

island scene

well-being, family, and fun for **HMSA** members | spring **2017** | wellbeinghi.com

Maui Taro Farmer Hōkūao Pellegrino

Keeping culture alive
in agriculture.

Q&A with HMSA
President Michael Stollar

New Blue Zones Communities

Maui Onion Recipes





Kula, Maui.

Ka pouhana.

The main post.

*The person on whom others depend for leadership, guidance,
and help – the mainstay of the family or group.*

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

aloha members

C hange. It's about the only thing we can rely on to remain constant. Every day, there are new developments in technology, government policy, or legislation that rapidly and profoundly change just about everything in health care.

There's one thing that hasn't changed: HMSA's commitment to serving the people of Hawai'i. Everything we do – every decision we make, every relationship we have, and every project we support – focuses on making sure that families have access to quality, affordable health care. It's who we are and what we do.



Anyone who lives here knows that Hawai'i's strength comes from our sense of being connected to each other. That sense of caring about your neighbor or co-worker was one of the driving forces that led to the Hawai'i Prepaid Health Care Act more than 40 years ago.

To this day, people in the islands depend on the prepaid law for access to care. With all the changes happening at the federal level, it's especially important that we protect this law to make sure that our families, friends, and neighbors continue to have that same level of access to care.

As Hawai'i's leading health plan, we value local solutions like the prepaid law. That's why we're always looking for solutions at the state and community levels such as:

- Payment transformation, which gives physicians the freedom to interact with their patients on their terms.
- HMSA's Online Care[®], which connects health care providers to people in rural areas like Ka'u on Hawai'i Island.
- Blue Zones Project[®], which motivates communities to build healthier schools, businesses, and neighborhoods.

While change is both inevitable and necessary, HMSA is here to make sure that the solutions that are good for Hawai'i are here to stay.

Sincerely,

A handwritten signature in black ink that reads "Michael A. Gold".

Michael A. Gold
Chief Executive Officer

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celebrating the neighbor islands

This quarter, we're kicking off a series of issues featuring the Neighbor Islands, starting with Maui. It's been fun and interesting to spotlight Maui County and to learn more about Maui, Moloka'i, and Lāna'i.

Photographer Tony Novak-Clifford has been documenting the closing of Hawai'i's last sugar plantation on Maui. We're fortunate to share some of his work from that milestone event starting on page 38.

Other Maui County features include:

- Farming on Maui, featuring Noho'ana Farm (page 24).
- Recipes featuring world-famous Maui onions (page 52).
- Emmett Aluli, M.D., a primary care provider on Moloka'i who was one of the first native Hawaiians to graduate from the UH medical school (page 29).
- Imua Family Services in Kahului (page 64).
- Tips on managing stress by Jennifer Polito of the Lāna'i Community Health Center (page 43).
- I Remember When stories about Maui (page 62).
- HMSA's Maui staff that's available to help members throughout Maui County (page 17).

Watch for issues spotlighting Kaua'i and the Big Island later this year. Please email me at feedback@islandscene.com if you have ideas for articles on these islands or other topics. We'll continue to feature the Neighbor Islands in these pages from now on. What's your favorite island? Tell us what makes it special to you.

I hope you enjoy this issue on Maui County as you celebrate spring and May Day.

Best,



Lisa Maneki Baxa
Publisher and Editor



Maui, the Valley Isle.

TONY NOVAK-CLIFFORD

island scene

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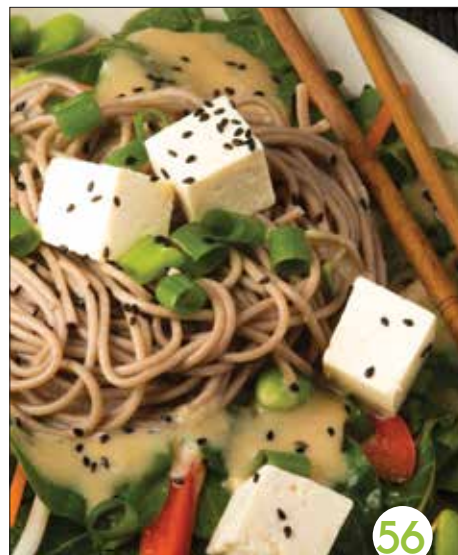
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COVER: Hōkūao Pellegrino of Noho'ana Farm on Maui. Story on page 24. Photo by Tony Novak-Clifford.



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thousands of physicians

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hmsa.com/eutf

By Christa Hester and Lynn Shizumura

> *SCORE mentors help local businesses*

After 45 years of experience in the hospitality industry, Jochen Moskopp returned to Honolulu to retire in 2010. But he didn't want to settle down. To keep himself busy and share what he's learned during a successful career at hotels in Hawai'i, on the Mainland, and in Asia, he turned his attention to mentoring others through an organization called SCORE Hawaii.

SCORE Hawaii is the local chapter of SCORE, a national nonprofit that connects businesses and entrepreneurs with volunteer mentors like Moskopp or Raymond Riss, a former marketing executive for Hawaiian Natural Water Company and Mauna Loa Macadamia Nut Corporation who now runs his own consulting business.



Chi Le (left) with SCORE Hawaii representatives Jean Jeremiah and John Schuyler.

SCORE mentors provide free and confidential counseling to those looking to start, grow, and in some cases, successfully close a business. SCORE also offers low-cost workshops on start-up basics, business plans, accounting, marketing, and how to avoid common business mistakes. Many of the mentors are retired or semi-retired like Moskopp and Riss, but others like Chi Le, a web product manager at HMSA, work full-time and lend a hand when they can.

Since SCORE relies on volunteers, long-time mentors encourage experienced professionals to help. They say that mentorship has many benefits such as connecting to the local business community, growing professionally and personally, and gaining satisfaction from contributing to the success of others.

"At the end of the day, it's a feather in my cap if I was able to help," Moskopp says. "It feels good to say, 'Wow, I was a part of it.' I don't want anything else."

SCORE is supported by the U.S. Small Business Administration and has more than 300 offices nationwide. To find a mentor or learn about volunteer opportunities in Hawai'i, go to hawaii.score.org.

> *Maui Friday Town Parties*

Looking for some fun on a Friday night? If you're in Maui County, there's always a party going on!

Each week, a different historic town hosts a block party – Wailuku, Lahaina, Makawao, Kihei, and the island of Lāna'i. The Maui County Office of Economic Development sponsors the parties to strengthen communities and support local businesses.

HMSA is honored to sponsor the third Friday parties in Makawao through October 2017. Join us to enjoy live music, eat delicious food, and meet local artisans and discover businesses.

Learn more at mauifridays.com.





> *Celebrating our kūpuna*

Every May, we celebrate the accomplishments and contributions of our kūpuna during Older Americans Month. Older Americans Month was established in 1963, when only 17 million Americans had reached their 65th year.

Join us in celebrating our kūpuna with this year's theme, "Age Out Loud." The theme highlights the powerful voice of older Americans who are focusing more than ever on independence, advocating for themselves, and striving for better well-being. As our older population continues to grow, it's important to listen to, learn from, and support them as they redefine aging at work, at home, and in the community.

The Policy Advisory Board for Elder Affairs (PABEA) works with the Executive Office on Aging (EOA) on issues of aging and family caregiving. Every year, PABEA hosts a lunch honoring some of our state's most extraordinary kūpuna. Two older Americans from each county will be awarded a Hawaii state medallion. This year's celebration is on Friday, June 2, at 15 Craigsides on O'ahu.

To learn more about Older Americans Month, go to oam.acl.gov or call the EOA at 586-0100 on O'ahu.



> *Lay off the latex*

Did you know that latex allergy is one of the top anaphylactic allergies? This deadly allergy affects up to 6 percent of the general population. Because latex is found in many common items, such as gloves, clothes, and bandages, it can be difficult for allergy sufferers to avoid.

"There's no cure for latex allergy," says Marsha Smith and Sue Lockwood, co-founders of the American Latex Allergy Association (ALAA). "Latex-allergic individuals must depend on avoidance, awareness, and education. We must continue to be vigilant."

That's why Gov. David Ige recently signed SB911 Act 180 into law, prohibiting personnel from using latex gloves when working in food establishments, providing ambulance or emergency medical services, and – with limited exceptions – working in dental or health care facilities.

For people with a latex allergy, this means safer services and fewer close calls.

Latex Allergy Awareness Week in October also helps educate and empower the public to create safe health care and community environments. Maui Memorial Medical Center kicked off Latex Allergy Awareness Week in 2016 with the Maui County K-12 Art Contest. The winners, Jermaine Matela (first place) and Carmen Villaverde (second place), received certificates of recognition signed by Ige.

To learn more about latex allergy, go to latexallergyresources.org.



First-place winner Jermaine Matela's latex allergy-inspired artwork.



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Monday through Friday • 9 a.m.-7 p.m.

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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

wonderful wizard, Dr. Oz

For Dr. Mehmet Oz, good health isn't magic.

By Craig DeSilva

Dr. Oz believes that you don't have to spend hours at the gym to be healthy. The New York heart surgeon and host of the Emmy-award winning *The Dr. Oz Show* is also one of the founders of Sharecare, a leader in health and technology. Oz says that you can achieve fitness in the first seven minutes of your day.

"Looking at the data on physical activity and longevity, the amount of activity is far less important than doing any activity," says Oz, whose TV show is seen by about 4 million viewers a day nationwide. "A half hour of activity a day is ideal. Anything longer than that, you won't necessarily live longer. But you might feel better."

Oz starts his day with a seven-minute "I don't have time" routine that gets his heart rate up, builds strength, and provides mental focus to get him through his busy day.


Yoga. "It's sort of what they do in China with qi gong," he says. "Simple poses and stretches in the morning to center yourself emotionally and wake your body up without coffee."

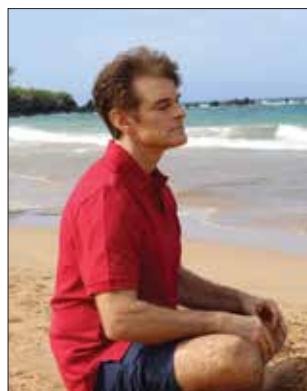
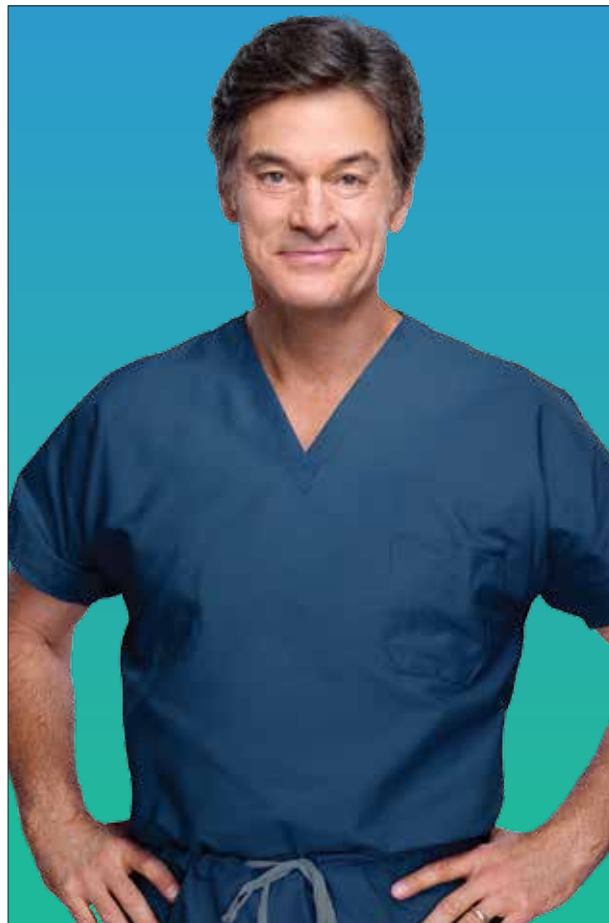
Planks and pushups. Maintains strength and muscle control.

Abdominal exercises. Includes 20 jackknives to strengthen his core.

Oz, who has always enjoyed sports, played football and water polo while at Harvard. These days, when he has more time in the evenings or on the weekends, he plays basketball or tennis and exercises on a treadmill or elliptical at home while watching his favorite TV shows.

Oz wants us to know that anyone can carve simple workouts into their busy day – whether it's stretching while watching your kids play sports or calisthenics during commercial breaks while watching TV.

"If you make it easy to do the right thing, you'll do the right thing," he says. 



COURTESY SHARECARE

Watch a video of Dr. Oz's seven-minute workout on his website at doctoroz.com.

