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Hoʻoikaika ʻOhana Helps Survivors of Domestic Violence

By Nicole Duarte

A disproportionate number of Native Hawaiians are victims of domestic violence in Hawai'i. That's why the Domestic Violence Action Center created Ho'oikaika 'Ohana in 2014, a program that weaves Hawaiian cultural values and activities into the recovery plan for victims of domestic violence.

"We got together a hui [group] of community navigators and content experts to help us design Hoʻoikaika 'Ohana," says Nanci Kreidman, CEO of the Domestic Violence Action Center in Honolulu. "The hui helped us integrate Hawaiian cultural practices with what we already know about recovery from domestic violence."

The hui spent the better part of a year developing Hoʻoikaika ʻOhana, which is structured around a "lōkahi wheel" of six Hawaiian values: emotions, mind, body, spirit, family, and responsibility. In the nine-month program, victims of domestic violence, along with their children and families, participate in a range of culturally minded activities such as a saltwater cleansing ritual, moʻolelo (storytelling), lau hala weaving, kukui nut lei making, and more.



The activities not only connect participants with their culture, they also bring together survivors and engage them with hands-on projects. Both the group dynamic and the creativity can be effective vehicles for healing.

"Sometimes when you're doing something, like lau hala weaving, it encourages people to build relationships," Kreidman says. "It helps people reclaim their connection to their own identity and to their own power, which is often lost in domestic violence situations."

The program has groups in Wai'anae and Kāne'ohe and at the Women's Community Correctional Center in Kailua. To date, Ho'oikaika 'Ohana has worked with more than 150 survivors of domestic violence and their families.

For more information, visit domesticviolenceaction center.org or call 1 (800) 690-6200 toll-free.



Safe Routes to School

By Christa Hester

Kaua'i is leading the state in providing safe ways for kids to walk to school. The island's Safe Routes to School (SRTS) program is the largest in Hawai'i with five schools participating. On the first Wednesday of every month, parents and kids can participate in Walk to School day, where they gather in designated areas to walk to school together and learn the safest routes.

The program helps the entire community:

- Kids (and parents) get more exercise and combat health problems such as obesity.
- Fewer car trips help reduce air pollution, improve air quality, and reduce traffic.
- Improved bike lanes and sidewalks make the roads safer for everyone.



Many community leaders have come together to make SRTS a success, including Get Fit Kaua'i, the Kaua'i Police Department, the Hawai'i Department of Education, and the County of Kaua'i. If you want your school to participate in the program, email Get Fit Kauai Director Bev Brody at bbrody1@hawaii.rr.com.

Safe Routes to School is also being implemented on O'ahu, the Big Island, and Maui. Learn more at hidot.hawaii.gov/highways/srts.



> HMSA Akamai Living Fairs on the Big Island

For everyone age 50 and better and their families

Join the fun!

October 20: Edith Kanaka'ole Tennis Stadium

Hilo

November 3: West Hawaii Civic Center

Kona

Activities, entertainment, giveaways, information and food booths, and presentations.

Free admission. See page 23 for details.

See you there!

> 47th Annual Kona Coffee Cultural Festival

By Christa Hester

In 1828, missionary Samuel Ruggles planted the first coffee tree in Kona, where it thrived thanks to the island's rich volcanic soil. Since then, Kona has earned a worldwide reputation for high-quality, full-bodied coffee.

At this year's annual Kona Coffee Cultural Festival, local coffee farmers and artisans will gather on the Big Island to honor their history and celebrate their successes. The festival, which runs November 3 through 12, started during the '70s as a way to preserve and promote Kona's coffee heritage.

With almost 50 events, this 10-day festival is one of the oldest and most successful festivals in the state. Stop by for tastings, handson events like coffee picking, tours of farms and mills, art exhibits, the Miss Kona Coffee Scholarship Pageant, recipe contests, and more.

Get more information and see the 2017 calendar of events at konacoffeefest.com.





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wild about harry

Harry Kim makes the most of his second chance at life and the mayor's office.

By Craig DeSilva

efore running again for Hawai'i county mayor last year, Harry Kim consulted his family and doctor to get the green light.

Kim's heart and mind are with the people of the Big Island, where he was born and raised and served as mayor from 2000 to 2008. But he wanted to make sure his physical health could handle the rigors of a schedule filled with daily back-toback meetings and community events, many of which he attends on weekends and holidays.

"If I die while in office, I don't want my family to have any regrets," he says.

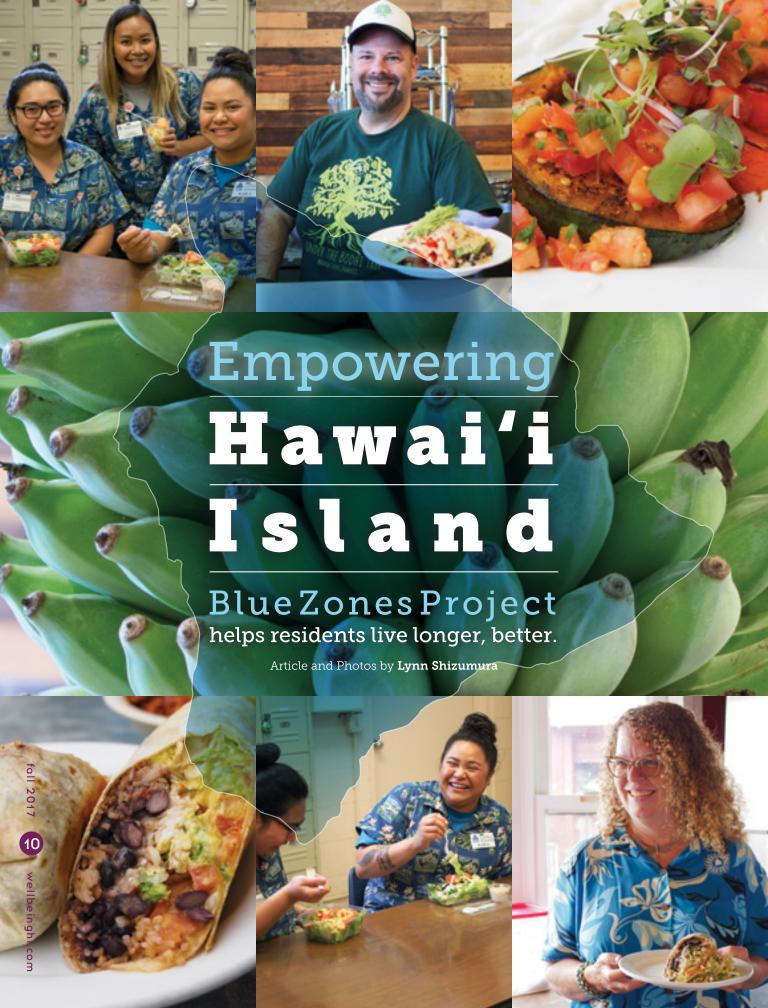
Kim has had three heart attacks and underwent bypass surgery in 2008. Although he's always had a consistent exercise schedule and eats a mostly plant-based diet, he admits he needs to slow down. He often works 12-hour days, doesn't sleep as much as he should, and has to be reminded to break for meals.

He begins each day with an early morning routine of stretches, abdominal crunches, and leg raises for 45 minutes, and light-weight training at the police station gym. He finds solace during walks and bike rides, enjoying what he calls "nature's peace." A doctor once scolded him for riding his bike less than a week after heart surgery. Kim shrugged it off. "I need to exercise to feel good mentally and physically," he says. "It's just the way I am."

At age 78, Kim is trying to determine—and stay within—his physical limits. Not an easy task for a man who finds motivation and joy among the people he serves.

"I wasn't born to feed my face and have a good time," he says. "I'm here to do some good. I owe it to the people I serve to do the best job I can." (5)





ome of the happiest people I know live on Hawai'i Island.

They check in with their neighbors, talk story at the grocery store, and enjoy the island's natural beauty. Having grown up there, it's no surprise to me that it's the first island in the state to earn island-wide Blue Zones Project® designation. Many of its residents are already practicing Blue Zones Project principles, from moving naturally to maintaining a healthy social circle.

In early 2015, East Hawai'i and North Hawai'i were selected as two of the first Blue Zones Project demonstration communities. The initiative became an islandwide movement when West Hawai'i earned a spot as one of the newest Blue Zones Project communities earlier this year. After the communities are selected, organizations within them can apply to join Blue Zones Project and adopt principles such as plant-based eating or walking at lunch. The initiative is designed to make healthier choices easier and more visible in the places people live, work, and play.

As Hawai'i Island continues its Blue Zones Project journey, one thing is for sure. Residents will have more ways to engage in their health and well-being with Blue Zones Project. Here's what the communities and its people have achieved so far.

Living and working in paradise

When Blue Zones Project was introduced to Hawai'i Island, KTA Super Stores was one of the first organizations to get involved. "When it comes to health and well-being, we recognize that if we're not part of the solution, we could be part of the problem," says Toby Taniguchi, KTA's president and chief operating officer. "We'll continue to do what we can to support this important cause."

The first step in the company's Blue Zones Project journey was transforming their stores to support the health and well-being of their customers. Their customers were quick to notice the Blue Zones Project checkout lane, fresh produce displays, lighter options at the deli, and signs that encouraged them to park a little farther from the store to add steps to their day. Employees noticed, too, and started to make their own changes. "We knew we could build on this momentum by becoming a Blue Zones Project employer," Taniguchi says.

KTA Super Stores is now both a Blue Zones Project grocery store and employer. And they have significant impact with 800 employees in six retail locations.

Today, well-being is the word at KTA Super Stores. At the Waimea store, the employee who won a weight loss Blue Zones Project® is a trademark of Blue Zones, LLC. All rights reserved.









challenge took home a fitness tracker. Kailua-Kona store managers converted storage space to a downshift lounge to help employees relax on their breaks (phones aren't allowed in the lounge). And employees across the island participate in plant-based cooking demonstrations, health screenings, and themed potlucks that help them bond with their colleagues.

In Waimea, Blue Zones Project inspires employees Carissa Vallente, Kaila Ishii-Manalo, and Kaithlen Rafol to reach for lighter lunch options. "We wouldn't be talking about our health as much without Blue Zones Project," Vallente says.

Food for the soul

After working for 20 years as a gourmet chef in a highstress environment, Stephen Rouelle knew he needed to make a change. "I was at the top of my career, but I didn't feel well and wasn't well," he says. Rouelle, who moved to Hawai'i Island in 1992 from Vermont, started with his diet. He became a vegetarian, then vegan, then raw vegan, losing more than 150 pounds in the process. From there, his idea for a plant-based restaurant was born.

Today, Rouelle is living his dream. As the co-owner and chef of Blue Zones Project Approved™ restaurant, Under the Bodhi Tree, in Waikoloa, Rouelle shares creative, colorful, and flavorful vegan and vegetarian dishes with his customers. A Blue Zones salad is on the menu, which prompts questions from patrons. Rouelle also makes it a priority to link nutrition, community, and fitness. The restaurant staff participates in and supports local races through their running group, Team Bodhi. And as the first Blue Zones Project Approved restaurant in Waikoloa, Rouelle looks forward to sharing the benefits of plant-based eating with more people in the area.

Nearly 20 miles away, Big Island Brewhaus in Waimea is another Blue Zones Project Approved restaurant committed to making healthy choices easier. Owners Tom and Jayne Kerns opened the restaurant to share their passion for craft beer and healthy, hearty foods featuring local ingredients.

Big Island Brewhaus promotes a meatless Monday special. They've also reorganized the menu to make healthier options more visible. Dishes that meet Blue Zones Project guidelines, such as roasted kabocha and kung pao macadamia nuts, are noted on the menu. The Kerns are also proud supporters of the island's ecosystem of farmers, ranchers, beekeepers, bakers, and artisans. "By supporting local as much as possible, we help to make our entire island a healthier and more vibrant place," Jayne says.

Faith and well-being

When best-selling author Dan Buettner and a team of researchers interviewed 263 centenarians from places known for the longevity of its residents, they found that all but five of them belonged to a faith-based community. According to Blue Zones Project, research shows that attending monthly faith-based services can add four to 14 years of life expectancy. Other studies draw a correlation between religion and happiness.

On Hawai'i Island, more faith-based organizations are joining Blue Zones Project. For Lynne Higa, pastor of First Assembly of God Hamakua, it's another way to engage church members in their health and well-being. "We participate because we want our community and neighbors to live healthy, happy, and abundant lives," Higa says.

To earn Blue Zones Project approval, First Assembly of God Hamakua formed a walking moai (group), created a tobacco-free policy, hosted a diabetes education talk, created a community garden, and hosted a plantbased potluck. Higa says church members find fulfillment from their work in the garden. They also benefit from harvests of bitter melon, okra, long beans, eggplant, tomatoes, bananas, and papayas.

Learning and growing

Blue Zones Project promotes a list of nine characteristics shared by the world's longest-lived people. The list, known as the Power 9®, can help people add years to their lives.

On Hawai'i Island, Blue Zones Project supports events that teach people about these principles and give visit hawaii.bluezonesproject.com. 6

them inspiration and tips. Workshops help residents improve their sense of purpose, learn how to prepare plant-based recipes, and explore topics of interest.

Hilo resident and retired prosecuting attorney Charlene Iboshi believes in the power of sharing information. Iboshi helped to organize seminars about healthy aging that featured local and international speakers. "Blue Zones Project is a wonderful community partner," Iboshi says. "This campaign brings new energy and opportunities for growth to our lives."

