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sports program helps keiki soar



coming home || maternal mental health || recipes: pure liliko'i joy

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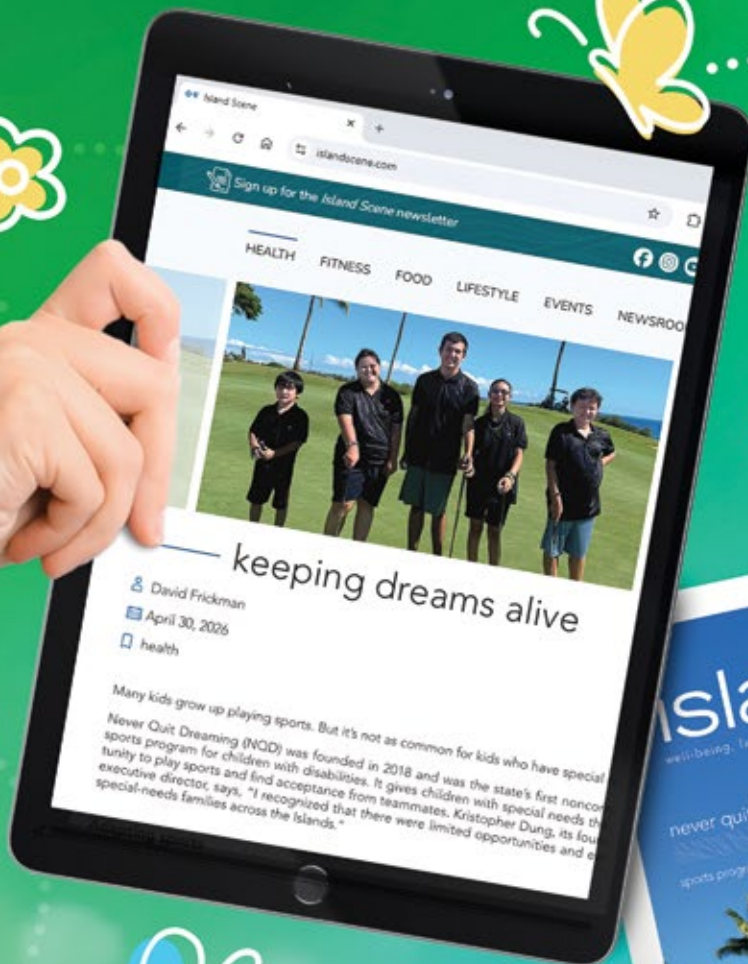
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JOMAR DE GRACIA



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COVER: Never Quit Dreaming gives children with special needs the opportunity to play sports. Article on page 18 by David Frickman. Photo by Chase Nuuhiwa courtesy of Never Quit Dreaming.

aloha members,



As Dorothy said in *The Wizard of Oz*, “There’s no place like home.”

In this issue, you’re going to read a feature titled, “Coming Home,” exploring some of the reasons people leave Hawai’i and why they come back.

There are lots of reasons for each part of that equation. You may leave because of affordability problems with the costs of living and housing. Or for opportunities for education and careers elsewhere. Or just to explore the world.

And you may come back to raise your family, care for aging parents, re-immersing yourself in ‘ohana and the aloha spirit, or just because there’s no place like home – especially when home is Hawai’i.

As a health organization, HMSA is committed to ensure that kama’āina aren’t pressured to leave because of the affordability of or access to high-quality health care. We’ve spent the past 87 years of our existence working on that goal. But the pressures of the world around us have made it harder and harder to do it alone.

It’s why we made the bold transformational move to partner with Hawai’i Pacific Health to create One Health Hawai’i, a combined integrated company that will improve the affordability, access, quality, and experience of health care for all the people of Hawai’i. With that framework upon which to build, there will be the opportunity to bend the health care cost curve to benefit members and employers, invest in provider capabilities to benefit all the providers in Hawai’i who participate in a value-based model, and send dollars upstream into communities to improve the health and well-being of our population.

There really is no place like home, and our intent is to keep Hawai’i the happiest and the healthiest place in the world.

Sincerely,

A handwritten signature in black ink, appearing to be 'Mark M. Mugiishi'. The signature is fluid and cursive, with a long horizontal stroke at the end.

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

Hawaii's Health Care System Needs Thoughtful Action – NOW

To Our Hawaii Community:

Hawaii's health care system has long been a point of pride. But today, it is under growing strain - on costs, on operations, and in how the system is structured - and those pressures are increasingly felt by our members, providers, employers, and communities across our state.

As stewards of a nonprofit health organization serving generations of Hawaii families, we see these challenges firsthand. Health care costs continue to rise faster than household incomes. Access to care is becoming more uneven, especially on the Neighbor Islands and in rural communities. Providers are stretched thin by workforce shortages, administrative complexity, and rising operating costs.

These pressures demand responsible leadership and thoughtful action to preserve access, improve affordability, and protect quality for the long term. That is why, after careful consideration, the HMSA Board of Directors approved a proposed affiliation with Hawai'i Pacific Health - with a clear condition that it must strengthen Hawaii's health care system broadly, not just a single institution, while preserving an open system that protects patient choice, supports provider independence, and ensures no single entity controls care in Hawaii.

Equally important, the Board believes this affiliation can improve access to care and help slow rising health care costs by enabling better coordination across Hawaii's health care system. When the system works more smoothly, providers are better supported, access improves - particularly in underserved areas - and families and employers face less financial pressure.

At a time when inaction would allow costs to rise further and access to erode; we believe this proposal offers a responsible path forward - one that preserves openness, expands access, and supports a more affordable and sustainable health care system for Hawaii.

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dear friends,

Welcome to our spring issue of *Island Scene*. I love the mix of articles in this issue, from mini exercise sessions and gateball to HMSA news and yummy recipes, with lots of other choices in between. But the most nostalgic article for me is Michelle Liu's article on Helen Nakano and how she bonds with her grandchildren over games of *hanafuda*, the traditional Japanese card game.

Nakano is the founder of Hanafuda Hawaii, which builds and fosters connections while preserving the traditional game. And her son, Jason, has created a local version of hanafuda cards that feature plants and animals found in Hawai'i. Read more on page 50.

I grew up playing hanafuda, mostly with my mom's family on Kaua'i. I loved it when the adults would let the younger kids join in. We'd play after dinner at my grandparent's house; when Grandma brought out the old Army blanket, we knew what was coming. The thick olive green wool blanket was perfect for muffling the sound of the cards slapping against each other and allowed the cards to bounce a little without flipping over if you did it just right.

We also played at the beach, usually at Poipu or Lydgate. We enjoyed long, hot summer days, swimming, eating, and playing hanafuda and Scrabble, often



Jason Nakano's local hanafuda cards

stopping for a treat on the way home. It was beautiful and idyllic, and we had no idea we were building a lifetime of happy memories. Thank you to our parents, grandparents, and aunties, uncles, and cousins who made those experiences possible.

Did you grow up playing hanafuda? Share your memories with us at feedback@islandscene.com. Or start a new tradition with your family and friends.

I hope you enjoy the hanafuda article and the rest of the issue.

Take care,

Lisa Maneki Baxa
Publisher and Editor

around the 808

big island

Chef challenge spices up the kitchen

At the 5th Annual Hawaii Island Chef Challenge last October, 12 Hawai'i Community College (HCC) culinary students teamed up with professional chefs to create a three-course meal using local ingredients in a timed, mystery-basket competition.

"By pairing rising chefs with mentors, we create opportunities for growth and connection while celebrating our farmers and food producers," said HCC graduate Pomaika'i Bartolome, director of food and workplace safety at Hilo Products Inc., who also served as the event's coordinator and producer.

Students Amelia Klunk and Arithat Ruangchai and mentor Chef Ippy Aiona from The Kona Table were the 2025 winners.

Judges were Chef Sam Choy, the James Beard Award-winning "Godfather of Poke," and Chef Willie "Kanila" Garcia, a Hilo native who is sous chef at The Summit Club in Las Vegas.



2025 Chef Challenge winners: Chef Ippy Aiona (center) with students Arithat Ruangchai (left) and Amelia Klunk.

COURTESY HAWAII COMMUNITY COLLEGE

maui, moloka'i, and lāna'i

High honors for Maui High School's counselor

Leka Anitema is the post-high counselor at Maui High School. Seeing students achieve success has been deeply meaningful to Anitema, who was born and raised on Maui.

Anitema was recently a finalist for the 2026 National School Counselor of the Year award from the American School Counselor Association.

"This honor reflects the collective effort of my family and the dedicated colleagues I work with every day," says Anitema. "I'm motivated to continue advocating for all learners, especially those who might not see the possibilities ahead of them. This award is for the entire Hawai'i community I'm proud to serve and represent."



Leka Anitema

COURTESY LEKA ANITEMA

kaua'i

Celebration of lei-making

For the 43rd year, the Kaua'i Museum will hold its signature Lei Day celebration. "The museum's Lei Day celebration honors the rich traditions and cultural importance of lei making," says Chucky Boy Chock, the museum's director, "while paying tribute to Irmalee and Walter Pomroy," who founded the annual contest on Lei Day 1983.

The contest features lei made exclusively from natural, non-endangered plant materials in various categories. It's open to Kaua'i and Ni'i'hau residents of all ages and draws hundreds of participants and spectators each year.

The Irmalee & Walter Pomroy Lei Day event will be held at the Kaua'i Museum courtyard May 1. Visit kauaimuseum.org or call (808) 245-6931 for details, including admission fees.



The Kaua'i Museum Lei Day celebration honors the rich traditions and cultural importance of lei making, attracting hundreds to the event.

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

the heartbeat of UH school spirit

words Michelle Liu

photos Jomar De Gracia

The energy is electric the moment the University of Hawai'i at Mānoa Rainbow Warrior Marching Band fires off the first note of the school's iconic fight song, *Co-Ed*. Stands rattle with fans cheering and clapping along, with the brass section swinging to smooth choreography, and the leader of the band, Gwen Nakamura, dancing on the field, a giant, colorful balloon hat on her head and a shiny tambourine in her hand.

"We're not the main attraction at sporting events, but we contribute to the atmosphere and bring the energy and fun," says Nakamura, UH assistant marching band director. "When we bring the music, we bring the spirit."

The UH marching band is comprised of about 300 students across nearly all majors. It's an academic course, but it's also where students with a love for music can grow in their art, perform for thousands of spectators, and have fun in a supportive environment.



Gwen Nakamura wears her trademark balloon hat, which a band alumni makes.



Margaret Agcaoili

"I've created familial connections with a lot of people in the band," says drum major and UH junior Margaret Agcaoili. "And I think that's rooted in the fact that we're all here to share something we're passionate about."