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

3

STEPS

2

Keeping Health Care Workers Healthy

Employees of The Queen's Health Systems preach health to the choir with great success.

Health care workers have tough jobs. Long hours, stressful situations, and the responsibility of others' health make the medical profession a challenging field to work in – especially when it comes to personal health.

"Sometimes we're the worst offenders because we know more than the average consumer," says Lynn Liu, benefits manager at The Queen's Health Systems. Liu helped start Queen's well-being program, Work on Wellness (WOW), in 2012 after seeing employees' medical costs and chronic conditions continue to rise. "We're trying to create an environment to help employees change," she says. "Our goal is to not have people smoking on the sidewalk in scrubs."

Although WOW was designed with health care workers in mind, anyone can apply what Queen's has done to improve employee health and well-being. These three simple steps helped WOW take off and can help other workplaces, too.

STEP
01

CREATE THE RIGHT ENVIRONMENT FOR GOOD WELL-BEING

"The first year of the program, we just wanted people to take a health-risk assessment," Liu says. "In the second year, we added a biometric screening, and in the third year, we started adding activities like encouraging people to get gym memberships by securing gym discounts, participate in walks, or anything that gets people moving and active."

Queen's also subsidized Fitbits to encourage employees to walk more, formed weekly walking groups, and added healthier food options to its cafeterias and dining rooms.

All these changes began to transform Queen's into a place where employees could put their well-being first. But it wouldn't last without employees stepping up to lead the charge.



Members of The Queen's Health Systems wellness committee.

By **Christa Hester**

Photos by **Earl Yoshii**

STEP 02

FIND LEADERS WHO'LL WALK THE WELL-BEING TALK

“We have an **INTERNAL WELLNESS COMMITTEE** made up of employees from different departments,” Liu says. “They help us plan and execute WOW activities and really keep the program going.”

For Employee Relations Representative **LEI MOKIAO**, being on the committee was the start of a lifestyle transformation. Mokiao works for Diagnostic Laboratory Services (DLS), an affiliate of The Queen's Health Systems, and acts as a WOW representative. “I realized that if I'm going to be the representative for DLS, I need to lead by example and share my experiences,” she says.

Mokiao has made lifestyle changes before, hoping for big results that, once achieved, didn't always last. In 2016, she took a different approach, making small changes in one area of her life before tackling the rest. “I started with my eating habits,” she says. “It was hard in the beginning, because there's a lot of 'ono foods out there! But I was determined.”

As Mokiao made lifestyle changes, her co-workers took notice and began to go to her for advice and support. “I share what worked for me and then they take it and make it their own,” she says. “It's so awesome to be able to say to my co-workers, ‘wow, you're doing a great job, I can see the difference.’ And then you see them light up and it makes everybody's day.”

Now, when Mokiao stands in front of employees, she can say with conviction that improving your well-being makes you happier and healthier.




Lei Mokiao, employee relations representative and wellness committee member.

KEEP EVOLVING TO MEET EMPLOYEES' NEEDS

This year, Queen's is getting ready to take WOW to the next level. “Up until now, we've been very focused on physical health,” Liu says. “With HMSA's help, we're revamping our program to focus more on total well-being.”

One of the main problems Queen's is trying to solve is how to make it easier for employees to be healthy while at work. Part of the solution may be Blue Zones Project®, which promotes changes in the places where you live, work, and play to make healthy living the norm for communities. Changes in a workplace could include healthier lunch options, a community garden, active wear days, and more.

“We're currently in the planning stages of piloting Blue Zones Project at our West O'ahu campus,” Liu says. “We're really excited about it, because when you change your environment to be healthier, you're not thinking really hard about being healthier. You're just naturally doing it.” 

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Road Ahead

HMSA's new president talks about the future of health care in Hawai'i.

Interview by Craig DeSilva • Photography by Earl Yoshii

Change is inevitable in health care. And you can count on HMSA to stay on top of those changes to keep health care affordable and help you make the best decisions about your health. As HMSA's new president and chief operating officer, Michael Stollar leads operations to make sure HMSA fulfills its mission and vision of advancing health in Hawai'i in the midst of these changes.

Although Stollar started his new position this year, he's not a newcomer to Hawai'i's health care community. He's been with HMSA for 30 years and has played many roles to make sure our members have access to the best care possible. Originally from Canada and raised in Massachusetts, Stollar came to Hawai'i in 1986 after volunteering for the Peace Corps in the Kingdom of Tonga. He fell in love with the Islands, where he and his wife have raised three daughters.

Island Scene sat down with Stollar to talk about what's ahead for Hawai'i's best health plan leading up to HMSA's 80th anniversary next year.

“We have a responsibility to protect the health of our members, the state of Hawai‘i, and everything the people of Hawai‘i have achieved together. Protecting the Prepaid Health Care Act and the health of Hawai‘i is one of our obligations to the people of Hawai‘i.”

Can you talk about recent health care changes?

The biggest change in recent years, of course, has been the federal government’s Affordable Care Act (ACA). This gives more people access to health care. But even before the ACA, we worked closely with Hawai‘i’s businesses and communities to ensure access to quality, affordable care. A very unique and important aspect of health care in Hawai‘i is the Prepaid Health Care Act, which requires private employers to provide health insurance for employees who work 20 hours or more a week.

What will happen to the ACA in the new presidential administration?

It’s hard to predict at this point. We’ll continue to vigilantly monitor what’s happening with the ACA, refine our strategies, and work with the government at all levels to make sure we protect access to affordable, quality care for our members, including local, community solutions. Regardless of what happens, we’ll continue on the path that we’ve taken.

What path is that?

It’s the path of working to improve the health of all the residents of our state by helping people take control of their own health. We can’t sit back and just pay medical claims. That’s not sustainable. Medical and prescription drug costs continue to rise. Those costs are eventually passed down to members and businesses. So we’ve taken a leadership role in helping people stay healthy and prevent illnesses. It’s the best way to reduce the need for expensive medical care and help keep costs down.

How is HMSA helping people take control of their own health?

One of the many things we’ve done is to bring Blue Zones Project® to Hawai‘i. Blue Zones looks at what people are doing in specific areas of the world to continue leading healthy, full lives into their 80s and 90s, and even past 100. We’re learning from those people and supporting communities to engage in community-led programs to improve their schools, grocery stores, restaurants, and neighborhoods; essentially to make the healthy choice the easy choice. We help provide a framework for success but we’re letting communities decide what’s best for themselves.

How is HMSA using new technology to help people take control of their health?

People’s expectations continue to change, and we must change to meet their needs. We enable our members to connect with physicians from their cell phones with HMSA’s Online Care® so they don’t have to wait for an appointment. With HMSA Wire®, we send text messages to members to remind them to get their mammogram or colonoscopy. And when they receive that reminder, they’re connected to an article on our Well-Being Hawaii blog with information on how to prevent cancers and other illnesses.

This year, we’ll also be introducing a new app from Sharecare that will enable people to have “all their health in one place.” Sharecare, co-founded by Jeff Arnold (a founder of WebMD, a health information services website) and Dr. Mehmet Oz (a health expert and TV talk show host), is a leader in health and technology that specializes in developing innovative health solutions that people can use to engage and improve their own health. Sharecare gives people access to personalized tools, resources, and health information.

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



“In the end, it’s about taking care of our members, keeping health care costs affordable, and giving them an excellent health care experience.

We’re working to engage people in their health, to make it more convenient for them and hopefully, to help motivate them to make healthier choices. In the end, it’s about taking care of the people of Hawai‘i.

Another change has been the way we pay physicians. Can you explain the new payment transformation system?

Primary care providers are crucial partners in taking care of people when they’re sick or managing chronic illness, and just as importantly, in helping people stay healthy in the first place. We’re working with physicians to pay them for how well they keep their patients healthy, instead of paying them for the number of office visits, tests, and procedures they perform. It’s taking a broader approach to care by focusing on prevention, rather than just treating illnesses. It’s all part of our strategy to keep people healthy, take control of their health, and place less stress on the health care delivery system.

How does this new payment system benefit our members?

Members will be more up to date with their immunizations, preventive tests, and screenings, which will help keep them healthy. And it’ll be more convenient for them. Physicians are now paid to engage you in a variety of ways, not just when you’re sick and visit their office. Instead of waiting for a follow-up appointment

and taking time away from work or school to drive to your doctor's office again, you can receive lab results or non-urgent medical advice over the phone or by text or email. There's one pediatrician who meets her teenage patients at Starbucks, since that's where they are – it's more convenient and increases engagement. It breaks down barriers that prevent patients from seeing their physicians.

What's unique about HMSA that enables us to take these extra steps?

Well, several reasons. We're nonprofit – we're not driven by shareholders or investors so we can make investments in people. We have a voluntary board of directors made up of business and community leaders, including health care providers from across the state, and they all want to see improvements in their communities' health.

And we were started by social workers and other community members who cared about the health of their families, friends, colleagues, and neighbors. We're simply adhering to our roots, to our purpose. We have a different mindset about our role, purpose, and responsibility to Hawai'i's communities.

What's one of the most important things HMSA must do leading up to our 80th anniversary next year?

We'll keep innovating and we'll continue to deepen our relationships in the community. We have to. Health care is constantly changing. Government regulations, cyberattacks, the latest health epidemic,

and advances in medical technology all contribute to rising costs and complexity. HMSA will continue to be flexible and change with the times. But we also must continue to take a leadership role to invest in and work with all in advancing the health and well-being of our communities.

Are you looking forward to the work ahead?

I always look forward. I know that we're up to the challenges ahead and I look forward to what we can and will achieve together. For me personally, it doesn't feel like work. This is part of me and what I want to do. If we can constantly improve our system of health and engage in our own personal health, then our members, communities, and all of our residents can succeed. And that's quite satisfying. 15



HAWAII, WHAT'S YOUR REALAGE?

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DR. OZ'S AGE

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DR. OZ'S REALAGE

8

YEARS YOUNGER

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www.sharecare.com/HMSA

lucky you live maui

Members are the priority for HMSA's Maui staff.

By **Marlene Nakamoto**

Want to attend a free stress management workshop? Need an authorized representative form? Got a friend who wants to enroll in an HMSA plan? Wondering if your health plan will help pay for a visit to an acupuncturist if you sprain your ankle on the Great Wall of China? Have a question about your dental benefits? Do you live on Maui? Lucky you.

Just off Lono Avenue in Kahului is an HMSA office staffed with helpful, knowledgeable, friendly people who want to help you. Leading the effort to make sure residents get the service they deserve is Maui native Carol Spencer, a veteran HMSA employee of 35 years.

Officially a Customer Relations manager (unofficially, the “entire-office” manager), Spencer is a fierce advocate for members and has built a legacy of kindness and respect as a leader in the community. She advocates for her staff, too, for whom she’s created an engaging, positive, and energetic workplace.

The office is staffed with nine people who are adept at covering for each other. “When a member walks through our door, that member is our priority,” says Spencer. If the customer service representatives are tied up, the sales associates step up to the plate and easily assume the customer service role.

Several members visit the office every month to pay their premium. And since it’s a small office, they know the staff and the staff knows them.

“We’re like family,” Spencer says simply.

E komo mai .is

Maui Office

33 Lono Ave., Suite 350
Kahului
Monday-Friday
8 a.m.-4 p.m



Clockwise from left: Eric Arquero, Joanna Hookano-Kuamoo, Carol Spencer, Tisha Montalvo, Konane de la Nux, Kristin Kepani, Dionne Gannon, Becki Victorine, Kim Hera.

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:

- 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 free services such as:

- Language services and translations.
- Text Relay Services.
- Information written in other languages.
- Information in other formats, such as large print, audio, and accessible digital formats.

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

How to file a grievance or complaint

If you believe that we've failed to provide these services or discriminated in another 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.

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.

Ilocano: Daytoy a pakaammo ket naglaon iti napateg nga impormasion maipanggep iti aplikasionyo iti HMSA wenno kadagiti benepisioyo iti plano. Mabalina nga adda pay nairaman a petsa. Mabalina a masapuloy 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.

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.

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.

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.

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.

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.

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.

Samoan - Fa'asamoa: O lenei fa'aliga t'aua e fa'atatau i lau tusi talosaga ma fa'amanuiaga 'e te ono agava'a ai, pe'a fa'amanuiaina 'oe i le polokalame o le HMSA. E aofia ai fo'i i lalo o lenei fa'aliga ia aso t'aua. 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 ai'atatau 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.

reading together

Hawai'i libraries are building a better world.

By Michelle Sullivan

From a young age, we're encouraged to read. We spend countless hours in libraries as kids, but as we get older, those hours become rare until we have children of our own. What many people don't realize is that the reading skills they developed as a child can help them become a more-fulfilled adult.