For more information on how you can get involved,

Hawai'i Island's Blue Zones Project organizations

Schools

- Chiefess Kapi'olani Elementary School
- Hawaii Preparatory Academy
- Kalaniana ole Elementary and Intermediate
- Ka'ū High and Pāhala Elementary
- Kohala Elementary School
- Kua O Ka Lā New Century Public Charter School
- Mountain View Elementary School
- Parker School
- Waiākea High School

Faith-based Organizations

- · Abundant Life Ministries
- First Assembly of God Hamakua
- Hilo Meishoin
- Kohala Seventh-day Adventist Church
- St. Augustine Episcopal Church

Employers

- County of Hawai'i Planning Department
- Hawai'i Community College
- · Hawai'i Electric Light
- Hawaii First Federal Credit Union, East and North Hawaii
- Hilo Department of Health
- Hilton Grand Vacations
- Island Heart Care
- KTA Downtown Hilo
- KTA Kailua-Kona
- KTA Keauhou
- KTA Puainako, Hilo

- KTA Support Services
- KTA Waikoloa
- KTA Waimea
- The Daniel K. Inouye College of Pharmacy
- The Edwin H. Mookini Library
- Tutu & Me Traveling Preschool
- USDA Rural Development

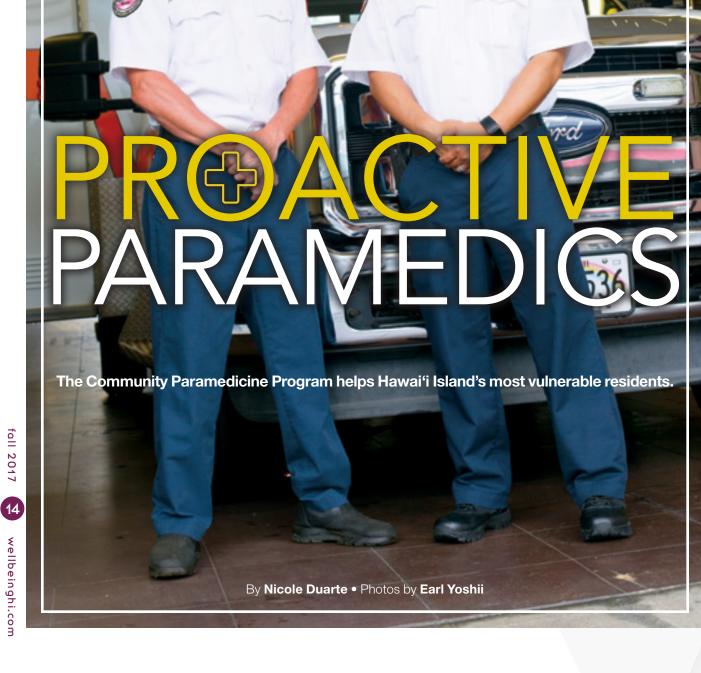
Restaurants

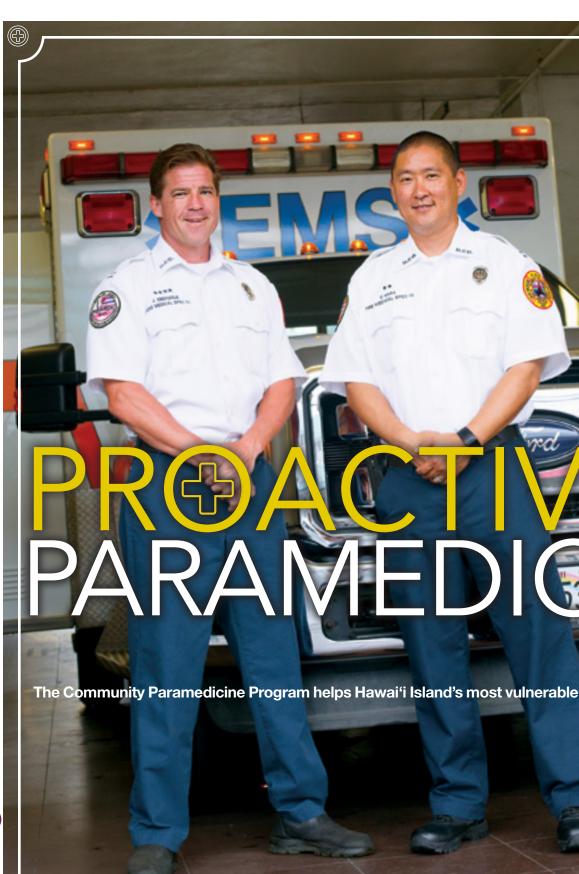
- Big Island Brewhaus
- Kohala Coffee Mill
- Kohala Village HUB
- Sea Dandelion Cafe
- Sushi Rock
- Sweet Cane Cafe
- Under the Bodhi Tree
- WikiFRESH

Grocery Stores

- Foodland Keaau
- Foodland Waimea
- KTA Downtown Hilo
- KTA Kailua-Kona
- KTA Keauhou
- KTA Puainako, Hilo
- KTA Waikoloa
- KTA Waimea
- Sack N Save Kinoole
- Sack N Save Puainako

This list is subject to change and may not include the newest Blue Zones Project organizations.









From left, Jesse Ebersole, Dr. Will Chapple of Hawaii Island Family Health Center, and Andrew Skorheim, pharmacy student at the Daniel K. Inouye College of Pharmacy.

n the Big Island, a 70-year-old woman living alone in a small apartment falls. Paramedics are called to help her get back on her feet. But before long, she falls again—and then again. The answer to breaking the cycle? The Hawai'i Fire Department's Community Paramedicine Program (CPP).

Breaking the cycle

Started in October 2016 as a pilot program, the CPP reaches out to kūpuna who may not be getting the health and social services they need—like seniors who are at risk of falling.

The program currently includes two captains with the Hawai'i Fire Department's Emergency Medical Services, Jesse Ebersole and Vern Hara, who have 40 years of field experience combined as paramedics under their belts. In addition to their regular duties as fire captains, the pair makes unscheduled house calls to individuals in need. There, they assess, educate, and connect people to the right health and human services.

The program focuses on "high utilizers," individuals who have called EMS more than four times in a six-month period and seniors who are at high risk for falling. The program also receives referrals from paramedics in the field. As first responders, paramedics often have insights into individuals' living situations and recognize when additional support is needed.

"When we started the program, we didn't know how people were going to receive us," Ebersole says, "but they're familiar with our fire department and our uniform because they've had contact with us before, so they're usually receptive and grateful. We just sit down and start by talking about their overall health and the reasons they called 911."





wellbeinghi.com

During the home visits, Ebersole looks at the individual's mobility, home environment, transportation needs, and support network. He asks about the frequency of doctor's visits and goes over medications to ensure that they're being taken correctly. He also does a home safety assessment to reduce any possible hazards that may put kūpuna at a greater risk for falling. When necessary, he recommends the installation of grab rails, motion-sensing lights, and/or bed rails.

Finding solutions

Getting seniors on the right track can mean signing them up for Meals on Wheels, complimentary transportation, or a cleaning service. If the situation is dire, Ebersole brings in "the big guns" — the Hawai'i County Office of Aging, the state's Public Health Nursing, or Adult Protective Services. In many cases, seniors knew that they had options for support.

"We see people who've been managing on their own for years," Ebersole explains. "Maybe they weren't eligible for services in the past, but as they age, many of them become eligible for services but don't realize it."

Ebersole often sees seniors taking care of elderly spouses. If that caregiver gets sick, everything collapses. The couple become overwhelmed and aren't able to advocate for themselves and get the help they need. CPP lets them know what resources are available to them.

"There's a lot of people who don't want to be a burden, so they haven't asked for help," Ebersole says. "A lot of times, what we do is point them in the right direction."





Championing community care

CPP aligns with a larger vision for health on the Big Island, one in which the community drives well-being and self-care.

"Ebersole and his team at CPP have impressed all of us with the compassion with which they serve the neediest in our community," says Barry Taniguchi, chairman and CEO of KTA Super Stores and chairman and president of the nonprofit Community First. "Their program plays a key role in our efforts to improve the quality of care for these residents while reducing their use of avoidable hospital services."

To effectively reduce the need for crisis care (ambulance and ER visits), CPP's proactive outreach bridges the gap between social services and health care and addresses issues before they elevate into health crises. To date, the program has visited with 167 individuals and almost half of them were referred to other support services. Ebersole says that the program's total outreach reduces health care costs by an estimated \$92,600 a month—that's a savings of more than \$1.1 million a year.

While the program's impact on the bottom line is a key part of maintaining a sustainable health care system, its effect on individual lives is priceless.

"It's really rewarding work,"
Ebersole says. "As paramedics,
we typically treat one acute situation at a time. But in this kind of
work, we're going in and helping
to improve their quality of life for
the long term." is



Congratulations to the 2017 HMSA Kaimana School Winners

The HMSA Kaimana Awards recognizes Hawaii high schools for excellence in academics, athletics, community service, healthy activities, and sportsmanship.

Big Island Interscholastic Federation

Small School: **Parker School**Large School: **Keaau High School**

Interscholastic League of Honolulu

Small School: **Le Jardin Academy**Large School: **Hawaii Baptist Academy**

Maui Interscholastic League

Small School: **Lanai High School**Large School: **Kamehameha Schools Maui**

Oahu Interscholastic Association

Small School: **Kalaheo High School** Large School: **Waipahu High School**

Kauai Interscholastic Federation

Kapaa High School













The Kaimana Awards & Scholarship Program is proudly sponsored by HMSA and the Hawaii High School Athletic Association.

For a complete list of scholarship and school winners, visit hmsa.com/kaimana.



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live your best life

Visions for Hawai'i's future.

By Hayley Musashi

awai'i residents know a thing or two about healthy living. But how do you help the healthiest place in the country get even healthier? HMSA teamed up with celebrity health experts Dr. Mehmet Oz and Dr. Sanjay Gupta, and the iconic Oprah Winfrey to help Hawai'i residents learn how to live their happiest, healthiest lives.

Get active

World-renowned cardiologist and host of the mega-popular Dr. Oz Show, Oz pointed out the many advantages that residents enjoy and shared tips on fitting fitness into your lifestyle. "Your islands are gifted with so many natural resources," says Oz. "Being outdoors with the land is one of the healthiest things you can do."

A co-founder of Sharecare, Oz encouraged Hawai'i residents to take their well-being into their own hands with the Sharecare app.

Be better tomorrow

CNN's award-winning medical correspondent, Gupta took time out of his family vacation to engage with medical professionals and community leaders about the future of health care. With the growing importance of technology, Gupta shared his vision of a system where patients take an interest in their health and doctors practice more preventive medicine and less disease treatment.

Just as technology continues to evolve every day, so do the people who use it. "Wherever you are on your health care journey," Gupta says, "you can always be better tomorrow."

Live your best life

Maui residents were treated to a surprise when TV icon Winfrey spoke at the Maui Arts & Cultural Center in Kahului—her first-ever



From left: Dr. Sanjay Gupta, Oprah Winfrey, and Dr. Oz.

public speaking engagement in the Islands. As part of a "Live Your Best Life" event presented by HMSA and Sharecare, Winfrey shared her tips on living a life of purpose and intent. "Everything starts with the best of you and what you are willing to demand of yourself," she says.

Winfrey gave the audience a glimpse into her life growing up in rural Mississippi. She shared how those early hardships led her to use her television platform to inspire and empower people to live their best lives. She believes in the power of living with gratitude and intention. She makes decisions that align with her core values and represent her authentic self.

Living your best life means giving the best of yourself to others. Winfrey says, "It's not just what you say. It's the energy of what you're saying and putting into the world."

HMSA and Sharecare are working together to bring a new health and wellbeing experience to the people of Hawai'i. The Sharecare app is a simple, free, and convenient way to track and improve your health. Discover your RealAge®—how old your body feels. Get started today at hmsa.com/sharecare.

RealAge is a registered mark of Sharecare, Inc. Sharecare, Inc., is an independent company that provides health and well-being programs to engage members on behalf of HMSA.

A Helping Well-being

Hawai'i Island companies are helping employees be healthier at work.



Let's face it. Being healthy takes work.

Maybe if our days went exactly as we expected, we'd have the mental, physical, and emotional energy to choose broccoli instead of fries, spend quality time with the kids every night, and exercise five times a week.

Unfortunately, life never goes exactly as planned. That's why it helps to have someone in our lives who helps us prioritize our health and well-being. Suisan, a Big Island food company, is doing just that for its employees. Most people know Suisan as a local fish market that was formed in the early 1900s, but today it's also a well-known frozen and fresh produce wholesale distributor.

Because of its long history in the community, Suisan has employees of all ages working in its warehouses, office, and market. "As our employees get older, it's even more important that they care for their health," says Shirley Kranz, Suisan's human resources director. "We've had some long-term employees get sick overnight and just never return to work. We don't want that to become a regular occurrence, so we want to give employees more support early on for their health and wellness."

With Suisan President and CEO Steve Ueda's backing, their well-being program has started to gain momentum. "Steve's coming into his own about what wellness means to him on a personal level," Kranz says. "He's more of a cheeseburger and French fries kind of guy, but now he's starting to change his eating habits and model wellness for his employees."

Suisan's well-being program is in its experimental phase, with Kranz and her wellness











Far left: Employees at Four Seasons Resort Hualalai focus on their breathing in Kahua Malama Ola, a wellness and fitness space created especially for them.

Left: Kili Bloss (left) and Dr. Cheri Wood team up to provide wellness coordination and management, respectively, to employees at Four Seasons Resort Hualalai.

Above: Like his employees, Suisan's Steve Ueda is learning how to improve his well-being.

committee continuing to learn about employees' needs and how well-being fits into the company's culture. "We're really focused on educating our employees about health and well-being, why it matters, and how it impacts their lives," Kranz says.

The committee has begun to introduce healthier foods to company potlucks and events, organize health seminars and cooking demonstrations, and offer employee discounts on health and well-being products and services. "We offered employees massively discounted memberships to Penn Training & Fitness Center, which was a big hit," Kranz says. "Because we have such a diverse workforce, it can be difficult to develop a program that fits everyone's needs. But we're committed

to finding what resonates with employees so we can give them the well-being support they need."

Four Seasons Resort Hualalai also has a diverse workforce. Regional Director of Human Resources Mitch Sipiala envisioned a comprehensive wellness program that encourages well-being and enhances the employee experience. His vision became a reality when Kahua Malama Ola, a wellness and fitness space for employees, opened in 2014. Kahua Malama Ola, which means "the place of wellness and healing," has an outdoor gym and indoor fitness studio that offers free fitness classes and 15-minute massages. The wellness team consists of Cheri Wood, N.D., the wellness manager; and Kili Bloss, the wellness coordinator. Wood, a naturopathic doctor, meets one-on-one with patients, combining conventional and holistic medical philosophies to provide individually centered care. Bloss, a personal trainer, certified nurse assistant, and health coach, helps employees with their fitness, diet, and more.

CE Commitment FIT DRIVE







Dr. Cheri Wood combines conventional and holistic medical philosophies to help employees achieve their healthy best.

To promote healthy eating, Kahua Malama Ola serves up menu choices like fresh produce and local organic meats and seafood. There's no high fructose corn syrup, trans fat, or artificial sweeteners in the food. All ingredients and nutritional information are displayed so employees know exactly what they're eating and can make good choices.