Their relationships strengthen with the time spent together. The intricate field formations, synchronized marching, and skilled instrument playing might look easy on the field, but what crowds don't see are the hours of rehearsals that go into the flawless performance.



Jesse Cumpston

"There's a lot of meticulous cleaning to achieve that technical precision and rhythm, and we're at mental capacity for so long. Sometimes there's a little frustration," says drumline captain Jesse Cumpston. "But there are also always those great moments where we're out on the field, and it just clicks and comes together. It's very fulfilling."

Pablo Furukawa, a graduate assistant in the UH music department, is in a unique position of being both a friend and a role model to the marching band undergraduates. He's been in their shoes; he played saxophone in the band as a student. After he graduated, he taught middle and high school students before returning to UH.



Pablo Furukawa

"It's different now because I am a professional in the field, but I'm also someone who's refining their craft and honing their skills," he says. "So, coming back is allowing me to give back to the place that gave me a chance."

"My hope is that during their time here, they learn to not only become better musicians but also to be good people ..."

: Gwen Nakamura



The University of Hawai'i at Mānoa Rainbow Warrior Marching Band.




A blend of focus, passion, and smiles on the field.

Music is in his blood; his dad played in the UH marching band alongside Nakamura. Furukawa grew up going to UH football games, watching the band play, and visiting Nakamura – all perhaps part of his dad’s plan to encourage him to join the marching band, which, at first, he resisted. But once he picked up the saxophone in middle school, his plans changed.

“It’s funny; I’m even more into it than my dad was,” he says. “And I’m now saying the same things to the undergraduates that he said to me: ‘We did this cool thing when we were marching,’ or ‘We sounded great during this one show.’ I’m grateful for those opportunities, and I feel a great sense of pride in giving them that same experience.”

For Nakamura, seeing her students grow as musicians, bond with each other, and have fun playing in the stands is incredibly rewarding. Because she, too, was once on the sidelines, watching the saxophone section as a child and wanting to be a part of it.

“I remembered seeing the crazy sax players in the stands, and I thought to myself, ‘That looks like so much fun.’ It’s been a life-fulfilling journey,” she says.

“Now, I do this for the students. My hope is that during their time here, they learn to not only become better musicians but also to be good people who carry those values into the world. Because that’s what we’re doing here: Every single person is just as important as the next; we can only do this music and life together as one.” 



The “crazy sax players” having fun.



Tradition, music, and artistry come together whenever the UH Marching Band plays.



The UH Marching Band hypes up the crowd.



Go 'Bows!



maternal mental health: support and healing

words Courtney Takabayashi

illustration Garry Ono

Content warning: The following article contains descriptions of child loss.

Giving birth is just the beginning, although it may seem like the culmination of months of preparation and doctor's visits. Caring for a new human takes round-the-clock love and care and it's easy to forget or neglect the well-being, especially the mental health, of the person who gave birth.

In observance of Maternal Mental Health Month, Honolulu pediatrician Jasmine Waipa, M.D., shares her story and why maternal mental health is so important.

Heartbreak

What was supposed to be an exciting time for Dr. Waipa, in her second trimester with her second child, suddenly turned into heartbreak. While she was working overnight in the neonatal intensive care unit (NICU), she went into early labor and her son was born at just 25 weeks.

"He was a good size, almost 2 pounds, and cute, strong, and feisty," Dr. Waipa says. "They transferred him to the NICU and I was fully prepared to be the mom of a preemie. I imagined taking him home, making sure he grew healthy and strong and reached his full potential. Who better than me?"

However, at just three days old, he passed away in her husband's arms from an infection. "We cried over him and wished for a different outcome, unable to imagine our lives without him, and unwilling to grasp the sorrow of telling our 2½-year-old daughter that she'd never meet her baby brother," Dr. Waipa says. "Soon after, they found I needed a second surgery that was further complicated by infections. My body and heart were broken."

"My body and
heart were
broken."

: Jasmine Waipa, M.D.

Recovery

While she worked on her physical recovery, it wasn't until two months later that she was able to begin processing the pain of losing her baby. "I truly could not see a pathway out of the dark, empty despair I felt, and I certainly couldn't imagine taking care of other people's babies when I had lost my own," she says. "I'm so lucky to have had my husband, my family, close friends, and even my patients rally to support me, even though they didn't always know how to help. It was enough that they were enveloping me with so much love and care."

Dr. Waipa also found working with a grief counselor invaluable. "He held space for me to work through all of the sadness, pain, rage, regret, guilt, and loss I was feeling at my own pace," she says. "Even though it's been nearly five years, it's still difficult to fully understand how I survived."



Dr. Waipa with her husband and daughter.




“It’s OK to lean on others even when you don’t really know what you need ...”

: Jasmine Waipa, M.D.

Support

Through this experience, Dr. Waipa learned the importance of taking care of herself and asking for help. “It’s OK to lean on others even when you don’t really know what you need, because they love you and want to be there for you,” she says. “And give yourself credit. Remember that you’re strong and resilient, and that you’re not alone.”

Since her daughter was so young when this happened and didn’t understand the concept of heaven, Dr. Waipa and her husband told her that her little brother was playing in the sky. “My daughter said, ‘I bet he’s playing on the moon,’ so every night, we look for him on the moon and say goodnight.” 

If you or someone you know is having a difficult time before, during, or after pregnancy, reach out for help as soon as possible. Resources include your primary care provider, ob-gyn, or the National Maternal Mental Health Hotline at 1 (833) TLC-MAMA or (852-6262). Or visit HMSA’s Online Care® at hmsaonlinecare.com to speak with a licensed mental health specialist from the privacy and convenience of home. For more information on Online Care, see page 52.

Amwell is an independent company providing hosting and software services for HMSA’s Online Care platform on behalf of HMSA.



keeping dreams alive

words David Frickman

photos courtesy of Never Quit Dreaming

Many kids grow up playing sports. But it's not as common for kids who have special needs.

Never Quit Dreaming (NQD) was founded in 2018 and was the state's first noncompetitive sports program for children with disabilities. It gives children with special needs the opportunity to play sports and find acceptance from teammates. Kristopher Dung, its founder and executive director, says, "I recognized that there were limited opportunities and events for special-needs families across the Islands."

Adapting sports

NQD offers a variety of sports and recreational programs tailored for participants with special needs, often in non-competitive formats to build skills and confidence.

Dung says children with disabilities face challenges in traditional sports programs, where they often end up on the bench or getting cut from teams. "Then the joy for that game is pretty much ended." In NQD, he says, "We give families an opportunity in an environment that becomes more nonjudgmental."

Keiki can participate in baseball, basketball, soccer, judo, volleyball, and golf.

"We welcome everyone to our table."

: Kristopher Dung



Opposite page: Children with special needs can play sports in a nonjudgmental atmosphere.
Top: NQD provides the opportunity to find acceptance.
Bottom: Kristopher Dung with NQD keiki.



Top: The first statewide baseball program for individuals with special needs.
Bottom: NQD is an official program provider for the Els for Autism program.

NQD's inclusive approach supports children with various diagnoses, including autism, Down syndrome, epilepsy, and Williams syndrome. "We're not diagnoses-specific," says Dung. "We welcome everyone to our table."

Expansion

Dung developed the special-needs soccer program with the help of the American Youth Soccer Organization (AYSO). Then came baseball. "After the soccer program started, we asked families and they wanted baseball," Dung says. "It became the first statewide baseball program for individuals with special needs."

Golf and recognition

Another big breakthrough came with the development of the golf program.

"While we were in the middle of starting the baseball program, a golf opportunity came up," Dung says. "We flew in a member of the Ernie Els for Autism Foundation to teach us about their golf program." NQD became the official program providers for the Els for Autism program, which works to transform the lives of people with autism and their caregivers through lifetime services and partnerships.

The golf program, a first in Hawai'i, helped lead to significant recognition for autism-friendly initiatives. In 2022, NQD became the state's first Certified Autism Center through the International Board of Credentialing and Continuing Education Standards. This certification was renewed in 2024.

Building support

Michele Unten, an HMSA senior health coordinator, developed a passion for helping children with autism and other special needs. She's been an enthusiastic NQD promoter from the beginning after meeting Dung, who plays on her husband's baseball team. "Kris knew about my work with children with autism and developmental disabilities," says Unten.

"It's really hard for children who are atypical, especially because they may have to face lots of bullying," Unten says. "These kids are just trying to integrate and have fun. Never Quit Dreaming provides a community to do that."




Left: NQD allows kids with special needs to join in the fun.
 Right: The Bow Buddies program creates relationships.

“These kids are just trying to integrate and have fun.”

: Michele Unten

Unten says Dung has developed relationships in the community that are helping kids, such as the Bow Buddies program with the University of Hawai'i baseball team. “Every Sunday when they have a game, a Bow Buddy pairs up with a child, and they get to throw a baseball and hang out for 30 minutes after the game.”

Unten’s son participates in the program. “I’m trying to get him to know them better,” she says. “My son has been blessed hanging out with the kids on those Sundays.” 

NQD also has special events that provide private opportunities for families such as trips to the movies, Bishop Museum, or Kualoa Ranch, all designed for families that have children with special needs. Learn more about NQD programs, volunteer opportunities, and sponsorships by visiting nqdhawaii.org.



LEW HARRINGTON

Chris DeMello back in Hawai'i

coming home

words Craig DeSilva

There are many reasons local people leave Hawai'i, including greater job and education opportunities, lower cost of living, or just "rock fever." And although there are advantages to gaining life experience elsewhere, Hawai'i's unique culture, diverse society, and special way of life eventually lure many back home.

Ninth island connection

Chris DeMello couldn't imagine life away from her Island home. But after having to work two jobs to raise her family, she decided enough was enough.

"Working seven days a week, I was hardly home and missed out on them growing up," she says. "I was tired of struggling."

In 1997, she and her husband moved the family to Las Vegas for a lower cost of living. "We had a better life, but Hawai'i was always home," she says. "I'd wear a flower in my hair every day at work. They knew me as the lady from Hawai'i. If I couldn't be in Hawai'i, I'll bring a little bit of Hawai'i with me."

To stay connected to her Island roots, DeMello attended Hawai'i-themed festivals, danced in a hula hālau, and spread the aloha spirit wherever she could. "When people asked me about the aloha spirit, I'd tell them, 'Don't step on anyone's toes, don't forget those who helped you along the way, pay it forward, and be humble.'"

The hardest part was finding local food. "If we were 'ono for a Hawaiian plate or Chinese food, there weren't many options," she says. "It wasn't like today where you can get Portuguese sausage at Costco."