Through reading, either with our children or on our own, we experience different points of view and connect with our inner sense of adventure. Libraries are an important tool for creating and strengthening connections. They're a gathering place for communities and a valuable resource for the young and old.

"The Hawai'i State Public Library System [HSPLS] is focused on connecting our communities," says Section Manager Susan Nakata. "We seek to nourish the mind by connecting people to great reads and each other."


It's with this mission in mind that HSPLS is participating in the 2017 national summer reading program. The theme, "Build a Better World," encourages participants to learn about architecture, building, and construction. It's hoped that the theme will inspire readers to understand the world and encourage them to explore how they belong in and contribute to it. Learn more at librarieshawaii.org or stop by your local state library.

The summer reading program is a chance for students to learn and grow during their summer break. The program helps students build confidence and develop an interest in reading, preparing them for the new school year.

But summer reading is also a great opportunity for parents. "Parents and caregivers, along with their children, have told us they like that the summer reading program reminds them of the importance of spending quality family time together," says Nakata. "It allows them to take time to read just for the pleasure of it."



Coming together as a community through reading is invaluable. "When we read, we have a very different experience than if we watch or listen to a story. Our mind is engaged in a very personal way," says Nakata.

"When we read together, we have an opportunity to share our personal experiences and see books from a completely different perspective. It creates a new richness and understanding that brings us together." 

Reading for Well-being

Reading is good for our well-being. Here's why:

1. Reading makes you a better person – people who read are more caring and empathetic.
2. Reading reduces stress levels by 68 percent and significantly lowers heart rate.
3. Reading makes you a better speaker and enriches your vocabulary.
4. Reading minimizes the risk of Alzheimer's disease.
5. Reading keeps your brain sharp; people who read continually throughout life enjoy significantly better memory and mental abilities.



For a century,
through natural disasters
and times of war,
for community crises
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100
YEARS OF ALOHA



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Hawaii



LIBBY CHAPMAN

Things dad didn't tell me

A Father's Day lesson.

By Spencer Lathrop

I just turned 56. My dad died two years ago at 84. My best years with him were the last 10. We talked about a lot of things sitting in his backyard – sports, weather, old movies, Sinatra, scotch whiskey, jet trails. But there were a few subjects that he seldom broached, and getting older was one of them. I think he was of that generation of men who talked about facts and solutions, but never about feelings.

Dad took on the traditional roles at home. He never cleaned or cooked. He was in charge of discipline. And he cut (or should I say “buzzed”?) our hair until my brothers and I were in middle school, when we stopped cutting our hair altogether. Dad even pulled our loose teeth. As teenagers, we used to joke that he’d put on and adjust our braces himself if he could.

He wanted me to grow up by his rules, which I was only able to make some sense of after I

became an adult. He wanted me to have a better life than he did. But there wasn't much wiggle room in his plan for my life. And when I drifted off course, which was often, his response to me wasn't “What’s going on?” but “Hey, get it together!”

Dad and I definitely talked more when I got older and settled down. But he and my mom were both extremely stoic about their health. Mom never, ever complained about the arthritis in her neck, even though I know it bothered her immensely.

I vividly remember one brisk morning when Dad and I were chopping firewood. After we filled the back of my pickup truck, he sat on a lawn chair in his backyard. He looked terrible, completely spent. I asked him if he felt all right and he said, “Oh yeah, I’m fine.” But it was clear that something was wrong.

The next morning, he was admitted to the hospital for a quadruple bypass. He didn't want me to see him until he was back home, about 10 days later. He lived another nine years after that and we spent a lot of time sitting under the Japanese maple tree in his backyard, shooting the breeze. Still, he rarely said much about his health.

I realized after he was gone that he had given me some information, but I had to be really attentive to pick up on it. And I wish I'd been a lot more attentive during those afternoon conversations, because the older I get, the more I realize how much of our health issues we inherit from our parents.

I was in my own backyard this past year thinking about Dad when I clearly remembered him saying once, “My doctor said my vitamin B level is low. He recommended a shot. I took it and I feel better.” So during my last physical, I asked my doctor to check my vitamin B level. Sure enough, I had a very low reading. My doctor prescribed a treatment and I'm feeling much better. Thanks, Dad. **is**



Rooted

A Maui taro farmer gets wet and dirty to revive a family tradition.

By **Craig DeSilva** Photos by **Tony Novak-Clifford**

*H*ōkūao Pellegrino lives by e ola mau ka mahi'ai ku'una – keeping culture alive in agriculture.

Pellegrino is restoring a 3-acre wetland taro farm in central Maui's Waikapū Valley that's been in his family since 1848. Noho'ana Farm and other taro patches in the area have been fallow since the 1940s as more water from streams used for the lo'i were diverted to sugar cane fields. Pellegrino grew up playing on the farm, which was taken over by weeds and brush. But it wasn't until he returned home after college on the Mainland in 2001 that he realized the land's cultural and historical importance.

"You couldn't walk back there," Pellegrino remembers when he and his dad started removing the invasive plants. "It was a jungle. And because of the cultural sensitivity of the archaeological sites, we had to do everything by hand."

Pellegrino has since undertaken a long, ongoing process of restoring the farm. In the summer of 2004, he began major restoration of the ancient rock walls, which date back to the 16th century. The walls prevent the terraced slopes from eroding and allows water to flow into the lo'i. The effort involved about 140 people from community groups statewide, including the Queen Lili'uokalani Children's Center's 'Onipa'a Na Hui Kalo, a statewide organization that supports the revival of taro farming.

"We feel very blessed," he says of the community's support of taro farming. "This has been a kākou (inclusive) project. We're not doing this alone."



in Tradition

Kalo – life of the land

In traditional Hawaiian culture, kalo, or taro, was sacred and represented the source of life. It was a staple of the Hawaiian diet because of its high nutritional value. Hawai'i's landscapes, including Waikīkī, were once dotted with kalo farms. But these farms eventually dried up as more water and land were needed for growing populations and were used for sugar and pineapple plantations and for the visitor industry.

Today, only a fraction of Hawai'i's land is used for kalo. But Native Hawaiians like Pellegrino are slowly reviving kalo farming as a way to preserve culture and traditions and to keep agricultural lands

from being paved over. He's restored about 75 percent of Noho'ana Farm and about half of the farm's dozen lo'i are in operation. The farm produces 50 varieties of kalo and harvests about 4,000 pounds a year that are sold to homes and local restaurants.

Perpetuating the culture

In addition to being a working farm, Noho'ana is also a living classroom, perpetuating Hawaiian values and traditions. Every year, the farm hosts about 1,000 people – from keiki to kūpuna – to demonstrate how kalo is planted, harvested, and eaten. Hawaiian immersion students get down and dirty in the lo'i to help plant and harvest kalo. Pellegrino also demonstrates how to prepare kalo from the early pa'i 'ai stage before it's diluted with water. And he



*"We want to do it right," he says.
"We make Hawaiian culture
the forefront of the work we do here."*

shows how to pound steamed kalo root into poi using traditional tools that he carved from stones and native woods.

"I call it 'aina engagement," says Pellegrino, a former teacher who went back to school to get a Hawaiian language degree at the University of Hawai'i at Hilo. "We're like a classroom without walls."

Sustainable food

The farm is building a certified kitchen to teach students the viability of farm-to-table cuisine using local produce. In addition to growing kalo, the farm also grows 'ulu (breadfruit), another traditional Hawaiian plant making a resurgence in the Islands. 'Ulu is sustainable, nutritious, and used in place of rice or potatoes in many dishes, including soups, salads, and stews. It's even used for ice cream and baking.

Pellegrino turns the 'ulu into flour, which is gluten free. "We're the first farm on Maui to make 'ulu flour," he says. "We can't keep up with the orders."

From mauka to makai

When Pellegrino began restoring the farm 13 years ago, only 10 percent of the water flowing from the

Central Valley's fertile Na Wai 'Eha (The Four Waters) was diverted for the lo'i. Now that sugar plantations have closed, the farm now gets about 65 percent of the water from the stream for the 'auwai, a traditional irrigation system that also feeds nearby kalo farms.

"Water is the lifeline for kalo," he says "Wetland kalo needs cold fresh-running mauka to makai stream flow. So there's zero waste. And it can't be polluted because clean water must go back into the stream."

'Ohana-style farming

Pellegrino lives on Noho'ana Farm with his wife, a teacher at Kamehameha Schools Maui campus, and two daughters. He credits his parents, retired professors who live nearby, for helping to restore the farm. His 81-year-old dad works on the farm every day.

Pellegrino juggles his time between the farm and his full-time job in the land division at Kamehameha Schools on Maui. Although tending to the lo'i is a part-time job, he's made it a lifetime commitment.

"We want to do it right," he says. "We make Hawaiian culture the forefront of the work we do here." **15**

we're walking the talk

Join us on a well-being journey.

By Keala Kealoha, Lead Associate, HMSA Center @ Hilo,
and Marlene Nakamoto

At HMSA, we continually encourage you to get preventive care, stay active, and eat nutritious foods. It's important to us that your health and well-being are the best they can be, because you're our top priority.

And we're not just talking. We're walking the talk.

"We" are HMSA employees. And we're encouraging each other to eat better, move more, stress less, connect with other people, and so much more.

Mālama Ola ("take care of your well-being") is our employee well-being program that's making HMSA a happier, healthier place to work. The program is changing our work environment to make it easier for us to make healthy choices. For example, we replaced soda, chips, and candy vending machines with ones that dispense milk, coconut water, whole-grain crackers, nut and dried fruit bars, and other healthier snacks.


Activities, events, and contests also challenge and encourage us to make lasting changes in our well-being. Mālama Ola's approach to well-being is contagious and the result is a positive force that we take home to our family, friends, and community. Hopefully, our improved morale translates to a better consumer experience for you, our members.

And because your well-being is one of our highest priorities, we want you to get involved, too. To encourage and help you to take control of your own well-being, HMSA offers programs and services such as:

- Blue Zones Project®. Find out how Blue Zones Project is transforming people and helping communities live longer, happier, and healthier.
- Dr. Ornish's Program for Reversing Heart Disease®. This nationally recognized program is scientifically proven to stop and even reverse the effects of heart disease.



- Health coaching. A health professional will provide you with support and guidance to help you improve your well-being or manage a chronic disease condition.
- Health education workshops. Learn how to manage stress, shop for healthy foods, identify risk factors for diabetes, and so much more.
- Healthways Financial Well-Being™ Powered by Dave Ramsey. When you manage your finances, you'll make a big impact on your overall well-being. This program can teach you how.
- HMSA365 discount program. Show your HMSA membership card at participating vendors statewide to get instant discounts on health-related products and services.
- *Island Scene* magazine. Mailed to you four times a year filled with health plan news and information, recipes, profiles, and more to entertain and inform you.
- QuitNet®. Get individualized support from Hawai'i-based coaches and the world's largest quit-smoking community.
- Well-Being Hawaii blog. Read about people like you who're improving their well-being with fitness tips, easy recipes, events, activities, and videos at wellbeinghi.com.

If you have questions about any of these programs or services, call 1 (855) 329-5461 toll-free or go to our website at hmsa.com. Better yet, visit us at an HMSA Center in Hilo, Pearl City, or Honolulu. We'll be happy to help you any way we can. 

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Our ohana is growing.

Say “aloha” to your newest choices for quality care — more network provider options to meet your needs.

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island style healing

Moloka'i's Emmett Aluli is committed to the land and its people.

By Craig DeSilva

For Noa Emmett Aluli, M.D., Hawai'i's land is tied to the health and well-being of its people.

Aluli was one of the first Native Hawaiians to occupy Kaho'olawe in the mid-1970s to stop the U.S. Navy from using it for target practice. He continues to help revive the island's cultural practices during makahiki ceremonies and to preserve its natural resources through education and restoration with Protect Kaho'olawe 'Ohana, a grassroots organization he helped start. "If you take care of the land, the land will take care of you. It'll feed you," says Aluli, a primary care provider and HMSA participating provider on Moloka'i since 1976.

One of four Native Hawaiians to graduate from the first class of the University of Hawai'i John A. Burns School of Medicine, Aluli pioneered the study the health benefits of traditional Hawaiian foods like taro, sweet potato, and 'ulu (breadfruit).