What makes the Four Seasons Resort Hualalai well-being program different is the lack of incentives. "We've chosen not to have any incentives or force people to participate in the program," Wood says. Instead, they wanted to create a program that employees would want to join because it was meaningful and useful. It seems to be working since over 60 percent of the employees have chosen to participate.

After having a baby a little over a year ago, Sarah Govier, pastry cook at Four Seasons Resort Hualalai, wanted to get back in shape, but didn't know where to start. "Dr. Cheri sat down with me and we developed this plan to get me back on track," Govier says. Plus, she appreciates the flexibility of the program. "It's so

easy to just go to the wellness center after work and get my exercise in." That exercise includes going to Kahua Malama Ola three or four times a week to use the treadmill or stationary bike or attend an exercise class.

The help Govier has gotten from Wood made a true difference in reaching her health goals. "She takes her time with me," Govier says. "I can email her or come in and talk with her every week about how I'm doing and how to stay on track. Dr. Cheri's really there for me. And she's teaching me the healthy way to lose weight, not just putting me on some fad diet."

Since she enrolled in the wellness program, Govier has lost nearly 30 pounds and plans to lose 16 more. With Wood's guidance, it's more than possible. "The goal is to feel good," Wood says. "Optimal health is not just feeling good at work, but also having enough energy to pursue hobbies and spend quality time with family and friends outside of work. If I can help employees achieve that through our wellness program, then I feel like I've succeeded in my role."

Want to improve your company's wellbeing? Here are some key lessons Four Seasons Resort Hualalai and Suisan learned while building their well-being programs:

- Executives have to be invested in wellbeing. "Our CEO is determined to make our employees' health and well-being stronger," Kranz says. "His commitment to health is what makes change happen."
- Education drives engagement. "We've found that the more employees understand their own health and how foods, exercise, and other lifestyle behaviors affect them, the more willing they are to change and put in the effort to be healthier," Wood says.
- It's OK to experiment. "For us, there isn't
 a one-size-fits-all solution," Kranz says.
 "We're continually putting out new wellness
 initiatives and services to see which one
 works best for our employees."

Save the date!



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Friday, October 20 9:30 a.m.—12:30 p.m. Edith Kanakaole Stadium

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Friday, November 3 9:30 a.m.—12:30 p.m. West Hawaii Civic Center Enjoy a day of food, fun, and community while learning how to improve your well-being.

Free admission.

Questions? Please call Margaret Yafuso at 966-5801 on Hawaii Island.





from east to west

Meet the Big Island's customer service team.

By Lynn Shizumura

ave you ever experienced customer service that was caring, convenient, and focused on your needs? If you've visited the HMSA Center @ Hilo or HMSA's office in Kailua-Kona, you probably have. The Customer Relations representatives who work there are professionals who treat members like family. If you haven't had an opportunity to meet them, here's a look inside.

Reaching more members in East Hawai'i

Before the HMSA Center @ Hilo opened in Waiakea Center nearly four years ago, representatives served members at an office that was accessible but not as visible. "Now people see us and know where we are," says Dean Fuke, manager of the HMSA Center @ Hilo.

Because the center is conveniently located in the Waiakea Center, a healthy mix of long-time and new HMSA members stops by for information and resources. "It doesn't matter if the member just joined or has been with us for years," says Assistant Manager Jaylin Grace. "When members visit, we treat them like family."

East Hawai'i members can also come in to the center to pay their bills, attend workshops, check their blood pressure and weight, or connect with a doctor using HMSA's Online Care[®]. The team says members appreciate the center's extended hours, which give them more flexibility to visit after work or on Saturdays.

The Hilo staff knows that their well-being is important. In the office, they'll take time to do planks, sit-ups, and other fitness challenges. They also schedule healthy potlucks, which give them a chance to share their recipes and support each other. When they're not at work, they volunteer in the community and enjoy staying active and spending time with their families.

Working on well-being in West Hawai'i

At the Kailua-Kona office, Branch Manager Cheryl Cagampang and her team of customer service representatives help West Hawai'i members with almost everything related to their health plan. "Our staff is passionate about what we do," she says. Combined, the group has 47 years of experience at HMSA. Employees who



Hilo team, from left: Napua Catcho, Chasa Pinnow, Jaylin Grace, Brooke-Alyson Kekaualua, Keala Kaneshiro, Dean Fuke, Micole Evans.

work in information technology and QUEST Integration are also part of the HMSA family at the East Hawai'i and West Hawai'i locations.

Whether their issues are straightforward or require more research, Cagampang says the team is committed to helping members. Members can also stop by to pay their bill or register for and attend workshops on topics such as preventing common illnesses and managing diabetes.

In addition to supporting members in their good health and well-being, the team makes sure to take care of themselves and each other. During lunch, they schedule time to walk and catch up. Outside of the office, they improve their well-being by swimming, practicing yoga, dancing hula, and spending time with loved ones.

Most of all, the Big Island's Customer Relations representatives are there for the members. "When tūtū (grandma) comes in, we'll take care of her like she's our own tūtū," Grace says. "In a small community, there's a lot of good we get to do." (§)



Kailua-Kona team: Front row, from left: Monique Chang, Uilani Kuailani, Cheryl Cagampang, Linda Akana. Back row, from left: Sheldon Abril, Annette Rodrigues, Michael Puou.

Kailua-Kona Office 75-1029 Henry St. Suite 301 Monday-Friday 8 a.m.-4 p.m. HMSA Center @ Hilo Waiakea Center 303A E. Makaala St. Monday-Friday 9 a.m.-7 p.m. Saturday 9 a.m.-2 p.m.



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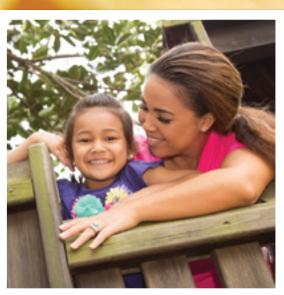












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fighting the flu begins with you

Remember to get your flu shot.

By Courtney Takabayashi

ou start sneezing and you feel an itch in your throat. It could be allergies. Now your head is pounding and your nose is runny or stuffy. Maybe it's a cold. Next, your body starts aching. You feel feverish and fatigued. You might have the flu.

What's the flu?

Influenza is a contagious, potentially dangerous respiratory illness caused by influenza viruses. It can lead to complications like pneumonia, ear or sinus infections, dehydration, and the worsening of chronic medical conditions such as heart problems, asthma, or diabetes.

How do I get the flu?

The flu virus is spread through droplets created when infected people cough, sneeze, or talk. You can also get it when you touch something infected with the virus and then touch your mouth or nose.

What's the flu timeline?

Flu symptoms typically begin one to four days after exposure. You may be able to infect others one day before symptoms begin and up to seven days after getting sick.

When is Hawai'i's flu season?

Though flu season usually starts in October and peaks in January or February, the state Department of Health (DOH) believes that the flu is always circulating throughout our islands. This means you can catch the flu any time.

What should I do if I think I have the flu?

Rest up, drink lots of fluids, and avoid contact with other people. If you're really sick or have pre-existing medical conditions, check with your primary care provider (PCP).

How can I protect myself?

The DOH's Disease Investigation Branch and the Centers for Disease Control and Prevention (CDC)



say that the best way to prevent the flu is to get a flu shot each fall. Annual vaccinations are recommended for everyone over 6 months of age, and are especially encouraged for those who are at high risk for complications from the flu, such as children younger than 5, adults 65 years or older, and anyone with a weakened immune system.

Other ways to protect yourself include avoiding people who are sick and washing your hands often with soap and water. If you're sick, avoid spreading the flu by staying home and covering your mouth and nose when coughing or sneezing.

Are flu vaccines safe?

According to the CDC, flu vaccines are one of the safest medical products used today. During the past 50 years, hundreds of millions of Americans have safely received flu vaccines.

Will the vaccine make me sick?

Getting a flu shot can't give you the flu. Vaccines are made with flu viruses that have been killed or cannot replicate in humans. However, the flu shot can cause side effects such as discomfort where the shot was given, low-grade fever, and achiness. These side effects can make you feel under the weather for a day or two, but it's not nearly as severe as the flu.

Where can I get a flu shot?

Call your PCP or local pharmacy to find out where you can get a flu shot. Most HMSA plans pay for it, so there's no cost to you. Please check your plan's *Guide to Benefits* to make sure.

The fight against the flu beings with you. With an annual flu shot, you can help protect your family, friends, and co-workers. (5)

Preventive care is the best protection against disease

Preventive care — immunizations, physical exams, and screenings — helps you and your doctor find diseases early, which is the best time to get treatment.

Many of these services are available at no cost to HMSA members. Check your health plan benefits to be sure.

For Adults

If you're at risk for a health condition, you may need certain tests at a younger age or more often. Ask your doctor about the appropriate tests and timing for your needs.

- Blood pre and older.
 - **Blood pressure check:** Every year at age 40 and older.
- **Breast cancer screening:** Mammogram every one to two years for women ages 50-74.
- Cardiovascular risk assessment: Every one to five years for men and women age 40 and older.
- Cervical cancer screening: Pap smear every three years for women ages 21-65.
- **Chlamydia screening:** Every year up to age 24 for sexually active women.
- Colorectal cancer screening: For ages 50–75, a stool test every year, a colonoscopy every 10 years, or another approved screening test.
- **Depression screening:** Talk to your doctor if you can't stop feeling sad or hopeless or you don't enjoy doing things you previously enjoyed.
- Glucose test: To screen for diabetes and risk of heart disease starting at age 40, especially if you're overweight.
- Osteoporosis screening: For women age 65 and older.

For Children

- Immunizations are safe, effective, and important.
 All children need certain immunizations before age 2 and booster shots at ages 3-5 and 11-12.
- Well-baby and well-child visits include immunizations! The doctor will also make sure that your keiki is growing and developing normally.



soul surfing

Harnessing the healing powers of the ocean.

By Hayley Musashi

pillar of the Hawai'i Island surfing community, you'll recognize Stan Lawrence as the radio voice sharing the day's surf reports on three Big Island radio stations or as the friendly owner of Orchildland Surf Shop, now in its 45th year of business in Hilo.

For Lawrence, each day begins with an early morning surf session before opening his beloved shop with his wife Maud, a ritual he knows is imperative to his physical and mental health.

"Surfing is a spiritual cleanse for me," says Lawrence. "Being in Mother Nature and flowing with the ocean gives me a peace of mind that makes me a very happy person. After a good session in the surf, nothing can go wrong the rest of the day."

However, as he paddled out on Easter Sunday morning 2016, his years of surfing finally caught up with him. Already surfing with a partially torn rotator cuff, Lawrence completely tore it while over-paddling for a wave he didn't want to miss.

"When you do an activity over and over again for 60 years, something is eventually going to wear out. An MRI confirmed that I needed surgery and I was warned not to get back into the waves for at least six months."

While Lawrence's body was recovering, it was his mind that he needed to keep at bay. Being out of the water for so long, he needed to find a way to stay connected to the ocean.

"Mind surfing is what really helped in my recovery. Visualizing being in the surf and riding waves kept my mind in tune. Because I work in the surfboard industry, I was still very involved in the sport, but the most important factor in my recovery was religiously going to physical therapy twice a week."



Stan Lawrence

Now back in the water, Lawrence spends his time giving back to the surfing community; a group with a special set of challenges that other island surfers don't often face.

"The Big Island isn't known for being a surf mecca like some of the other islands, but it does have some diamonds in the rough. The island is a baby in geologic time, so we don't have as many surf spots. But surfers have learned to share waves and surf with aloha and respect."

To give these surfers the opportunity to shine on a larger stage, Lawrence founded the Big Island Quiksilver-Big Island Toyota Surfing Trials competition, now in its 33rd year.

Though his years in the water may have brought on his shoulder injury, Lawrence is quick to credit his time in the ocean for maintaining his youthful spirit. He shows no sign of stopping any time soon.

"Surfing is one of the main reasons I still have a zest for life. At 69 years young, I really don't want to grow up. Because when you stop being a kid and stop playing and enjoying the things you love to do, you'll become old for sure." (5)



The Power of Talking Story

One HMSA Foundation grant study is measuring how much social networks influence health behaviors in a Native Hawaiian community.

BY TIFFANY HILL

ART BY GARRY ONO

ast food diets. More active online than in real life. These are common behaviors of many of the interns when they begin working at MA'O Organic Farms, located in Wai'anae on O'ahu's Leeward coast. After all, the interns range in age from 17 to 24 years old.

But after several months of working at the farm, a transformation takes place. Not only can they tell the difference between mizuna and arugula, they can harvest the greens—which means they're exercising more—and end up eating them regularly, too. But it's not just the students who work on the farm whose health behaviors transform.

"Over the years, MA'O has observed many attitudinal and behavioral changes that have helped our program to increase the health and well-being of not only the youth, but of their families and the community," says Kukui Maunakea-Forth, executive director of MA'O Organic Farms.

Established in 2001, MA'O includes a youth leader-ship training program where high school and college student interns learn how to grow and harvest produce on the farm's 24 acres while also learning entrepreneurial skills and Hawaiian values. Maunakea-Forth and her staff have seen firsthand the positive changes of those working on the farm and now, thanks to a grant from the HMSA Foundation, they can formally assess their observations.

Researchers from the University of Hawai'i at Mānoa will collect and analyze data from 36 participating MA'O interns over two years. The study seeks to measure the impact of how health behaviors spread from the interns to their family, friends, and community and beyond, via person-to-person social networks, particularly when it comes to obesity and diabetes, two conditions prevalent for Native Hawaiians.

"The study works as a domino effect in three layers," says Ruben Juarez, an associate professor and graduate chair of the University of Hawai'i economics department and the study's principal researcher. "We're studying the health impacts MA'O has on its interns, measuring the influence the intern's influence of healthy behaviors on their social networks—family, friends, close community members—and the effect of those social networks with their social networks."

The influence of social networks isn't a new phenomenon. Behaviors can be partially explained by

homophily, a term first coined by sociologists in the 1950s meaning love of the same, our inevitable tendencies to bond with those who are similar, such as people with shared tastes in lifestyle, hobbies, politics, religion, and even health choices. Previous research

has confirmed this, including a now-famous study published in *The New England Journal of Medicine* in 2007 that found that obesity was contagious in a Massachusetts community via social networks.