Greater purpose

After getting a divorce and with her kids grown, DeMello decided to move back to Hawai'i in 2024. Although happy to be home, she had to adjust to the changes and sticker shock. "Higher prices and everyone's in a rush," she says. "It's not the same as when I was growing up in Kailua."

But DeMello has cultivated a greater reason for being in Hawai'i. She's fulfilling her passion to become a natural healing practitioner in Hawaiian *lā'au lapa'au* (medicinal plants) and *lomi lomi* (massage). She's also learning energy healing practices from other cultures, such as Japanese *reiki* and Filipino *Hilot Binabaylan*.

"I'm connecting to my roots," she says. "I have a renewed sense of purpose to help people heal."



Chris DeMello in Las Vegas



Family first

Kekai Beyer chose to attend the University of Southern California for many reasons, beyond its prestigious undergraduate business school.

"I liked their football team," laughs the Kamehameha Schools graduate. "And being close to the ocean, I could surf. I had my priorities."

Beyond campus life, Beyer was drawn to career opportunities at large companies in Los Angeles and San Francisco. But his priorities shifted after getting married and the birth of his daughter. After 25 years on the Mainland, he moved back to Hawai'i in 2021.

"I wanted my daughter to grow up knowing her family and culture here," he says. "It's unlike anywhere else."

For Beyer, living in Hawai'i is not just about the beautiful beaches and palm trees. "It's the aloha spirit with friends and neighbors," he says. "You don't have to be Native Hawaiian. It's the genuine feeling of living here."

Beyer hopes one day his daughter will leave for college and gain life experience elsewhere. "But I'd like her to know that she can always come back home," he adds. [is](#)

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Gateball is a healthy sport for all ages.

gateball your way to better health

words Summer Nakaishi

photos Earl Yoshii

On his 57th trip to Japan, retired robotics and aerospace teacher and Hawai'i Air National Guard Lieutenant Colonel Art Kimura brought back an unexpected gift when he returned to Hawai'i – gateball.

Kimura also visited Ogimi, a village in Okinawa with the highest number of centenarians in the world. This was his third visit to Okinawa, having been stationed there with the U.S. Air Force from 1970-72 and returning in 2017 to help introduce robotics to schools in Okinawa.

When he asked residents why they lived so long, he said, "Though it is known that diet, exercise, and social interactions are the reason, they would smile and say, 'gateball, gateball.'"

In Japan, during the postwar era, when there was a rubber shortage to make balls for most sports, lumber worker Suzuki Kazunobu realized that the abundance of wood could be used to shape balls and mallets. Suddenly, a new sport was born.



Art Kimura

Gateball, similar to croquet, is played on a rectangular field with two teams of five players and 10 balls. Teams must work together and combine strategic touches to move the balls through various gates.

Kimura, who'd never heard of gateball before his 67th trip, had the sport on his mind when he returned to Hawai'i. He learned that gateball was initially popular with children, and gradually garnered elder and international interest, likely for its universal appeal – it doesn't involve running or jumping and could be played by anyone, young or old.

During its peak in Hawai'i, there were 12 gateball clubs with over 500 players. The islands even hosted a world championship game in 1998 at Ala Moana Beach Park, inviting a thousand of players from over 13 countries.

But what got Kimura's attention was the research studies that documented the health benefits for seniors.

"Physical health benefits of playing gateball are numerous," says Jason Kane-shige, M.D., an orthopedic surgeon who specializes in trauma and is an assistant clinical professor at the University of Hawai'i John A. Burns School of Medicine. "Movements such as swinging the mallet improve strength, balance, and flexibility. Weight-bearing exercises are crucial to maintaining bone health, reducing the risk of fracture. Building muscle strength and tone also contribute to injury and fall prevention. Continuous movements provide cardiovascular benefits as well as calorie expenditure leading to weight loss."



Ohana Gateball participants gather to play gateball at Ala Moana Beach Park.

Kimura's gateball quest led him to a small group of gateball players who had been playing for years and invited him to learn and play.

"Gateball is an easy game to learn," says Kimura, who enjoys the sport's mental and physical exercise and incorporates his science background to find ways to minimize errors and improve his striking strategy. "After a few minutes of instruction and practice, you could start playing."

An unofficial gateball ambassador, Kimura shares gateball's benefits with senior centers, schools, and gyms all while coordinating his own Ohana Gateball group. While reviving gateball tournaments in Hawai'i, he helped organize two contests last fall with plans to host more. This year, he and a group of gateball players are scheduled to visit Ogimi to thank the villagers for introducing them to gateball and play a game.

"Everyone can play gateball together," says Kimura, who now helps host two out of the four gateball clubs throughout Hawai'i.

"The social benefits are very important," says Dr. Kaneshige. "Since gateball is enjoyable to people of all ages, it promotes interaction between people of different age groups."

While Kimura attributes his health and well-being to his love and passion for gateball, he also believes in finding your *ikigai*, your life's purpose. He says, "Whether it's gateball, pickleball, bon dance, or volunteering, I believe that finding an activity that one can be passionate about, one that brings you to meet and make friends while reducing isolation, will add quality years to your life." ¹⁵

For more information, email Art Kimura at ohanagateball@gmail.com.

Hilo-born Art Kimura taught biology at McKinley High School, then became an aerospace education specialist after the 1986 Space Shuttle Challenger accident, establishing Future Flight Hawaii with his wife, Rene, in 1991. He worked for the Department of Business, Economic Development & Tourism; the Department of Education (DOE); NASA; and the University of Hawai'i Space Grant Consortium. Kimura retired from the DOE after serving as vice principal at both Kea'au Elementary School and Chiefess Kapi'olani Elementary School.

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More health care choices.

HMSA keeps adding providers to its network.



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Micah Thomas Gamble
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Shariat Panahi
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Angela Michelle Thomas

Kauai

Desiree K. Davis
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Mehlman Dumont
Mary E. Hurley
Dallen K. Ormond
Thomas Jason Sawyer

Maui

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Brooklyn Alexandra Cochrane
Linden Doss
Raiza Garcia
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Blake E. Johnson
Nancy Siyang
Manglallan Yang
Stephanie Manzella
Nicole Alexandria
Sadako Matsui
Timothy Mccalmont
Brooke Nicole Whitney
Jai L. Wiske
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Molokai

Bridgit K.L. Rovner
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Oahu

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Lucia Paula Amore
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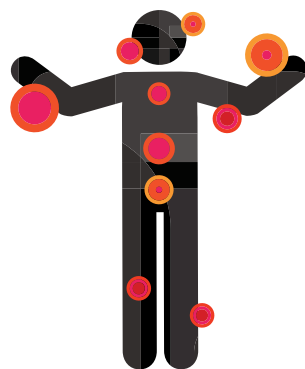
Aaron P. Sekulich
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These providers joined
HMSA's network between
Sept. 21 and Dec. 19, 2025.

For a complete list of
HMSA participating
providers, contact
information, and plans
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Doctor on hmsa.com or
scan the QR code.



the chronic inflammation wrecking ball



words Keely Kalama-Lakey

Experts are sounding the alarm about chronic inflammation. It can cause or worsen a number of health conditions, including certain types of arthritis, autoimmune disease, diabetes, asthma, Alzheimer's disease, some cancers, depression, and more.



Scott Kawamoto, M.D.

You may not feel it, but it can persist for years before symptoms of an illness appear. To learn more about chronic inflammation and how to prevent it, we talked with rheumatologist Scott Kawamoto, M.D.

What is inflammation?

Inflammation is your body's natural defense mechanism to protect against infection, injury, and other harmful events. It's a biological process in which your immune system activates special proteins and cells to fight off invaders or repair tissues. Without it, even minor infections and injuries could become life-threatening.

What's the difference between acute and chronic inflammation?

Acute inflammation is a short-term, immediate response to fight infections and repair tissue, and resolves once the infection or injury is gone. Examples include redness and swelling when you cut your skin or have a fever and sore throat during the flu.

Chronic inflammation is a long-term, lower-level response that may persist for months or years and can result in damage

to healthy tissues. It can make your immune system shift from protector to destroyer.

Inflammation becomes a problem when the immune system doesn't shut off after healing or when it mistakenly attacks healthy tissues. Immune cells keep releasing signals even where there is no injury or infection. These signals attract more immune cells, which can mistakenly attack healthy tissues and result in scarring, cell death, and loss of normal function. Chronic inflammation also produces free radicals, which can accelerate aging and increase risks for a number of serious conditions.

How can we prevent chronic inflammation?

- Eat a healthy diet of fruits, vegetables, whole grains, legumes, nuts, seeds, olive oil, and fatty fish. Some spices and teas, such as turmeric, ginger, and green or black tea, have anti-inflammatory compounds. Limit processed foods, sugary foods and drinks, and fried foods.
- Get at least 150 minutes of moderate physical activity every week to lower inflammation markers.
- Maintain a healthy weight, manage stress and chronic conditions, get high quality sleep, avoid smoking, and limit alcohol.

Small healthy choices we make every day add up and help keep our immune systems balanced. **IS**



For more information on inflammation, go to [islandscene.com/more](https://www.islandscene.com/more).



COURTESY SCLERODERMA FOUNDATION OF CALIFORNIA

understanding scleroderma

words Summer Nakaishi

When D.K. began to feel shooting pain in her arms, she and her doctors thought it might be carpal tunnel syndrome. But a year later, the pain worsened, and her hands were starting to curl. Her rheumatologist examined her bloodwork, revealing a diagnosis of a disease she hadn't heard of before – scleroderma.

“Scleroderma is an autoimmune disease that causes thickening or hardening of the skin due to excess collagen,” says rheumatologist Kristine Uramoto, M.D., president of the Hawaii Rheumatology Society.

“It’s a common misconception that scleroderma only affects the external skin,” says Lynn Muramaru, a volunteer support group leader for the Scleroderma Foundation of California, which also serves Hawai’i. “Many of us in the Hawai’i support group are affected by the hardening of the ‘skin’ that lines our internal organs. Lungs, digestive tract, kidneys, and our hearts are often affected.”

Doctors don’t know what causes scleroderma but, according to the Scleroderma Foundation of California, about 300,000 Americans live with the rheumatic disease. Localized scleroderma mainly affects the skin and sometimes bones and muscles. Systemic sclerosis, which also thickens skin internally, can potentially affect every major organ – this is when it becomes life threatening. There’s currently no cure for scleroderma.



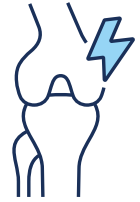
skin thickening



autoimmune disease



patches of thickened, waxy skin



joint pain



Kristine Uramoto, M.D.

