

island scene

well-being, family, and fun for HMSA members || winter 2023 || islandscene.com

kumu mandi scott:
the heart of hula



shriners: a young life transformed || giving, receiving, and living aloha || taco time

connect with us

Call HMSA

Monday-Friday, 8 a.m.-5 p.m.

(808) 948-6079
1 (800) 776-4672

TTY: 711

For more phone numbers, visit
hmsa.com/contact.

Online

HMSA website: hmsa.com

Island Scene website:
islandscene.com

For *Island Scene* contacts,
please see page 4.

Follow HMSA



Facebook.com/myhmsa/



Twitter.com/askhmsa/



Instagram.com/askhmsa/



LinkedIn.com/company/hmsa/



Youtube.com/HMSANow



An Independent Licensee of the Blue Cross and Blue Shield Association

Care, preserve, protect

Read more stories of mālama
at islandscene.com/more or by
scanning the QR code.





LEW HARRINGTON



EAT WELL

fermented food fervor
56

taco time
60

avo fun facts
64

contents

IN EVERY ISSUE

up front
5

publisher's note
7

around the 808
8

FEATURES

mālama hawai'i: travel
that gives back
10

the art of enchantment
14

shriners: a young life
transformed
18

project hawai'i: helping
homeless keiki
20

the heart of hula
22

the makahiki tradition
25

expert health advice
28

LIVE BETTER

for real? self-care myths
32

trending now: life-work balance
35

health matters
36

MEMBER INFO

vaping: still a teen tragedy
39

navian: living with quality
40

fraud affects us all
43

for your benefit
44

FAMILY MATTERS

giving, receiving, and living
aloha
46

pono poet
48

by the book: take care
53

keiki corner
54

island scene

winter issue : 2023 || islandscene.com

PUBLISHER/EDITOR

Lisa Maneki Baxa

ART DIRECTOR

Lawrence Esperanza

ASSISTANT ART DIRECTOR

Caryn Saito

FOOD EDITOR

Marlene Nakamoto

COPY EDITOR

Marlene Nakamoto

WRITERS

Craig DeSilva
David Frickman
Robyn Kuraoka
Marlene Nakamoto
Jessika Orozco
Michelle Regan
Courtney Takabayashi
Allison Valdez

DESIGNERS

Rodney Amian
Jocelyn Cua-Racoma
Tedra Hackett
Fannie Niiyama
Garry Ono
Megan Wakayama
Brandon Young

WEB TEAM

Lei Mano'i
Courtney Takabayashi

ADVERTISING

Shere Sasaki

HEALTH INFORMATION

REVIEW COMMITTEE

Stefanie Park, M.D.
Andrew Perry, M.D.
Jeffrey Tom, M.D.
Mark M. Mugiishi, M.D., F.A.C.S.

NUTRITION ADVISERS

C. Alan Titchenal, Ph.D.
Joannie Dobbs, Ph.D.

Island Scene (ISSN 1064-8674) is published quarterly by the Hawai'i Medical Service Association – an independent licensee of the Blue Cross and Blue Shield Association. HMSA, 818 Ke'eauomoku St., Honolulu, HI 96814-2365.

Island Scene is published as a benefit for HMSA members. A copy of each issue is mailed to plan subscribers. Additional copies are available to dependents on request. Subscription: No cost for all HMSA plan members. Nonmembers, call (808) 948-6839 for subscription information. Periodicals postage paid at Honolulu, HI, and other additional mailing offices.

POSTMASTER: Please send address changes to *Island Scene*, P.O. Box 3850, Honolulu, HI 96812-3850.

Copyright by HMSA. The entire content of this publication is copyrighted by HMSA and must not be reproduced in whole or in part without HMSA's permission.

Island Scene doesn't endorse and isn't responsible for services or merchandise advertised. *Island Scene* is not intended to replace the advice of health care professionals. Please consult your doctor for your personal needs and before making any changes in your lifestyle.

To be removed from the *Island Scene* mailing list, email feedback@islandscene.com or call (808) 948-6575.

For address changes:

- EUTF employees, contact your HR department.
- QUEST Integration members, call HMSA at (808) 948-6468 or 1 (800) 440-0640.
- For all other HMSA members:
 - For *Island Scene* only: Email feedback@islandscene.com or call (808) 948-6575.
 - For other HMSA correspondence: Call HMSA at (808) 948-6079 or 1 (800) 776-4672.

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

Editorial: (808) 948-6839

Circulation: (808) 948-6575

Advertising: (808) 226-8379

Email: feedback@islandscene.com

HMSA website at hmsa.com

Island Scene website at islandscene.com

COVER: Kumu Mandi Scott cares for others through hula. See story on page 22 by Craig DeSilva. Photo by Romeo Collado.

aloha members,



Our nation is divided. And it feels like it's getting worse.

This past year, the U.S. Supreme Court ended the constitutional right to abortion, restricted the power of states to regulate concealed carry firearms, and limited the power of agencies to regulate greenhouse emissions.

In 2023, the Supreme Court will take cases that challenge affirmative action in higher education, the scope of the Voting Rights Act, and the power that state legislatures may have to control election results (including federal elections) without recourse by court actions. One justice, Clarence Thomas, suggested that people should bring cases to them that challenge the constitutional protections to contraception access and same-sex relationships or marriage.

None of this is good.

Lucky we live Hawai'i.

In Hawai'i, we have disagreement, but we show respect. We have diversity, and we embrace it. And we have a state government and culture that philosophically try to protect those values.

It's part of the Hawaiian concept of *mālama*, which means to care for, tend to, preserve, and protect. We embrace a culture of caring for each other, not only for family and friends, but for everyone around us. In this issue of *Island Scene*, we tell the stories of the practice of *mālama* and how that helps keep Hawai'i the magical place on earth that it has always been.

At HMSA, we bring that same philosophy to health and health care. Our purpose is, "Together, we improve the lives of our members and the health of Hawai'i. Caring for our families, friends, and neighbors is our privilege."

In Hawai'i, we *mālama*. And that's a really precious thing.

Sincerely,

A handwritten signature in dark ink, appearing to be 'Mark M. Mugiishi'.

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

ON THE HUNT — FOR — KNOWLEDGE?

Discover everything you need to know about
your health plan on hmsa.com.

You'll find:

- My Account, HMSA's member portal (click Member Login).
- *Your Guide to Benefits.*
- How to get care after hours, during an emergency, or when you're away from home.
- Your rights and responsibilities.
- Procedures for complaints, appeals, and external reviews by an independent review organization.
- How new technology is evaluated.
- HMSA's philosophy of care, quality improvement report, and practice guidelines.

Go to hmsa.com to find this information and more. Or call (808) 948-6079 or 1 (800) 776-4672; TTY 711.



dear friends,

Welcome to our mālama issue. As always, I hope you enjoy reading it.

I grew up in Honolulu with relatives, friends, and neighbors who cared for each other and cared for others, for our communities, and our state. Not lecturing or expecting anything in return but helping where they could. Local style – that's how things were. If can, can. Most of us were not well off financially but shared what we had. I am forever grateful to those who taught by example and for those life lessons learned.

This issue has many great articles on the mālama theme. Stories of people in our community dedicated to helping others. And good reminders of ways we can take care of ourselves and each other.

Two articles stand out to me. The first is about the Yim family and their son Elijah, 13. You may have seen a video about their family a few months ago. Now hear about how Shriners Children's Hawai'i has given Elijah the care he's needed to beat the odds.

mālama

To take care of, tend, attend,
care for, preserve, protect,
beware, save, maintain

And this year, Shriners is celebrating its 100th anniversary! We congratulate Shriners on this milestone and thank them for caring for kids in Hawai'i and throughout the Pacific Basin. Read more about the Yim family and Shriners in David Frickman's article on page 18.

The other article is a compilation of tips from medical experts who work on HMSA's behalf to help care for our members. From President and CEO Dr. Mark Mugiishi and medical directors to dentists, a pharmacist, and a psychiatrist, read their thoughts on taking care of yourself and your family (see page 28).

Best wishes,



Lisa Maneki Baxa
Publisher and Editor

around the 808

big island

Discover the 'Awapuhi Labyrinth

Looking to slow down and take a deep breath? There's a hidden gem outside Hilo just for you.

At the 'Awapuhi Labyrinth, follow the circular grassy path lined with tropical plants. Enjoy the fishpond and quiet surroundings, the towering trees, and little statues and other treasures that visitors have left as offerings.

"This place helps bring closer attention to your breathing and can relieve pain, hurt, frustration, and stress," says Deborah Masterson, the labyrinth's owner and caretaker. "The labyrinth is a place for meditation and contemplation."

The labyrinth is open every day, any time, at no charge. Volunteers are welcome



to help with weeding and gardening. And check out the Little Free Library in front where you can take and donate books.

rhythmfullcircle.com/labyrinth/
Hawaiian Paradise Park, 15-1601 4th Ave.

maui, moloka'i, and lāna'i

Moloka'i's new mobile medical clinic

Molokai Community Health Center launched Mana Mobile Medical Clinic, a mobile telehealth unit, in June. It's open on Mondays from 9 a.m. to 3 p.m. and is located at the Maunaloa Community Center. Appointments are encouraged and walk-ins are welcome.

The clinic has an exam room, a rest-room, vaccine refrigeration, a blood draw station, and electronic medical record integration. The mobile

health team includes a physician, registered nurse, and community health care worker.

Onboard services include preventive health screenings, primary care services, acute care, chronic disease management, vaccine administration, and health education. The clinic also has the technology and equipment to connect patients through video appointments to off-island specialists.

The clinic was made possible by the work of the Hawai'i Community Foundation and The Freeman Foundation. HMSA also provided guidance on access and delivery of telehealth services.

Molokaichc.org, (808) 553-5038

kaua'i

In a pickle

Pickleball – the fastest growing sport in the U.S. – has caught on big time on Kaua'i and created a problem: too many players, not enough courts.