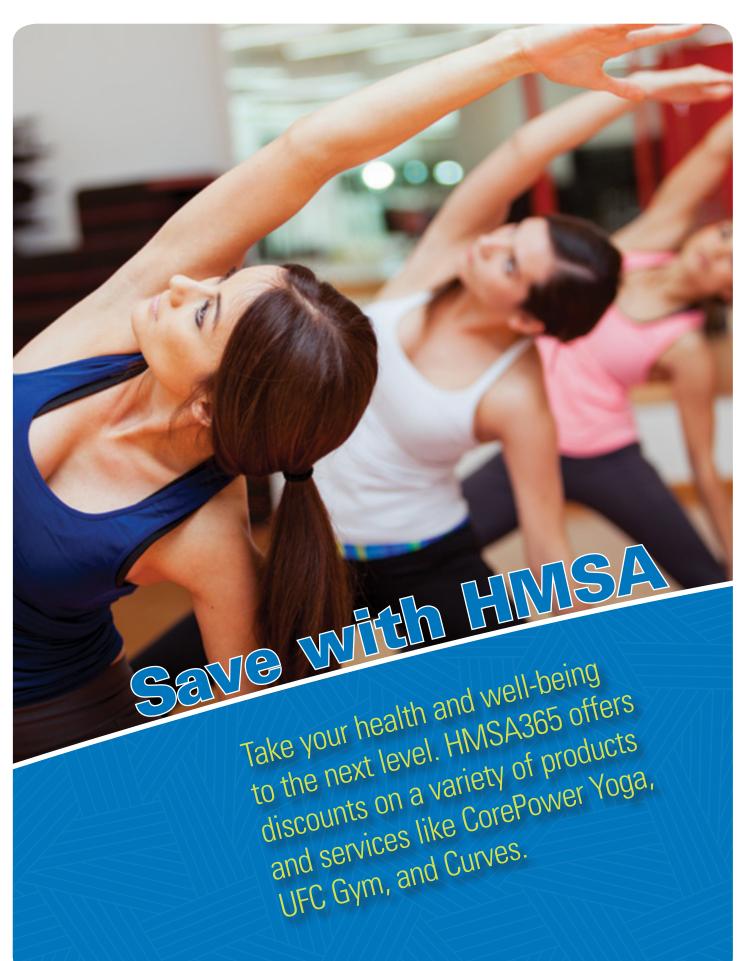
Participants in the MA'O study will be given a 90-question survey asking about eating habits, smoking, drinking, physical activity, mental health, access to health care, and their home and social life. "We're looking to measure how their friends affect them, like what they eat or what they do for fun, whether they drink or smoke or not," says Juarez. He adds that participants will also go through a physical exam, including having their BMI measured, blood pressure taken, glycemic control, and will be given a stool kit to analyze their gut microbiome composition.

"We're not changing anything that MA'O is doing. We're just evaluating," says Alika Maunakea, assistant professor at the UH John A. Burns School of Medicine. "MA'O feels strongly that by lifting up the youth and enabling them to succeed in education and job opportunities, that's how you can impact the larger community ... and that can extend to health, too."

In addition to gathering data from the participating students, Maunakea and Juarez will also work with MA'O to hold community events where the family and friends of the interns in the study will also be given the questionnaire. Juarez says they hope to enroll up to 350 participants in the study.

The results could be used a tool for other community organizations, says Juarez. "It will help us identify key notes of interaction and influence. We could be able to target individuals who are high risk in a population and have a lot of influence of others in their network and community." (5)

MA'O is Mala 'Ai 'Opio Community Food Systems Initiative. Visit their website at maoorganicfarms.org.





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35



looking for more

Dr. Brett Ferguson hopes to attract more health care professionals to Hawai'i Island.

By David Frickman

here's room for more medical specialists on Hawai'i Island. And there's a young doctor there who's putting out the call.

Pediatrician Brett Ferguson, M.D., an HMSA participating provider, opened his practice in Waimea and is looking to attract specialists from O'ahu as his practice grows. "I recently expanded to Kona," he says. "I've been trying to invite specialists and other ancillary staff to come and use the space. They can use it for free. I'd love to increase access for everyone."

Ferguson, who's also affiliated with North Hawai'i Community Hospital, says he targeted Kona because of a need for his specialty. "We're trying to provide access," he says.

Raised in Mason, Ohio, Ferguson attended the University of Michigan where he received two bachelor's degrees before earning his medical degree from the Michigan State University College of Human Medicine. He's had many opportunities to study and work in medically underserved areas in the rural U.S., Costa Rica, and the Bahamas, as well as places where finding a specialist wasn't a problem.

"I've been in areas like Detroit and Ann Arbor where I was tripping over subspecialists," he says. "Here, we have such a shortage of subspecialists that we often have to learn something on our own and get used to not always having that immediate backup."

Ferguson says he's already contacted health care professionals he's hoping to bring on board. "I'm in touch with a speech therapist and a pediatric occupational therapist."

And thanks to Ferguson, there's room for more.

©



It's 7 p.m. And though you heroically survived tripping over a tennis ball just three hours ago, your ankle has now swollen to the size of that ball. You have a choice: tough it out until tomorrow when you can call your primary care provider (PCP) or get sweet relief now. It might seem like a trip to the emergency room (ER) is your next play, but when it's not life-threatening, an urgent care facility may be the best way to go.

Just remember, you have options. Here's our guide on navigating your care choices.

PRIMARY CARE PROVIDER (PCP)

Benefits: Your PCP is your starting point for your health care. PCPs coordinate specialty care, track your progress, and follow up with you on your recovery. They know your health history and are familiar with any underlying conditions you may have. Even if you get treatment from an urgent care facility or the ER, keep your PCP updated on your health issues.

Know how to reach your PCP after hours. Your PCP may be able to help you over the phone.

When to go: Visit your PCP for:

- Regular checkups.
- Cold or flu.
- Tests or screenings.
- Earache.

- Mild sprains.
- · Vomiting, diarrhea, or stomach pain.



URGENT CARE FACILITY

Benefits: Urgent care centers are usually open after regular office hours, are staffed with physicians who specialize in acute illnesses and injuries, and often have shorter wait times than the ER. Plus, the average price tag of a visit to an urgent care facility is lower than a visit to the ER. Your out-of-pocket costs will depend on your plan.

How to find urgent care:

- · Go to hmsa.com.
- · Click Find a Doctor.
- Type "urgent care" in the search box and hit return.
- Use the filters to narrow the search results.

Tip: Find an urgent care facility in your area and make a note of it ahead of time. Keep the facility's phone number with other important numbers.

When to go: Visit an urgent care facility when you can't wait for your PCP or your PCP isn't available to treat non-life-threatening conditions like:

- Fever, flu, or a cold.
- · Bronchitis.
- Vomiting, diarrhea, or stomach pain.
- · Ear infections.
- Cuts that aren't deep, but may need stitches.
- · Urinary tract infections.
- · Animal or insect bites.
- · Moderate asthma.
- Minor back pain.
- X-rays and lab tests.

EMERGENCY ROOM

Benefits: Emergency rooms have the personnel and equipment to care for the most severe trauma and life-threatening medical conditions.

Tip: Use the emergency room only for true medical emergencies to save time and money.

When to go:

- Allergic reactions to food (rash, itchy or swollen throat, etc.).
- · Chest pains.
- Signs of stroke (slurred speech, severe headache, or weakness or numbness on one side of the body).
- · Sudden changes in vision.
- · Shooting pain in left arm.
- · Vomiting or bleeding that won't stop.
- · Severe shortness of breath.
- Deep cuts or wounds.
- Severe head injuries.
- Vaginal bleeding with pregnancy.
- · Seizures.
- Drug overdose.
- Unconsciousness.

OTHER CARE OPTIONS

HMSA's Online Care

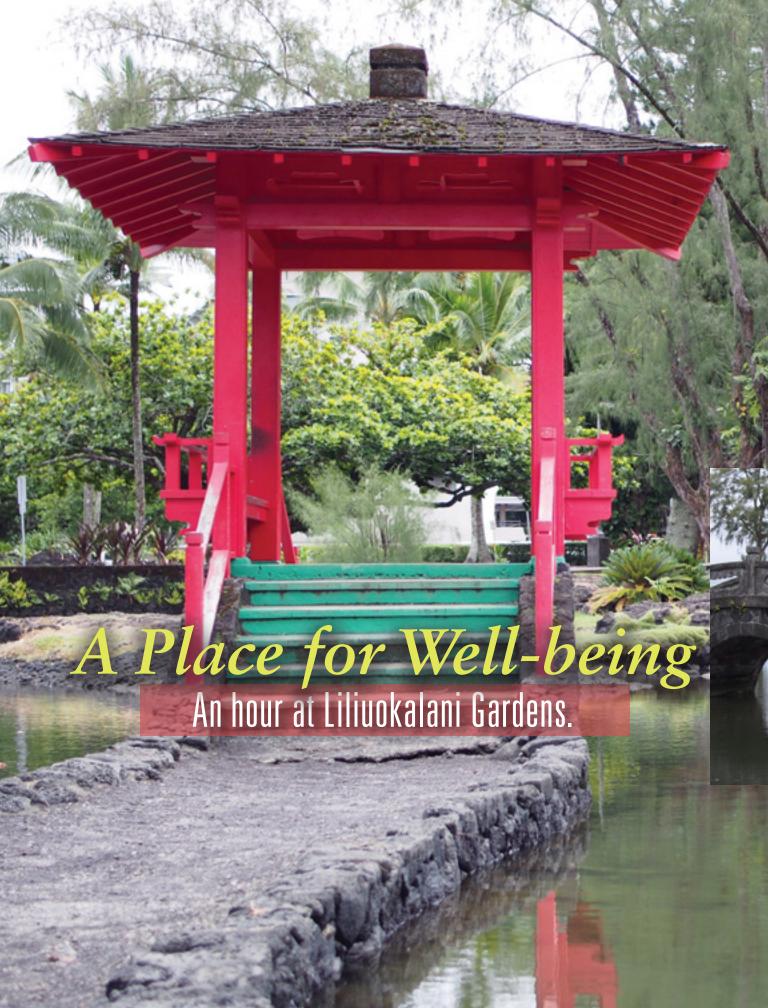
Have a question for a doctor or another health care provider? Check out HMSA's Online Care®. It's quick, easy, and secure. Consult with a medical professional 24 hours a day, seven days a week, from your home or on the go anywhere in Hawai'i. All you need is a computer, tablet, or smartphone and an Internet connection.

For more information, go to hmsaonlinecare.com. Register now, so you'll be ready to log in when you need it.

CVS/minuteclinic®

Located in six Longs Drugs stores on O'ahu, these mini clinics are open seven days a week and are staffed with nurse practitioners who participate with HMSA. They can diagnose and treat minor illnesses and injuries. (§





rowing up in Hilo, one of my favorite places to enjoy a takeout lunch was Liliuokalani Gardens. You could sit and look out into Hilo Bay or roll out your beach mat under the shade of a banyan tree. You could meet friends, enjoy quiet time, take a stroll, or go home for a nap after lunch. No matter what, it was always a relaxing time.

And it's no wonder - many of us simply feel better after spending time outdoors. Studies even show that a 90-minute walk through nature can positively affect your brain.

On a recent visit home, people were working on their well-being at the park. They were walking, jogging, biking, fishing, and enjoying time with others. Men who seemed like long-time friends were sitting on a wall, talking story and laughing.

There's a lot to see in the park. My mom and I spent an hour taking in the towering trees, vibrant flowers, tranquil bamboo grove, iconic bridges, and serene tea house.

Japanese influences are everywhere and several signs share more about the relationship between Hawai'i County and Japan. It was the park I remembered from when I was little, but seemed to have gotten better with time.

I was surprised to learn that one lap around the park is a little more

than half a mile. My parents walk the same route several times on Sundays with the Walk with a Doc program. They've been walking at the park for almost two years now. They told me that knowing the distance inspires them to do more.

In true Hilo fashion, it started to drizzle during our time at the park. But it didn't last long. As we made our way back to the car, the app on my smartphone said we each walked about 4,700 steps.

It was the perfect way to spend a Saturday morning together. (3)



ARTICLE AND PHOTOS BY LYNN SHIZUMURA

Important Information About Your Health Plan

HMSA doesn't discriminate

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

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

Services that HMSA provides

To better communicate with people who have disabilities or whose primary language isn't English, HMSA provides services at no cost when reasonable, such as:

- Language services and translations.
- Text relay services.
- Information written in other languages or formats.

If you need these services, please call 1 (800) 776-4672 toll-free. TTY 711.

How to file a discrimination-related grievance or complaint

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

- Phone: 1 (800) 776-4672 toll-free
- TTY: 711
- Email: Compliance Ethics@hmsa.com
- Fax: (808) 948-6414 on Oahu
- Mail: 818 Keeaumoku St., Honolulu, HI 96814

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, in any of the following ways:

- Online: ocrportal.hhs.gov/ocr/portal/lobby.jsf
- Phone: 1 (800) 368-1019 toll-free; TDD users, call 1 (800) 537-7697 toll-free
- Mail: U.S. Department of Health and Human Services, 200 Independence Ave. S.W., Room 509F, HHH Building, Washington, DC 20201

For complaint forms, please go to hhs.gov/ocr/office/file/index.html.

Federal law requires HMSA to provide you with this notice.



English: This notice has important information about your HMSA application or plan benefits. It may also include key dates. You may need to take action by certain dates to keep your health plan or to get help with costs.

If you or someone you're helping has questions about HMSA, you have the right to get this notice and other help in your language at no cost. To talk to an interpreter, please call 1 (800) 776-4672 toll-free. TTY 711.

Hawaiian: He 'ike ko'iko'i ko kēia ho'olaha pili i kou 'inikua a i 'ole palapala noi 'inikua HMSA. Aia paha he mau lā ko'iko'i ma kēia ho'olaha. Pono paha 'oe e hana i kekahi mea ma mua o kekahi lā no ka ho'omau i kou 'inikua a i 'ole ka 'imi kōkua me ka uku.

Inā he mau nīnau kou no HMSA, he kuleana ko mākou no ka hā'awi manuahi i kēia ho'olaha a me nā kōkua 'ē a'e ma kou 'ōlelo pono'ī. No ke kama'ilio me kekahi mea unuhi, e kelepona manuahi iā 1 (800) 776-4672. TTY 711.

Bisayan - Visayan: Kini nga pahibalo adunay importanteng impormasyon mahitungod sa imong aplikasyon sa HMSA o mga benepisyo sa plano. Mahimo sab nga aduna kini mga importanteng petsa. Mahimong kinahanglan kang magbuhat og aksyon sa mga partikular nga petsa aron mapabilin ang imong plano sa panglawas o aron mangayo og tabang sa mga gastos.