“Treatment of scleroderma is generally focused on organ-specific symptoms,” says Dr. Uramoto. “For example, if a patient has Raynaud’s phenomenon – when a patient’s blood vessels, usually in the fingers or toes, react to cold temperatures or stress and cause decreased blood flow – medication for that symptom is prescribed.”

“Each specialist treats the affected organ, but it often takes a knowledgeable physician to put all the pieces together,” says Muramaru. “This is why disease awareness in an important part of the Scleroderma Foundation.”

Symptoms vary depending on their severity. “No two patients are going to have the same parts of their body affected in the same way,” says D.K. “We’re all different in how it presents and how it progresses, too.”

D.K. says for her, living with scleroderma means that fatigue and pain often dictate each day.


“A good day is when the pain and tightness in my hands and arms are bearable,” says D.K., who medically retired from her job as a legal secretary.

Because scleroderma is a rare disease, D.K. found herself occasionally explaining her condition to providers.

“It’s not easy for physicians to diagnose,” says Muramaru. “Because scleroderma is a rare disease, many physicians have never managed the care of a scleroderma patient. Sometimes we find people have gone undiagnosed for years before finally receiving the treatment they need.”

To help spread scleroderma awareness, Dr. Uramoto and Muramaru’s organizations often work together to provide educational opportunities for both patients and providers to learn more about treating scleroderma patients in Hawai’i. The Scleroderma Foundation organized for Daniel Furst, M.D., a world-renowned scleroderma specialist and head of the Foundation’s medical advisory board, to speak to the Hawaii Rheumatology Society last year.

As a support group leader, Muramaru says the heart of her work is to educate a newly diagnosed patient and provide hope. “I’m a person who’s been living with scleroderma since 2000,” says Muramaru, who medically retired from HMSA. “Back then, the mortality rate was about 30% within the first five years. There were little to no treatments for scleroderma at that time. Through research, clinical trials, new medications, and early diagnosis, our ability to live healthier lives has increased significantly.”

“For anyone newly diagnosed, support groups have been so helpful,” says D.K. “Don’t lose heart.” 

For more information about the Scleroderma Foundation of California, visit myscleroderma.org. Their support group for the Hawai’i community meets every fourth Monday via Zoom. To go to the Hawaii Scleroderma Resources and Support page, visit [facebook.com](https://www.facebook.com) and search Hawaii Scleroderma.

The Scleroderma Foundation of California and the Hawaii Rheumatology Society will host the HRS Annual Patient Conference on May 2, 2026. Please contact Richele Thornburg for more information at richelethornburg@gmail.com.

For an HMSA video on scleroderma resources and support in Hawai’i, please visit [youtube.com/@hmsahawaii](https://www.youtube.com/@hmsahawaii).

The Scleroderma Foundation of California is not affiliated with the National Scleroderma Foundation.

The Scleroderma Foundation of California does not endorse any specific treatments, drugs, or research trials. Because scleroderma affects all patients differently, treatment approaches that may be appropriate for some patients may be less suitable for other patients. Any treatment decisions should be based on knowledgeable discussions between patients and their clinician(s).

keep exercising with mini sessions

words Keely Kalama-Lakey




Finding time to exercise can be such a challenge, it's one of the main reasons people give up on exercising regularly. However, there's a realistic and manageable solution: mini sessions. Experts say moving your body as little as three to five minutes at a time throughout the day can add up to meet recommended exercise goals.



If you're just starting, Yonashiro-Barretta says, "It's safer to start at a lower duration exercise and gradually increase time and intensity. Little by little, you can push your limits." Like any new exercise program, talk with your doctor first to see what's best for you.

You can fit in mini exercise sessions when you have time. You don't need special equipment, workout clothes, or a gym. The most important thing is to do it consistently. How and what you do depends on your goals and the opportunities you find in your day.

For example, if you're scrolling on social media or working at a desk, take breaks for bodyweight squats, lunges, and calf raises. For higher intensity, add weights. Don't just sit and watch TV, stretch or lift dumbbells. Turn up the music and dance when you or your kids are bored. Skip the escalator and climb the stairs. Or take a brisk walk while talking on the phone. It all adds up to meet daily goals and decrease the time spent sitting. 



Candace Yonashiro-Barretta, DPT

"When you think of the excuses not to exercise – no time or motivation, unsure what to do, and it's not fun, mini exercise sessions can lower the expectation of needing a perfect workout," says Candace Yonashiro-Barretta, DPT, of StayFit Physical Therapy. "You just need to get moving. Get your heart pumping and your muscles working. Even a five-minute workout is a beneficial building block."

The Centers for Disease Control and Prevention recommends adults get at least 150 minutes of moderate-intensity physical activity, or 75 minutes of vigorous physical activity, per week. Strength training, mobility, and balance exercises are recommended twice a week.

Short spurts of physical movement throughout the day can have an advantage over exercising for a longer period once a day if you're mostly sedentary the rest of the day. Intermittent physical activity helps regulate blood sugar and blood pressure, aids in digestion, and can improve your mood.



For an extended version of this article, go to islandscene.com/mini-exercise-sessions or scan the QR code.



health matters



Dispose of Expired or Unused Medications Safely

Spring cleaning is a great time to check your medications and get rid of expired prescriptions and over-the-counter medications and supplements. The U.S. Food and Drug Administration says the expiration date is critical to knowing if a product will work as intended and is still safe to use.

Expired medical products can be less effective and put you at risk since chemical compounds can change. Call your doctor if you need a new prescription and never share your prescription with someone else.

To find a medication disposal location, call the Hawaii Medication Take Back Program at (808) 837-8470. For other disposal options, visit [fda.gov](https://www.fda.gov) and search for unused medicine.

Drive with Aloha and Attention

Every day, distracted drivers cause accidents that often lead to injuries and even fatalities. In Hawai'i, 26 of the 119 fatal car accidents in 2023 were caused by distracted drivers – more than double the national average.

While cell phone use is a major driving distraction, other factors also divert a driver's attention.

Here are the three types of driving distractions that put you and others at risk:

- Manual, taking your hands off the wheel.
- Visual, taking your eyes off the road.
- Cognitive, taking your mind off driving.

Distractions can occur, for example, when you drive and look at your phone, eat, talk to passengers, adjust the music, deal with children, or feel drowsy or upset. However, driving with your full attention allows you to manage your car safely and react quickly to the actions of others.

Don't forget to drive with aloha and patience, and remember that thankful shakas make everyone's drive a little sweeter.



Show Support to Reduce Mental Health Stigma

The stigma around mental health can interfere with people getting the mental health care they need. In honor of Mental Health Awareness Month in May, be sure to let your family and friends know that you support talking about mental health challenges and seeking professional care whenever it's needed.

Your efforts can help reduce negative beliefs and stereotypes about mental health conditions and encourage your loved ones to ask for help. Learn more at samhsa.gov; search for talk about mental health.



in the driver's seat

words Craig DeSilva

photo Rae Huo

She learned early in life that hard work can lead to rewarding results.

At age 10, Ruth Fukunaga Uejio would help her father catch fish in front of the family's home on Moloka'i. Her chores included laying net and collecting, scaling, and gutting the catch.

She didn't mind getting her hands dirty. "I was a tomboy, so it was kinda fun," she recalls fondly. "I'm sort of a methodical person and it was gratifying to see how those tasks contributed to the family meal."


While the ocean was her front yard, the mountains were her backyard. She and her siblings would challenge each other in a game of survival to see who could spend all day in nature without packing food or water. Skills from small-kid time continued throughout life. "We were raised to focus on working hard at academics and athletics, but also to stay humble," she says. "They had high expectations of us."

Those expectations didn't necessarily include joining the family business, Servco Pacific Inc., one of Hawai'i's largest automotive retailers. Uejio moved to the Mainland for college and a career in accounting and finance with the U.S. Securities & Exchange Commission in Washington, D.C., and Deloitte & Touche LLP in San Francisco and Hawai'i.

But her heart was always with Hawai'i and family. She moved back home seven years ago and is now part of a handful of third- and fourth-generation Fukunagas working in leadership roles at Servco, continuing a family legacy started 107 years ago. "I wanted to be part of a company that's tied to and invested in our community," she says.

As Servco's chief financial officer, Uejio works with both her head and heart. She focuses on ensuring long-term sustainability and maintains a deep commitment to the kama'āina company's core values to keep it strong for the long haul. But the greatest reward is being part of Servco's community-giving programs, which include student scholarships, a nonprofit charitable foundation, and music programs in schools that provide 'ukulele and guitars to underserved youth.

That sense of community giving is the reason she joined HMSA's Board of Directors last year. When it comes to health and well-being, she walks the talk – literally. She finds opportunities to get in her 10,000 steps a day with a portable treadmill tucked under her standing desk in her office and taking the stairs in her 48-floor condo. Weekends and vacation trips are spent outdoors hiking her favorite trails with her husband and young son.

Like they say: You can take the girl out of Hawai'i. But you can't take Hawai'i out of the girl. 



Read an extended interview with
Ruth Fukunaga Uejio at
islandscene.com/more.



choose the right care

words Earl Yoshii

Not every ache, fever, or fall means you need a trip to the emergency room (ER). Going to the ER when it's not an emergency can take longer, cost more, and add extra stress.



Lucie Tam, RN

Lucie Tam, RN, HMSA's clinical coordinator for Quality & Performance Improvement, says, "Start with your primary care provider or PCP." Know how to get in touch with your PCP during office hours and before or after their office is open. Most PCPs have several ways to get in touch, such as by phone or text, or an app or patient portal.

"If you can't get an appointment with your PCP right away," Tam adds, "Telehealth, such as HMSA's Online Care[®], is a great alternative. With Online Care, You can talk to a doctor anytime, anywhere in Hawai'i 24/7." Be sure to check your plan benefits before using Online Care.

Contact your PCP or use Online Care for concerns about:

- Cold or flu symptoms.
- Ear pain or mild fever.
- Mild allergic reactions.
- Small cuts or scrapes.
- Mild back pain, sprains, or strains.
- Feeling stressed, anxious, or down.



Register for HMSA's Online Care now so you'll be ready if you need care. For more information, go to hmsaonlinecare.com to download the app.

If you need help quickly but it's not an emergency, urgent care is your next stop. These clinics handle problems that can't wait for a regular appointment but don't need the ER.

Urgent care can help with:

- Minor fractures without open wounds.
- Sprains, strains, or small injuries.
- Minor cuts that might need stitches.
- Sore throat or pink eye.
- Dizziness, headaches, or migraines.
- Back pain.
- Urinary tract infections.
- Getting out small, nondangerous objects stuck in the body.



To find a participating urgent clinic near you, visit [hmsa.com/Urgent Care](https://hmsa.com/UrgentCare).