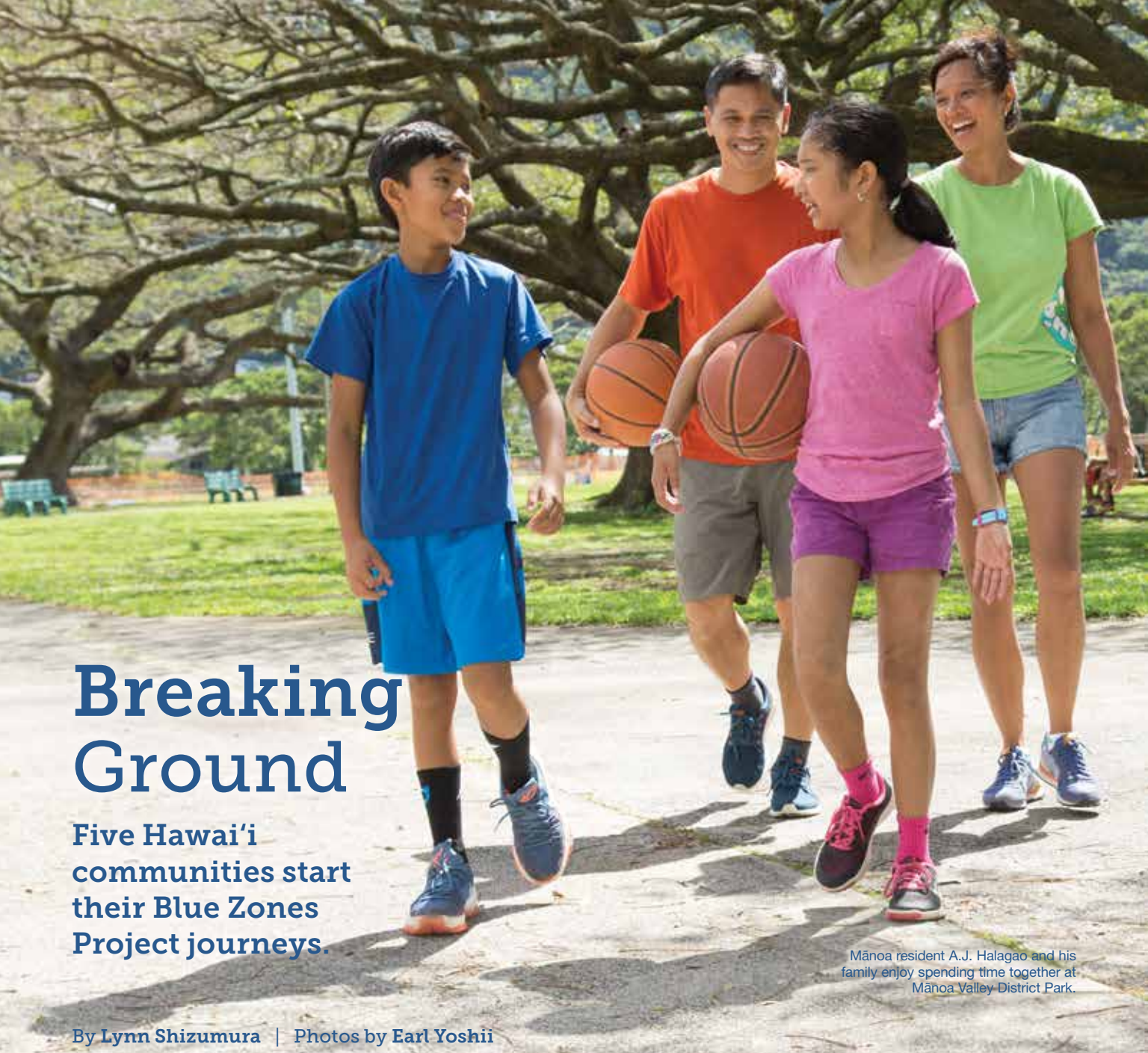
Aluli tends to a dryland kalo lo'i (taro patch) on Hawaiian Homestead land and uses native plants for traditional lā'au lapa'au healing. "I've been combining more Hawaiian culture with my medical practice and for myself," he says.

At age 72, Aluli wakes up at 5 a.m. to watch the sunrise and do a combination of meditation, yoga, and tai chi. An avid surfer in his youth, he's recently taken up one-man canoe paddling in Kailua on O'ahu, where he helps care for his 96-year-old mother. He ends a long day of caring for patients with watching the sunset.

Aluli has been treating generations of families during his 40 years on Moloka'i. He's a driving force in the Native Hawaiian community – whether seeing patients at his clinic or perpetuating the Hawaiian culture on Kaho'olawe.

"It keeps me grounded," he says. **15**





Breaking Ground

Five Hawai'i communities start their Blue Zones Project journeys.

Mānoa resident A.J. Halagao and his family enjoy spending time together at Mānoa Valley District Park.

By Lynn Shizumura | Photos by Earl Yoshii

Mānoa resident, husband, and father A.J. Halagao wants to help improve his community for his children and generations to come. Halagao, an executive at Hawaiian Electric Industries and the HEI Charitable Foundation, is one of a handful of committed individuals who completed the application process for community change through Blue Zones Project®, an innovative program brought to Hawai'i by HMSA and Healthways.

Halagao worked with other leaders to apply for Blue Zones Project certification for their Mānoa, Makiki, McCully, and Mō'ili'ili communities. The "four Ms" join Central Maui, Kapolei/'Ewa, Wahiawā, and West Hawai'i

as the state's newest Blue Zones Project demonstration communities. In this phase, volunteers in these communities will recruit schools, grocery stores, restaurants, faith-based organizations, worksites, and more in supporting the health and well-being of their residents. When they take the required steps to be certified as Blue Zones Communities, they'll share honors with East Hawai'i, North Hawai'i, and Ko'olaupoko (Windward O'ahu).

The individuals who spearheaded the application process have different stories, but share the same motivation. They believe in the long-term health of their communities and want to ensure that residents have the resources they need to commit to change. These are a few of their stories.

Helping Hawai'i Island be healthier

Jasmin Kiernan, director of innovation and transformation at West Hawaii Community Health Center, says it's her privilege to serve West Hawai'i residents. Kiernan is a registered nurse and health administration professional who works with many patients who have chronic diseases and speak English as a second language. "One of the biggest epidemics we have is prediabetes and people who don't know they're diabetic. We have to do more preventive care," she says.

As a child in the Philippines, Kiernan lived in a community with no running water or electricity. Her family moved to San Francisco when she was young, where she learned English. Before starting her career as a nurse, Kiernan was a Peace Corps volunteer in South Africa. She says her personal passion is working with people who are disadvantaged.

Kiernan is especially proud that Hawai'i County is now the first county in the United States working together on a Blue Zones Project transformation. She looks forward to seeing more businesses, schools, and organizations step forward to take the Blue Zones Project pledge.

Investing in Wahiawā's future

Jeff Alameida grew up on O'ahu's North Shore, not too far from Wahiawā where his father worked as a pump operator. In his spare time, Alameida says his dad loved to fish and share what he caught with friends and family. On many occasions, they welcomed people from Wahiawā to get-togethers at their Mokulē'ia home. Alameida got to know many of them and form everlasting bonds. "They're like family to me," he says.


Today, Alameida is the program coordinator for Wahiawa Community Based Development Organization, a nonprofit that works to advance Wahiawā's community health. While Wahiawā has many faith-based organizations and community groups that promote healthy lifestyles, Alameida hopes that Blue Zones Project will motivate more residents to take responsibility for their health and well-being.

He especially wants to see Blue Zones Project create lasting change. "It's important for us to move forward in a way that's sustainable," he says.

Moving their communities forward

Maui resident Ashley Takitani Leahey and O'ahu resident Kathy Davenport are doers who know a lot of people in their respective communities. Leahey and Davenport spearheaded the application process for Central Maui and Kapolei/Ewa.

As the president of Wailuku Community Association, Leahey hears from a lot of people who want to improve the community. She says that attending a workshop led by Blue Zones Project Founder Dan Buettner was all it took to convince her to apply. "I immediately believed in the project and was not only impressed with Dan's passion but also considered the research and findings he presented," Leahey says. "With such a positive foundation, I knew we had to bring Blue Zones Project to Maui."

Davenport, who's the director of community affairs for Councilmember Kymberly Marcos Pine, looks forward to Blue Zones Project improvements. "I've had a lot of people call me to say, 'We've got these lovely parks but not a lot of programs.' So when we heard about the Blue Zones Project, we knew it was the perfect way to get the community involved," she says. 

Blue Zones Project Hawaii plans workshops, cooking demonstrations, volunteer opportunities, and events in each community. To learn more about how you can get involved, go to hawaii.bluezonesproject.com.

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Jeff Alameida, Honolulu Rep. Della Au Belatti, A.J. Halagao, Honolulu Mayor Kirk Caldwell, HMSA CEO Michael Gold, Honolulu Councilmember Kymberly Marcos Pine, Jasmin Kiernan, Hawaii County Councilmember Dru Kanuha, Ashley Takitani Leahey, and Maui County Mayor Alan Arakawa.

living in the now

HMSA Board member Jim Polk leads others to succeed.

By Craig DeSilva

When Jim Polk came to Hawai'i after college in the late 1980s, he thought he'd spend a few months hanging out at the beach before returning to the Mainland to figure out what to do with his life. But in addition to falling in love with the sand, surf, and sea, he got attached to Hawai'i's people and the aloha spirit. Polk began a career in banking, got married, and started a family. With his roots firmly established in Hawai'i, he's making a long-term investment in its future.

"Giving back is one of the ways we can all help our communities stay healthy and vibrant," says Polk, who joined the HMSA Board of Directors last year. "Take whatever skills you have and use them to protect this wonderful place. And that starts with volunteerism."

Making a difference

Polk volunteers for organizations that focus on issues that are close to his heart – children, education, the environment, and Hawaiian culture. He serves as a board member for After-School All-Stars Hawai'i and Bishop Museum and is a trustee for Hawai'i Pacific University and The Nature Conservancy of Hawai'i. As an HMSA Board member, he hopes to help keep health care strong and stable for generations of Hawai'i families.

"It starts with giving people access to the best physicians and the best care," says Polk, who's been an HMSA member for most of his life. "It's also about giving people access to the right tools and resources to help them care for themselves. I'm a big believer in personal responsibility."

Lessons in leadership

Polk experienced the price of paradise after buying his first home. He sold his car so he could afford the down payment, and caught

the bus to work from 'Ewa Beach to Downtown Honolulu. Early in his career, he discovered that being a successful individual doesn't necessarily make you a good leader.


He thought his career had hit a brick wall. And when he thought things couldn't get any worse professionally, he got a call that his mother had terminal cancer. Polk took solace in something his late father taught him. "He'd say to keep working at it," says Polk. "Try and do the right thing. The bad stuff will happen. But how you choose to deal with it is what's going to get you through it."

New outlook

Looking for answers on how to succeed in business and life, he came across a quote while browsing in a bookstore about achieving spiritual success: "Yesterday is the past. Tomorrow is just a mystery. But this moment is a gift. That's why it's called the present."

"It made me realize that I needed to find happiness in the moment," he says. "Appreciate what you have now and make it the best you can. People often think their lives will be better with more money, a nicer car, or bigger house. But you don't know what's going to happen in the future. It's better to live in the moment and truly appreciate what you have now."

Polk eventually developed a leadership style that lets him and others be their best. It's a formula that enabled him to take on more responsibilities at the bank, including his current role managing the Consumer Banking Group.

"If I can help them be successful and do the right things, we'll all be successful," he says. "So take care of the people around you. Care for your family and friends. If you can do those things well, life will work out for you professionally and personally." 



OLIVIER KONING

Jim Polk

Age: 50

Title: Vice Chairman of Private Banking,
Bank of Hawaii

How he cares for his health and well-being:

Circuit training that combines weights
and cardio exercises.

Composing and recording music.

Playing guitar and singing in an
alternative rock band.

Walking 10K in the Honolulu Marathon
every year with his wife and friends.
He likes participating in festive local
events that bring people together for
social and physical activities.

TAKING CARE OF OUR KUPUNA



Photo Credit: Ashley Smith

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

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

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

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

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

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

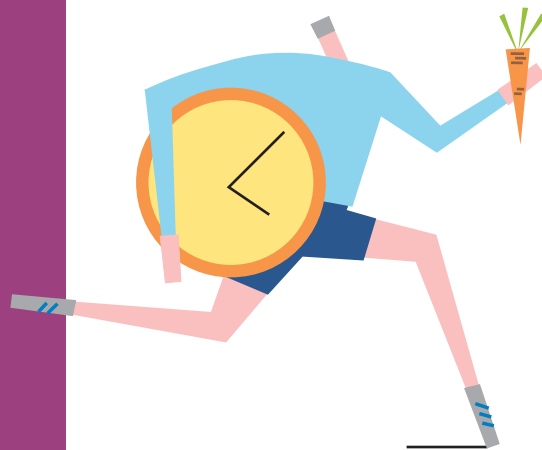


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Choosing Wisely: Healthy Aging

Get the right care to stay well.