Kung ikaw o ang usa ka tawo nga imong gitabangan adunay mga pangutana mahitungod sa HMSA, aduna kay katungod nga kuhaon kini nga pahibalo ug ang uban pang tabang sa imong lengguwahe nga walay bayad. Aron makig-istorya sa usa ka tighubad, palihug tawag sa 1 (800) 776-4672 nga walay toll. TTY 711.

Chinese: 本通告包含關於您的 HMSA 申請或計劃福利的重要資訊。 也可能包含關鍵日期。 您可能需要在某確定日期前採取行動,以維持您的健康計劃或者獲取費用幫助。

如果您或您正在幫助的某人對 HMSA 存在疑問,您有權免費獲得以您母語表述的本通告及其他幫助。 如需與口譯員通話,請撥打免費電話 1 (800) 776-4672。TTY 711.

Ilocano: Daytoy a pakaammo ket naglaon iti napateg nga impormasion maipanggep iti aplikasionyo iti HMSA wenno kadagiti benepisioyo iti plano. Mabalin nga adda pay nairaman a petsa. Mabalin a masapulyo ti mangaramid iti addang agpatingga kadagiti partikular a petsa tapno agtalinaed kayo iti plano wenno makaala kayo iti tulong kadagiti gastos.

No addaan kayo wenno addaan ti maysa a tao a tultulonganyo iti saludsod maipanggep iti HMSA, karbenganyo a maala daytoy a pakaammo ken dadduma pay a tulong iti bukodyo a pagsasao nga awan ti bayadna. Tapno makapatang ti maysa a mangipatarus ti pagsasao, tumawag kay koma iti 1 (800) 776-4672 toll-free. TTY 711.

Japanese: 本通知書には、HMSAへの申請や医療給付に関する重要な情報や 日付が記載されています。 医療保険を利用したり、費用についてサポートを受けるには、本通知書に従って特定の日付に手続きしてください。

患者さん、または付き添いの方がHMSAについて質問がある場合は、母国語で無料で通知を受けとったり、他のサポートを受ける権利があります。 通訳を希望する場合は、ダイヤルフリー電話 1 (800) 776-4672 をご利用ください。TTY 711.

Laotian: ແຈ້ງການສະບັບນີ້ມີຂໍ້ມູນທີ່ສຳຄັນກ່ຽວກັບການສະມັກ HMSAຂອງທ່ານ ຫຼືແຜນຜົນປະໂຫຍດຈາກ HMSA. ອາດມີຂໍ້ມູນກ່ຽວກັບວັນທີທີ່ສຳຄັນ. ທ່ານອາດຕ້ອງໄດ້ດຳເນິນການໃນວັນທີໃດໜຶ່ງເພື່ອຮັກສາແຜນສຸຂະພາບຂອງທ່ານ ຫຼືຮັບການຊ່ວຍເຫຼືອຄ່າຮັກສາ.

ຖ້າຫາກທ່ານ ຫຼືຜູ້ທີ່ທ່ານຊ່ວຍເຫຼືອມີຄຳຖາມກ່ຽວກັບ HMSA, ທ່ານມີສິດທີ່ຈະໄດ້ຮັບແຈ້ງການສະບັບນີ້ ແລະການຊ່ວຍເຫຼືອອຶ່ນໆເປັນພາສາຂອງທ່ານໂດຍບໍ່ຕ້ອງເສຍ ຄ່າ. ເພື່ອໂທຫານາຍແປພາສາ, ກະລຸນາໂທໄປ 1 (800) 776-4672 ໂດຍບໍ່ເສຍຄ່າ. TTY 711.

Marshallese: Kojella in ej boktok jet melele ko reaurok kin application ak jipan ko jen HMSA bwilan ne am. Emaron bar kwalok jet raan ko reaurok bwe kwon jela. Komaron aikiuj kommane jet bunten ne ko mokta jen detlain ko aer bwe kwon jab tum jen health bwilan en am ak bok jipan kin wonaan takto.

Ne ewor kajjitok kin HMSA, jen kwe ak juon eo kwoj jipane, ewor am jimwe im maron nan am ba ren ukot kojjella in kab melele ko kin jipan ko jet nan kajin ne am ilo ejjelok wonaan. Bwe kwon kenono ippan juon ri-ukok, jouj im calle 1 (800) 776-4672 tollfree, enaj ejjelok wonaan. TTY 711.

Micronesian - Pohnpeian: Kisin likou en pakair wet audaudki ire kesempwal me pid sapwelimwomwi aplikasin en HMSA de koasoandihn sawas en kapai kan. E pil kak audaudki rahn me pahn kesemwpwal ieng komwi. Komw pahn kakete anahne wia kemwekid ni rahn akan me koasoandi kan pwe komwi en kak kolokol sawas en roson mwahu de pil ale pweinen sawas pwukat.

Ma komwi de emen aramas tohrohr me komw sewese ahniki kalelapak me pid duwen HMSA, komw ahniki pwuhng en ale pakair wet oh sawas teikan ni sapwelimwomwi mahsen ni soh isepe. Ma komw men mahsenieng souhn kawehwe, menlau eker telepohn 1 (800) 776-4672 ni soh isepe. TTY 711.

Korean: 이 통지서에는 HMSA 신청서 또는 보험 혜택에 대한 중요한 정보가 들어 있으며, 중요한 날짜가 포함되었을 수도 있습니다. 해당 건강보험을 그대로 유지하거나 보상비를 수령하려면 해당 기한 내에 조치를 취하셔야 합니다.

신청자 본인 또는 본인의 도움을 받는 누군가가 HMSA에 대해 궁금한 사항이 있으면 본 통지서를 받고 아무런 비용 부담 없이 모국어로 다른 도움을 받을 수 있습니다. 통역사를 이용하려면 수신자 부담 전화 1 (800) 776-4672번으로 연락해 주시기 바랍니다. TTY 711.

Samoan - Fa'asamoa: O lenei fa'aliga tāua e fa'atatau i lau tusi talosaga ma fa'amanuiaga 'e te ono agava'a ai, pe'ā fa'amanuiaina 'oe i le polokalame o le HMSA. E aofia ai fo'i i lalo o lenei fa'aliga ia aso tāua. E ono mana'omia 'oe e fa'atinoina ni galuega e fa'atonuina ai 'oe i totonu o le taimi fa'atulagaina, ina 'ia e agava'a ai pea mo fa'amanuiaga i le polokalame soifua maloloina 'ua fa'ata'atia po'o se fesoasoani fo'i mo le totogi'ina.

Afai e iai ni fesili e fa'atatau i le HMSA, e iai lou aiātatau e te talosaga ai e maua lenei fa'aliga i lau gagana e aunoa ma se totogi. A mana'omia le feasoasoani a se fa'aliliu 'upu, fa'amolemole fa'afeso'ota'i le numera 1 (800) 776-4672 e leai se totogi o lenei 'au'aunaga. TTY 711.

Spanish: Este aviso contiene información importante sobre su solicitud a HMSA o beneficios del plan. También puede incluir fechas clave. Pueda que tenga que tomar medidas antes de determinadas fechas a fin de mantener su plan de salud u obtener ayuda con los gastos.

Si usted o alguien a quien le preste ayuda tiene preguntas respecto a HMSA, usted tiene el derecho de recibir este aviso y otra ayuda en su idioma, sin ningún costo. Para hablar con un intérprete, llame al número gratuito 1 (800) 776-4672. TTY 711.

Tagalog: Ang abiso na ito ay naglalaman ng mahalagang impormasyon tungkol sa inyong aplikasyon sa HMSA o mga benepisyo sa plano. Maaari ding kasama dito ang mga petsa. Maaaring kailangan ninyong gumawa ng hakbang bago sumapit ang mga partikular na petsa upang mapanatili ninyo ang inyong planong pangkalusugan o makakuha ng tulong sa mga gastos.

Kung kayo o isang taong tinutulungan ninyo ay may mga tanong tungkol sa HMSA, may karapatan kayong makuha ang abiso na ito at iba pang tulong sa inyong wika nang walang bayad. Upang makipag-usap sa isang tagapagsalin ng wika, mangyaring tumawag sa 1 (800) 776-4672 toll-free. TTY 711.

Tongan - Fakatonga: Ko e fakatokanga mahu'inga eni fekau'aki mo ho'o kole ki he HMSA pe palani penefití. 'E malava ke hā ai ha ngaahi 'aho 'oku mahu'inga. 'E i ai e ngaahi 'aho pau 'e fiema'u ke ke fai e 'ū me'a 'uhiā ko ho'o palani mo'ui leleí pe ko ho'o ma'u ha tokoni fekau'aki mo e totongí.

Kapau 'oku 'i ai ha'o fehu'i pe ha fehu'i ha'a taha 'oku ke tokonia fekau'aki mo e HMSA, 'oku totonu ke ke ma'u e fakatokanga ko ení pe ha toe tokoni pē 'i ho'o lea fakafonuá ta'e totongi. Ke talanoa ki ha taha fakatonulea, kātaki tā ta'etotongi ki he 1 (800) 776-4672. TTY 711.

Trukese: Ei esinesin a kawor auchean porausen omw HMSA apilikeison me/ika omw kewe plan benefit. A pwan pachanong porausen ekoch ran mei auchea ngeni omw ei plan Ina epwe pwan auchea omw kopwe fori ekoch fofor me mwen ekei ran (mei pachanong) pwe omw health plan esap kouno, are/ika ren omw kopwe angei aninisin monien omw ei plan.

Ika a wor omw kapas eis usun HMSA, ka tongeni tungoren aninis, iwe ka pwan tongeni tungoren ar repwe ngonuk eche kapin ei taropwe mei translatini non kapasen fonuom, ese kamo. Ika ka mwochen kapas ngeni emon chon chiakku, kosemochen kopwe kori 1 (800) 776-4672, ese kamo. TTY 711.

Vietnamese: Thông báo này có thông tin quan trọng về đơn đăng ký HMSA hoặc phúc lợi chương trình của quý vị. Thông báo cũng có thể bao gồm những ngày quan trọng. Quý vị có thể cần hành động trước một số ngày để duy trì chương trình bảo hiểm sức khỏe của mình hoặc được giúp đỡ có tính phí.

Nếu quý vị hoặc người quý vị đang giúp đỡ có thắc mắc về HMSA, quý vị có quyền nhận thông báo này và trợ giúp khác bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, vui lòng gọi số miễn cước 1 (800) 776-4672. TTY 711.



teens in the house

What are the qualities of a healthy teen-parent relationship?

Edited by Marlene Nakamoto

our baby suddenly turned into a teenager. What does it take to have a healthy relationship with your teen? Moms In Hawaii members offer tips and encouragement.

It takes a lot of flexibility and understanding from parents and teens. We're all navigating uncharted waters and trying to figure things out. With my daughter, I realized that I had to ease up on telling her what to do and just let her figure things out for herself. However, when it came to safety issues like going out to meet friends or staying out late, I set ground rules that we both agree on. It's tough, but being patient and flexible really helps. | S.B.

It's important to set ground rules. There's room for negotiation depending on the circumstance, but clear rules keeps everyone on the same page. For example, letting us know where they are at all times is one rule. Doing chores and homework before going out is another. That way, there's no room for misunderstanding. | *Lyla W.*

Be available to them when they want to talk, even when it's inconvenient. I wish my parents did that for me. | Audrey Byrd

Trust and communication. | Anna T.J.

Listen to the little things or they'll think you won't care about listening to the big things. Little things may be big things to them. | Nohea Beauty Bar

Be interested in the things that are important to them even when you have no idea what they're talking about. | *Drmiciare*

Admit it if you don't have a healthy relationship with your teen, but never stop working at it.

Communication is the key with lots of understanding and forgiveness. | Chas Tadani

Even though social media provides transparency, I try to strike a balance between privacy and the life of an adolescent. I tell my daughter that I love her several times a day and ask her about her



day. We talk about cliques in school, situations that come up, and how she handles everything.

Open communication without judgment is important. If I want my daughter to come to me freely, then I know that I have to listen without judging.

When you have more than one child, make sure to have one-on-one time with each one to continue to bond and connect. I also try to be active in my kids' school events because that's how I learn about other kids who impact my child's life.

Our kids need to know we're always there for them, but without breathing down their neck and micro-managing them. They need to make their own decisions, but feel supported if they make the wrong ones and cheered on when they make the right ones. We need to not only show, but tell them how much we love them. Life gets so hectic that we sometimes forget to say those simple three words. I tell my kids constantly how much I love them and I kiss them so much that they've learned to just take it. But when I lie in bed at night, I rest easy knowing that I said and did all I could to show my children how much I love them. | Autumn M.

Moms In Hawaii connects, informs, and empowers Hawai'i's moms ... and they have a lot of fun, too! Visit their website at momsinhawaii.com.

What You Need to Know

ABOUT BREAST RECONSTRUCTION BENEFITS



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

This includes:

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

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

948-6079 on Oahu **1 (800) 776-4672** toll-free on the Neighbor Islands

1010-8765



Choosing Wisely:

Caregiving

Why limiting treatment and medications is sometimes best.

By Michelle Sullivan





aring for kūpuna always came naturally to Toby Smith, D.O., C.M.D., an HMSA participating provider. He has fond memories of spending holidays and vacations with his grandparents as a child and later visiting with them in nursing homes. These strong family connections made Smith's decision to go into geriatric medicine a natural one. Today, Smith is chief medical officer of SilverSage Physician Services and medical director/geriatrician at The Villas. His position is pivotal in helping patients and their caregivers make wise decisions.

When it comes to caregiving, the tests and screenings that patients undergo are just as important as those they skip. It's common for caregivers, especially family, to do everything possible for their loved one. But sometimes, the best thing for the patient is to do nothing. "Caregivers often think you have to run tests or do certain things to improve the quality of life," says Smith. "The misconception is that those tests and treatments will extend life and improve quality of life. And that's not always the truth."

Smith says it's important to consider the number of medications that elderly patients are taking and if other measures could be just as effective. Drug interactions can cause harmful side effects like fall risk, confusion, and memory loss in seniors. The American Board of Internal Medicine and Consumer Reports' Choosing Wisely initiative suggests physicians check elderly patient's medications at least twice a year and eliminate those that are no longer necessary.

In addition to medications, many tests and treatments that work well for younger patients can be an unnecessary discomfort for older ones. "Most patients who are older feel like they've lived a great life and they're ready

for whatever comes next," says Smith. "They aren't necessarily looking for the greatest or most decisive treatment. Most of them just want to be comfortable."