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



Andrew Perry, M.D., a pediatrician, emergency medicine doctor, and HMSA medical director, reminds us that some symptoms need immediate attention. "If your symptoms are severe or could be life-threatening, don't hesitate – call 911 or go to the nearest emergency room."



Andrew Perry, M.D.

Go to the ER or call 911 immediately for:

- Chest pain or trouble breathing.
- Sudden weakness, numbness, loss of balance, or difficulty speaking or responding.
- A severe or sudden headache or any other sudden, intense pain.
- Seizures.
- Serious allergic reactions.
- Deep wounds.
- Poison exposure or ingestion. The Hawai'i Poison Center is available 24/7 at 1 (800) 222-1222 if you need guidance.
- Major burns.
- Major injuries and accidents, including head injuries with loss of consciousness or other behavior changes.
- Thoughts of suicide.



For information on when to use the emergency room, go to [islandscene.com/more](https://www.islandscene.com/more).

Making smart choices about your care

"Choosing the right place to go can save you time, money, and stress, and keeps emergency rooms open for people who really need them," says Tam.

know your cost before treatment

words David Frickman



HMSA's Procedure Cost Estimator is an online tool to help commercial PPO and HMO plan members find their estimated out-of-pocket costs for certain medical services or items.

"For me personally, I always want to know what something's going to cost me," says Katherine Lidell, HMSA manager of portal and servicing tools. "I know my general copayment for a regular visit, but I have no idea beyond that."

As mandated by the CMS Transparency in Coverage Rule and the Consolidated Appropriations Act, health plans must provide the ability to compare out-of-pocket costs for specific items or services.

HMSA's Procedure Cost Estimator is a member-only tool available through My Account on hmsa.com. It provides personalized estimates of out-of-pocket costs for certain medical procedures and services based on your specific health plan, including deductibles, copayments, and coinsurance.

"If you're logged in, it's going to give you results for your individual plan, specific to you," Lidell says.

Use of Procedure Cost Estimator requires an active HMSA membership and login to My Account. To register for My Account, scan the QR code on the next page or go to hmsa.com.

- 1 To use the tool, go to the My Account dashboard and navigate to the Benefits tab and click Procedure Cost Estimator in the drop-down menu:



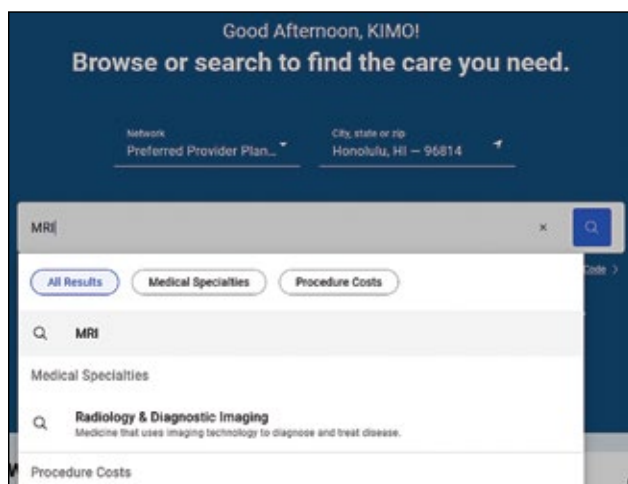
Claims

Recent claims

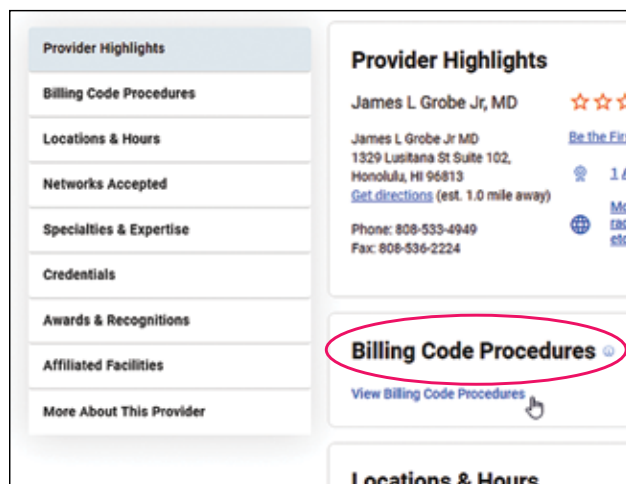
Service date	Provider	Full p
10/24/2025	Dr. Who	Pendi
10/21/2025	Clinical Labs Of HI Llp	Pendi



2 In the tool interface, search for a category of service using the search bar:



3 You can search for or select the specific procedure using keywords (such as "MRI" or "cardiology") or the CPT code if you have it. The tool covers common medical services and items. You can also search for a specific doctor. Then click View Billing Code Procedures to open a list of searchable procedures:






- 4 Answer a few questions (such as place of service) and see the estimate.

Estimated Cost Details	Estimated Cost Details
Provider Highlights	The cost for HCPCS G0121 Colorectal cancer screening; colonoscopy may vary due to the place of service or modifiers applied to the procedure. Learn more
Billing Code Procedures	Select Place of Service Office
Locations & Hours	Viewing cost details For KIMO ALOHA
Networks Accepted	Fee for Service Rate <small>ⓘ</small> \$540.78
Specialties & Expertise	You Pay \$108.16 They Pay \$400.00
Credentials	Coinsurance \$108.16 This
Awards & Recognitions	
Affiliated Facilities	
More About This Provider	

The estimated costs are based on HMSA claims data, provider information, and HMSA health plan benefits. Note that the specific services you receive from your provider may be different from those in the cost tool and the difference could affect your out-of-pocket cost.

In the future, Lidell says the Procedure Cost Estimator will also include bundled codes. “That means if you have a procedure that’s going to touch on different services and doctors, it can provide you with a bundled estimate. For example, if you go to the hospital, you may have the hospital charge, lab costs, the anesthesiologist, and this or that. I think it’s a really big win for members.” ¹⁵

To use the Procedure Cost Estimator, scan the QR code or go to hmsa.com.



for your benefit



Know your blood glucose and own your health

Hemoglobin A1C is a blood test that measures your average blood glucose over the past two to three months. Your doctor may have diagnosed you with diabetes based on your test result.

If you've been diagnosed with diabetes, your doctor will monitor your A1C every three to six months based on how well controlled your condition is. Diabetes blood tests can catch issues early.

Well-controlled blood glucose can help prevent or reduce health issues such as:

- Heart disease.
- Vision loss.
- Kidney problems.
- Nerve damage.
- Dental problems.
- Skin, bone, and joint issues.
- Memory problems like dementia and Alzheimer's.

This simple blood test is one of the most important tools for managing your health. HMSA plans generally cover blood tests as part of routine medical care. For details on your plan's blood test benefit, check your *Guide to Benefits* or call the number on your HMSA membership card.

The best way to prevent complications from diabetes, such as a heart attack, stroke, or kidney failure, is to take your medications as prescribed and practice healthy lifestyle habits, such as staying active and eating healthy. If you have questions about your diabetes, please talk to your doctor.

Getting where you need to be

If you need to travel to a Neighbor Island for specialty treatment, HMSA can help get you there.

Under the Care Access Assistance Program, HMSA members can be reimbursed for airfare when flying to another island for specialty care when that care isn't available on their home island. Most HMSA members qualify for the program.

For more information on how the program works, talk to your provider, scan the QR code, or visit hmsa.com/help-center/hmsa-care-access-assistance-program/.



Discrimination is against the law

HMSA complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). HMSA does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

Services HMSA provides

HMSA offers the following services to support people with disabilities and those whose primary language is not English. There is no cost to you.

- Qualified sign language interpreters are available for people who are deaf or hard of hearing.
- Large print, audio, braille, or other electronic formats of written information is available for people who are blind or have low vision.
- Language assistance services are available for those who have trouble with speaking or reading in English. This includes:
 - Qualified interpreters.
 - Information written in other languages.

If you need modifications, appropriate auxiliary aids and services, or language assistance services, please call 1 (800) 776-4672. TTY users, call 711.

How to file a grievance or complaint

If you believe HMSA has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

- Phone: 1 (800) 462-2085
- TTY: 711
- Email: appeals@hmsa.com
- Fax: (808) 952-7546
- Mail: HMSA Member Advocacy and Appeals
P.O. Box 1958
Honolulu, HI 96805-1958

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint

Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1 (800) 368-1019, 1 (800) 537-7697 (TDD)

Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

This notice is available at HMSA's website: <https://hmsa.com/non-discrimination-notice/>.

ATTENTION: If you don't speak English, language assistance services are available to you at no cost. Auxiliary aids and services are also available to give you information in accessible formats at no cost. QUEST members, call 1 (800) 440-0640 toll-free, TTY 1 (877) 447-5990, or speak to your provider. Medicare Advantage and commercial plan members, call 1 (800) 776-4672 or TDD/TTY 1 (877) 447-5990.

'Ōlelo Hawai'i

NĀ MEA: Inā 'a'ole 'oe 'ōlelo Pelekania, loa'a nā lawelawe kōkua 'ōlelo iā 'oe me ka uku 'ole. Loa'a nā kōkua kōkua a me nā lawelawe no ka hā'awi 'ana iā 'oe i ka 'ike ma nā 'ano like 'ole me ka uku 'ole. Nā lālā QUEST, e kelepona iā 1 (800) 440-0640 me ka uku 'ole, TTY 1 (877) 447-5990, a i 'ole e kama'ilio me kāu mea ho'olako. 'O nā lālā Medicare Advantage a me nā lālā ho'olālā kalepa, e kelepona iā 1 (800) 776-4672 a i 'ole TDD/TTY 1 (877) 447-5990.

Bisaya

PAHIBALO: Kung dili English ang imong pinulongan, magamit nimo ang mga serbisyo sa tabang sa pinulongan nga walay bayad. Ang mga auxiliary nga tabang ug serbisyo anaa sab aron mohatag og impormasyon kanimo sa daling ma-access nga mga format nga walay bayad. Mga membro sa QUEST,

tawag sa 1 (800) 440-0640 toll-free, TTY 1 (877) 447-5990, o pakig-istorya sa imong provider. Mga membro sa Medicare Advantage ug commercial plan, tawag sa 1 (800) 776-4672 o TDD/TTY 1 (877) 447-5990.