Pickleball Association Kaua'i members have increased to nearly 300 since the organization started in 2021 to create more courts. Members as far as New Jersey come to Kaua'i to play.

"Pickleball is a very social sport, bringing people of all ages and abilities together in a fun way while increasing exercise," says association president Nolan Ahn.

Pickleball is similar to tennis, except players use a paddle instead of a racquet and serve underhand. The balls are lighter and



the court is smaller. "The game is addictive," says Ahn. "It takes about 15 minutes to learn but a lifetime to master."

The sport is expected to grow to 40 million players in the U.S. by 2030 and could be an Olympic sport soon. Association members play on tennis and basketball courts and in gyms and parking lots. But they'd like a dedicated pickleball facility.

For more information and to join, visit pakauai.org or call (808) 651-2888.



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.



Above: A farmer teaches volunteers about planting native crops – the seeds of Hawai'i's sustainable future.
Facing page: Volunteers tending to a kalo patch learn about the environment and the culture of Native Hawaiian land and practices.

travel that gives back

words Michelle Regan



Tourism is vital to Hawai'i's economy. In 2019, the state saw an all-time high of 10.4 million visitors, which accounted for nearly \$18 billion in visitor spending that supported 216,000 jobs and accounted for enough state tax revenue to pay for Hawai'i's public schools. Some would say it was tourism's best year. Others would call it the worst.

The COVID-19 pandemic meant residents suddenly saw a Hawai'i without visitors thanks to lockdowns and travel restrictions. For many, it was a pleasant change with less traffic and less damage to our natural resources. For others, it meant furloughs and layoffs. Tourism's return has left many wondering if there's a better way.

Hawai'i Tourism Authority has been working with communities across the state since the travel boom in 2019 to reimagine the industry. They started with introducing visitors to the concept of mālama, or to care for, nurture, and protect. It's a value that's often at the root of tensions with visitors who may be perceived as careless.

"When I think about our well-being as residents, our mental health, our physical health, emotional health, all of the things that make living in Hawai'i special, need to be protected," says Kalani Ka'anā'anā, chief brand officer at Hawai'i Tourism Authority. "We understand that as an industry and as a sector of the economy. If we're not thriving as people and our land and environment isn't thriving, then why do we do this?"

The goal is a more curious and responsible visitor engaged in a mutually beneficial exchange of culture and experience. "Very simply put, when you come to visit, we invite you to join us in caring for this place that we love," says T. Ilihia Gionson, public affairs officer at Hawai'i Tourism Authority.

Mālama 'aina

The Kipuka Olowalu cultural reserve has welcomed visitors and kama'aina alike to help restore 74 acres of land on Maui. They're one of many local organizations that have joined Hawai'i Tourism Authority's Mālama Hawai'i program. They support their community with food and take part in cultural practices like hula, kalo farming, and canoe building.

"It's a cool, unique place where not only are you engaging with the land, but now you're engaging with people from all over the world who are like-minded," says Duane Sparkman, Kipuka Olowalu project manager.

Volunteers remove vegetation and invasive species and, depending on their timing, may get to plant native species. Sparkman says it's important to put back as much as they can the pono way, which provides visitors with a unique opportunity to learn about the Native Hawaiian planting calendar.

"You get to plant that tree in the ground. In a year or two years, you can come back to visit us and visit that tree and see how it's doing. There's the kule'ana, or responsibility, but it also gives them the privilege to have that responsibility," he says.

"... when you come to visit, we invite you to join us in caring for this place that we love."

: Ilihia Gionson


Mālama Hawai'i

In addition to learning about Hawaiian culture and making personal connections, Hawai'i Tourism Authority offers incentives for kama'āina and visitors who participate in the Mālama Hawai'i program. In the case of Kipuka Olowalu, visitors can get 10% off their stay at participating hotels.

But Hawai'i Tourism Authority wants to bring something more to Hawai'i residents – the ability to welcome responsible visitors with aloha and the opportunity to learn more about their island home. It's also an opportunity for local businesses and nonprofits to attract new patrons and volunteers.

“In its simplest form, tourism has this altruistic virtue of bringing people together.”

: Kalani Ka'anā'anā

“In its simplest form, tourism has this altruistic virtue of bringing people together. As we travel, people can learn and experience other cultures. And that brings us closer together as a global community,” says Ka'anā'anā. 

Learn more about the Mālama Hawai'i program at gohawaii.com/malama or call 1 (800) Go Hawaii (464-2924). Visit Kipuka Olowalu and learn about their volunteer program at kipukaolowalu.com/volunteer. Or email info@kipukaolowalu.com.



Above, clockwise from top: Visitors can help the Hawaiian Legacy Reforestation Initiative return Hawai'i's forests to their native landscape by planting a tree; participants learn about the holistic ahupua'a approach to managing the ecosystem that extends from the mountains to the sea.

Facing page: Volunteers help clear and restore fishponds across the islands overgrown and obscured by invasive species.





the art of enchantment

Nature. Wildlife. Conservation. These are a few things that inspire artist and author Caren Loebel-Fried. Her work, easily identified by her use of the ancient art of block printing and vibrant colors, is also inspired by Hawaiian culture and places in Hawai'i.

words Courtney Takabayashi



NEIL FRIED

While Volcano on the Big Island is her home, she's often exploring the Islands, studying native species and their habitats and researching Hawaiian history. Loebel-Fried hopes that her art and books will help people learn about the natural world and inspire them to care for it.

Legend in the making

Loebel-Fried's award-winning children's book, *Legend of the Gourd*, was published by Kamahoi Press (an imprint of Bishop Museum Press) in 2010. Loebel-Fried came across the legend while browsing the Bishop Museum archives. "It grabbed my attention as a compelling Hawaiian story loaded with tradition, drama, cultural practices, and powerful characters," she says. "I thought a picture book would be a great way to share this story of the strong, independent spirit of the people of Ka'ū."

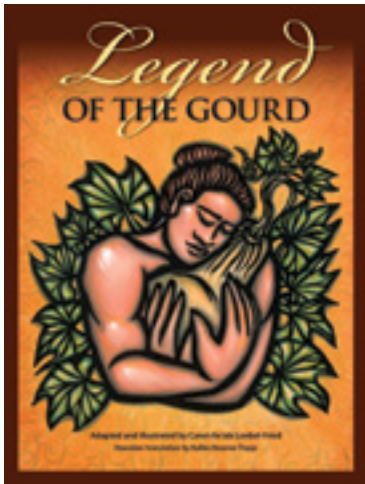
When park ranger Wendy Scott-Vance, who works in the Kahuku Unit of Hawai'i Volcanoes National Park, read *Legend of the Gourd*, she had an idea. She thought that the illustrated story laid out as panels along the trail could create an opportunity for visitors to walk through a storybook.

"Wendy proposed the idea of a storybook trail in Hawai'i Volcanoes National Park as an event at Kahuku and spearheaded the project," Loebel-Fried says. "It was a huge thrill for me to walk the trail with Wendy. At the summit of the trail and end of the story, we stood high above and looked at the breathtaking, expansive view below. Our eyes swept across the storied Kama'oa Plain, taking in the ahupua'a of Kahuku in Ka'ū, going north toward the Kona district, exactly where the story takes place."

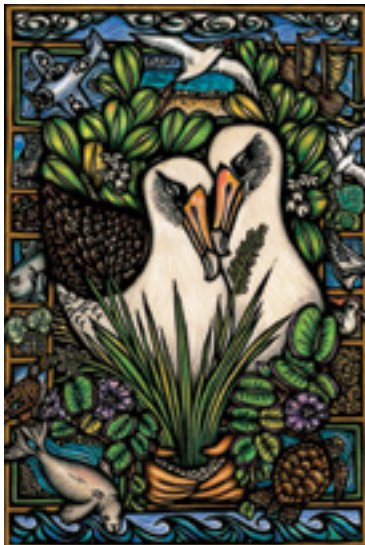


JOILL BRIGGS

Opposite: Image from *Legend of the Gourd*.
Top: Caren Loebel-Fried working on a block print.
Bottom: A panel from *Legend of the Gourd* on the storybook trail in Hawai'i Volcanoes National Park.




Clockwise from top left: *Legend of the Gourd* cover; Loebel-Fried and her mother, Sheilah Loebel, with their gourds of inspiration; Loebel-Fried on Midway sketching a Laysan albatross; block print inspired by Loebel-Fried's time on Midway Atoll.



A gift from mother to daughter

Loebel-Fried learned the art of block printing from her mother, Sheilah Loebel. "She carved blocks and created block prints throughout my childhood," Loebel-Fried says. "I still love the block-printing medium, which continues to intrigue and challenge me. I find it to be the perfect way to tell stories. My mom has been an artistic inspiration to me my whole life." Loebel continues her lifelong passion of art as self-expression. She's been using gourds as a medium for her art for the past six years, painting them in her signature style.

and cultural connections for children, adults, conservation organizations, government agencies, and more. Every other year, Loebel-Fried volunteers on Midway Atoll for six to eight weeks with the albatross census team, counting about 500,000 active albatross nests, studying the seabirds and other wildlife. "I've always been obsessed with birds," she says. "They make excellent conservation ambassadors. Fun and fascinating to watch, endemic birds also teach us about the health of our forests and oceans." 

Learn more about *Legend of the Gourd* at bishopmuseumpress.org/collections/childrensbooks/products/legend-of-the-gourd.



Read about Loebel-Fried's process and art at islandscene.com/more.

Spreading the word

A true steward of the natural world, Loebel-Fried creates educational materials about wildlife, conservation,

Work at HMSA



Want to make a difference?

We embrace our responsibility to strengthen the health and well-being of our community. As Hawaii's most experienced health plan, we offer a wide range of jobs and opportunities.



HMSA offers:

- A hybrid work environment.
- Attractive benefits package.
- Potential growth opportunities.
- And more!

Visit hmsa.com/careers to
view current job listings.