Whether it's medication management or taking care of a loved one at home, caregiving can be especially tough for families. In Hawai'i, we take care of our 'ohana. It's a value so ingrained in local culture that some families won't even consider nursing homes as an option. But Smith wants to remind families that nursing homes are often wonderful places. In fact, Hawai'i has the most top-rated nursing homes nationally. Considering nursing home care for a loved one is never easy, but it could be best for everyone.

"Caregivers have to take care of themselves first," says Smith. "If you're exhausted all the time, you can't do the things you used to enjoy, and you have no reprieve, that's not what's best for you or the person you're caring for."

If you decide to provide care for a loved one, Smith suggests setting clear expectations and boundaries. Discuss how much time you're willing to dedicate to care and what you're willing to do. Remember to look to the future and what may be required of you later.

§

For more information on caregiving, see the Ask HMSA article on page 46.

If you have questions about options for caregivers and their patients, these resources can help:

- Alzheimer's Association: alz.com
- Seniors Helping Seniors: seniorshelpingseniors.com
- Nursing Home Compare: medicare.gov/nursinghomecompare
- CareSift: caresift.com

caregiving: a community effort

Ease the stress of caring for your loved ones.

By Elizabeth Kane, Health Plan Specialist, HMSA Center @ Honolulu

aloha kekahi i kekahi is a Hawaiian proverb that means "to love one another." In Hawai'i, the value of loving one another, especially our family, is instilled in us at early age. As we go through life, many of us must start to care for someone close to us. Are you or someone you know caring for a loved one? Here at HMSA, we value caregivers in our community and would like to share some helpful tips.

If you're caring for an HMSA member, we highly recommend that the member designates you as an authorized representative. This allows you to act on the member's behalf and gives you access to confidential health information when it's necessary.

You and your loved one should complete an authorized representative form and mail it to us. Here's how to get a form:

- Go to hmsa.com and search for authorized representative form. Print it, complete it, and mail it to us.
- Visit an HMSA Center or office and we'll give you a form. (For locations and hours of operation, go to hmsa.com/contact.)
- Call us at 948-6079 on O'ahu or toll-free at 1 (800) 776-4672 on the Neighbor Islands and we'll send you a form.

As an authorized representative, you can call us and ask questions about your loved one's health plan benefits, claims, medications, and more. (On the form, members can indicate what information you may or may not access and for what length of time.) We'll be happy to answer your questions! Staying informed about your loved one's health can help you provide the best care possible.

After we process the form and you're confirmed as an authorized representative, be sure to register your loved one on My Account. Simply



go to our website at hmsa.com, click Member Login, and follow the instructions.

On My Account, you can access the *Guide* to *Benefits*, which contains details about health plan benefits (i.e., what the plan pays for and what it won't pay for). You can also see the Report to Member that summarizes the cost of doctor visits and services, how much HMSA paid, and how much you may owe. (The Report to Member isn't a bill.)

You can also see your loved one's medication information on My Account such as current medications, dosage, and expected copayment. To save time and money, sign up for mail-service prescriptions and get them delivered right to your mailbox at home.

While you're caring for a loved one, it's important to take care of your own health. Make time for yourself and get a massage or acupuncture or take a tai chi or ballroom dance class. If you're an HMSA member, you can get discounts on those services and classes with HMSA365. To see a list of participating businesses and vendors statewide, visit hmsa.com/hmsa365.

Knowing what resources are available to you as a caregiver can ease some of the stress you face. Caregiving is a community effort and we consider it a privilege to help you and your 'ohana with your health care needs.

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For more information on caregiving, see the Choosing Wisely article on page 45.

Questions about your health plan?

Our knowledgeable representatives are happy to help.



Visit them at an HMSA Center near you for information and support.



HMSA Center @ Honolulu

HMSA Building 818 Keeaumoku St. Monday through Friday • 8 a.m.-6 p.m. Saturday • 9 a.m.-2 p.m.

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 @ Hilo

Waiakea Center 303A E. Makaala St. Monday through Friday • 9 a.m.-7 p.m. Saturday • 9 a.m.-2 p.m.

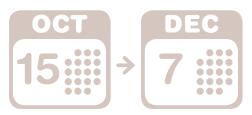


hmsa.com/contact

It's Time

Re-evaluate your Medicare Advantage health plan to fit your changing needs.

By Craig DeSilva



Times are changing and so is your health. That's why it's a good idea to make sure that the health plan you got when you enrolled in HMSA Akamai Advantage® still meets your needs today. It can help you stay healthy and save money.

Medicare open enrollment is **October 15 to December 7**. This is when you can switch to another HMSA Akamai Advantage plan. It's a good time to re-evaluate your health care needs and make any changes to your plan for 2018.



Laura has been an HMSA member most of her life. A lot has changed since she enrolled in HMSA Akamai Advantage 10 years ago:

That was then: **2007**

Retired at age 65.

Enjoyed relatively good health.

Saw her doctor only for annual checkups and when she occasionally caught a cold or the flu.

Laura chose a lower-premium HMSA Akamai
Advantage plan to save money. It was enough to help her
pay for medical expenses and give her financial security
in case of a serious illness or accident.

Age 75.

Recently diagnosed with pre-diabetes. She needs to see her doctor and get lab tests more often. This is now: **2017**

She needs medications to manage her blood sugar level and for high blood pressure.

She's planning to have surgery within a year to repair a knee injury that resulted from years of playing tennis. She'll need a hospital stay and rehabilitation.

Laura estimated higher out-of-pockets costs for the coming year because of her additional health care needs. She's switching to an HMSA Akamai Advantage plan with more benefits. Although she'll pay higher premiums, her out-of-pocket costs will be lower.

Laura isn't an actual member; for educational purposes only.

Questions about choosing a plan?

We'll guide you to a plan that's right for your health needs and budget.

Visit us. You'll get personalized service from a knowledgeable health plan specialist. No appointment needed! Visit hmsa.com/contact for an HMSA location near you.

Attend a free health insurance planning seminar. We'll tell you about enrollment deadlines, outline your health plan options, and answer any questions. For a schedule of seminars, visit hmsa.com/akamai.

Meet with a broker. For personalized service, you can meet with a licensed sales representative in your home or another location of your choice. To make an appointment, call 948-6402 on Oahu or 1 (800) 252-4137 toll-free on the Neighbor Islands.

Call us. Talk to a sales representative, 8 a.m. to 8 p.m., seven days a week. Call 948-6235 on Oahu or 1 (800) 693-4672 toll-free on the Neighbor Islands. For TTY, call 711.

If you're satisfied with your current HMSA Akamai Advantage plan, you won't have to do anything. You'll automatically be re-enrolled for 2018.



Your PCP: Your partner in health

A primary care provider (PCP) is an important part of your health plan.

What's a PCP? The first provider you should see for your health care. A PCP is someone you can trust who'll look over your health and well-being. The relationship with your PCP is a two-way street. Speak openly and honestly with your PCP about your health. It'll help you get better care and identify health issues early.

What does a PCP do?

Coordinate your health care.

Treat you for illnesses or injuries.

Provide preventive care.

Prescribe medication.

Order lab tests.

Refer you to specialists.

Who can be a PCP?

Internists.

Geriatricians.

Family and nurse practitioners.

How often should I see my PCP? At least once a year for an annual wellness visit.

Looking for a PCP? We can help.

Go to hmsa.com. Click Find a Doctor.

Make sure you select your plan by clicking

HMSA Akamai Advantage under Medicare.

Go to hmsa.com/advantage. Click Download

Provider Directory.

Call us Monday through Friday, 8 a.m. to 4 p.m.

- O'ahu: 948-6820
- Neighbor Islands: 1 (877) 304-4672 toll-free.
- For TTY, call 711.



Get Peace of Mind

Learn more about HMSA Akamai Advantage®.

Open Enrollment October 15 -December 7

Sign up for our **FREE** Medicare Advantage sales seminar.

Call 948-6402 on Oahu or 1 (800) 252-4137 toll-free on the Neighbor Islands, 8 a.m. to 8 p.m., seven days a week.

Seating is limited.

Choose a day, time, and location.

OAHU

Central Oahu Aiea Public Library 99-374 Pohai Pl.

6 p.m.

Tuesday, Oct. 17

Pearl City Library 1138 Waimano Home Rd. 10 a.m.

- Wednesday, Oct. 18
- Wednesday, Nov. 1

HMSA Center @ Pearl City 1132 Kuala St., Suite 400

9:30 a.m. or 1 p.m.

- Friday, Oct. 20
- Monday, Nov. 13
- Tuesday, Nov. 28

IHOP Restaurant Pearl City 96-1258 Kaahumanu St.

10:30 a.m.

- Tuesday, Oct. 24
- Monday, Nov. 13

Ruby Tuesday Restaurant Mililani

95-1249 Meheula Pkwy.

10:30 a.m.

- Friday, Oct. 27
- Thursday, Nov. 16
- Thursday, Nov. 30

Honolulu HMSA Center @ Honolulu 818 Keeaumoku St.

9:30 a.m. or 1 p.m.

- Monday, Oct. 9
- Monday, Oct. 16
- Wednesday, Oct. 18
- Tuesday, Oct. 24
- Thursday, Oct. 26
- Wednesday, Nov. 1
- Monday, Nov. 6
- Thursday, Nov. 9
- Wednesday, Nov. 15
- Monday, Nov. 20
- Thursday, Nov. 30

Hawaii Kai Public Library 249 Lunalilo Home Rd.

10 a.m.

- Tuesday, Oct. 17
- Tuesday, Nov. 7

Liliha Public Library 1515 Liliha St.

10:30 a.m.

- Wednesday, Oct. 18
- Wednesday, Nov. 22

11:30 a.m.

• Tuesday, Oct. 31

St. Louis Clubhouse 916 Coolidge St.

10 a.m.

- Monday, Oct. 30
- Monday, Nov. 27

Maple Garden Restaurant 909 Isenberg St.

10:30 a.m.

- Thursday, Oct. 19
- Wednesday, Nov. 8
- Tuesday, Nov. 28

Zippy's Makiki 1222 S. King St.

10 a.m.

- Monday, Oct. 23
- Wednesday, Nov. 15

Aina Haina Public Library 5246 Kalanianaole Hwy.

11 a.m.

• Saturday, Nov. 4

1 p.m.

- Thursday, Oct. 26
- Thursday, Nov. 16
- Thursday, Nov. 30

Happy Day Chinese Seafood Restaurant 3553 Waialae Ave.

10:30 a.m.

- Wednesday, Nov. 1
- Tuesday, Nov. 21
- Wednesday, Dec. 6

Leeward Oahu Makakilo Community Park92-1140 Makakilo Dr.

5 p.m.

Thursday, Oct. 19

If you qualify for or have a state, federal, or group-sponsored retiree 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.

Ewa Beach Library 91-950 North Rd.

11 a.m.

- Thursday, Oct. 26
- Thursday, Nov. 9

Waianae Public Library 85-625 Farrington Hwy.

10 a.m.

• Thursday, Nov. 2

Max's Restaurant 94-300 Farrington Hwy. 2 p.m.

- Monday, Nov. 6
- Thursday, Nov. 30

My Go Center 590 Farrington Hwy., #504 10 a.m.

Monday, Nov. 13

Windward Oahu Denny's Restaurant 45-480 Kaneohe Bay Dr.

10 a.m.

- Friday, Oct. 20
- Tuesday, Nov. 14

Waimanalo Public Library 41-1320 Kalanianaole Hwy. 10 a.m.

- Monday, Oct. 23
- Monday, Nov. 6

HAWAII ISLAND

Hilo Hawaii Japanese Center 751 Kanoelehua Ave.

Noon

- Monday, Oct. 2
- Monday, Oct. 9
- Monday, Oct. 16
- Monday, Oct. 23

Sangha Hall-Honpa Hongwanji Hilo Betsuin 398 Kilauea Ave.

10 a.m.

- Tuesday, Oct. 3
- Saturday, Oct. 14
- Sunday, Oct. 15
- Wednesday, Oct. 25
- Tuesday, Nov. 7
- Thursday, Nov. 16
- Monday, Nov. 27

HMSA Center @ Hilo 303A E. Makaala St.

9 a.m. or 1 p.m.

- Tuesday, Oct. 10
- Thursday, Nov. 2
- Tuesday, Nov. 28

Keaau

Keaau Public & School Library 16-571 Keeau Pahoa Rd.

10 a.m.

- Monday, Oct. 16
- Monday, Oct. 23
- Monday, Nov. 13

Kona West Hawaii Community Health Center 75-5751 Kuakini Hwy., #104

10 a.m.

- Monday, Oct. 2
- Friday, Oct. 27
- Monday, Nov. 6
- Friday, Nov. 17

HMSA Office 75-1029 Henry St., Suite 301 9 a.m. or 1 p.m.

- Thursday, Oct. 19
- Tuesday, Nov. 14

MAUI

HMSA Office 33 Lono Ave., Suite 350

9 a.m. or 1 p.m.

- Thursday, Oct. 26
- Wednesday, Nov. 8

KAUAI

HMSA Office 4366 Kukui Grove St., Suite 103

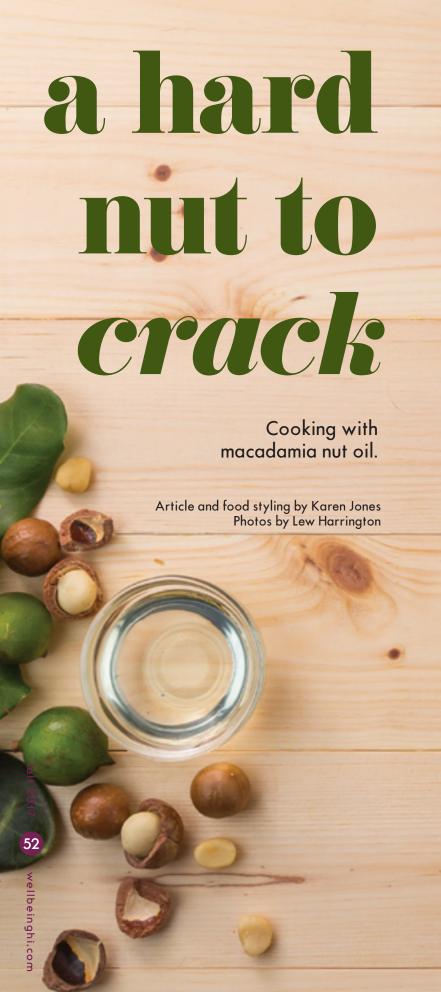
9 a.m. or 1 p.m.