繁體中文

請注意：如果你不諳英文，我們將為您提供免費的語言協助服務。輔助支援和服務也能免費以無障礙的方式為您提供資訊。QUEST 會員請致電免費熱線 1 (800) 440-0640、聽障熱線 (TTY) 1 (877) 447-5990 或與您的服務提供者聯絡。Medicare Advantage 及商業計劃會員請致電 1 (800) 776-4672 或聽障/語障熱線 (TDD/TTY) 1 (877) 447-5990。

简体中文

注意：如果您不会说英语，我们可以免费为您提供语言协助服务。同时，我们还配备辅助工具和相关服务，免费为您提供无障碍格式的信息。QUEST 会员请拨打免费电话 1 (800) 440-0640, TTY 1 (877) 447-5990, 或咨询您的医疗服务提供者。Medicare Advantage 和商业计划会员请致电 1 (800) 776-4672 或 TDD/TTY 1 (877) 447-5990。

Ilokano

BASAEN: No saanka nga agsasao iti Ingles, mabalinmo a magun-odan ti libre a serbisio a tulong iti lengguahe. Adda met dagiti kanayonan a tulong ken serbisio a makaited kenka iti libre nga impormasion iti nalaka a maawatan a pormat. Dagiti miembro ti QUEST, tawaganyo ti 1 (800) 440-0640 a libre iti toll, TTY 1 (877) 447-5990, wenna makisaritaka iti provider-yo. Dagiti miembro ti Medicare Advantage ken plano a pang-komersio, tawaganyo ti 1 (800) 776-4672 wenna TDD/TTY 1 (877) 447-5990.

日本語

注意：英語を話されない方には、無料で言語支援サービスをご利用いただけます。また、情報をアクセシブルな形式で提供するための補助ツールやサービスも無料でご利用いただけます。QUESTプログラムの加入者の方は、フリーダイヤル1 (800) 440-0640

までお電話ください。TTYをご利用の場合は1(877) 447-5990までお電話いただくか、担当医療機関にご相談ください。Medicare Advantageプランおよび民間保険プランの加入者の方は、1(800) 776-4672までお電話いただくか、TDD/TTYをご利用の場合は1(877) 447-5990までお電話ください。

한국어

주의: 영어를 사용하지 않는 경우, 무료로 언어 지원 서비스를 이용할 수 있습니다. 무료로 접근 가능한 형식으로 정보를 받기 위해 보조 지원 및 서비스 역시 이용할 수 있습니다. QUEST 가입자는 수신자 부담 전화 1(800) 440-0640, TTY 1(877) 447-5990 번으로 전화하거나 서비스 제공자와 상의하십시오. Medicare Advantage 및 민간 플랜 가입자는 1(800) 776-4672 또는 TDD/TTY 1(877) 447-5990 번으로 전화하십시오.

ພາສາລາວ

ເຊີນລາວ: ຖ້າທ່ານບໍ່ເວົ້າພາສາອັງກິດ ແມ່ນມີບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ໂດຍບໍ່ມີຄ່າໃຊ້ຈ່າຍພ້ອມໃຫ້ທ່ານ. ນອກຈາກນັ້ນກໍຍັງມີການຊ່ວຍເຫຼືອ ແລະ ການບໍລິການເສີມເພີ່ມໃຫ້ຂໍ້ມູນ ແຮກທ່ານໃນຮູບແບບທີ່ ເຂົ້າເຖິງໄດ້ໂດຍ ບໍ່ມີຄ່າໃຊ້ຈ່າຍ. ສະມາຊິກ QUEST ແມ່ນ ໂທບໍ່ສະຄ່າໄດ້ທັງ 1 (800) 440-0640, TTY 1 (877) 447-5990 ຫຼື ປຶກສາກັບຜູ້ ໃຫ້ບໍລິການຂອງທ່ານ. ສະມາຊິກແຜນ ບຸກັນ Medicare Advantage ແລະ ຊັ້ນ ທຸລະກິດ, ໂທ 1 (800) 776-4672 ຫຼື TDD/TTY 1 (877) 447-5990.

Kajin Majōl

KOJELLA: Ñe kwōjab jelā kenono kajin Belle, ewōr jibañ in ukok ñan kwe im ejellok wonnen. Ewōr kein roñjak im jibañ ko jet ñan wāween ko kwōmaron ebōk melele im ejellok wonnen. Armej ro rej kōjrbal QUEST, kall e 1 (800) 440-0640 ejellok wonnen, TTY 1 (877) 447-5990, ñe ejab kenono ibben taktō eo am. Medicare Advantage im ro rej kōjrbal injuran ko rej make wia, kall e 1 (800) 776-4672 ñe ejab TDD/TTY 1 (877) 447-5990.

Lokaihn Pohnpei

Kohdo: Ma ke mwahu en kaiahn Pohnpei, me mwengei en kaiahn Pohnpei. Me mwengei en kaiahn Pohnpei, me mwengei en kaiahn Pohnpei.

QUEST mwengei, kohdo mwengei 1 (800) 440-0640, TTY 1 (877) 447-5990, me mwengei en kaiahn Pohnpei. Medicare Advantage me mwengei en kaiahn Pohnpei, kohdo mwengei 1 (800) 776-4672 me TDD/TTY 1 (877) 447-5990.

Gagana Sāmoa

FAASILASILAGA: Afai e te lē tautala le faa-igilisi, o loo avanoa mo oe e aunoa ma se totogi auauunaga fesoasoani i le gagana. O loo maua fo'i fesoasoani faaopo'opo ma auauunaga e tuuina atu ai iā te oe faamatalaga i auala eseese lea e maua e aunoa ma se totogi. Sui auai o le QUEST, valaau aunoa ma se totogi i le 1 (800) 440-0640, TTY 1 (877) 447-5990, pe talanoa i lē e saunia lau tausiga. Sui auai o le Medicare Advantage ma sui auai o peleni inisiaua tumaoti, valaau i le 1 (800) 776-4672 po o le TDD/TTY 1 (877) 447-5990.

Español

ATENCIÓN: Si no habla inglés, tiene a su disposición servicios gratuitos de asistencia con el idioma. También están disponibles ayuda y servicios auxiliares para brindarle información en formatos accesibles sin costo alguno. Los miembros de QUEST deben llamar al número gratuito 1 (800) 440-0640, TTY 1 (877) 447-5990 o hablar con su proveedor. Los miembros de Medicare Advantage y de planes comerciales deben llamar al 1 (800) 776-4672 o TDD/TTY 1 (877) 447-5990.

Tagalog

PAUNAWA: Kung hindi ka nakapagsasalita ng Ingles, mayroon kang makukuhang mga serbisyo sa tulong sa wika nang libre. Mayroon ding mga auxiliary na tulong at serbisyo para bigyan ka ng impormasyon sa mga naa-access na format nang libre. Sa mga miyembro ng QUEST, tumawag sa 1 (800) 440-0640 nang toll-free, TTY 1 (877) 447-5990, o makipag-usap sa iyong provider. Sa mga miyembro ng Medicare Advantage at commercial plan, tumawag sa 1 (800) 776-4672 o TDD/TTY 1 (877) 447-5990.

ไทย

โปรดให้ความสนใจ: หากท่านไม่พูดภาษาอังกฤษ เรามีบริการให้ความช่วยเหลือทางภาษาแก่ท่านโดยไม่มีค่าใช้จ่าย และยังมีความช่วยเหลือและบริการเสริมเพื่อให้ข้อมูลแก่ท่านในรูปแบบที่เข้าถึงได้โดยไม่มีค่าใช้จ่าย สำหรับสมาชิก QUEST โปรดโทรไปที่หมายเลขโทรศัพท์ที่หมายเลข 1 (800) 440-0640, TTY 1 (877) 447-5990 หรือพูดคุยกับผู้ให้บริการของคุณ สำหรับสมาชิก Medicare Advantage และแผนเชิงพาณิชย์ โปรดโทรไปที่หมายเลข 1 (800) 776-4672 หรือ TDD/TTY 1 (877) 447-5990

Tonga

FAKATOKANGA: Kapau óku íkai keke lea Faka-Pilitania, óku í ai e tokotaha fakatonulea óku í ai ke tokoníi koe íkai ha totongi. Óku í ai mo e kulupu tokoni ken au óatu e ngaahi fakamatala mo e tokoni íkai ha totongi. Kau memipa QUEST, ta ki he 1 (800) 440-0640 taé totongi, TTY 1 (877) 447-5990, pe talanoa ki hoó kautaha. Ko kinautolu óku Medicare Advantage mo e palani fakakomesiale, ta ki he 1 (800) 776-4672 or TDD/TTY 1 (877) 447-5990.

Foosun Chuuk

ESINESIN: Ika kese sine Fosun Merika, mei wor aninisin fosun fonu ese kamo mi kawor ngonuk. Mei pwan wor pisekin aninis mi kawor an epwe esinei ngonuk porous non och wewe ika nikinik epwe mecheres me weweoch ngonuk ese kamo. Chon apach non QUEST, kekeri 1 (800) 440-0640 namba ese kamo, TTY 1 (877) 447-5990, ika fos ngeni noumw ewe chon awora aninis. Medicare Advantage ika chon apach non ekoch otot, kekeri 1 (800) 776-4672 ika TDD/TTY 1 (877) 447-5990.

Tiếng Việt

CHÚ Ý: Nếu quý vị không nói được tiếng Anh, chúng tôi có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho quý vị. Các phương tiện và dịch vụ hỗ trợ cũng có sẵn để cung cấp cho quý vị thông tin ở các định dạng dễ tiếp cận mà không mất phí. Hội viên QUEST, xin gọi số miễn cước 1 (800) 440-0640, TTY 1 (877) 447-5990, hoặc nói chuyện với nhà cung cấp dịch vụ của quý vị. Hội viên Medicare Advantage và chương trình thương mại, xin gọi số 1 (800) 776-4672 hoặc TDD/TTY 1 (877) 447-5990.



Adding up points after a competitive game of hanafuda.

the timeless bond of hanafuda (hawai'i style)

words Michelle Liu

photos Earl Yoshii



Between school, jiu jitsu, hula practice, and soroban (abacus) classes, 8-year-old Matthew Nakano and his younger sister, Sophia, 7, are busy kids. But they find time for hanafuda with their grandmother, Helen Nakano, whom they affectionately call Baba.

"Baba has been teaching me so that I can become the best player!" says Matthew. "But my sister is really good, too."

"I'm really excited when I win!" Sophia says with a wide grin. "I've beaten Matthew and my Baba and my grandpa."

The traditional Japanese card game may get competitive, but the 88-year-old Nakano looks proudly at her grandkids as she recounts their wins against her. Because to her, it's not about the game; it's about the connection.



Matthew taking his turn as his grandmother, Helen Nakano, looks on.

Blooming bond

Nakano started teaching hanafuda to her first granddaughter, Arielle, now 23, as a way to bond. She later founded Hanafuda Hawaii to help other grandparents connect with their own grandkids. She visits schools, senior centers, and clubs, teaching people of all ages how to play. It's all to carry out her mission: build and foster connections while preserving the traditional game within our Islands.