By Lynn Shizumura



arry Burke is looking forward to his 60s. At 58, he's happy, healthy, and fulfilled. A Kīhei resident and HMSA member, Burke travels a couple of times a year, spends time with his wife and pets, and gets routine checkups from his primary care provider. But he didn't always have the positive outlook he has today.

About a decade ago, Burke severely injured his back in an accident. A former college football player, exercise is an important part of his well-being. But his injury made it difficult to walk and his physical and emotional health suffered. Burke knew he had to make a change. After successful back surgery, he turned his attention to getting back in shape.

Burke slowly started exercising and joined Jenny Craig Maui to improve his diet. The portion-controlled meals helped him eat more fruits and vegetables and lose 60 pounds in two years. "I eat a lot of vegetables and lean protein," Burke says. "And I've been able to keep the weight off."


Today, Burke supports his overall health and well-being with a morning routine. He starts with 30 minutes of meditation and stretching at home. After his warmup, he walks for three

miles on a paved beach path in Wailea. Four days a week, he swims at the pool or beach. On Sundays, he goes to Keawala'i Congregational Church for worship.

Burke relies on his physician to keep his screenings on track. According to the American Board of Internal Medicine and Consumer Reports' Choosing Wisely initiative, routine screenings are an important part of healthy aging.

As people get older, Choosing Wisely recommends that they talk to their physicians about preventive measures such as routine screenings, an annual flu shot, vaccines,

a bone density test for women, and appropriate cancer screenings. Coupled with a healthy lifestyle, these steps can help prevent major health problems.

To stay on top of his health, Burke plans to continue seeing his physician for screenings and maintain his plant-based diet, daily exercise, and involvement with his church and community. "I feel really blessed," he says. "I've recovered from injury and can walk, swim, and do everything I want to do." 

Choosing Wisely recommendations are meant to encourage conversations about what's an appropriate and necessary treatment. As each patient's situation is unique, providers and patients should discuss the recommendations to determine an appropriate treatment plan. Choosing Wisely is meant to supplement, not replace, your doctor's advice and treatment.

5 Tests and Medications to Question as You Age

According to the Choosing Wisely initiative, many older adults don't need these tests and medications. In some cases, they can do more harm than good. Use this information to talk to your physician.

1. Vitamin D screening, unless you're at high risk for vitamin D deficiency.
2. Imaging tests for lower-back pain, unless you have other symptoms such as unexplained weight loss.
3. Certain cancer screenings. For example, women over 65 don't need a Pap test unless their previous results were abnormal. And a prostate-specific antigen (PSA) test is recommended only for men who are at risk for prostate cancer.
4. Opioid drugs, which are used only for severe, short-term pain.
5. Antibiotics for the common cold.

To learn more, go to consumerhealthchoices.org/seniors or choosingwisely.org.

A Natural Path to Well-being

Naturopathic medicine gives members another health care option.

By **David** Frickman



Donna Hirashima has visited naturopathic doctors (N.D.s) for more than 20 years. “I’m always trying to get treated from a more natural perspective,” she says.

She was diagnosed with osteoporosis in her 30s. She tried conventional care, but “just seeing what I had to go through dealing with osteoporosis, it pushed me to look for alternative ways to work with my situation,” she says.

Last year, when Hirashima was diagnosed with a fatty liver, the otherwise healthy 60-year-old turned to naturopathic medicine again.

The American Association of Naturopathic Physicians describes naturopathic medicine as a primary health care profession that diagnoses, treats, and prevents diseases while focusing on the natural healing capacity of individuals. It works with nature to restore health using modern, traditional, scientific, and empirical methods.

“Naturopathic medicine focuses on our innate ability to heal ourselves using natural means,” says Landon Opunui, N.D., a Native Hawaiian integrative medicine specialist and the first naturopathic doctor to join HMSA’s participating provider network.

“Naturopathic medicine is an essential element of integrative medicine, which strives to bring together the best of modern medicine and traditional healing arts in a culturally sensitive manner to optimize whole-patient outcomes,” says Ira Zunin, M.D., M.P.H, medical director of Manakai O Mālama Integrative Healthcare Group and Rehabilitation Center. Opunui is part of a team of 50 professionals from disciplines such as conventional medicine, psychology, physical therapy, occupational therapy, acupuncture, and chiropractic and sleep medicine.



PHOTO COURTESY LANDON OPUNUI, N.D.

The path to licensure is comparable to medical doctors and doctors of osteopathic medicine (D.O.s). Naturopathic doctors complete pre-med classes, earn a bachelor’s degree, and attend a four-year naturopathic medical school. They must pass national board examinations and complete two years of internship/residency before applying to the Hawai‘i State Board of Naturopathic Medicine. Their scope of



practice includes prescribing certain medications as appropriate. One benefit of team-based, integrative care is the intensive co-management of patients who need medication.

Opunui says naturopathic doctors emphasize health promotion over disease management, personalized care instead of generic care, whole person health instead of symptom relief, and greater autonomy. Large studies suggest that 75 percent of chronic illness results from modifiable lifestyle factors, such as nutrition, exercise, stress management, and tobacco use. While addressing the cause of disease, lifestyle medicine is a mainstay.

Weight gain and diabetes, heart disease, elevated blood pressure and cholesterol, digestive problems, chronic pain, and sleep issues are common problems seen by Opunui. “With our integrative, team-based approach at Manakai, we can individualize treatment to improve clinical outcomes for complex health conditions beyond what I can manage independently,” he says.

“While naturopathic doctors alone aren’t the answer to fixing our health care system, we’re an important piece of the puzzle,” he says. Access to naturopathic medicine in an integrative facility can improve member experience, enhance quality care, and reduce global costs.

After her diagnosis of a fatty liver, Hirashima had to find a new physician when hers went on a leave of absence. That’s how she met Opunui. Unresponsive to medication, she began an integrative treatment approach, including lifestyle changes and nutrient therapy. In less than five months, her fatty liver disease had fully resolved as demonstrated by laboratory studies and ultrasound imaging.

“I first saw Dr. Opunui in August when he set me up on an intensive protocol. In December, when the tests came back, he called me to say my liver was healed,” she says.

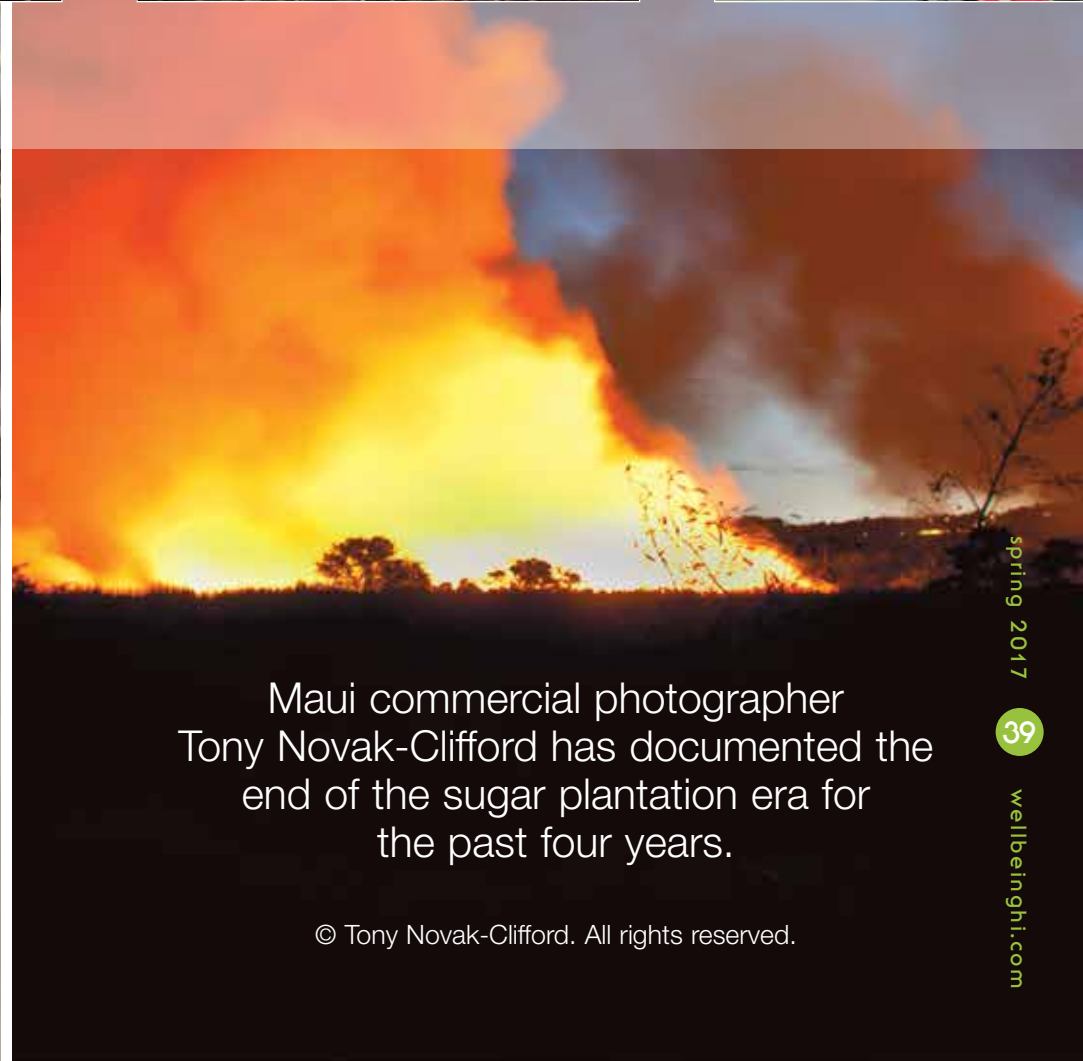
And that wasn’t the only good news for Hirashima. Last year, HMSA began contracting naturopathic doctors as primary care providers as required by the Affordable Care Act’s Provider Nondiscrimination rule. In July, Opunui was the first naturopathic doctor credentialed by HMSA as a participating provider in its network.

“All this time I’ve been going to naturopathic doctors and none of the costs were covered, so you’re talking hundreds of dollars. Now I can see Dr. Opunui and HMSA pays for it. That’s made me so grateful. Thank you, HMSA, for that.” ¹⁵



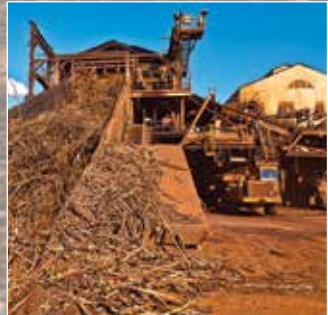
AFTER the FIRE

THE FINAL DAYS OF SUGAR IN HAWAII



Maui commercial photographer
Tony Novak-Clifford has documented the
end of the sugar plantation era for
the past four years.

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spring 2017

WELLSUGAR 2015-2016



Spring 2017



Welcome

To the newest additions in our **HMSA365** discount program.

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Save money at these and hundreds of other businesses that can support your healthy lifestyle. All you need is your HMSA membership card.



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Choose the Best Place for Your Health Care Needs

Where should you go when you need care?



Here are some tips:

- Always see your **primary care provider (PCP)** whenever possible, because your PCP knows you the best.
- When you can't see your PCP and it's not a life-threatening situation:
 - **HMSA's Online Care®**: See a physician on your smartphone, tablet, or computer 24/7. Learn more at hmsaonlinecare.com.
 - **Urgent care**: See an urgent care provider from HMSA's network or go to CVS/minuteclinic® at selected Longs Drugs stores.
- For emergency or life-threatening conditions, call **911** or go to the nearest **emergency room**.

AmericanWell® is an independent company providing hosting and software services for HMSA's Online Care platform on behalf of HMSA.

1010-7019

Retiring Soon?

**Congratulations – you deserve it!
But choose a health plan first.**

By Craig DeSilva

When Kuli'ou'ou resident Valery O'Brien was approaching her 65th birthday, she made sure she was ready to retire. She met with her financial planner, certified public accountant, and attorney before the major milestone. She looked forward to spending more time with family and friends and volunteering at her church and for nonprofit organizations. But one of her biggest concerns was health care.

"I've always had an HMSA plan through my employers and I wanted to continue with HMSA," O'Brien says. "I like my doctors, I have a choice of providers, and HMSA is there for me when I need it or if I have questions."