1010-639900



shriners: a young life transformed



Elijah Yim with his parents, Leah and Jeremy, and his sisters, McKenzie and Zoey.



Physical therapy and equipment provided by Shriners has made all the difference for Elijah.

Elijah Yim suffered a stroke before he was born. He's dealt with seizures starting in preschool. He's had multiple brain surgeries.

He needed support. So did his parents, Leah and Jeremy Yim.

Elijah's early intervention physical therapist recommended they look at Shriners Children's Hawai'i whose mission is "providing high-quality specialty medical care to the children and families who come to us regardless of their ability to pay." A former schoolmate of Leah's who works at Shriners also urged her to consider the hospital.


For Elijah, those recommendations changed his life.

Leah took Elijah to Shriners just before his second birthday. "We started seeing the physicians there and the physical therapy team," she says, "because although he had a physically healthy body, his mind hadn't taught him to crawl or walk and he wasn't using his muscles properly, so we really needed to prevent muscle atrophy. That's how we started with Shriners."

Now 13, Elijah has had major hip reconstruction surgery and a wide range of dental work at Shriners. "We've had some pretty extensive work done," Leah says. But the most consistent care has come from the physical therapy team. "They are just amazing," she says. "They're such advocates for your child. Your child's not just a number. They know every single person so closely."

Physical therapy has helped Elijah to walk. Shriners has also provided him with equipment such as adaptive tricycles, wheelchairs, and a bath chair.

"They are things that help us propel forward," Leah says. Some items they've received were donations to Shriners from previous patients. "And so we've done the same thing with devices that we've purchased and donated it back."

Leah and Jeremy are now ambassadors for Shriners. "We really want to educate the public on who they are and what they do," she says. "And not just here in Hawai'i, but they serve the entire Pacific Basin. Their physicians go on outreach clinics to Micronesia and all across Polynesia without worrying about their patients' ability to pay." 



Shriners celebrates 100 years of caring

Shriners Children's Hawai'i celebrates its centennial in 2023. The specialty pediatric orthopedic hospital opened its doors Jan. 2, 1923, in the rear wing of the Kauikeōlani Children's Hospital in Liliha, which is now REHAB Hospital of the Pacific.

Shriners Children's was established by the Shriners fraternal organization. Determined to give children access to specialized pediatric care, the Shriners opened their first hospital in 1922 in Louisiana as a place where children with the crippling effects of polio, clubfoot, and other orthopedic conditions could receive life-changing medical care.

The Hawai'i location was the second to open. Shriners Children's Hawai'i cares for children in Hawai'i and in the Pacific Basin.

Today, there are 22 locations in the Shriners Children's system in North America, Mexico, and Canada.



Project Hawai'i volunteers get ready to collect donations to help feed homeless keiki.

project hawai'i: helping homeless keiki

words Courtney Takabayashi

photos courtesy of Project Hawai'i

Today's keiki are tomorrow's leaders. That's why it's important to make sure they grow up safe, happy, and healthy. Project Hawai'i Inc. understands this and provides stability and support to children in need through programs that include education, training, and summer camps.

Since it was founded in 2003 by Cliff Kama Sr. and Magin Patrick, Project Hawai'i has helped more than 2,000 homeless children break the cycle of poverty. Run solely by volunteers, the success of this non-profit organization depends on community members who dedicate their time and resources to improve the quality of life for keiki.



Rewarding work

Deborah Vega is one of those people you're thankful to have in your life because of her sweet disposition, positive attitude, and willingness to help no matter what the task. It's no surprise that her daughter, Ashley easily recruited her to volunteer with Project Hawai'i on a sunny day in June 2022.

Armed with large yellow signs with the message, "Help Feed Homeless Keiki," Vega, her husband, Ashley, and the rest of the volunteers hit the pavement in Pearl City to collect donations for Project Hawai'i Summer Camp. "It was rewarding to see how generous people are," Vega says. Thanks to those people and the volunteers' tenacity, they collected over \$2,500 that day.

Happy campers

Project Hawai'i Summer Camp gives homeless and low-income children a place to learn and practice social and life skills needed to succeed in school. The kids are grouped by age and needs. Younger children learn about art, music, and the environment while developing self-esteem, understanding the importance of community, and appreciating Hawaiian culture.

Older kids can participate in a junior leader program or teen mentoring program where they learn how to guide, nurture, and take care of the younger campers. Children also learn about healthy eating and are served three nutritious meals and two healthy snacks a day.

Year-round care

Project Hawai'i offers different programs throughout the year, as well as holiday events, designed to provide keiki with happy memories and positive experiences that grow their confidence and help them develop their identity. ¹⁵



Top: A Project Hawai'i volunteer collects donations in Pearl City.

Bottom: Magin Patrick, Ashley Vega, and Cliff Kama Sr. spread Project Hawai'i's message.

To learn more about programs or volunteer opportunities, visit helpthehomelesskeiki.org, email ProjectHawaii@HelptheHomelessKeiki.org, or call (808) 987-6018.





the heart of hula

words Craig DeSilva

photos Romeo Collado

Kumu Mandi Scott passes down the Hawaiian culture from her hula genealogy to a new generation. But for Scott, hula is more than just songs and dance. It's a way to care for others.

"I tell my haumana (students) that it's not about being the best dancer," she says. "It's also about inclusion. Take care of your hula brothers and sisters to raise up those around you."

Scott started taking hula as a child. At the age of 17, she was asked to teach hula to young adults who had Down syndrome. Although she didn't have experience working with people with learning disabilities, she gave it a try. She had a rough time at first. The students were older than she was and many didn't talk to her or even move. "Some would just sit in a corner," Scott remembers.

But she eventually got them to open up. They soon performed on the local TV show *Hawaii Stars* and for Special Olympics events. "I had to build that relationship," she says. "Once they felt safe and saw that I cared for them and wanted them to succeed, they blossomed. They're more capable than people may think."

Scott also learned something about herself. It made her realize her love and commitment to hula and her desire to share it with others. In 1999, she opened the nonprofit Nā Maka O Pu'uwai Aloha ("Descendants of Generosity") in Waipi'o. Over the years, she's expanded the hālau to include other types of dances, including Polynesian (Tahitian and Maori), hip hop, jazz, and ballet, as well as lessons for 'ukulele, guitar, and voice. "It's important that my students feel good about themselves. Once they build their self-confidence, it can take them into the classroom and beyond to become successful adults," she says.

Some of her original students still dance at the hālau and Scott has opened her school – and heart – to more students with Down syndrome, autism, and other learning disabilities. "They deserve the same chance just like anybody else," says Scott. "We give them opportunities to be part of a group where everyone is included."

Kumu Mandi Scott teaches her keiki class.



Nā Maka O Pu'uwai Aloha's performance at the Hawaii Theatre Center

Scott's teaching goes beyond her hula studio. Her hālau organizes an annual ho'ike at Hawaii Theatre to raise funds for college scholarships for her dance students. In addition to having good grades and class attendance, students must do 80 hours of community service. "I tell my students the importance of being selfless and to give back," she says.

Performing at senior centers and care homes has been a big part of the hālau's focus on community. "It's a way for my students to learn that we wouldn't be here if it weren't for our kūpuna. So even if the seniors have their eyes closed and look like they're sleeping, it doesn't mean they can't hear you or feel your presence. Sometimes you can tell by the tears rolling down their cheeks," she says.

The hālau shares Hawaiian culture with the rest of the world. They've performed on the U.S. Mainland, Europe, and the Asia-Pacific region, including New Zealand. "I don't want my students to see the world only through a book," she says. "I want to take them to the world."

Hula has become a family affair. Her husband, radio personality Shannon Scott, also dances. She's grateful that her two daughters, Tiani and Moanike'ala Scott, will continue their hula legacy.

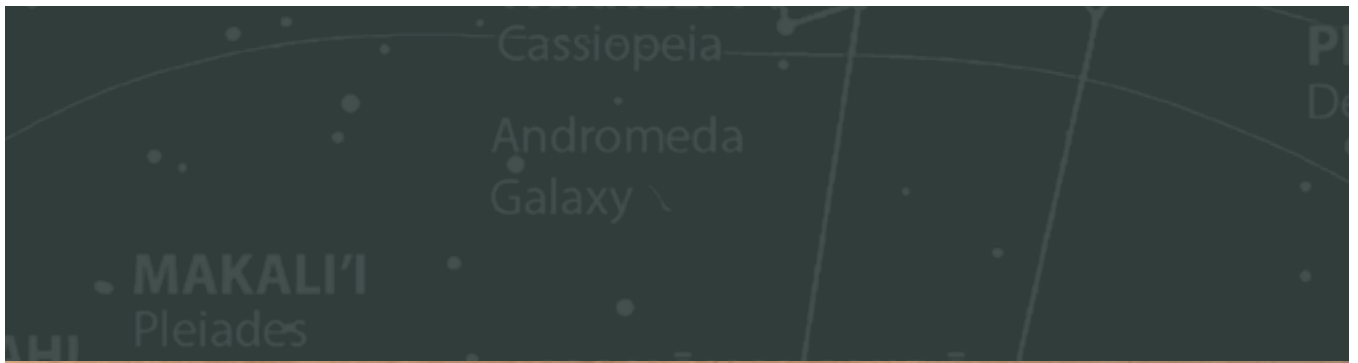
"As long as you do things with your heart and the right intention, things will work out," she says. 15



Scott's hālau includes students with learning disabilities.



Scott teaches students how to tell a story with their hand motions.



COURTESY BISHOP MUSEUM ARCHIVES

the makahiki tradition

words David Frickman



The history of Makahiki reveals a deep meaning tied to rituals, prayers, and religious activities honoring the Hawaiian god Lono.

"Makahiki is a time to harvest, but it's not about harvest," says Kapalikū Maile, Bishop Museum education programs manager. "Games are played, but it's not about games. It's actually a time to reset and to reframe the priorities of the day to ensure that Lono is being respected."