"Playing hanafuda could bring our generations a little closer," she adds.

That's already proven true within her family, and her free classes in the community are expanding that reach. She often hears from her students through thank-you cards.

"Each one says, 'As soon as I got home, I taught my grandma.' Or, 'I taught my kid sister,'" says Nakano. "And it's so meaningful because that important human connection continues through generations."



Sophia is ready to play!

Rooted in culture


When Nakano teaches hanafuda, there's an extra educational component beyond strategic thinking, memory, and pattern recognition. She wants all her students to respect and care for the land we live on.

That's why her son, Jason, created Hanafuda Hawaii's own version of the cards adorned with beautiful floral illustrations. Instead of traditional Japanese flora, the Hanafuda Pilina deck depicts endemic plants and animals, as well as invasive species. Eight human guides, ranging from "The Navigator" to "The Artist," help teach indigenous ways of living.

"It tells a story," Jason explains. "What Native Hawaiian culture values is connection to the land and connection to each other and our ancestors. So, I wanted to include a wide variety of people, the kinds of people who exist in our lives, to help us become more in tune with nature and the 'āina."

Timeless deck of relationships

Despite concerns about the impact of technology and devices, Nakano is treasuring the moments with her young grandkids, who enjoy spending time with her, whether it's at home or, Matthew's personal favorite, on public transportation.

"Matthew wants me to live to 2031 because that's when Skyline will be completed, and he wants us to ride it together," says Nakano. "Without hanafuda, I don't think we'd have this relationship. He can talk to me about all kinds of things. And when he grows up, he'll remember his old grandma." 



Hanafuda Pilina deck, which celebrates the plants and animals indigenous to Hawai'i.



Generations of joy and hanafuda

Do you have Medicare and HMSA QUEST (Medicaid)?



You may qualify for HMSA Akamai Advantage® Dual Care (PPO D-SNP), a health plan that coordinates your Medicare and HMSA QUEST benefits at no cost.



\$125 a month for over-the-counter (OTC) health products, food, and home utilities.*



\$0 dental cleanings, fillings, dentures, and more.



\$0 prescription drugs.

Enroll today!



- hmsa.com/dual-care or scan the QR code.
- (808) 948-6871, Monday through Friday, 7:45 a.m. to 4:30 p.m. TTY: 711.
- HMSA Center**

Starting Jan. 1, 2027, federal law requires Dual Eligible Special Needs Plan (D-SNP) members to have the same health insurance carriers for their Medicare and QUEST benefits. If you have HMSA QUEST and another carrier's D-SNP plan, contact us to learn more.

Free Medicare workshops available in person or online. Visit hmsa.com/workshops or call (808) 948-5800.



*The Food and Home Utilities allowance is a special supplemental benefit for members with eligible chronic conditions, including diabetes, high blood pressure, high cholesterol, cardiovascular disorders, and stroke. Other conditions may be eligible. See hmsa.com/ExtraBenefits-DualCare for all eligible chronic conditions. Benefit available only to HMSA Akamai Advantage Dual Care (PPO D-SNP) members after all applicable eligibility requirements are met. Not all members qualify.

** Find locations and hours at hmsa.com/contact.

For accommodations of persons with special needs at meetings, call 1 (800) 252-4137. For TTY, call 711.

HMSA Akamai Advantage® Dual Care is a PPO D-SNP plan with a Medicare contract and is a state of Hawaii Medicaid Managed Care Program. Enrollment in HMSA Akamai Advantage Dual Care depends on contract renewal.



HMSA's Online Care

Available at your convenience, with care you can trust.

When you're sick and need a doctor, HMSA's Online Care® makes it easy for you to get the care you need from home. If you have a cold, the flu, pink eye, or another ailment that doesn't require an emergency room visit, log in to Online Care.

Doctors are available 24/7, 365 days a year, and ready to provide a diagnosis, treatment plan, and prescriptions if necessary.



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

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



To learn more, go to hmsa.com/OnlineCare or scan the QR code.



keiki authors

words Summer Nakaishi



Clockwise from top left: Lurline McGregor, Pua Aquino, Kealani Netane, Nikki Van De Car

Last October, Hawai'i Public Radio's *Live from the Atherton: Author Series* featured books for keiki and young adults that promoted literacy, Native Hawaiian values, and health-focused family engagement. Visit the program's featured titles and discover perfect additions for your home library.

Between the Deep Blue Sea and Me

By Lurline McGregor

Developers find a cultural artifact on land that has been in a family for generations. They donate the artifact to a museum, where anthropologist Moana Kawelo must make a difficult decision about where it belongs. Her work is guided by visions, dreams, and advice from a family friend. *Waking In A Sea of Dreams*, the recently released continuation of this story, delves further into Moana's family secrets.

My Kalo Has Lau, Big and Green

By Pua Aquino

Have you ever wondered how kalo (taro) becomes poi? This

children's book guides young readers through the process of turning kalo from a lo'i into poi, using both Hawaiian and English. It also includes keiki-friendly activities and a link to download read-along, sing-along, and instrumental tracks. You can read the story or sing it, making the experience fun and engaging.

Tala Learns to Siva!

By Kealani Netane

Newcomer Kealani Netane crafts a heartwarming story about finding your inner strength through the love and guidance of your family. *The New York Times* best-selling illustrator Dung Ho's sweet characters and cheerful colors bring this loving story to life, making this perfect for little ones who are learning how to follow their hearts and make their own paths.

The Invisible Wild

By Nikki Van De Car

According to legend, when the kanaka 'ōiwi sailed over 2,000 miles across untraveled seas to the most remote island chain in the world,

they encountered the menehune. They were 2- to 3-feet tall, good and kind, and bothered no one without cause. The menehune chieftains feared changes that the Hawaiians brought and ordered all men and their firstborn sons to leave Hawai'i. Some refused and, instead, stayed behind with their families.

Fast forward to today: 16-year-old Emma comes across a boy from Hilo living in the woods, saying things that do not make sense. In these woods, Emma has memories of finding a space between "the worlds." Together, Emma and the Hilo boy must figure out what the menehune want before it's too late to save the only home any of them have known.

Hawai'i Public Radio's Live from the Atherton is proudly sponsored by HMSA.

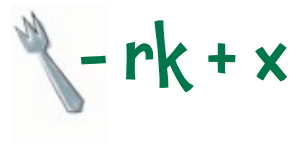
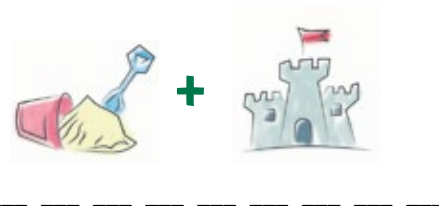
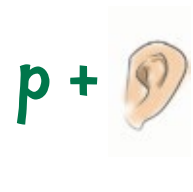
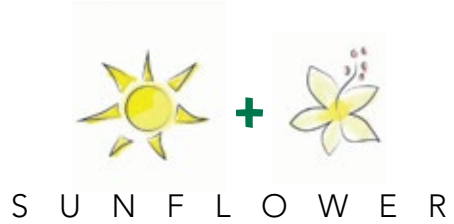


Meet the storytellers behind these books at islandscene.com/more.

keiki corner

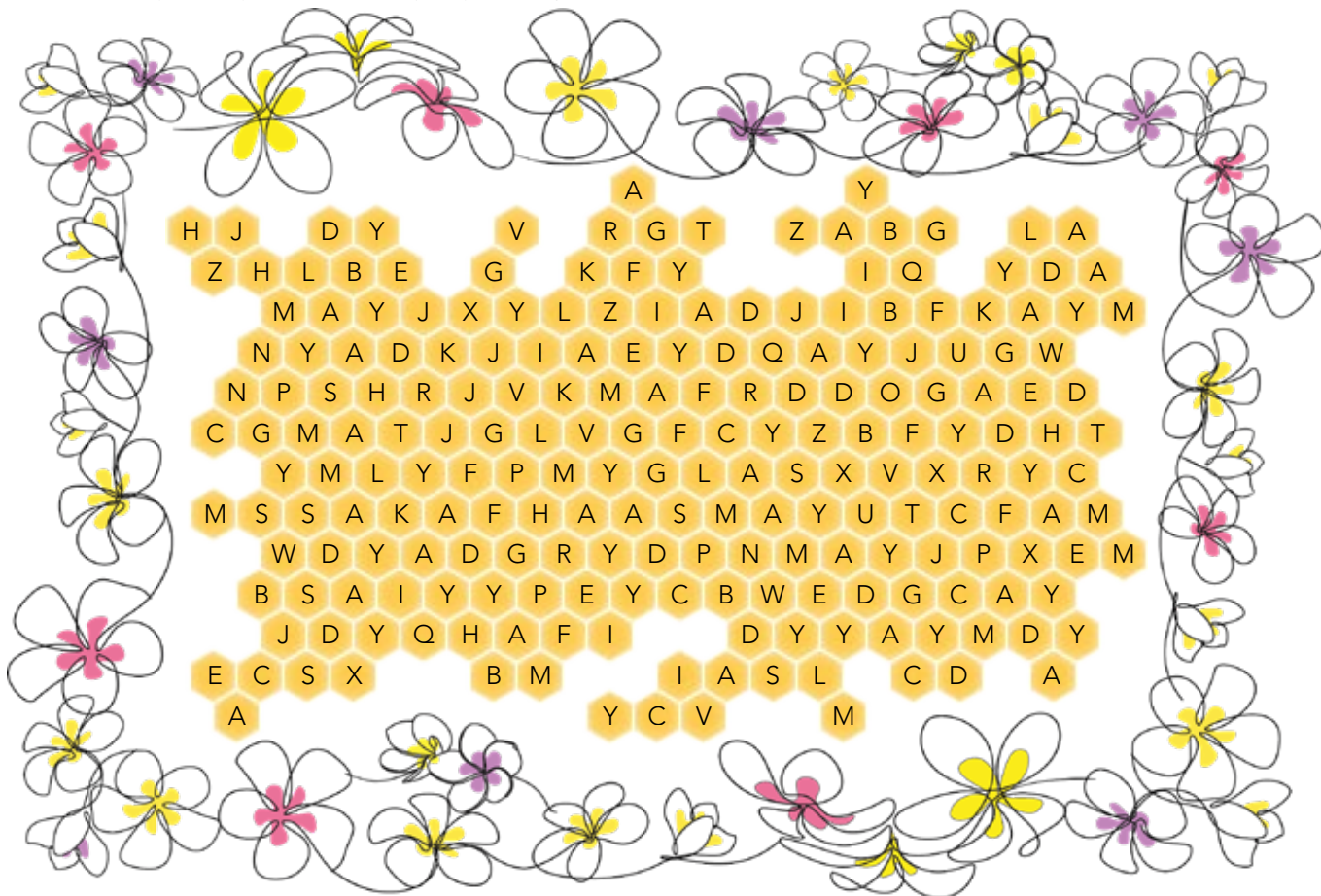
Rebus challenge

Ready to exercise your brain? In a rebus, words are represented by a combination of pictures and letters. See if you're up for the challenge!