- Tuesday, Oct. 31
- Monday, Nov. 20

More seminar dates at hmsa.com/advantage.

HMSA Akamai Advantage is a PPO plan and Essential Advantage is an HMO plan with a Medicare contract. Enrollment in HMSA Akamai Advantage and Essential 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. TTY users, call 711.





s a child, I was fortunate to live with my family on Kaua'i for a few years. Our kind and generous relatives often brought fresh produce from their yards. When they arrived with freshly picked macadamia nuts, it meant my siblings and I would have fun spending hours on the concrete lānai hammering away at the incredibly hard macadamia nut shells. Our goal was to extract the buttery, slightly sweet nuts inside with a minimal number of smashed fingers.

When our family moved to northern Alabama, we found that macadamia nuts of any type were nonexistent. We looked forward to our dad's return from Island business trips with his suitcase filled with local treats like canned macadamia nuts, or even better, the chocolate-covered ones.

These two types of macadamia nuts, along with a few cookie items, probably made up the majority of Hawai'i-grown macadamia nut products until the introduction of macadamia nut oil a few years ago. The clear, light amber oil is made in a similar manner to some olive oils.

Linda Watson of Ahualoa Farms in Honoka'a summarizes the process. "We use all locally grown nuts in a cold press, which helps retain nutrients. The oil settles for 30 days, then it gets filtered." The resulting oil is "good for you, high in antioxidants, monounsaturated fats, and beneficial fatty acids," says Watson, "and it has a delicious nutty flavor." A high smoke point makes macadamia nut oil ideal for "stir-fries or fish and shrimp dishes that require higher heat," she says.

The oil's rich mellow flavor makes it suitable for sweet and savory dishes. Try grilled or roasted vegetables tossed with a bit of macadamia nut oil or substitute it for butter in certain cookie recipes. Macadamia nut oil gives us flavor as well as health benefits ... without the use of hammers. Is





Bok Choy Zucchini Mushroom Stir-fry

12 oz. extra-firm tofu, drained

3 Tbsp. low-sodium shoyu

2 tsp. rice or sherry vinegar

½ cup vegetable broth or water

1/4 tsp. ground white pepper

2 tsp. Sriracha hot sauce (optional)

2 1/2 Tbsp. macadamia nut oil, divided

3 garlic cloves, minced

1-inch piece fresh ginger, peeled and minced

2 carrots, peeled and sliced diagonally % -inch thick

1 small zucchini, sliced diagonally 1/4-inch thick

12 oz. baby bok choy, 1-inch slices

6-8 fresh small shiitake mushrooms, stems removed

1 stalk green onion, chopped

2 Tbsp. chopped roasted macadamia nuts

Slice tofu ¾-inch thick and place on several layers of paper towels or a clean folded kitchen towel to drain. Slice into ¾-inch cubes and set aside.

In a small bowl, mix shoyu, vinegar, vegetable broth, white pepper, and Sriracha. Set aside.

Swirl 1 tablespoon macadamia nut oil in a hot skillet or wok over medium-high heat. Add tofu and stir-fry until slightly browned, remove and set aside. Add remaining oil to the pan, then stir-fry garlic and ginger for about 30 seconds. Add carrots and zucchini and stir-fry 1 minute. Add baby bok choy and mushrooms, toss to combine, and cook about 2 to 3 minutes. Stir in reserved shoyu/vinegar/broth and stir-fry 2 to 3 more minutes. Garnish with chopped green onion and macadamia nuts. Makes 6 servings.

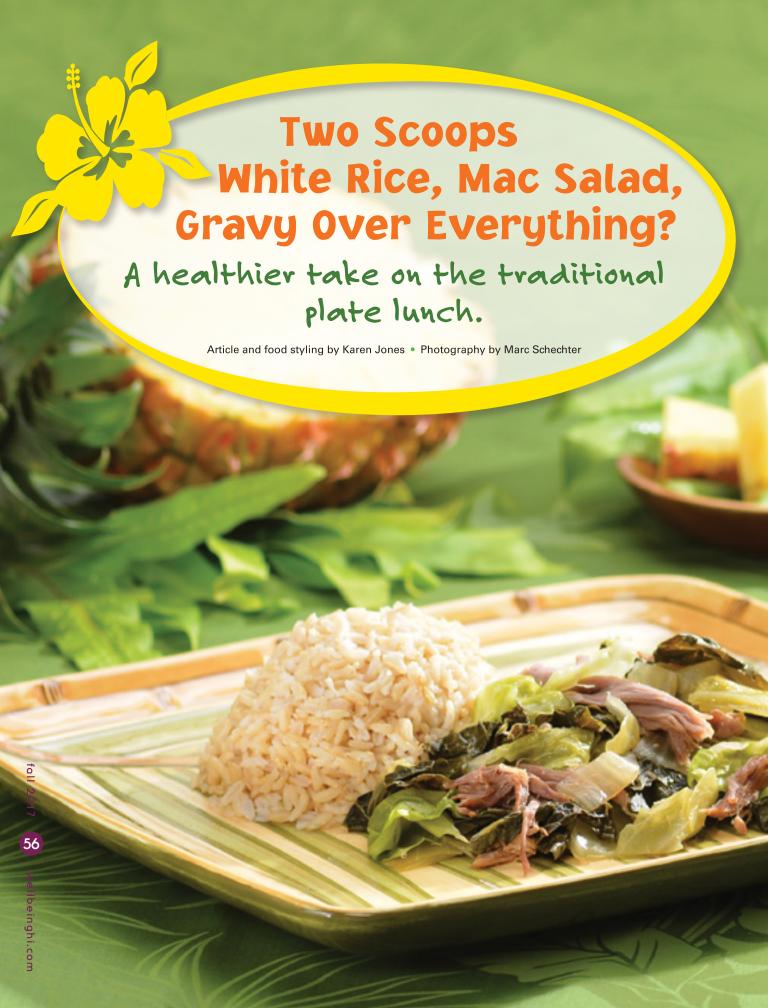
Per serving: Calories 150, protein 8 g, carbohydrates 9 g, total fat 1 g, saturated fat 1 g, sodium 420 mg, fiber 4 g, total sugar 3 g



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For more recipes, visit HMSA's Well-Being Hawaii blog at wellbeinghi.com.

wellbeinghi.com



hen I was in high school, my friends and I would settle in for another sunny day on the North Shore's warm golden sands. We'd play in the surf and sun ourselves until our growling stomachs told us it was time to head back to town.

Before the long drive home, we'd stop for plate lunches loaded with scoops of rice and macaroni salad, teri beef, fried chicken, and maybe Spam and hot dogs with gravy over everything. Nothing green was on those greasy plates, except maybe a cabbage garnish that we never ate. We washed everything down with sweet, syrupy fruit punch.

These days, I slather on sunblock before stepping out of the house. And I'm aware of the fat, sodium, fiber, and complex carbohydrates in my food and how they affect my health. That means enjoying plate lunches once in a while, maybe with teri chicken, a green salad, and one scoop of brown rice, no gravy.

In the kitchen, I've learned how to use classic plate lunch foods and flavors in new ways. Serve the cabbage with kalua pork with brown rice for a quick meal. The lower-fat hapa macaroni salad has carrots and cucumbers for color and texture. The chicken katsu has the taste and crunchiness we remember from high school days without all the fat. And you won't miss that fruit punch at all. is

Cabbade with Kalua Pork

Small head cabbage, core removed, thinly sliced

1 small yellow onion, sliced

8 oz. curly or lacinato kale, about 4-6 leaves, ribs removed, thinly sliced

2 tsp. low-sodium shoyu

½ tsp. salt

1 ½ cups water

12 oz. May's* kālua pork

Place cabbage, onion, kale, shoyu, and salt in a large pot. Add water. Bring to a boil, cover, and simmer 30 minutes, stirring occasionally. Add ½ cup more water, if desired. Add kālua pork and stir to combine. Cover and simmer 10 minutes more. Serve with brown rice. Makes 6 servings.

* May's brand kālua pork has less fat and sodium compared with other brands.

Per serving: Calories 60, protein 4 g, carbohydrates 12 g, total fat 1 g, saturated fat 3 g, cholesterol 50 mg, sodium 300 mg, fiber 5 g, total sugar 6 g

wellbeinghi.com

Chicken Katsu

3 large boneless, skinless chicken breasts, about 8 oz. each

3/4 cup all-purpose flour

2 Tbsp. cornstarch

1 tsp. salt

1/4 tsp. pepper

2 large eggs

3 Tbsp. water

1 ½ cups fine panko (Japanese breadcrumbs)

1 tsp. garlic powder

3 Tbsp. canola oil, divided

Shredded green cabbage

Slice chicken breasts horizontally to form two thin cutlets from each piece. Set aside.

Mix flour, cornstarch, salt, and pepper in a shallow dish. In another shallow dish, beat eggs with water. In a third dish, stir together panko breadcrumbs and garlic powder.

Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon canola oil. Dredge each chicken cutlet in the flour mixture on both sides and shake off excess. Dip into beaten eggs then in breadcrumbs. Fry in hot skillet 2-3 minutes per side or until golden brown. Repeat for each chicken cutlet adding 1 tablespoon oil as needed. Serve sliced cutlets on shredded cabbage with katsu sauce. Makes 6 servings.

Per serving: Calories 340, protein 31 g, carbohydrates 24 g, total fat 12 g, saturated fat 2 g, cholesterol 140 mg, sodium 510 mg, fiber 1 g, total sugar 1 g

Hapa Macaroni Salad

½ cup frozen shelled edamame

8 oz. elbow macaroni, cooked, drained, and cooled

8 oz. whole-wheat elbow macaroni, cooked,

drained, and cooled

1 medium carrot, peeled and coarsely grated

1 Japanese cucumber, quartered lengthwise,

thinly sliced

1/3 cup finely chopped green onion

1 tsp. salt

Black pepper to taste

1 ½ cups low-fat mayonnaise

Mixed greens

Following package directions, cook frozen edamame and cool completely. In a large bowl, gently combine macaroni, carrot, cucumber, green onion, and salt and pepper. Fold in low-fat mayonnaise and serve on a bed of mixed greens. Makes 10 servings.

Per serving: Calories 210, protein 7 g, carbohydrates 41 g, total fat 3 g, sodium 550 mg, fiber 3 g, total sugar 3 g

Katsu Sauce

½ cup ketchup

2 Tbsp. Worcestershire sauce

2 tsp. low-sodium shoyu

Stir all ingredients together until smooth.

Katsu sauce, per tablespoon: Calories 17, carbohydrates 4 g, sodium 190 mg, total sugar 3 g



Oops!

In our spring 2017 issue, we featured "Beyond Chinese Chicken Salad" with recipes from Karen Jones. Unfortunately, we left out 1/2 cup water in the list of ingredients for the Spicy Sweet Miso Dressing. I'm sorry that we missed this. Here's the entire corrected recipe.

-Marlene Nakamoto, Island Scene food editor

Charles Sant

Soba Tofu Spinach Salad

8 oz. baby spinach

4 oz. baby kale

4 oz. mung bean sprouts

1 small red bell pepper, julienned

1 small carrot, peeled and julienned

16 oz. soba, cooked and cooled

12 oz. firm tofu, drained and cut into 1-inch cubes

½ cup frozen shelled edamame, cooked and cooled

2 stalks green onion, chopped

½ tsp. black sesame seeds

Spicy Sweet Miso Dressing

½ cup white miso

2 Tbsp. vegetable oil

1 Tbsp. low-sodium shoyu

1 Tbsp. mirin

2 Tbsp. raw sugar

1-inch piece ginger root, peeled and minced

1/4 tsp. shichimi togarashi (Japanese spice mixture) or ground red pepper

½ cup water

Combine all ingredients and mix well.

Combine spinach, kale, bean sprouts, bell pepper, and carrot. Arrange on a serving platter or four salad plates. Drizzle with Spicy Sweet Miso Dressing. Top with remaining ingredients. Makes 4 servings.

Per serving: Calories 690, protein 32 g, carbohydrates 119 g, total fat 14 g, saturated fat 2 g, sodium 2,110 mg, fiber 11 g, total sugar 19 g

ARTICLE AND FOOD STYLING BY KAREN JONES
PHOTOGRAPHY BY LEW HARRINGTON

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wellbeinghi.com

EVENTS FOR OCTOBER THROUGH DECEMBER

WELL-BEING WORKSHOPS

Workshops are open to HMSA members at no cost. Nonmembers can attend if space is available.

Visit hmsa.com for the current workshop schedule or call 1 (855) 329-5461 toll-free to register.

Please register at least three days before the workshop.

Digestive Health - Your Ally in **Well-being**

Get tips for good stomach health.

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

Pearl City: 10/28 and 10/31, 10-11 a.m.

HMSA Center @ Pearl City

Goodbye Diet! Hello Health! 2!

Discover ways to eat well without reading nutrition labels.

Honolulu: 11/15, 12:30-1:30 p.m.

Kalihi YMCA

Līhu'e: 11/13, 5-6 p.m. Kuhio Medical Center

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

Meditation

Relieve stress and improve your emotional health.

Hilo: 10/21, 10-11 a.m. HMSA Center @ Hilo

Kailua-Kona: 11/18, 10-11 a.m. HMSA Kailua-Kona Office

Mind Your Muscles

Learn how to add strength training to your exercise routine.

Hilo: 10/12, 10-11 a.m. HMSA Center @ Hilo

Honolulu: 10/19, 9:30-10:30 a.m.

HMSA Center @ Honolulu

Kailua-Kona: 10/26, 10-11 a.m. HMSA Kailua-Kona Office

Līhu'e: 10/30, 5-6 p.m. Kuhio Medical Center

Pearl City: 10/14 and 10/23, 10-11 a.m. HMSA Center @ Pearl City

Music & Health: Christmas Special

Celebrate the holidays with music, laughter, and song.

Hilo: 12/2, 10-11 a.m. HMSA Center @ Hilo

Honolulu:

- 12/6, 12:30-1:30 p.m. Kalihi YMCA
- 12/8, 10-11 a.m. HMSA Center @ Honolulu
- 12/16, 10-11 a.m. Kaimuki Plaza, Kaimana Room

Mililani: 12/12, 12:30-1:30 p.m.