The celebration of Makahiki that started last fall ends in early January this year, according to the Bishop Museum's

calculations. During this annual event, communities gather and play games to celebrate the Hawaiian new year.

Maile says the historical record of Makahiki differs from island to island. "Most of what's known is related to practices from Kamehameha's time, whereas before unification, different islands had different rituals."

The start of Makahiki depends on which kaulana mahina (Hawaiian lunar calendar) is used. "There are many different kaulana mahina recorded from the historical period, which involve different islands and specific sites on each island."

Previous page: The history of Makahiki includes games and other activities

Above: Rituals, prayers, and religious actions were the major focus of Makahiki.

Bishop Museum relies on calculations based on David Malo's recording of Makahiki rituals and traditions. According to the kaulana mahina that Malo uses, the month of 'Ikuwā runs from late September to late October and the month of Kā'elo is late December to late January. Makahiki begins on the 13th day of 'Ikuwā and ends on the 14th day of Kā'elo.

Maile says expertise is needed to read the signs in the sky that reveal the start of Makahiki.

"The appearance of Makali'i (Pleiades) is contextualized by other signs and being able to read these signs from a specific place so that calculations and observations are consistent," he says. "These observations are done by specific kahunas (priestly experts) and the reading of these signs can determine the actions of the chiefs and nonranking people for the year."


These actions include two important ceremonies: Kauluwela, marking the end of one year and the transition from the Kū (god of war) season to the Lono (god of peace and fertility) season, and Kuapola, which was conducted in two parts.

"High chiefs and high priests conduct the Kuapola ceremony of 'Ikuwā to set intentions for the year," Maile says. In the Kuapola ceremony in the month of Welehu (the first month of the Hawaiian lunar calendar), observations and prognostications from the first ceremony are relayed to the entire community.

The history of Makahiki includes games and other activities, Maile says. "Mokomoko (hand-to-hand fighting, wrestling, and/or boxing) was specifically conducted during Makahiki periods once the major rituals, prayers, and religious actions were completed successfully," he says. "Other games like

'ulu maika were also played by the maka'āinana (common people), although high chiefs were not necessarily part of games and physical activities until the important rituals were concluded. Hula was also seen as part of Makahiki practices later in the season during other celebratory rituals."

Makahiki celebrations are different today but serve as a significant nod to the past.

"Makahiki is an endearing, enduring tradition," says Maile. "And its resilience is one that's mirrored by the Native Hawaiian community today because they're the folks who are keeping those things going." 

"Makahiki is an endearing, enduring tradition and its resilience is one that's mirrored by the Native Hawaiian community today."

: Kapalikū Maile



Moa pahe'e, or dart sliding, is still played during Makahiki today.

expert health advice



At HMSA, we are so fortunate to work with a variety of clinical sources such as physicians, dentists, and pharmacists. We rely on their expertise to guide our decisions and policies.

There's a wealth of knowledge here at HMSA and in our participating provider network. But do they practice what they preach? Absolutely. Here are some of their tips that we'd like to share with you.



Solomon Brotman, D.D.S.

Chief Clinical Officer, HMSA Dental

My brother-in-law had never had a cavity on the surfaces between his teeth but there were very early cavities on 14 teeth. We recommended a fluoride mouth-wash and daily flossing, which he did very well. Forty years later, none of those teeth have had to be filled.



Richelle Cardwell, PharmD

Clinical Pharmacist, HMSA

The nutrition tip I live by and try to empower my kids with is “eat in color.” I like to think of food as my medicine. Everything in moderation and eating a variety of foods (preferably every color of the rainbow) is key. That way, there aren’t too many restrictions that can sometimes lead to overindulgence. It also makes trying new things more fun.



Rupal Gohil, M.D.

Medical Director, HMSA

You can still get a significant benefit of a plant-based diet without completely cutting out meats and dairy. Instead, proportionately cut back on such foods and increase your intake of fresh vegetables, fruit, whole grains, and legumes. Keep in mind that nutrition isn’t the only factor in preventing illness, but it does play a large role.



Kristi Lopez, M.D.

Gastroenterologist and Medical Director, HMSA

I had issues and bad habits that led me to tipping the scales at over 200 pounds. As a gastroenterologist, I knew what I needed to do but never made the effort to do it. After making some lifestyle modifications such as increasing my water intake, eating six small meals a day, eliminating sugar and other high-glycemic carbohydrates, and getting more sleep, I’ve created an environment in which I can thrive and be the best wife, mom, and doctor and care for people with an attitude of excellence.



Mark M. Mugiishi, M.D., F.A.C.S.

President and Chief Executive Officer, HMSA

Make sure you partake in lots of “chicken soup for the soul.” That means finding balance in your life to make time for the things that are meaningful to you, rejuvenate you, and make you happy. For me, it can be as simple as watching a movie in a theater with a bag of popcorn, binge watching the next best mini-series, or going to Dave and Buster’s on Sunday morning to watch every single NFL game. The specifics are unique to every person, but creating the balance in your life to feel healthy and refreshed is universally beneficial.

intro Stefanie M. Park, M.D.

illustration Garry Ono



Michael Nishime, D.D.S.

Dental Director, HMSA

In addition to brushing and flossing, my advice is to clean your tongue daily. Using a tongue cleaner will remove countless bacteria that live on the rough top surface of your tongue. These bacteria contribute to bad breath and can negatively affect your dental health.



Stefanie M. Park, M.D.

Vice President, Chief Medical Officer, HMSA

I schedule my workouts as if they were important meetings and treat the time as a personal priority. Each healthy day is a blessing. Having an accountability partner is another key to success. Knowing that you have to answer to someone else for not showing up makes it so much more difficult to cancel. My last tip is to change your attitude about exercising. Look at the workout as something you “get” to do (to make your body healthier, to relieve stress, to get stronger, to be the best version of yourself) as opposed to something you “have” to do.



Andrew Perry, M.D.

Senior Medical Director, Member Advocacy and Appeals, HMSA

I was diagnosed with type 1 diabetes at age 42. I switched from long outdoor runs to weightlifting. In addition to helping prevent low blood sugar, building muscle helps insulin work better. Weightlifting can help people cope with traumatic events ranging from motor vehicle crashes to a life-changing diagnosis like type 1 diabetes. Since trauma is associated with fear and powerlessness, physically “pushing back” with weights appears to help many trauma survivors feel stronger emotionally, calmer, safer, and more grounded.



Jeffrey Tom, M.D.

Clinical Systems Director, Corporate Strategy, HMSA

I started running in 2020 when I was working from home due to COVID-19. To be honest, running was not my preferred exercise. Within a month and running for only 30 minutes a couple times a week, I needed significantly less caffeine to help me concentrate. This was huge for me! Two and half years later, I’m still running and have even started to enjoy it. My blood pressure has come down and my good cholesterol (HDL) has increased. As long as you check with your doctor, you might want to try running.



James Westphal, M.D.

Vice President, Medical Director,
Beacon Health Options

My medical specialty is psychiatry. During my career, I focused on mental illness and diagnosed and treated patients with medications and psychotherapy. Recently, I became aware of a different perspective known as mental well-being. Several months ago, I started a gratitude journal. Every night before I go to bed, I think about what I was grateful for during the day, write it down, and reflect on it. This practice relaxes me before sleep. I also found that I'm experiencing more positive emotions. If you have children or a significant other, share your gratitude with them each evening.



Brian Wu, M.D.

Medical Director, Medical Management, HMSA

Has someone ever encouraged you to exercise regularly, eat healthy, and reduce your stress? Easy to say, hard to do, right? I'm a pediatric pulmonologist (kid's lung doctor) and some of my patients can be really sick for much of their life. The families sometimes seem superhuman, caring for these kids on top of the things everyone else has to do. You can't help but be inspired and work extra hard. I'll never forget one night, while checking up on one of my medically fragile patients, I must have looked unhealthy. The parent said to me, "If you don't take care of yourself, you can't take care of others." No excuses, no matter what: Don't neglect your physical and mental health.



Health Care from Virtually Anywhere

Need to see a doctor? Consider using telehealth, a convenient, affordable way to get health care services without going to the doctor's office.

Use telehealth to connect with your doctor to get care for:

- Severe cold or flu symptoms.
- Allergies.
- Diabetes, high blood pressure, and other chronic conditions.
- Skin conditions.
- Behavioral therapy and counseling.
- And more!



Learn more at
hmsa.com/well-being/telehealth or
scan this QR code.



for real?



self-care myths

words Courtney Takabayashi

art Garry Ono

According to the Centers for Disease Control and Prevention, “Self-care is a crucial part of wellness, especially for people who take care of others.” When you practice self-care, you’re simply taking care of yourself; you’re not being selfish or self-indulgent. But before you jump into a self-care routine, make sure you know the truth.

Fact or fiction? Self-care is doing anything that makes you happy.

Fiction. While it’s important to do something you enjoy, self-care isn’t an excuse to overeat junk food, drink excessive amounts of alcohol, or binge-watch streaming shows. The Mayo Clinic recommends activities that support and improve your health and well-being, such as deep breathing, tai chi, yoga, or meditation. You could also listen to music, write in a journal, or read a book.

Real or phony? Self-care is ongoing, not a one-and-done cure.

Real. One day of self-care won’t be the ultimate answer to every problem you’re facing. To get the most out of this important time, turn it into a routine. It’s a priority that you can look forward to. Add your self-care activities to your calendar.

Yup or nope? Self-care doesn't need to be elaborate and time-consuming.

Yup. With all your responsibilities, you may feel like you don't have time for self-care. It's not about taking a 10-mile hike every day at sunrise or reading a book every week. The CDC encourages people to "care for yourself one small way each day." This could include safely connecting with family and friends, treating yourself to healthy foods, or getting enough sleep.

True or false? Self-care is just for women.