May Day hidden word puzzle

See how many times you can find May Day in the grid below.



Handmade lilies

Celebrate springtime by making these lovely paper lilies. Make and give flowers to your friends or make a bouquet for Mother's Day.

You'll need:

- Printer or construction paper (the colors you want your lilies to be)
- 6" pipe cleaners, green and yellow
- Pencil
- Scissors
- Tape

Instructions

Trace outline of your keiki's hand on the paper. One hand equals one flower. Cut out handprint. Curl the fingers with pencil to make petals.

Fold the bottom of the handprint into a cone, leaving a small hole at the bottom to insert the pipe cleaner. Use tape to secure the cone.

For the stem, make a small j-shaped hook at one end of the green pipe cleaner. Fold yellow pipe cleaner in half. Hook the middle of the yellow folded pipe cleaner with the green pipe cleaner and pinch the hook to secure. Fold one side of the yellow pipe cleaner and twist the longer side around the folded side. Insert the stem into the flower. If necessary, tape flower to secure. Have fun!



Rebus answers: cat; mango; eggplant; dragonfly; pear; sandcastle; red; fox; apple pie



pure liliko'i joy

words Michelle Liu

photos Rae Huo

food styling Cedric Fujita

Bring the golden taste of sunshine to life with these liliko'i recipes. Get ready for the perfect balance of sweet and tart with notes of tropical paradise!

Note: You can either use fresh liliko'i to make puree (the pulp inside with the seeds removed) or buy it at the grocery store. To make it fresh, cut the liliko'i in half and scoop the pulp and seeds into a blender. Pulse briefly, then strain the mixture to separate the seeds from the pulp.

roasted chicken with liliko'i glaze

Parchment paper
4 boneless, skinless chicken breasts
¼ cup olive oil
Salt and pepper to taste
2 cups cooked rice, for serving
Parsley, for garnish, optional

Glaze

1½ cups liliko'i puree
½ cup honey
1 lime, juiced

Preheat oven to 425 degrees F. Line baking sheet with parchment paper.

Place chicken breasts on baking sheet. Rub chicken with olive oil. Season liberally with salt and pepper. Bake for 25-30 minutes, or until no longer pink in center.

Meanwhile, make liliko'i glaze. Add liliko'i puree, honey, and lime juice to a nonstick saucepan. Whisk occasionally over medium heat and bring to a boil. Once boiling, lower heat. Simmer for 10 minutes. Remove from heat. Use half for chicken and refrigerate half for later use.

Once chicken is done cooking, remove from oven. Drizzle chicken with glaze. Serve over rice. Garnish with parsley, if desired. Makes 4 servings.

Approximate nutrient analysis per serving (based on using half the glaze and not including salt to taste): 540 calories, 18 g fat, 3 g saturated fat, 100 mg cholesterol, 100 mg sodium, 55 g carbohydrate, 5 g fiber, 22 g sugar, 42 g protein

liliko'i chia seed pudding

¼ cup chia seeds
1 cup coconut milk
1 Tbsp. maple syrup
¾ cup coconut yogurt
½ cup liliko'i puree
¼ cup walnuts, roughly chopped

In a small bowl, whisk together chia seeds, coconut milk, and maple syrup. Once seeds begin to absorb liquid, about 5 minutes, add yogurt, continuously whisking until combined.

Cover bowl and place in fridge until chia pudding is thick and has fully absorbed liquid, at least 4 hours, but ideally, overnight.

Serve chia pudding in small bowls and top with liliko'i and walnuts. Makes 4 servings.

Approximate nutrient analysis per serving: 290 calories, 23 g fat, 13 g saturated fat, 0 mg cholesterol, 20 mg sodium, 22 g carbohydrate, 8 g fiber, 10 g sugar, 5 g protein

liliko'i poppyseed loaf

Nonstick cooking spray
1¾ cup all-purpose flour
1 Tbsp. poppy seeds
2 tsp. baking powder
½ cup unsalted butter, softened
1 cup granulated sugar
1 lime, juiced
3 eggs
½ cup liliko'i puree
½ cup milk

Glaze

1 cup powdered sugar
2 Tbsp. liliko'i puree

Preheat oven to 350 degrees F. Coat a 9-by-5-inch loaf pan with nonstick cooking spray.

In a medium bowl, whisk together flour, poppy seeds, and baking powder.

In a large bowl, use hand mixer to cream butter, sugar, and lime juice. Add eggs and beat until smooth. Mix in liliko'i puree and milk.

Fold dry ingredients into wet ingredients, mixing until just incorporated. Add batter to prepared pan.

Bake for about an hour or until toothpick inserted into center of loaf comes out clean. Let cool.

For the glaze, add powdered sugar and liliko'i puree to a bowl. Stir until sugar is dissolved. Drizzle over cooled loaf. Makes 8 servings.

Approximate nutrient analysis per serving: 430 calories, 15 g fat, 8 g saturated fat, 100 mg cholesterol, 200 mg sodium, 68 g carbohydrate, 3 g fiber, 43 g sugar, 6 g protein

To learn more about liliko'i,
see page 61.



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liliko'i love

words Michelle Liu

Sweet, tart, and tropical: Find liliko'i, or passion fruit, fresh at local farmers markets, as a shave ice syrup, or in a smoothie or salad dressing! Indulge in these fun facts about the beloved fruit that's originally from South America.

From gulch to delicacy

Liliko'i received its Hawaiian name from Liliko'i Gulch on Maui, where the fruit was first planted in Hawai'i around 1880.

Backyard vines

Liliko'i fruit grows on vines, which can climb 10 to 15 feet high and 3 to 5 feet wide.

Not too much

Overeating can lead to passion fruit poisoning, especially if it's unripe or not commercially grown.

Sunshine in a shell

Inside the tough outer skin, you'll find seeds that are edible, but they're often strained from the pulp to create some of Hawai'i's iconic treats, including liliko'i butter, jelly, and bars.

Fresh market find

Look for liliko'i that feels heavy and full. Slightly wrinkled fruits are riper and will taste sweeter.

Allergy alert

If you're allergic to latex, you may also be allergic to liliko'i due to similar protein structures.

Golden spread

Simply eat the soft pulp and seeds with a spoon or juice the fruit into a puree to create delicious dishes. For recipe ideas, check out "pure liliko'i joy" on page 56.





Almond, berry, and chicken spring salad

Chickpea salad

easy lunch salads for work (or anywhere!)

words Courtney Takabayashi

photos Lew Harrington

food styling Marjie Beaton

If enjoying lunch is a highlight of your workday, we have three easy and delicious salads you can prepare ahead of time. You'll save money since you won't be eating out, and you can customize the recipes to your liking.

Refreshing Chickpea Salad

- 1 15.5-oz. can chickpeas, drained and rinsed
- 2 Tbsp. julienned sun-dried tomatoes, packed in oil
- 1/3 cup cherry tomatoes, sliced
- 1 mini cucumber, diced
- 1 6.5-oz. jar artichoke hearts, rinsed and chopped
- 4 oz. feta cheese, crumbled

Dressing

- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice
- 1 garlic clove, pressed or minced
- 1/3 cup parsley, roughly chopped
- 1 tsp. dried thyme
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper (optional)

Add dressing ingredients to a sealable jar or container and mix until incorporated. Add salad ingredients to large bowl and mix. Transfer salad to lunch containers.

At lunch, add as much or as little dressing as you'd like to the salad. Makes 2 servings.

Approximate nutrient analysis per serving with X tablespoons dressing: 570 calories, 37 g fat, 12 g saturated fat, 50 mg cholesterol, 2,000 mg sodium, 44 g carbohydrate, 13 g fiber, 10 g sugar, 20 g protein

ABC (almond, berry, and chicken) Spring Salad

- 1 cup shredded rotisserie chicken (white meat)
- 2 cups baby spinach
- 1/4 cup fresh blueberries
- 1/4 cup fresh strawberries, sliced
- 1 small clementine orange, peeled and divided (or 1/2 cup mandarin oranges)
- 2 Tbsp. sliced almonds
- 2 Tbsp. feta cheese

Dressing

- 3 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1/4 tsp. Dijon mustard
- 1 tsp. honey
- Salt and pepper to taste

Add chicken, spinach, blueberries, strawberries, and clementine to a bowl and mix. Transfer to lunch containers. Pack almonds and cheese separately.

Add dressing ingredients to a sealable jar or container and mix until incorporated.

When you're ready for lunch, add almonds, cheese, and dressing to the rest of the salad. Makes 2 servings.

Approximate nutrient analysis per serving (not including salt to taste): 400 calories, 28 g fat, 5 g saturated fat, 65 mg cholesterol, 350 mg sodium, 17 g carbohydrate, 4 g fiber, 11 g sugar, 24 g protein




Corn and Black Bean Salad

- 1 15-oz. can black beans
- 1 15-oz. can corn
- 1 Roma tomato, diced
- 1 small red pepper, diced
- 1 small red onion, diced
- 3 Tbsp. avocado oil
- 2 limes, juiced
- 1 clove garlic, minced
- 1 bunch cilantro, roughly chopped
- 1 medium avocado, diced
- Sea salt and pepper to taste

Drain and rinse black beans and corn. Add to a large bowl with diced tomato, red pepper, and red onion. Next, add avocado oil, lime juice, minced garlic, and cilantro. Mix to combine. Add avocado and gently mix. Finish with salt and pepper to taste. Transfer to lunch containers and enjoy. Makes 4 servings.

Approximate nutrient analysis per serving (not including salt to taste): 320 calories, 17 g fat, 2 g saturated fat, 0 mg cholesterol, 550 mg sodium, 37 g carbohydrate, 9 g fiber, 7 g sugar, 8 g protein

A vibrant red bird, likely a honeycreeper, is perched on a dark green branch. Below the bird is a large, dense cluster of bright orange flowers with long, thin petals. The background is a soft, out-of-focus green, suggesting a lush, natural environment.

He manu ke aloha, 'a'ohe lālā kau 'ole.

*Love is like a bird – there is no branch
that it does not perch upon.*

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