O'Brien looked at her Medicare options and how much it would cost. She talked to her employer, read HMSA brochures, and met with an HMSA broker about HMSA Akamai Advantage®, Medicare Advantage plans that pay for more benefits than Original Medicare.

"I checked to see if my doctor participated with the health plan and if the plan paid for the medications I was taking," she says. "I did my homework before signing up."

Lots to consider

Every day in the U.S., about 10,000 people turn 65 and become eligible for Medicare. People who retire probably won't have the same health plan they had while working – they may have to sign up for a Medicare plan on their own.

"It's best to start planning sooner rather than later," says Nan Yamashiro, senior manager for HMSA's Medicare sales team and call center. "Ideally, you should start considering your options at least three months before your retirement date. You don't want to wait until

*"Will you still need me,
will you still feed me,
when I'm 64?"*

– Paul McCartney (1967)

There are several ways you can learn about transitioning into an HMSA Medicare Advantage health plan:

- Attend a pre-retirement seminar. Check hmsa.com/advantage for the schedule. At the seminar, we'll explain our HMSA Akamai Advantage plans for people who have Medicare.
- Meet with an HMSA health plan specialist or broker for individualized help.
- Read HMSA's *Health Care Planning Guide*. To request this free guide, call us at 948-6235 on Oahu or 1 (800) 693-4672 toll-free on the Neighbor Islands.

These services are at no cost to you and you're not obligated to buy an HMSA plan.

"We can help you through the process," says Yamashiro. "We've been a trusted resource in the community for nearly 80 years. You can rely on us to help you with your health and well-being."

Timing is everything

To prevent a break in health care benefits when you transition from your existing plan to Medicare, pay attention to enrollment deadlines. Without a health plan to pay for medical services or medications, you could be at risk for unchecked health conditions and huge out-of-pocket expenses.

Also, the federal government could charge you a penalty for late enrollment.

For O'Brien, she's enjoying a new chapter in her life without worrying about her health plan.

"I have peace of mind," says O'Brien.



Get started

- **Plan early.** You could end up paying more if you miss enrollment deadlines or don't have health insurance.
- **Look at your options.** You may be able to get health plan benefits from your employer, spouse, union, state or federal retiree plan, or TRICARE if you're a veteran.
- **Do your research.** It's up to you to enroll in Medicare when you turn 65. So pay attention to information from Medicare and the Social Security Administration.

Not sure what health plan to choose?

Health plans like HMSA Akamai Advantage have different levels of monthly premiums and benefits. Consider the type of medical services and medications you need and the level of financial protection that you want. Here's the basic information:

Plan A

Higher monthly premium.
Lower out-of-pocket costs.
Higher financial protection.

versus

Plan B

Lower monthly premium.
Higher out-of-pocket costs.
Lower financial protection.

The ABCs of Medicare

Part

A

Hospital insurance

Part

B

Medical insurance

Part

C

Medicare Advantage (such as
HMSA Akamai Advantage)

Part

D

Prescription drugs
insurance

When can I enroll in Medicare?

- Initial enrollment period: To receive health insurance on the first day of the month of your 65th birthday, enroll within three months of your birthday month. Or you can enroll up to four months after your birthday for a later start date.
- Special enrollment period: During special life circumstances, such as if you move or if you lose health insurance through your spouse or job.

Before you choose a health plan, ask yourself:

- Do my physicians participate with the health plan I want? Check with your physician or contact us to see if your physician participates in our health plan.
- How much medical services do I need? Your health care needs will determine how much benefits you need to keep your health care expenses down.
- How much will it cost? In addition to monthly premiums, you may have to pay a deductible, copayment, or coinsurance when you go to the doctor, hospital, or pharmacy.

Choosing an HMSA Akamai Advantage plan

Call Monday through Friday, 8 a.m. to 8 p.m.:

- O'ahu: 948-6235
- Neighbor Islands: 1 (800) 693-4672 toll-free
- TTY: 711

Visit an HMSA Center or office. Visit hmsa.com/contact for locations and hours.

Resources

- **Medicare.** Call 1 (800) MEDICARE [1 (800) 633-4227] toll-free 24 hours a day, seven days a week. Or visit medicare.gov
- **Social Security Administration.** Visit ssa.gov.
- **Hawaii State Health Insurance Assistance Program (SHIP).** Call 586-7299 on O'ahu or 1 (888) 875-9229 toll-free on the Neighbor Islands. For TTY, call 1 (866) 810-4379. Or visit hawaiiiship.org.



Thinking of Retiring?

Attend our **FREE** pre-retirement health care planning seminar to learn about:

- Enrollment deadlines.
- Health plan options.
- And more!

Register for a seminar:

Monday–Friday, 8 a.m.–4 p.m.

- Oahu: 948-6402
- Neighbor Islands:
1 (800) 252-4137 toll-free

Seating is limited. Free parking.

Choose a seminar:

Oahu

HMSA

818 Keeaumoku St.

Monday, April 10
Monday, April 24
Monday, May 8
Monday, May 22
Wednesday, June 7
Tuesday, June 20
Tuesday, June 27
9:30–11 a.m.

HMSA Center at Pearl City

Pearl City Gateway
1132 Kuala St., Suite 400

Thursday, April 13
Friday, April 28
Tuesday, May 16
Tuesday, May 30
Tuesday, June 13
Friday, June 23
9:30–11 a.m.

Big Island

HMSA Kona Office

75-1029 Henry St., Suite 301

Tuesday, April 18
Thursday, June 8
9–10:30 a.m.

HMSA Center at Hilo

Waiakea Center
303A E. Makaala St.

Thursday, May 11
9–10:30 a.m.

Maui

HMSA Maui Office

33 Lono Ave., Suite 350

Wednesday, April 26
Thursday, June 22
9–10:30 a.m.

Kauai

HMSA Kauai Office

4366 Kukui Grove St.,
Suite 103

Thursday, May 25
9–10:30 a.m.

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



HMSA Akamai Advantage is a PPO plan with a Medicare contract. Enrollment in HMSA Akamai Advantage depends on contract renewal. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 948-6235 on Oahu or 1 (800) 693-4672 toll-free on the Neighbor Islands. TTY users, call 711.

H3832_4001_1010_7475 Accepted

healthy planning for HMSA akamai advantage members

Take charge of your health with Annual Wellness Visits.

By **Michelle Sullivan**

Right now, you probably only see your doctor when you have a problem. But what if one preventive care visit could improve your overall health? That's the idea behind Annual Wellness Visits. Planning your health needs for the year is key to getting and staying healthy. That's why some HMSA health plans now include a benefit for an Annual Wellness Visit instead of an annual physical exam.

Annual Wellness Visits are included for all HMSA Akamai Advantage® plan members at no cost for visits with participating providers. "These wellness visits aren't as intensive as an annual physical," says Rae Seitz, M.D., HMSA's Medicare medical director. "And they're meant for people who are in a period of relative wellness."

Annual Wellness Visits feature assessments, like vision, hearing, and BMI tests, and provide ample time to talk with your primary care provider (PCP). Seitz says these visits help build the relationship between PCP and member. The result is a better understanding of your overall health, which helps your PCP create a personalized care plan.

Annual Wellness Visits are important for Medicare members, who can have an initial preventive, "Welcome to Medicare," visit in their first year on Medicare and one Annual Wellness Visit every year after that. These visits provide members with standard screenings like height and weight, blood pressure, and fall risk tests. Members receive a health risk assessment (HRA) form ahead of time so they can fill it out, take it with them to their visit, and discuss it with their PCP. The HRA covers psychological and behavioral risks along with daily activities and habits like smoking and exercise.



Annual Wellness Visits give PCPs the chance to talk with members about topics not typically covered during a physical exam, like depression and advance care planning in the event of cognitive impairment. It's a great chance to take a careful look at medications and identify potential health risks. Annual Wellness Visits may include a discussion on a particular health concern. A visit that combines health care planning and specific concerns is a great way to save time, but it's important that patients know they may need to pay for the specialized portion of the visit separately.

"People like the time their physician spends with them," says Seitz. "It's a good experience because the patient feels that their physician wants to learn everything about them – their home life, their family, their other physicians – to get a complete picture of their overall health." Patients leave their doctor's office with a comprehensive road map for the year ahead. This written plan includes reminders for upcoming health screenings and shots, and personalized health advice.

If you want to get the most out of your Annual Wellness Visit, Seitz says preparation is key. Here are a few tips:

- Fill out your HRA ahead of time.
- Set aside 30–60 minutes for your visit.
- Bring a friend or family member along to take notes and help you ask questions.
- Repeat new instructions back to your PCP to make sure you understand them.

Wellness for All

Preventive care is essential for everyone. As of January 1, 2017, we've added an Annual Preventive Health Evaluation (APHE) benefit to most non-Medicare member plans. This benefit allows members 22 and over to see their primary care provider (PCP) once a year to assess their overall health, perform preventive screenings, and review prior screening results at no cost as long as the PCP is a preferred provider. These evaluations don't have to be conducted in person; they can also happen online or over the phone.

Most plans that don't include an APHE now include some type of annual preventive care exam. For more information, check your plan benefits or call 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands.


Middle Schools Get Well

Well-child visits will soon be required for incoming seventh graders.

We're excited to support efforts by the state Department of Education and the Department of Health to advance the health of our kids. Adolescent well-child visits are a great opportunity to check on your child's physical and mental health and ask your physician questions about behavior, nutrition, physical fitness, and developmental milestones. It's also a great time to make sure your child's vaccinations are up to date.

Here's what you need to know:

- Beginning August 7, 2017, incoming seventh graders must complete a physical exam within a year before their first day of school.
- A medical professional must record these well-child visits on Form 14, which you'll take to seventh-grade registration. The form verifies that the physical was completed.
- Your HMSA benefits cover annual well-child visits.

Providers can find more information and the Form 14 on our provider portal. Parents will receive more information through the Department of Education. Find out more at hawaiipublicschools.org. 



Eat well. Be well.

At HMSA, we believe that well-being begins at home. Healthy eating is an important part of preventive care, but it's not always easy to find appealing recipes. HMSA's Well-Being Hawaii blog makes healthy taste good.

Summery Citrus Salad

1 grapefruit
3 oranges
1 Tbsp. honey
¼ cup chopped mint

Remove peel and pith from grapefruit and oranges. Slice fruit into bite-sized pieces. Combine with honey and mint in a mixing bowl. Makes 4 servings.

Per serving: Calories 90, protein 1 g, carbohydrates 23 g, sodium 1 mg, fiber 3 g, total sugar 18 g

Visit wellbeinghi.com for tips on healthy living and more recipes like this one.

well-being
H A W A I I



when it's time to change

Transitioning your child from pediatric to adult care.

By **David Frickman**

Over the years, you've established a great relationship with your child's pediatrician. This trusted physician has cared for your child since birth and supported you through bad colds, high fevers, and maybe a serious, frightening illness or injury.

But the day will come (sooner than you think) when your soon-to-be young adult will outgrow the pediatrician. The transition can sometimes be difficult, but good planning can smooth out some of the problems you might face.

If you're wondering why you even need to make this change, Honolulu pediatrician and HMSA participating provider Jeff Okamoto, M.D., says the answer is easy. "There are conditions that start showing up a lot more in adulthood, like high blood pressure or glaucoma, which can put individuals at higher risk for other adult-onset conditions. Pediatricians may not have some of the expertise that the 'adult physicians' have to take care of the conditions that are more common as patients get older."

Okamoto suggests that you start planning for the transition to adult care when your child is around 14–16 years old. Ask your pediatrician to suggest physicians or specialists in your area who'll continue to treat the conditions your child currently faces as they get older. Have a list of questions ready for the physician you're considering and take the time to meet, ask questions, and see how comfortable you and your child are with the physician before making a decision.


Finding the right physician can be especially challenging for parents whose children have chronic conditions such as cystic fibrosis or spina bifida. "That's actually a very common question that our parents ask," Okamoto says. "The parents say they can't seem to find somebody who's comfortable with conditions that are typically thought of as childhood issues."



These parents should start early to ask questions and gather advice.

Other points to keep in mind as you go through the transition:

- If your son or daughter is going to college miles away, consider how to help them find the right physician there. "We can get great suggestions for where to get care in Honolulu and we have great physicians in Honolulu, but all of a sudden they're at college in Nebraska," Okamoto says. Your pediatrician or HMSA can help you find out-of-state providers.
- Make sure that the physician is a BlueCard preferred provider (if you have a PPO plan) or a Blue Cross and/or Blue Shield plan participating provider. Also, make sure that you understand your health plan and what services it will pay for while your child is away from home.