False. Self-care is for everyone. Think about it this way: if you get a cut, you put on a bandage. If you're not feeling well, you see a doctor. The same goes for self-care. If you're feeling stressed, burned out, or anxious, do something that makes you feel better. Whether it's fishing, gardening, or dancing, it should be an activity that recharges you.

Yea or nay? Self-care is different for everyone.

Yea. Self-care varies from person to person. If you've seen photos on your social media feed of friends mountain climbing to relax or getting a massage to rejuvenate, don't feel like you have to do the same things. If you're not sure what to do, try different things. The best part is that you can change it up and do what feels best.

Right or wrong? Self-care isn't real, it's just an excuse to pamper yourself.

Wrong. Since stress can contribute to mental and physical ailments such as heart disease, Alzheimer's, depression, and anxiety, it's important to keep your stress levels in check. And according to the National Institute of Mental Health, self-care can help manage stress. So don't feel bad about taking time off for self-care. It can also improve self-confidence, lower blood pressure, and improve your immune system.



Urgent Care on Demand 24/7

When your doctor's not in, there's HMSA's Online Care®.

Online Care can connect you with a doctor from the comfort of home 24/7. It's convenient, secure, and confidential.

Download the app to your smartphone, tablet, or computer. Or visit hmsaonlinecare.com.



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

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

This is the year I make 65 just another number.



This is the year I get HMSA Medicare Advantage.

\$0-premium plans with dental
now available on all islands.



\$0 dental cleanings, exams, X-rays, fillings,
and more.



\$200 annually for eyeglasses and contact lenses.



\$0 primary care provider copayments.



Care you need from providers you choose.



Friendly local customer service.



Convenience of telehealth, including
HMSA's Online Care®, at no cost.



Benefits for travel, fitness, prescription drugs,
and more that go beyond Original Medicare.

Contact us today.



hmsa.com/medicare or
scan this QR code.



Call **1 (800) 693-4672**
TTY: 711
Daily, 8 a.m. to 5 p.m.



Visit an HMSA Center or office near you.
Call or go to hmsa.com/contact for locations
and hours.

To schedule a meeting with a health plan expert,
call (808) 948-5535, Monday through Friday, 8 a.m.
to 5 p.m.

You'll be assigned to a licensed agent who can help
you enroll.

HMSA Akamai Advantage® is a PPO plan with a Medicare
contract. Enrollment in HMSA Akamai Advantage depends
on contract renewal.

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



life-work balance

words Jessika Orozco



you know the saying, “Work to live, not live to work”? For a lot of people, work-life balance seems impossible. Juggling work, managing relationships, and investing in personal interests can leave people feeling exhausted

Nowadays, younger generations like millennials and Generation Zers are striving for life-work balance, which prioritizes life over unhealthy attachments to work and money. According to a Gallup well-being study, work is the single biggest influence on quality of life. If work has a positive influence on your life, you may feel purposeful, have a great relationship with your manager and colleagues, and be able to disconnect at the end of the day to recharge. But a negative work influence may make you feel the opposite.

Your life outside of work matters. That means your health, family, and time off are just as important to your overall quality of life and prioritizing them may make you better at work.

Here are some tips for adopting life-work balance:

- Prioritize your health, family, time off, and work equally.
- Create a work schedule. Start and stop your workday on time.
- Take a lunch break, preferably away from your desk.
- Use your vacation days to go on a vacation.
- Set boundaries. Protect your time and energy during and outside of work.
- Understand that balance is a cycle, not a destination. It may look different throughout the year depending on your priorities.

If you feel overwhelmed, talk to your primary care provider, a counselor, or a trusted friend or family member. [is](#)

health matters

Warning: Fentanyl and counterfeit pills

In the U.S., deaths from drug overdoses are skyrocketing. The threat has even made its way to Hawai'i, with reports of local police seizing massive amounts of counterfeit pills. Fake prescription pills can be laced with lethal amounts of fentanyl, a synthetic opioid 50 times stronger than heroin. To make matters worse, fentanyl is nearly impossible to detect unless the drugs are tested.

"Stay away from unlicensed, online 'pill mills' that make it too easy to get medication," says Wendy Iwasaki, a senior pharmacist at HMSA. "It's important that people know the origins of their pills and say 'no' to illicit drugs." She adds, "You can use your HMSA health plan benefits at an HMSA participating pharmacy to obtain medications prescribed by your doctor."

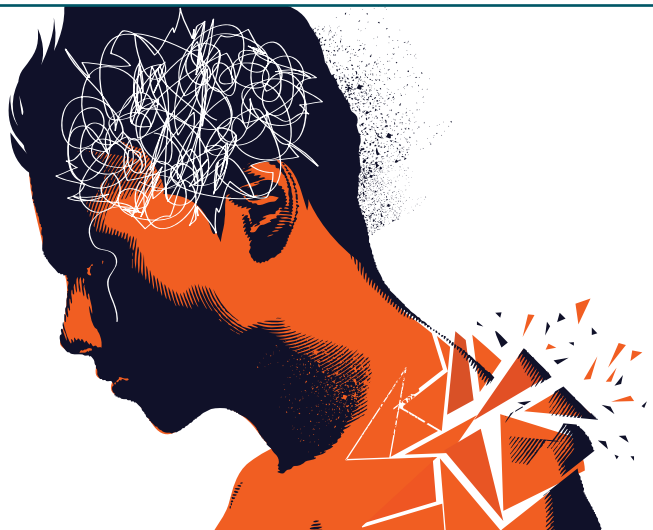
Recognizing the signs of opioid overdose can save a life. Look out for:

- Small, constricted "pinpoint pupils."
- Falling asleep or losing consciousness.
- Weak or no breathing.
- Choking or gurgling sounds.
- Limp body.
- Cold, clammy, or discolored skin.

Talk to your doctor or pharmacist about having emergency naloxone on hand if you or your family member is on an opioid. Naloxone can reverse the effects of an opioid overdose. Call 911 right away if you suspect you or someone else may be experiencing an overdose.

New mental health hotline

There's a new hotline for those going through a mental health crisis. Texting or calling "988" will immediately connect people nationwide to a mental health professional who can also help with emotional crises and substance abuse recovery. The free and confidential support is available 24/7.





Did you know?

While dietary supplements, such as vitamins, minerals, and probiotics, can help you improve or maintain your health, they're regulated less strictly by the FDA than prescription or over-the-counter drugs. The safety, effectiveness, and labeling on these products are not reviewed before being sold to consumers. Talk to your doctor before taking a dietary supplement and take them only as instructed.



Cervical Health Awareness Month

January is Cervical Health Awareness Month. All women are at risk for cervical cancer, which occurs most often in women over age 30. Doctors recommend getting screened with a Pap test or HPV test regularly starting at age 21.

Cervical cancer is highly treatable when found early. HPV vaccination can also help prevent cancer-causing infections and precancer cells; talk to your doctor to see if it's right for you.

The whole-body benefit of good oral health



Did you know that poor oral health is linked to diabetes, heart disease, and other health conditions? HMSA's Oral Health for Total Health program provides additional benefits – at no extra cost – that can help lessen the severity of certain conditions affected by oral health.

Enhanced care programs like Oral Health for Total Health have also been shown to lower overall medical costs.

Best of all, we've just added more eligible conditions, so the program can help even more people!



Learn more at hmsadental.com/total-health or call (808) 948-6440 or 1 (800) 792-4672.

vaping: still a teenage tragedy



words David Frickman
art Garry Ono



Ronald Hirokawa, M.D.

At first, it seemed like a good idea. To get adults to stop smoking, give them a product that's less harmful than cigarettes.

But in reality, vaping isn't the solution many had hoped for and has caused unintended consequences, according to a local pediatrician who's studied the effects of vaping. Those consequences include the widespread use of these products filtering down to teens.

"What's most dangerous is the perception that vaping is not as dangerous as cigarettes," says Ronald Hirokawa, M.D. "A lot of teenagers don't see it as unhealthy and they think it's OK."

Dr. Hirokawa says there's nicotine addiction associated with vaping products, known as electronic nicotine delivery systems, or ENDS. Just as with cigarette smoking, use of ENDS affects child development, specifically in adolescents.


"Teens can take in larger volumes of nicotine when they vape because it's a lot less harsh on the throat than cigarette smoking," he says. "And they can vape without being detected by teachers or parents, so they're able to use them more often."

Dr. Hirokawa grew up in Honolulu and is a graduate of 'Iolani School. After attending the University of Hawai'i John A. Burns School of Medicine and training at hospitals on O'ahu, he completed

his pediatric residency at the University of California, Irvine. It was there that he focused on vaping and e-cigarette or vaping product use-associated lung injury, or EVALI.

"People were getting very, very sick and going to the ER and being admitted to the ICU," he says. "EVALI seemed to be associated with vitamin E, which was used as a diluent that caused severe pulmonary inflammation."

Since awareness has increased, Dr. Hirokawa says the number of EVALI cases has dropped. So has the overall use of vaping products.

"The United States and Hawai'i populations in general have lowered the number of teens who are smoking or using vaping products," he says, "but it's still prevalent. It's really important to understand that this epidemic is still going on and that we still need to be vigilant about raising awareness in our communities." 

navian integrated care: **living with quality**

words David Frickman

art Garry Ono



Navian Hawaii provides compassionate care and guidance for hospice patients and their families. Navian was formerly known as Hospice Hawaii.

And Navian has expanded its purpose to help patients with serious but treatable health conditions such as heart disease or cancer. Their Integrated Care Program helps patients navigate the health care system and provides specialized planning, resources, and education.

Ricshara Knight, program manager and licensed clinical social worker, says the goal of the program is to provide palliative care by helping patients manage their condition in their day-to-day life. "Even though they have a serious condition, that doesn't mean they can't have quality of life."

The Integrated Care Program is home-based care for people on O'ahu. A team that includes nurses and a social worker helps patients deal with the physical and emotional challenges of their condition. The Integrated Care Program aims to increase quality of life and decrease symptoms of stress related to illness, caregiver burnout, and the need for emergency medical treatment.