Mililani YMCA

Pearl City: 12/7 and 12/9. 10-11 a.m. HMSA Center @ Pearl City

Re|Think

Improve your outlook on life and reap the well-being benefits.

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

Honolulu: 10/13, 10-11 a.m. HMSA Center @ Honolulu

Season's Eatings

Use these smart eating strategies during the holidays.

Hilo: 12/7, 10-11 a.m. HMSA Center @ Hilo

Honolulu: 12/5, 9:30-10:30 a.m. HMSA Center @ Honolulu

Pearl City: 12/2 and 12/14, 10-11 a.m. HMSA Center @ Pearl City

Successful Aging Begins with You

Make the most of your health and well-being as you age.

Mililani: 11/14, 12:30-1:30 p.m.

Mililani YMCA

Sweet Dreams: The Benefits of Sleep

Find out how much sleep you need and learn how to sleep restfully.

Hilo: 11/18, 10-11 a.m. HMSA Center @ Hilo

Honolulu: 11/14, 9:30-10:30 a.m. HMSA Center @ Honolulu

Kailua-Kona: 11/7, 10-11 a.m. HMSA Kailua-Kona Office

Līhu'e: 12/11, 5-6 p.m. Kuhio Medical Center

Pearl City: 11/4 and 11/28, 10-11 a.m. HMSA Center @ Pearl City

What Are Calories?

Learn how calories affect your diet and health.

Honolulu: 10/18, 12:30-1:30 p.m. Kalihi YMCA

COMMUNITY ACTIVITIES

Activities are free to the public unless otherwise noted and are subject to change.

Please contact the event sponsor for more information.

Hawaii Prostate Cancer Support Group

This free support group provides men and their families on Hawai'i Island and O'ahu with information, materials, and support to help them make informed decisions about prostate cancer treatment. hawaiiprostatecancer.org.

HAWAI'I ISLAND

10/10, 11/14, 12/12 **Stroke Support Group**

Forum for stroke survivors and their caregivers, family members, and friends. 4-5 p.m., Hilo Medical Center. 932-3049.

10/20

Akamai Living Fair, Hilo

Information, booths, and healthy activities for East Hawai'i residents. 9:30 a.m.-12:30 p.m., Edith Kanaka'ole Tennis Stadium.



10/21, 11/18, 12/16 Big Island Ostomy Group

Open to ostomates, pre-ostomy patients, caregivers, medical professionals, and the public. 11:30 a.m., Hilo Medical Center cafeteria. 339-7640.

11/3

Akamai Living Fair, Kailua-Kona

Information, booths, and healthy activities for West Hawai'i residents. 9:30 a.m.-12:30 p.m., West Hawaii Civic Center.

11/7

SAFEtalk: Suicide Alertness For Everyone

Learn how to identify and help people who may be at risk of suicide. 10 a.m.-2:30 p.m., Hilo Medical Center. Registration is required. 896-0423.

Every Sunday Walk with a Doc

Walk includes a brief warm-up/stretch and an informative talk from a community doctor or medical student. 8 a.m., Lili'uokalani Gardens. Meets rain or shine. wwadbigisland.org.

KAUAʻI

10/21, 11/18, 12/16 Walk Around the Block with a Doc

Walk around the Wilcox Medical Center campus with a physician and other walkers, then enjoy a healthy breakfast and talk about a health topic. 7 a.m., Wilcox Medical Center. Registration is required. 245-1198.

MAUI

10/20, 11/17, 12/15 Makawao Town Party

Enjoy music, art, food, and live entertainment. 6 p.m., Baldwin Avenue. mauifridays.com.

O'AHU

10/5, 11/2, 12/7 Diabetes Support Group for Adults

Support for adults with prediabetes and diabetes. 1-2:30 p.m., American Diabetes Association. 947-5979.

10/10, 11/14, 12/12 COPD Support Group

Support and information on medication, breathing techniques, exercise, and more. 10 a.m.-noon, Pali Momi Women's Center at Pearlridge. hawaiicopd.org.

10/13, 11/10, 12/8 Kardiac Kids Support Group

Education, encouragement, and support for families with children who have congenital heart defects. 6:30-9 p.m., Kapiolani Medical Center. Jullie Passos, 227-4558.

10/21

American Cancer Society Making Strides Against Breast Cancer Walk

Three-mile walk supports breast cancer awareness and honors those who have been affected by breast cancer. 6 a.m., Ke'ehi Lagoon Beach Park. Register by October 21 at makingstrideswalk.org/hawaii.

10/29

Hawai'i Pacific Health Kids Fest

Children and their families can learn about the benefits of healthy and active lifestyles. The event features health information and activities, free snacks, and health-related giveaways. Children ages 4 to 12 can enter to win a bicycle and helmet. 10 a.m.-2 p.m., Bishop Museum. hawaiipacifichealth.org.

11/4

Getting a Grip on Arthritis

Physicians from Hawai'i Pacific Health will provide information about treatment and management of arthritis and other orthopedic conditions. 8:30 a.m.-noon, Ala Moana Hotel. Registration is required at hawaiipacifichealth.org.

Every Friday

Farmers Market at HMSA

Fresh island-grown produce and ready-to-eat local food. 11 a.m.-2 p.m., HMSA Center @ Honolulu. 948-6521.

Mommy & Me Hui

Learn about breastfeeding and connect with new mothers. 11:15 a.m.-12:30 p.m., Castle Medical Center. 263-5400.

Every Saturday

• Walk with a Doc O'ahu

Walk includes a brief warm-up/ stretch and a health tip from a community doctor. 8 a.m., Patsy T. Mink Central Oahu Regional Park near the tennis courts. New participants are asked to arrive by 7:45 a.m. walkwithadoc.org.

Counseling and Support at Castle Wellness Center

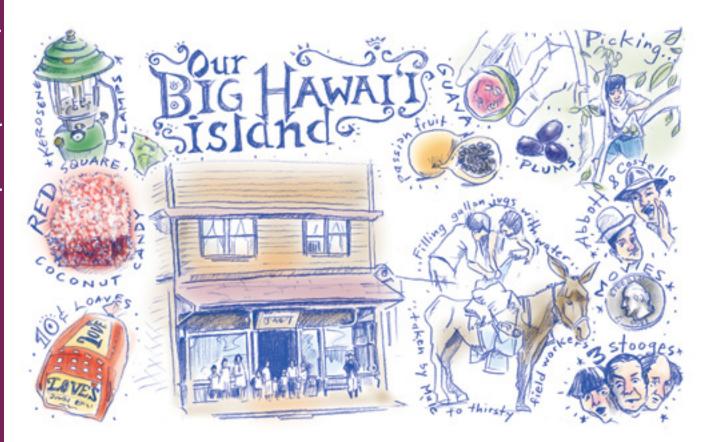
Quit smoking with counseling and group support. Call 263-5050 to learn more.

Health & Education at The Queen's Medical Center

- Lymphedema/Breast Cancer Clinic: Learn exercises to prevent lymphedema (swelling of the arms). First and third Thursdays, 1:30-2:30 p.m. 691-7633.
- Mammogram and Cervical Cancer Screening: Free for women ages 50-64, 691-7726.

To submit information for this calendar, please email 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.



GARRY ONC

GROWING UP IN 'O'OKALA

I grew up in the quiet sugar plantation community of 'Ō'ōkala in the 1920s and '30s.

My parents, who emigrated from Korea, my older brother and sister, and I lived in a small two-bedroom house behind the plantation store. The store sold kerosene lamps, 10-cent loaves of Love's bread, and my favorite treat: red, square-shaped coconut candy. The owners of the store knew everyone in the neighborhood, so purchases were billed monthly. Our community of Japanese, Chinese, Hawaiian, Portuguese, Filipino, and Korean plantation workers was known as "store camp" because it was near the store.

We spent summer breaks and Saturdays helping in the sugar fields. We filled gallon jugs with water and took them by mule to thirsty field workers. I went swimming with friends in a pond and picked and ate guava, passion fruit, and plums that grew wild. Another treat was going to the no-frills 'Ō'ōkala theater (only 200 feet from home!) to watch Westerns,

Three Stooges, and Abbott and Costello movies. The theater didn't sell any candy or popcorn, but it cost only 25 cents to see a movie.

We were a tight-knit community where everyone knew each other. Life was simple and moved at a much slower pace. Sometimes I miss those childhood days in 'Ō'ōkala.

> Robert Y.S. Kim Honolulu, Oʻahu

HOSHIDANA LIVING

I was born in Kona in the 1950s. We lived in a house in Kealakekua that was also used to process coffee. On the second floor, a narrow 2-foot walkway was attached to a platform just below the roof of the living guarters. This was where the picked coffee was washed and the skin removed in the hoshidana (processing unit). It was loud and looked like a factory with the wheels turning.



The skins were thrown into a gulley and were very smelly and stinky. There was a big scale and I remember a tub twice the size of a furo (Japanese bathtub) filled with beans. The washed beans were dried on a platform just under the roof, which was on casters so it could be pushed back onto a frame when it was sunny or wheeled back into place when it rained.

Between the kitchen and the living room was the warehouse full of bags, string, and office supplies. When I was in elementary school, my parents renovated the house. Now, only the hoshidana still stands.

Joy K. Hirano Kealakekua, Hawai'i Island

WAY UP NORTH

Growing up in Kohala with my grandparents, aunty, uncle, and cousins, we'd wake up early in the morning and look for doves on the trees or set up mongoose traps. If we caught doves, we'd sell them to our neighbors. Right away, we'd go to Naito Store to buy candies.

On weekends, we'd go to Kawaihae Beach, have lunch, then stop at the corner store where they had monkeys in cages.

We'd play at the old Union sugar mill. Our bathroom was an outhouse and we took a bath in pākini (extra-large buckets). We would go to the landfill to dump our rubbish. My grandparents had a '57 Chevy, which didn't really matter to me at the time because just being with them made everything all right.

Staying with my other grandpa in Kalapana was awesome, too. We went to Queen's Bath every day on our horses. If we got hungry, we'd pick guavas, mangoes, and lilikoi to eat. When we got home, Grandpa always had poi or 'ulu poi ready to eat with our dinner.

My grandparents spoke Hawaiian and knew just a little English. Although I understood Hawaiian, I couldn't speak much of it.

> Dolores "Nani" Kahoano Waipahu, Oʻahu

DAYS OF MY YOUTH IN HONOMŪ

Honomū along the Hāmākua Coast was the best plantation town to grow up in during the '50s to '70s. We first lived in Camp 28, close to 'Akaka Falls, where I met my future wife, Mona Lisa, when her parents would go to the chicken fights there. When our school bus, which was an old bus' up car driven by Stella or Antonio Aguinaldo, was running, we could get a ride to Honomū School for a nickel. We had to climb in the back door window because the door was broken. Sometimes, we would walk down the cane field roads to and from school when the bus stay broke.

Later, we moved into town by Shiroma Dairy. We'd walk to Ishigo Bakery, stop and watch Mr. Ishigo deep fry his long johns in a huge wok over a wood-burning fire, take them inside the bakery, pump them full of custard, then roll them in sugar. That was our 5-cent breakfast before we continued to school.

There was a theater owned by the Tanimotos, a barber named Nicolas, and a pool hall run by another Tanimoto family member. Kayumangi Store was our Walmart. Jan's Store was our snack shop. There were two gas stations. The rivers, ponds, and shoreline like Church Gulch, Cement Pond, Rubbahdullah, Light House, Skeleton Pond, Takatoi, Kolekole, 23 Flats, and Palau was our playground and source for fish, 'opihi, 'ōpae, guavas, mangoes, bamboo shoots, warabi, and much more. The beautiful days of my youth.

Dennis T. Gonzales Pepe'ekeo, Hawai'i Island

For another story about Honomū, visit our blog at wellbeinghawaii.com and search for "Honomu."

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 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.

running my heart out

A long and emotional weekend.

By Kimberly Click

t was a long weekend for us. We hosted two Japanese exchange students who we picked up on Friday from Hongwanji Mission School

with our son, 'Aukai Young. They stayed at our place for two nights and we returned them to school Sunday afternoon.

On Friday evening, my significant other took the exchange students and our son to the UH men's volleyball game with other host families. Fun was had by all.

Saturday morning, we met the other families at Ala Moana Shopping Center, ate lunch together, and went to Ala Moana Beach Park. The kids stayed in the water for over two hours. My son, despite having been in Japanese language classes since kindergarten, is unable to say much of anything. Most of his "Japanese" consists of placing odd accents on English words. It's amusing, but not that helpful.

On Sunday morning, I left early to run the Hawai'i Pacific Health Women's 10K. I love this race. The bonus is that my boot camp coach, KC, is the race coordinator. At the beginning of the race, KC stood on a very tall ladder to address the runners. She even teared up a little. I like to think that it's because these events are sort of like her children and she loves them. And she's put so much of her heart in them. You can feel it when she talks.

A friend and I did the race together and we thought it was the first time we remembered it raining during this race. And rain it did. My poor running shoes had just dried out from volunteering at a 5K on Wednesday. As we waited at the start line that morning, everyone was pretty much soaked through. At least it wasn't overly humid.

I ran like I always run. I could be a better runner if I actually trained, but I don't. I finished the course in just under one hour, coming in 13th



From left, Japanese exchange students Hayato Oshiro and Keiji Yamato with 'Aukai Young.

out of 127 in my age group. That made me feel pretty good about myself.

After the race, we took our students to Bishop Museum and then to Zippy's for lunch before dropping them off at school.

I can't lie. I was glad our hosting was over. It was a lot. I felt the weight of being responsible for someone else's kids. They didn't drown. They weren't sunburned. They were well fed.

Having strangers in your house makes you do things differently. Like not relaxing in your underwear or leaving the bathroom door open. It's nice to feel more relaxed at home.

And now it's a new day. My running shoes are super stinky from being soaked through again. The borrowed sheets are clean. I'm happy with my race results. And I'm sad that another one of my friends is leaving Hawai'i – KC, my favorite boot camp instructor and race director extraordinaire.

I've come full circle with people leaving. It used to be that people left because they were young and were here temporarily for jobs or school or the military or on a whim. I stayed. Now, people are leaving because they're older and they're far from their families and their parents are older or sick.

The leaving makes me sad in my heart. And it makes me wonder. The small voice that questions staying and fears going. All I can say is that getting older is definitely not for the weak. And I hope I can be strong. §



Please dream a pleasant dream for me

Hush now don't you cry

The breezes sing a sweet, sweet,

sweet Waimea lullaby

~ Patrick Downes

wellbeinghi.com