Professional organizations have guidelines that can also help you with the transition. These include the American College of Physicians (acponline.org) and the American Academy of Pediatrics (aap.org), as well as organizations that focus on specific childhood or adult conditions. A good website for families is gottransition.org/youthfamilies/index.cfm. 



Maui's Sweetest Vegetable

The dear sweet Maui onion is mild and succulent.

By Marlene Nakamoto

Photography by Marc Schechter

Food styling by Karen Jones

Carrots are sweet. So are corn, beets, peas in pods, sweet potatoes, and kabocha and other winter squash. And onions.

Of course. Sweet onions. Specifically, Maui onions.

In Hawai'i, farmers grow a couple of sweet onion varieties, but the original, best-known one hails from Maui. Authentic Maui onions sprout only from the rich volcanic soil of Haleakalā in the beautiful upcountry town of Kula. Combined with the state's temperate climate and grown with aloha, the sweet Maui onion is incomparable.

Like other sweet onions, Maui onions have much less sulfur than regular onions. (Sulfur is a chemical element that's the source of onions' sharp flavor and vapors that sting your eyes when you chop them. It's also the source of unpleasant gastrointestinal symptoms.) Maui onions also have a high water content, which dilutes the sulfur even further. And sweet onions actually have more sugar – up to 50 percent more – than regular onions.

You can use Maui onions in any dish that calls for onion – chili, stew, soup, etc. – but some sources say they're best suited for onion rings, French onion soup, and roasted mixed vegetables. I like to use them raw in dishes where their mildness won't overpower the other ingredients. Chopped in lomi lomi salmon, slivered in ahi poke, or sliced on a burger, Maui onions are the only choice.

Maui onions. Mild, nice, and friendly. The pride of Maui. 15

Maui Onion, Fennel, and Orange Salad

- 1 fennel bulb, stalks removed, thinly sliced
- 1 orange, peel and pith removed, sliced crosswise
- 1 Maui onion, thinly sliced
- Juice of one lemon
- 2 tsp. olive oil
- Hawaiian salt and freshly ground black pepper to taste

In a medium bowl, gently toss all ingredients together until combined. Makes 4 servings.

Per serving (without salt): Calories 80, protein 2 g, carbohydrates 15 g, total fat 2 g, sodium 40 mg, fiber 3 g, total sugar 10 g

Flatbread with Caramelized Onions and Goat Cheese

Make the caramelized onions a day or two in advance.

Caramelized onions

- 1 Tbsp. olive oil
- 4 Maui onions, sliced ¼-inch thick
- ½ tsp. salt
- Freshly ground pepper
- 2 Tbsp. or more vegetable broth or water

Heat olive oil in a skillet over medium-low heat. Add onions, salt, and pepper. Cook slowly, stirring occasionally as the onions soften and turn golden. Continue to cook until onions are dark brown, at least 45 minutes. To deglaze the pan, add broth a tablespoon at a time while scraping the bottom with a heatproof spatula to loosen the brown bits. Remove skillet from heat when the liquid has evaporated. Cool and transfer to a covered container and refrigerate.

- 4 (7-inch) naan or other flatbread
- Olive oil
- Caramelized onions (recipe above)
- 4 oz. goat cheese, crumbled
- 10 large sweet basil leaves, chiffonade
(sliced in fine ribbons)
- Flaky sea salt

Place naan on baking sheets and brush with a little olive oil. Scatter caramelized onions and goat cheese evenly on each naan. Bake in preheated 425-degree oven for about 8 minutes or until the cheese just starts to melt. Remove from oven and sprinkle with basil and a pinch of sea salt. Cut into pieces. Makes 8 servings.

Per serving (without flaky sea salt): Calories 270, protein 9 g, carbohydrates 38 g, total fat 9 g, saturated fat 3 g, cholesterol 10 mg, sodium 450 mg, fiber 3 g, total sugar 10 g





Pickled Onions

- 3 Maui onions
- ½ green bell pepper, seeded and sliced
- 2 Hawaiian chili peppers
- ¾ cup white vinegar
- 1 Tbsp. Hawaiian salt
- 2 Tbsp. sugar
- ¾ cup boiling water

Peel onions and slice into quarters. Pack into sterilized quart-sized canning jar with bell pepper and chili peppers. Add vinegar, salt, and sugar. Pour boiling water to within an inch of the top of the jar. Seal jar with lid. Let stand at room temperature 24 hours, shaking occasionally. Refrigerate until ready to serve. Makes 10 servings.

To sterilize the jar, fill it halfway with water and place in microwave oven. Heat at full power for 3 minutes or until water boils. In a small saucepan of simmering water, sterilize lid for 10 minutes.

Per serving (about 1/4 cup): Calories 50, protein 1 g, carbohydrates 2 g, sodium 210 mg, fiber 1 g, total sugar 7 g

Maui Onion Dressing

- ½ cup chopped Maui onion
- 1 garlic clove, chopped
- ⅓ cup sugar
- 1 tsp. dry mustard
- 1 tsp. salt
- ¼ cup fresh lemon juice
- ⅓ cup apple cider vinegar
- ¼ cup mayonnaise
- ½ cup vegetable oil

Place all ingredients in a blender and process until smooth. Makes about 2 cups (8 servings).

Per serving (2 tablespoons): Calories 210, carbohydrates 10 g, total fat 19 g, saturated fat 2 g, cholesterol 3 mg, sodium 340 mg, total sugar 9 g





Donate and give more than just food.



28th Annual Food Drive Saturday April 15, 2017 8:00 a.m. - 2:00 p.m.

For information on Food Drive site locations,
visit www.hawaiifoodbank.org
954-7870



@hawaii foodbank



@hawaiifoodbank

What We Need Most

- canned protein: meat, tuna, chicken
- canned meals: stew, spaghetti, chili
- canned vegetables
- canned fruits
- rice
- monetary contributions



Beyond

Chinese Chicken Salad

Zing! Crunch! Zip!

We know we're supposed to eat more veggies and fruits to help us stay healthy. In the grocery store and farmers market, beautiful produce nearly bursts with promises of good health. You really have been meaning to include more produce in your diet.

You have the best intentions when you buy them. Then you find yourself at home with a dozen carrots, two heads of lettuce, two pounds of baby kale, six cucumbers and tomatoes, and four green bell peppers. You wonder what you'll do with them before they turn to brown mush in the fridge. You don't have the time or energy for an elaborate dish, but the family is tired of carrot and cucumber sticks with ranch dip.

Here's a solution: Salads that need only a little chopping, a little assembling, and maybe a little time at the stove. Try a base of assorted greens mixed with crunchy carrots and red bell peppers topped with tofu cubes and soba with a miso and rice vinegar dressing.

Other quick and easy-to-prepare options include a refreshing Thai beef salad with kaffir lime leaves and a colorful bed of baby greens, and red cabbage topped with fresh Island fish accented with the flavors of sesame, ginger, and lime.

And before you know it, that crisper drawer will be empty and you can happily head out to buy more goods to refill it. **15**

ARTICLE AND FOOD STYLING **KAREN JONES**

PHOTOGRAPHY **LEW HARRINGTON**

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
- ¼ tsp. shichimi togarashi (Japanese spice mixture) or ground red pepper

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



Thai-style Beef Salad

- 4 oz. long beans, sliced into 1-inch pieces
- 1 lb. top round or tri-tip steak
- 1 medium head green leaf lettuce, sliced or torn into bite-sized pieces
- 1 medium Japanese or English cucumber, sliced
- 8 oz. cherry tomatoes, halved
- ½ small onion, thinly sliced
- ¼ cup chopped roasted peanuts
- ½ bunch cilantro, chopped

Chili Lime Dressing

- 2 limes, juiced
- 2 tsp. fish sauce
- 1 Tbsp. vegetable oil
- 2 medium shallots, minced
- 1 large garlic clove, minced
- 3 stalks lemon grass, tender white area only, thinly sliced
- 2 kaffir lime leaves, chiffonade (sliced in fine ribbons)
- 1 Thai red chili pepper, thinly sliced

Combine all ingredients and mix well.

Steam or microwave long beans until crisp-tender, 1 to 3 minutes. Heat a non-stick skillet over medium-high heat. Add steak and cook 3 to 4 minutes or until browned. Turn and brown for 2 to 3 more minutes or until medium rare. Arrange lettuce, cucumbers, tomatoes, onions, and long beans on a serving platter or four salad plates. Slice steak thinly against the grain and arrange on vegetables. Drizzle with Chili Lime Dressing and garnish with peanuts and cilantro. Makes 4 servings.

Per serving: Calories 430, protein 40 g, carbohydrates 15 g, total fat 23 g, saturated fat 7 g, cholesterol 120 mg, sodium 350 mg, fiber 3 g, total sugar 5 g



Sesame Lime Ginger Island Fish with Baby Greens

- 1 lb. mahimahi, opah, or other white fish
- 1 tsp. vegetable oil
- 1 lb. assorted baby greens
- 1 small zucchini, julienned
- ¼ small red cabbage, thinly sliced
- 1 tsp. white sesame seeds, toasted
- 2 limes, sliced, for garnish

Sesame Lime Ginger Dressing

- 2 limes, juiced
- 2 medium shallots, minced
- 1-inch piece ginger root, peeled and minced
- 1 medium garlic clove, minced
- 2 Tbsp. rice vinegar
- ¼ cup low-sodium shoyu
- 1 Tbsp. ketchup
- ¼ cup vegetable oil
- 1 tsp. sesame oil

Combine all ingredients and mix well.

Divide fish into four portions. Heat a nonstick skillet over medium heat and add oil. Cook fish 2 to 3 minutes or until browned. Turn and brown for 1 to 2 more minutes or until done. Arrange baby greens, zucchini, and cabbage on a serving platter or four salad plates. Drizzle with Sesame Lime Ginger Dressing and garnish with sesame seeds and limes. Makes 4 servings.

Per serving: Calories 300, protein 26 g, carbohydrates 10 g, total fat 18 g, saturated fat 2 g, cholesterol 80 mg, sodium 810 mg, fiber 3 g, total sugar 4 g



Relay for HOPE

Join us to save lives from cancer.
RelayForLife.org

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Upcoming 2017 events

Relay For Life of UH Manoa

April 8

UH Manoa TC Ching Athletics Field

Relay For Life of Leeward Oahu

April 15

Kapolei High School, Plaza

Relay For Life of Kaua'i

April 29-30

Hanapepe Soccer Field

Relay For Life of Guam

May 26-27

George Washington High School

Relay For Life of Mililani

May 27

Mililani High School, Athletic Field

Relay For Life of Central South Maui

June 24-25

War Memorial Events Arena

Relay For Life of Kona

July 8

Old Kona Airport Park

Relay For Life of Hilo Community

July 15

Francis Wong Stadium

Relay For Life of Magic Island

July 22

Ala Moana Beach Park

Relay For Life of Waimea & Honokaa

July 22

Waimea Community Park

Relay For Life of North Shore

August 12

Waioli Park, Hanalei

Relay For Life of

Kamehameha 'Ohana

August 19

Kamehameha Schools,
Kapalama Campus

Relay For Life of West Maui

August 19-20

Lahaina Aquatic Park

Relay For Life of Windward O'ahu

July 8

Windward Mall

RelayForLife.org | 1.800.227.2345

1010-7018

Public Service Announcement



EVENTS FOR APRIL THROUGH JUNE

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.

Back to Basics

Practice good posture, proper lifting techniques, and back stretches in this interactive workshop.

Hilo: 4/6, 10-11 a.m.
HMSA Center @ Hilo

Honolulu:

- 4/18, 9:30-10:30 a.m.
HMSA Center @ Honolulu
- 4/29, 9:30-10:30 a.m.
Kaimuki Plaza, Kaimana Room

Kahului: 4/20, 5-6 p.m.
HMSA Maui Office

Kailua-Kona: 4/25, 10-11 a.m.
HMSA Kailua-Kona Office

Līhu'e: 4/10, 5-6 p.m.
Kuhio Medical Center

Pearl City:

- 4/15, 10-11 a.m.
HMSA Center @ Pearl City
- 4/27, 10-11 a.m.
HMSA Center @ Pearl City

Balanced Life

Discover ways to keep your balance as you age to prevent broken bones and other injuries.

Mililani: 6/27, noon-1 p.m.
Mililani YMCA

Brain Fitness

Strengthen your brain in this interactive workshop.