"Even though they have a serious condition, that doesn't mean they can't have quality of life."

: Ricshara Knight



While patients of any age may enter the program, they must meet certain criteria. "We seek seriously ill individuals who've seen a decline in their health and would benefit from palliative care support," says Knight.

When a patient's condition becomes more advanced and additional help is needed, Navian turns to an HMSA program called Supportive Care, a benefit for HMSA members.

"Supportive Care is a palliative care benefit that helps manage symptoms of advanced conditions," says Toby Smith, D.O., an HMSA medical director. "The program partners with agencies such as Navian so that management of symptoms is optimized."


Knight shares a story about a woman with cancer who's been with the Integrated Care Program for two years. She has monthly visits from a care team to help her deal with some symptoms. "Her day-to-day life was pretty much OK and her monthly visits were sufficient," says Knight, "and then she had an incident."

Her cancer had spread. Navian helped the patient use her HMSA Supportive Care benefit to get additional care. "She was able to get physical and occupational therapy and pain management from a nurse for 90 days," Knight says. "Once the patient was stable, she returned to Integrated Care."

Knight says the patient recently needed HMSA Supportive Care again. Because the transition between the two programs works so well, "It's like she never had to leave the care of Navian. We were always in communication with her and her team. She felt very well supported."

For some patients, Integrated Care serves as a transition to hospice care.

"One of the great advantages for patients is education about the disease process," says Emma Grote, M.D., Navian medical director. "When you're looking at longer disease trajectories, it helps them know what the future may look like. So when the time comes, it's not such a surprise when the hospice talk comes up."

"The biggest piece of the program is determining someone's goals of care," says Dr. Smith, "and determining at what point does someone want palliative care that focuses not on extending the number of years but extending the quality of those years." 

To learn more about Navian Integrated Care, call (808) 924-9255. For more information on HMSA Supportive Care, talk to your primary care provider or specialist, or visit hmsa.com/well-being.

NO DOCTOR? NO PROBLEM!



Our large
network of
providers
continues
to grow.

That means
more options
for you!



Hawaii

Paula Nichaelle E. Aquino
Hannah Brunson
Michael J. Chen
Kimberly R. Hodson
Sarah R. Holst
Lisa M. Jeanson
Cal L. Johnson
Audra A. Leboo
Kathleen B. R. Legarza
Hallie A. McNabb
Joshua C. Nguyen
Patrick C. Yeakey

Kauai

Johan K. Ahn
Paula Nichaelle E. Aquino
Erika R. Noel
Paul J. Spilotro
Karin L. Wolosz

Lanai

Arcelita C. Imasa

Maui

Jared W. Hornberger
Renaë Kibler
Gabrielle A. O'Sullivan
Brian A. Peterzell
Chandler Riem
Rebecca L. Romero
Tamera S. Sansone
Gabrielle Simons
Wailana A. L. Spangler
Robert M. Strauss
Brian K. Teliho

Molokai

Raquel I. Cisneros
James Vu

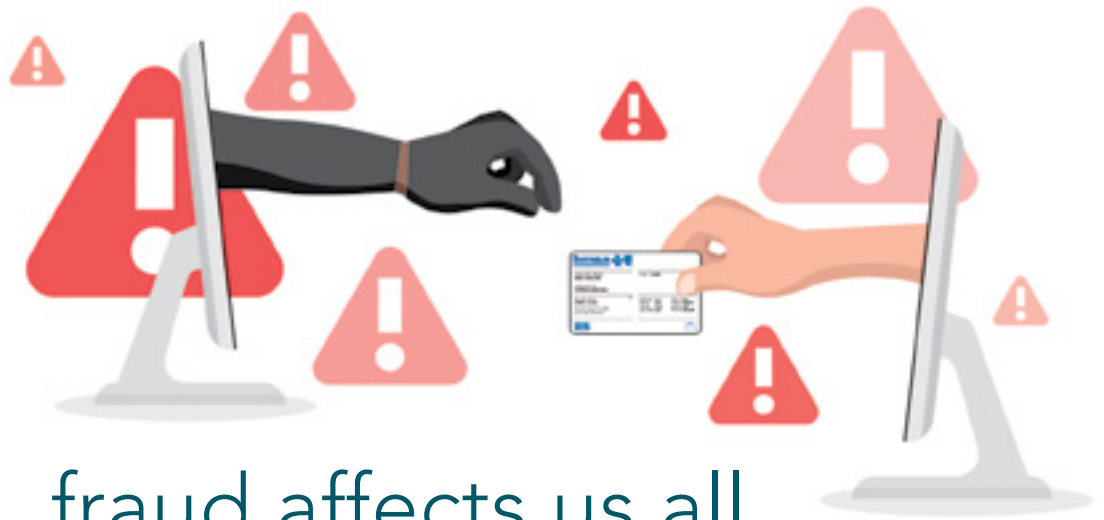
Oahu

Kayla-Jo A. Acoba
Marco A. Adame Jr.
Demetra E. Adams
Myra Addenbrooke
Richard A. Ahn
Paula Nichaelle E. Aquino
Isaac Aragon
Philip Rudge M. Arca
Hiroshi Ashikaga
Brynn M. Ayala
Ahaan Bharadwaj
Tamara L. Biega
Laura F. Bowman
Samantha P. Bursell
Phillip R. Cannon Jr.
Isabel Casimiro
Michael J. Chen

Lindsay L. Chinn
Jonathan S. Chow
Elizabeth K. Cleghorn
Seth D. Conway
Catherine Culver
Lauren A. Cunningham
Alexis N. Damo
Tiffany P. Davis
Monika Do Valle
Kerian Dodds
Leesha Ann Domingo
Nathaniel M. Enriquez
Leland R. Estrella Jr.
Bridgette M. Fa'agau
Stephanie L. Foltzer
Mackenzie P. Foster
Michael M. Fountain
Shauna L. Furland
Randall Fukuji
Wimonrat Fursey
Bill John G. Ganancial
Jacob M. Garcia
Cody V. Gilliss
John R. U. Go
Lovely Mona Grace V. Go
Erik Gray
Nour Hamade
Madison A. Hayes
Bryson T. Higa
Rosemary F. Hinkley
Nataliya V. Holmes
Jung E. Hong
Rachel S. Hyland
Chad T. Imanaka
Veeravich Jaruvongvanich
Ryan Johal
Rebecca M. Jones
Bradley K. Kaya
Tara J. Knight
Kendra S. Kubo-Daronco
Diana M. W. Lee
Peyton P. P. Lee
Seung Lee
Mary K. Leen
Emily Levitt-Gopie
Matthew Allen A. Lim
Diana J. Lu
Alejandra Lucatero
Arthur M. H. Lum
Lauren L. H. M. Lum
Ross K. Lum
Melanie J. Masaki
Miwa Matsumoto
Ashley A. C. Mitchell
Lauren N. Mitchell
Janice M. Montgomery-Suber
Nicole K. Morikawa
Patrick W. Morton
Daniel J. Munkley III

Alfredo S. Nino
Shaw M. Okawara
Jolene S. O'Neill
Benjamin Y. S. C. Ota
Rey-Marc D. Paguirigan
Lloyd S. Paredes
Angelica R. Perreira
Gino A. Pullaro
Jennifer C. Raams
Gabrielle L. Ransford
Anahita Rezaie
Yoonhwan Roh
Russell S. Romano-Kelly
Nicole K. Ryan
Hang N. Saito
Marissa E. Sakoda
Ryan L. Sakuma
Nicole Sato
Sadia R. Shah
Kristine L. Shaner
Kristen E. W. Shimabukuro
Kristy M. Shine
Jocelyn Y. Shiro
Donna L. Shock
Jason A. Spiker
Stacy L. Sterenberg
Natalie E. Streeter
Cheryl M. Tamashiro
Mika H. Tanji
Joey K. Torigoe
Janna K. O. Torregano
Ki May Tung
Marissa J. Turner
Soon-ja P. Tyrrell
Jason M. Unold
Jaco J. Van Delden
Daniel T. Wagner
Tashya J. Whitehead
Brian J. Wolter
Vicky L. Wong
Kelsey A. Wright
Trina O. Wright
Stephanie C. Yamamoto
Joy T. Yanai
Mark K. Yanai
Keolamau S. L. Yee
Kevin J. Yeung
Tasha-Leigh K. Yong
John K. Yoza
Shan Zhao
Julie Zheng

For a complete list of providers, contact information, and plans accepted, visit [Find a Doctor on hmsa.com](https://www.hmsa.com). These providers joined HMSA's network between June 21 and Sept. 20, 2022.



fraud affects us all

Ever receive an item in the mail that you didn't order?

If you're like many people, you may have tossed it on the side without giving it another thought. That's what happened to one Hawai'i resident who received several medical braces before discovering that her health plan had been charged nearly \$2,000 for them.

It's a story that's much more common than you may think. And it's just one example of health care fraud. In this case, a Mainland medical supply company called the resident claiming to be with Medicare. The resident shared her insurance information when the caller requested it "to update her records." When the caller asked several health-related questions and discovered that the resident experienced occasional leg pain, they proposed a leg brace that would be free of charge.

"While it may not seem like a lot of money for the health plan to pay, fraudulent billings can add up," says Reef Weaver, an investigator in HMSA's Special Investigations Unit. "Fraudulent billing ultimately results in higher premiums for our members and more-expensive services and supplies. It also creates other risks such as identity theft."

words Marlene Nakamoto

HMSA members can help prevent or detect health care fraud. Here are some simple things you can do to protect yourself from health care fraud:

- Protect your HMSA membership card as if it were a credit card.
- Be cautious of ads or promotions that offer free medical tests, treatments, or services. Never give out HMSA subscriber ID number.
- Compare your HMSA Report to Member with medical bills or other records to see if:
 - The dates of service are correct.
 - You received the services.
 - The copayment or coinsurance is correct.

HMSA's Special Investigations Unit investigates suspected fraud, waste, and abuse and reports it to regulatory entities. If you suspect fraud, report it in any of these ways:

- Call HMSA's confidential hotline at (808) 948-5166 or 1 (888) 398-6445. You can remain anonymous (caller ID isn't used) and your call won't be traced.
- Email Fraud&Abuse@hmsa.com.
- Fax (808) 948-6450.
- Write to HMSA SIU, P.O. Box 860, Honolulu, HI 96808.



for your benefit

One-stop shop

HMSA is proud to be the only health insurer in the state with neighborhood centers you can go to for help with a variety of needs. Whether you're trying to understand your health plan benefits, are looking for a dental plan, or simply want to check your blood pressure at the self-service health station, an HMSA Center is the place to visit.

We have HMSA Centers in Honolulu, Pearl City, Kahului, and Hilo and an office in Lihue. Friendly, knowledgeable employees are there six days a week to serve you. For center and office addresses and hours of operation, visit hmsa.com/contact.

Of course, we can also answer your questions over the phone. Just call (808) 948-6079 or 1 (800) 776-4672 (TTY 711).



Dean Fuke, senior regional manager of HMSA Centers



Joann Taula at the Pearl City center



Manage your diabetes

Want help managing type 2 diabetes? Sign up for free HMSA Diabetes Education and Management classes.

The two-part classes are facilitated by a diabetes educator, registered nurse, and health coach and are held the second and third Wednesdays of every month at HMSA Centers on O'ahu. There are also virtual options so you can attend the classes from home.

Whether you're newly diagnosed or have been living with diabetes for decades, these classes will give you the tools you need to successfully manage diabetes.

Call 1 (855) 329-5461 for more information or to register.

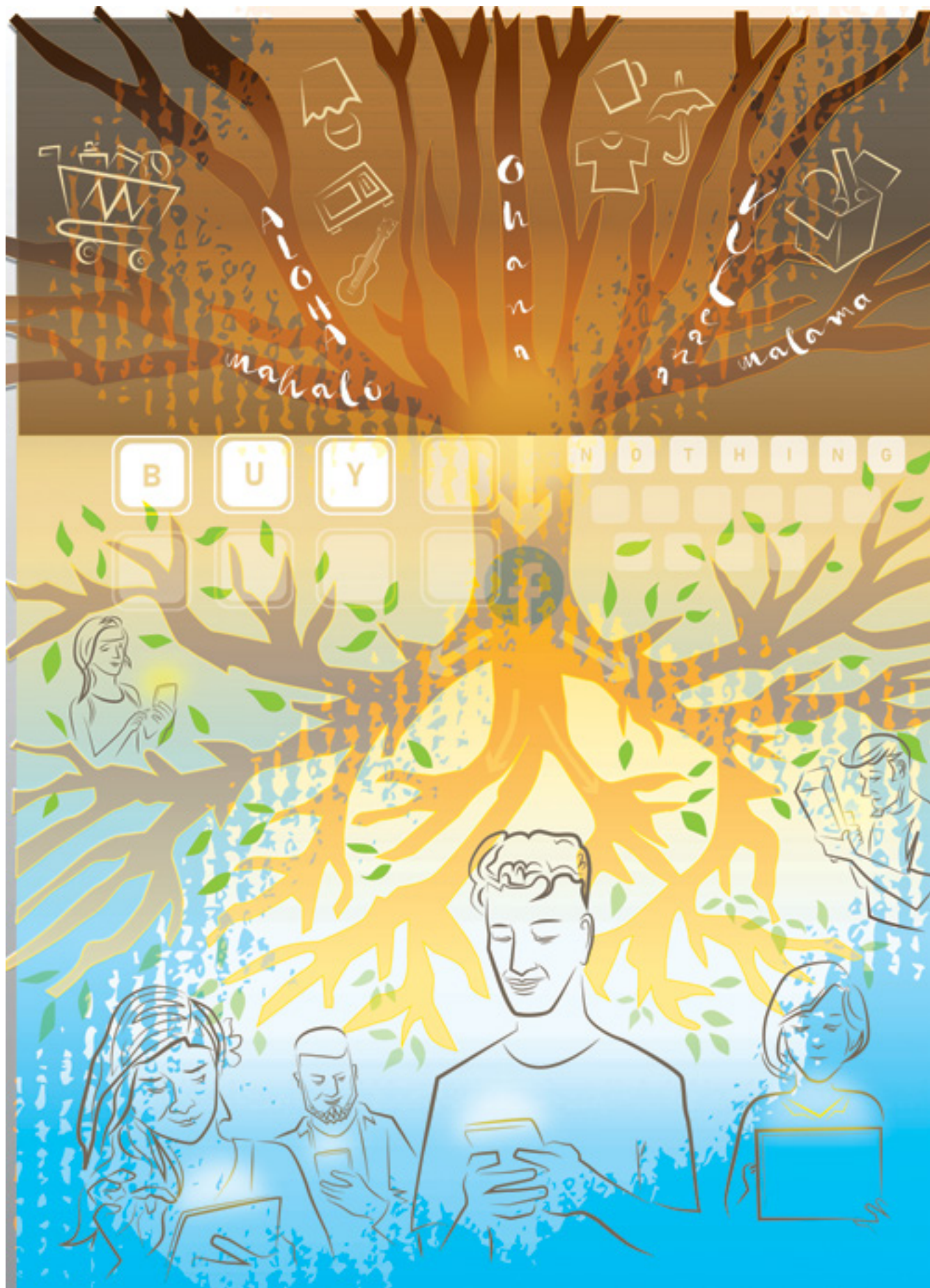
Eating on the run

You probably know that fast food tends to be high in salt, fat, and added sugar. So what should you do when you're craving such not-so-healthy foods? In our upcoming Eating on the Run workshop, we'll discuss how to find a balance between eating healthy and eating happy.

This is just one of the online workshops that HMSA offers at no cost. These 60-minute workshops are a fun way to learn about fitness, nutrition, and other aspects of health and well-being that can impact your physical, emotional, and social health. Members and nonmembers are welcome to attend.

To see a list of upcoming workshops and to register, go to hmsa.com/HealthEducation or call 1 (855) 329-5461.





giving, receiving, and living aloha

words Courtney Takabayashi

illustrations Garry Ono

Buying less and sharing more. That's what the Buy Nothing Project is all about. Through social media, the Buy Nothing Project connects groups of people who want to give, receive, and belong to a community that takes care of each other.

It's no surprise that in Hawai'i, where generosity is a way of life and the cost of living is high, these groups have become increasingly popular.

Making it easy to give

In 2016, "Janey Aloha" came across a Facebook group called Buy Nothing O'ahu. As a lifelong giver who was always looking for ways to find homes for items she had extras of or no longer needed, Aloha knew this was the community for her. "The Buy Nothing Project's mission, principles, rules, and use of Facebook groups appealed to me," Aloha says. "It provided a framework for what I was already doing."


Also, the tenets of the Buy Nothing Project resonated with Aloha. "I was born and raised in Hawai'i and saw that the BNP was ingrained with several Hawaiian concepts," she says, "such as aloha (love, kindness), kuleana (responsibility), mahalo (gratitude), mālama (to take care of), and 'ohana (family)."

A new opportunity

On Dec. 31, 2020, a day after the original Buy Nothing O'ahu group announced they were shutting down, Aloha started Buy Nothing O'ahu 2.0. Today, the group has nearly 5,000 members. Each day, there are dozens of posts ranging from requests for help or specific items, offers of services and items, stories of gratitude, and more.

Though guiding and moderating the group is time consuming and sometimes stressful, Aloha knows her efforts are worth it. "One of the best parts about being an administrator of a group like this is the online development and growth of social capital in a uniquely local way," she says. She also enjoys getting to know a variety of people. "I've seen individuals who were too shy to ask for an item develop confidence and post a request," Aloha says. "Like the currents of the ocean, there's an ebb and flow of things with balance being the key."

Quality is crucial

Though it's free to join Buy Nothing O'ahu 2.0, Aloha asks that anyone serious about becoming a member read the guidelines and understand what the Buy Nothing movement is about. "While growing our numbers is great," Aloha says, "having quality individuals is crucial." And though the group is virtual, the positive impact and friendships are real. "Facebook is the medium by which real-life connections are made. Acquaintances are made and friendships are eventually formed." 



To learn more about Buy Nothing O'ahu 2.0, check out facebook.com/groups/buynothingoahu.



Read stories from Buy Nothing group members at islandscene.com/more.



Pono Poet

photos courtesy of *Eat Pono*

At the impressionable age of 5, Poet Gentry realized that eating healthy was a choice and decided to exercise that choice in his daily routine. At first, mom Candes was surprised by his relentless and willful curiosity about flavors, food sourcing, and farming. But as a lifelong athlete, she quickly realized this wasn't a passing phase, and the family began reading about nutrition for children. Between homework and sports, Poet and Candes visited farmers markets, planted a home garden, and watched videos of easy, healthy recipes.

"I like to cook at home because it's fun to know what ingredients are in my food and in my body to help me grow strong," Poet, now 10, says.



As his passion for cooking blossomed, Poet and Candes decided to write a cook-book about how it can be hip to be healthy as a family and to dispel the assumption that healthy food is tasteless or yucky. The pandemic project turned into an inspirational and easily adaptable at-home healthy lifestyle guide. The *Eat Pono* motto is, "Source Local. Eat Nutritiously. Live Sustainably."

Eat Pono was inspired by Poet's adventurous spirit and explorations – from sea to soil to snacks – and his pursuit to live a healthy lifestyle that fuels his mind and body with the best nutrition possible. He's guided by his desire to take care of the environment, learn agricultural traditions like fishing, and to make healthy choices so that he and his family can thrive together.