Hilo: 4/20, 10-11 a.m.
HMSA Center @ Hilo

Honolulu:

- 4/15, 10-11 a.m.
Kaimuki Plaza, Kaimana Room
- 4/21, 10-11 a.m.
HMSA Center @ Honolulu
- 4/28, 5:30-6:30 p.m.
Kaimuki Plaza, Kaimana Room
- 5/26, 4:30-5:30 p.m.
HMSA Center @ Honolulu

Pearl City:

- 4/22, 10-11 a.m.
HMSA Center @ Pearl City
- 6/3, 10-11 a.m.
HMSA Center @ Pearl City

Digestive Health – Your Ally in Well-being

Get tips for good stomach health.

Kahului: 6/8, 10-11 a.m.
HMSA Maui Office

Kailua-Kona: 5/11, 10-11 a.m.
HMSA Kailua-Kona Office

Līhu'e: 5/22, 5-6 p.m.
Kuhio Medical Center

Family Fitness

Try exercises for family members of all ages.

Hilo: 6/29, 5:30-6:30 p.m.
HMSA Center @ Hilo

Honolulu:

- 6/1, 5:30-6:30 p.m.
Kaimuki Plaza, Kaimana Room
- 6/17, 9:30-10:30 a.m.
Kaimuki Plaza, Kaimana Room

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

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

Goodbye Diet! Hello Health!

Reach your weight-loss goals with good nutrition, regular exercise, and other healthy behaviors.

Hilo: 5/19, 10-11 a.m.
HMSA Center @ Hilo

Pearl City: 5/20, 10-11 a.m.
HMSA Center @ Pearl City

Goodbye Diet! Hello Health! 2!

Stop reading those nutrition facts labels. Find out why in this workshop.

Hilo:

- 6/17, 10-11 a.m.
HMSA Center @ Hilo

Honolulu:

- 5/12, 10-11 a.m.
HMSA Center @ Honolulu
- 5/13, 10-11 a.m.
Kaimuki Plaza, Kaimana Room
- 6/9, 5:30-6:30 p.m.
Kaimuki Plaza, Kaimana Room
- 6/16, 4:30-5:30 p.m.
HMSA Center @ Honolulu

Pearl City:

- 6/24, 10-11 a.m.
HMSA Center @ Pearl City

Healthy Eating, Island Style

Learn how to identify healthy local foods.

Kahului: 6/29, 10-11 a.m.
HMSA Maui Office

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

Līhu'e: 6/19, 5-6 p.m.
Kuhio Medical Center

Meatless Alternatives

Learn ways to reduce the amount of meat you eat.

Honolulu: 4/19, noon-1 p.m.
Kalihi YMCA

Stress Bucket

Maximize your health and well-being with stress management.

Hilo: 5/2, 10-11 a.m.
HMSA Center @ Hilo

Honolulu:

- 5/18, 9:30-10:30 a.m.
HMSA Center @ Honolulu
- 5/20, 9:30-10:30 a.m.
Kaimuki Plaza, Kaimana Room

Kahului: 5/9, 5-6 p.m.
HMSA Maui Office

Kailua-Kona: 5/25, 10-11 a.m.
HMSA Kailua-Kona Office

Līhu'e: 5/15, 5-6 p.m.
Kuhio Medical Center

Pearl City:

- 5/6, 10-11 a.m.
HMSA Center @ Pearl City
- 5/23, 10-11 a.m.
HMSA Center @ Pearl City

Supermarketing!

Learn strategies to make grocery shopping easier and healthier.

Mililani: 5/16, noon-1 p.m.

Mililani 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.

MULTIPLE ISLANDS**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. hawaii prostatecancer.org.

Relay for Life

Raise awareness, honor loved ones, and celebrate survivors of cancer. Support your favorite team or start your own. A fundraiser for the American Cancer Society. Relays are held on O'ahu, Maui, Kaua'i, and Hawai'i Island. relayforlife.org.

HAWAI'I ISLAND

4/11, 5/9, 6/13

Stroke Support Group

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

4/15, 5/20, 6/17

Big Island Ostomy Group

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

**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. www.adbigisland.org.

KAUAI

4/22, 5/20, 6/17

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 presentation about a health topic. 7 a.m., Wilcox Medical Center. Registration is required. 245-1198.

5/6

Kaua'i Keiki Bike & Safety Day

Get a bicycle or skateboard safety check and enter to win prizes. 8 a.m.–noon, Wilcox Medical Center. 245-1198.

MAUI

4/21, 5/19, 6/16

Makawao Town Party

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

O'AHU

4/11, 5/9, 6/13

COPD Support Group

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

4/11, 5/9, 6/13

Kardiac Kids Support Group

Education, encouragement, and support for families with children who have congenital heart defects. 6:30-9 p.m., Kapi'olani Hospital Cafeteria. Jullie Passos, 227-4558.

5/3

HMSA's Annual Meeting

Annual meeting to present HMSA's financial and annual report and elect directors and an auditor. Proof of HMSA membership required. Business attire. Noon. Hawaii Convention Center, Room 311, 1801 Kalākaua Ave., Honolulu. 948-5263 to register.

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.

Aloha Kidney Classes

Learn how to manage conditions related to chronic kidney disease (CKD). 585-8404. alohakidney.com.

American Diabetes Association Workshops

Information and tips to manage or prevent diabetes. 947-5979.

Health & Education at The Queen's Medical Center

- **Genetics Class:** Learn about prenatal genetic screening and other tests to check the health of your baby. 691-7633.
- **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 future calendar listings, 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.

Maui nō ka 'oi



SUMMERS AT KE'ANAE AND KAUPŌ

The best summers were around 1936 or so when Mama and Daddy (Philip and Agnes Soon) would drive the whole family (Philip Jr., Blossom, Richard, and me) from Wailuku to Ke'anae and Kaupō.

In Ke'anae, we stayed at Auntie Maggie Ching's house. Playing with the Soon and Ching cousins was so much fun as we didn't see each other very often. We played hide-and-seek in the guava and mango trees and hiked to the freshwater ponds to swim and fish for 'o'opu. Next door to Auntie's house was a store and a theater. Saturday nights was Amateur Nite and all the cousins would put on a show performing hula, 'ukulele, guitar, and piano. All the Ke'anae people turned out as it was a big thing in that small town.

After a week, it was off to Kaupō to visit Uncle Nick Soon and his family. Uncle took us fishing and camping at Nu'u. He had a donkey and we all took turns riding it!

Country fun was the best. It was so different from city life in Wailuku. We are now in our 80s and remembering the wonderful summers in Ke'anae and Kaupō brings a smile to our faces.

Goldie Soon Tom
Kailua, O'ahu

SMALL TOWN

I come from a small town in Waihe'e. We were all like family – the Alexanders, Yamanakas, Kahalikaes, Wilsons, Koyanagis, and many more. My Mom used to “charge” items at the Yamanaka's store and pay it off on the first of every month. My nieces and I would go to the store and “charge” our soda and candy without telling Mom. When she got the bill, she knew it was us but didn't say anything. There was even a pool hall that my uncle used to run. We used to go up to the swinging bridge to swim and get 'ōpae. The water was so cold! On Thursdays, we would walk to church for catechism. My grandma, Harriet Carvalho, was the oldest member of St. Ann's Church. We had a theater where all us teenagers would meet. We played baseball and volleyball and rode our bikes into the cemetery at night just for the fun of it. Scary, scary!

What a place to grow up! Maui nō ka 'oi!

Clara M. Torres
Waipahu, O'ahu

KEEP THOSE STORIES COMING

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

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

Email your story to Marlene_Nakamoto@hmsa.com 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.

SPECIAL TRADITIONS, LASTING MEMORIES

My mother, Yukimi Sawamoto Kodani, was a special woman who showed her love by creating things – either through sewing or making special dishes. Mom worked as a seamstress for Hawaiian Casuals, a sewing company on Maui, and also sewed for others as a side business. Sewing was her special talent and we were fortunate to have one-of-a-kind dresses and mu'umu'u while growing up.

With six children to raise, Mom's talent and skill came in handy and saved money. As the youngest child, I remember every May Day, Mom would purchase fabric from the local fabric store in Wailuku and create a new mu'umu'u for me to wear.

Mom also showed her love for us through her cooking. For our birthdays, we wouldn't get a store-bought cake. Mom would make each of us her special prune cake. She would painstakingly measure and sift the cake flour, stew the prunes, and put all the ingredients together and bake it. Then she'd make a frosting with pureed prunes, egg whites, and simple syrup. She would often make these cakes for friends and relatives to say thank you or celebrate special events in their lives.

So much of what my mom did for us has defined who I am. Now, as an adult, I remember and am eternally grateful for the wonderful, invaluable ways she showed her love and the legacy she left for us to remember and appreciate.

Naomi S. Sugihara
Kapa'a, Kaua'i

ELEMENTARY SCHOOL MEMORIES

Yes, this all happened in the Territory of Hawai'i!

Mother didn't drive, so my father drove me to kindergarten. When school ended at 11 a.m., I ran two miles home at top speed. Barefoot, how else?

Every day, we in Pā'ia rode the train to H'Poko [Hāmākua Poko] to Maui Standard School. After school, the train would take pupils to Haiku, almost an hour wait! So Eben Purdy, Einar Gerner, and I would run home along the tracks to Pā'ia more than a half hour away, eating guavas and mangoes along the way. It paid off! Later, Eben and Einar starred in football and I in track.

During recess and lunch, we would go to the gulch in the back of the adjacent Maui High School and feast on guavas and bananas. One time, we were too eager and stirred up a yellow jacket's nest ... with stinging results!

My second-grade teacher once locked me in the supply closet for misbehavior, but forgot to let me out when the school day ended. At 4 o'clock, a janitor heard me crying and notified the principal, who lived close by and took me home. To this day, I don't suffer from claustrophobia, although I was stuck in a dark closet.

Edwin W. Medeiros
Mountain View, California

paddling forward

Imua Family Services empowers keiki with special needs.

By Michelle Sullivan

On Maui's North Shore, the waters from Māliko Gulch flow into choppy ocean waves, challenging even the most experienced ocean athletes.

Every spring since 2011, Maui's water sports community has come together to paddle out into the open ocean for Paddle Imua, a race that follows the Māliko Downwind Run, to benefit Imua Family Services. The race is the only one of its kind in Hawai'i, bringing together some of the biggest names in stand-up paddle boarding, outrigger canoeing, surf skiing, and prone paddle boarding on one day to support Maui's children with special needs.

Imua Family Services works to empower keiki with special needs and their families on Maui, Moloka'i, and Lāna'i to achieve their full potential. The word imua means "move forward" in Hawaiian and that's exactly what Imua has been doing for Maui County families since 1947. Imua provides therapeutic services, infant and early childhood development programs, autism services, and newborn hearing screenings. They also operate Imua Inclusion Preschool, Dream Imua, and Camp Imua.


Six years ago, Imua Family Services started Paddle Imua as a way to save Camp Imua, their summer camp program specifically designed for children with special needs ages 6-16 years. Campers experience activities like horseback riding, surfing, hiking, concerts, outdoor movies, helicopter tours, and zip-lining with their peers. The program also provides much-needed respite for hard-working parents and full-time caregivers.

Part of what makes Camp Imua unique is the opportunity for these keiki to stay away from home for one week with high school and college students who are trained as volunteer caregivers. The program risked closure due to lack of funding, but Paddle Imua successfully



raised enough money to keep Camp Imua open with help from title sponsor Bluesmiths Crafted Waterwear, a Maui-based company.

Paddle Imua has grown into more than just a race. The event is now an elite 10-mile race that has raised more than \$100,000 for Camp Imua since its inception. The athletes love this race because they're paddling for a purpose and are warmly welcomed across the finish line by campers, who present them with lei. Afterward, families and athletes enjoy a post-race 'Ohana Festival featuring a live entertainment, food, prizes, and a relay race. Campers even have the chance to learn from their water sports heroes as they mingle throughout the day. The true focus of the race — to help the campers move forward — is evident in every facet of the event.

Paddle Imua is a celebration of our connection to the sea and overcoming seemingly insurmountable odds. It's truly the embodiment of "moving forward." In its 70 years, Imua Family Services has helped countless Maui County families push past the challenges that come with having a disabled child to achieve great things. Paddle Imua plays no small part in making their journey possible. 

This year's Paddle Imua race will take place on May 6, 2017, at Māliko Gulch. The 'Ohana Festival will be held following the race at the Hawaiian Canoe Club. For more information and to register, visit paddleimua.com.



‘A‘ohe ipu ‘ōpio e ‘ole ka mimino i ka lā.

*No immature gourd can withstand withering in the sun [without care].
No child can get along without adult supervision.*

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

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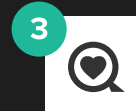
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