"I like to grow my own food because I can watch it start as a seed, and then become a plant, and then get bigger and bigger until I can eat it," Poet says. "Gardening is a superpower that we can all have if we're willing to go outside and dig in the dirt." Poet's dad, Steve Shropshire, is a fourth-generation farmer. Poet learned his love of the land on the Big Island's Hāmākua coast, where he spends time on the family's Aloha Green farms.



Eat Pono is far more than a cookbook. It's a movement that's sparking culinary curiosity in homes and communities and is receiving support from organizations like Blue Zones Project® Hawai'i. Many *Eat Pono* recipes are Blue Zones Project Approved™. Poet is also an ambassador for the American Heart Association's healthy lifestyle recommendations.

"I hope I can inspire some kids to eat healthy," Poet says. "Growing your own fruits and vegetables, collecting eggs from your chickens, and catching your own fish for dinner can be super fun."



What's next for *Eat Pono*? Candes says, "My hope for *Eat Pono* is that it will provide engaging and educational opportunities for our keiki to learn how to live and farm sustainably, and to be empowered to make healthy choices not only for themselves, but also for our planet and for generations to come." [15](#)

See *Eat Pono keiki activities* on page 54.

Eat Pono supports nonprofit initiatives rooted in providing interactive, educational opportunities for keiki to learn how to make healthy choices for themselves and their planet. Tools like *Eat Pono* can empower kids to eat, farm, and fish sustainably. To learn more about *Eat Pono* and ways to support your community, classroom, and environment, visit eatpono.org or email info@eatpono.org.

Blue Zones Project® and Blue Zones Project Approved™ are trademarks of Blue Zones, LLC and Sharecare, Inc. All rights reserved.

Do you have what it takes to win a **Kaimana Scholarship?**

hmsa **KAIMANA** **AWARDS** & SCHOLARSHIP PROGRAM

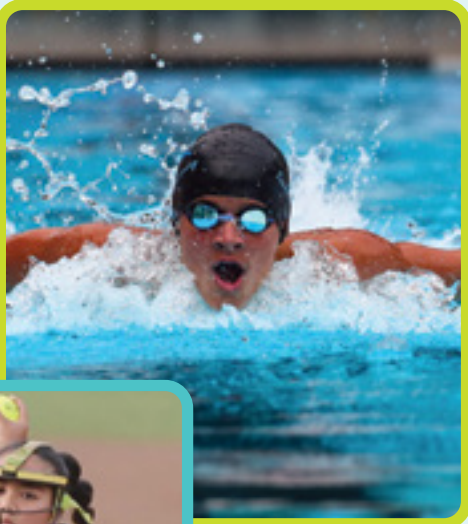
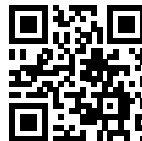
If you can check all the boxes below,
fill out an application today.

- ✓ **Hawaii high school senior,
class of 2023**
- ✓ **2.75+ GPA**
- ✓ **Played a sport in high school**
- ✓ **Serves in the community**
- ✓ **Going to college**

We're looking for students like you
who are exceptional in the classroom,
on the field, and in the community.
Apply for an HMSA Kaimana
Scholarship for a chance to be
awarded \$5,000 for college expenses.

Application deadline:
Feb. 24 at 4 p.m.

To apply or for more information, visit
hmsa.com/kaimana or sportshigh.com, or
scan this QR code.





We Value Your Feedback

At HMSA, we care about you and your experience with us and your doctors.

To provide the best experience, we need your help! In the next few months, you may receive a survey in the mail called CAHPS® (Consumer Assessment of Healthcare Providers and Systems) from a survey company called SPH Analytics. If you receive this survey, please take the time to complete it.

Your responses, which are confidential, provide a valuable perspective on your care and service. We want to know how we can improve and what we're doing right!

Thank you for choosing HMSA. We look forward to hearing from you.

take care

words Courtney Takabayashi



When life gets hectic, it's easy to neglect the most important person – you!

Here are some books to help you take care of your mind, body, health, and happiness.

Cleaning Up Your Mental Mess: 5 Simple, Scientifically Proven Steps to Reduce Anxiety, Stress, and Toxic Thinking

By Caroline Leaf

Toxic self-talk can have a huge impact on our state of mind, which in turn can negatively affect the body. Leaf designed a plan to help people find and eliminate the root of intrusive thoughts – the “mental mess.” Her practical approach makes it easy to incorporate her strategies in our daily lives.

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones

By James Clear

If you've ever tried to stop a bad habit like eating junk food or couldn't maintain a good habit like getting daily exercise, it's not your fault. Clear, a habit formation expert, discusses the science of small habits to improve health. Studying biology, psychology, and neuroscience equipped him with the knowledge to create an easy-to-understand guide that makes “good habits inevitable and bad habits impossible.”

Forest Bathing: How Trees Can Help You Find Health and Happiness

By Qing Li, M.D.

Contrary to its name, the Japanese practice of *shinrin-yoku*, or forest bathing, isn't about literally taking a bath in the forest. It's about spending time in nature. Author and forest medicine expert, Dr. Li, discusses how forest bathing can reduce stress and blood pressure, strengthen the immune and cardiovascular systems while boosting energy, mood, creativity, and concentration.

Little Book of Mindfulness

By Patrizia Collard

Mindfulness is more popular than ever, but what is it and how do you practice it? According to Collard, mindfulness is a way to “gently let go of stress and live in the moment.” This book is filled with five- and 10-minute exercises that can help you let go of stress and find peace.

keiki corner

Become an Eat Pono 'Āina Guardian

Read this pledge and then draw a picture of one of the ideas.

"As an Eat Pono 'Āina Guardian, together with Poet Gentry, I pledge to":

- Use a reusable water bottle.
- Recycle plastics that I use.
- Throw my garbage in the trash and never litter.
- Plant a garden.
- Practice kindness in my community.
- Learn about culture and traditions from my kūpuna.
- Be curious and try new foods.
- Say "no thanks" to sugary drinks.
- Get outside and play every day.

To learn more about Poet Gentry and Eat Pono, see page 48.

Fruit find



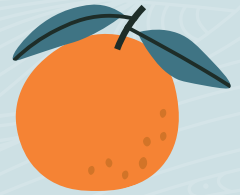
apple
avocado
banana
coconut

grapes
guava
kiwi
lemon

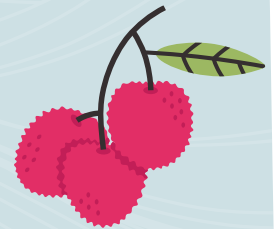
lime
lychee
melon
orange

papaya
peach
pear
pineapple

plum
starfruit
strawberry
watermelon



P	E	G	U	A	V	A	S	T	N	R	Y
A	I	L	T	U	N	O	C	O	C	A	R
V	A	N	N	E	M	I	L	R	O	A	R
O	B	O	E	V	O	E	A	P	P	L	E
C	A	M	G	A	M	E	L	O	N	Y	B
A	N	E	Y	R	P	E	A	C	H	C	W
D	A	L	E	I	W	P	E	A	C	H	A
O	N	T	W	A	V	P	L	U	M	E	R
O	A	I	O	R	A	N	G	E	N	E	T
W	K	N	T	I	U	R	F	R	A	T	S
G	R	A	P	E	S	A	Y	A	P	A	P



Tropical fruit pops

- 2 cups organic coconut water
- ½ cup frozen pineapple
- ½ cup frozen mango
- 1 frozen banana
- 1 cup spinach
- 1 tsp. grated ginger

Blend all ingredients in a high-speed blender, then pour into silicone popsicle molds and freeze at least 6 hours or overnight. If you don't have popsicle molds, use small paper cups and popsicle sticks. (Blue Zones Project Approved™ recipe. Source: *Eat Pono*, Candes and Poet Gentry.)







fermented food fervor

What do yogurt, tempeh, and miso have in common?

They're just three items on an extensive list of fermented foods that have good bacteria, which can help improve digestion, boost immunity, and maybe even help you maintain a healthy weight.

Fermented foods, which are found in nearly all cultures worldwide, are the result of controlled microbial growth. In Hawai'i, you'd be hard pressed to find a delicious dish that doesn't contain a fermented food or condiment.

Here are some dishes you may want to add to your fermented favorites.

Gochujang Tempeh Lettuce Wraps

Bean Sprout Pickle

- ½ cup rice vinegar
- 1 Tbsp. sugar
- 4 oz. mung bean sprouts
- 1 Tbsp. plus 1 tsp. grated ginger, divided

Tempeh

- ½ cup water
- 3 Tbsp. gochujang (Korean chile paste)
- 2 Tbsp. agave or maple syrup
- 2 Tbsp. reduced-sodium shoyu
- 4 garlic cloves, minced
- 1 Tbsp. vegetable oil
- 1 lb. tempeh, crumbled or cubed in ½-inch pieces
- 1 Tbsp. toasted sesame seeds
- 16 Bibb or butter lettuce leaves
- Chopped green onion

In a microwave-safe bowl, heat vinegar and sugar at 100% power for 30 seconds. Stir until sugar dissolves. Pour mixture over bean sprouts and 1 teaspoon of the ginger in a medium bowl and toss gently. Cover and set aside.

In a small bowl, whisk together water, gochujang, agave or maple syrup, shoyu, garlic, and remaining 1 tablespoon ginger. Heat oil in a nonstick skillet over medium heat. Add tempeh and sauté until brown, about 3 minutes. Add gochujang mixture and bring to a boil. Reduce heat and simmer 2 minutes, stirring frequently. Transfer tempeh and sauce to a serving dish and sprinkle with sesame seeds. To serve, spoon tempeh into lettuce leaves and top with bean sprouts and green onion. Makes 16 servings.

Per serving: Calories 90, protein 6 g, carbohydrates 8 g, total fat 3 g, saturated fat 0.5 g, sodium 250 mg, fiber 3 g, total sugar 3 g

words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita



Fried Eggs on Herbed Yogurt

Spicy Butter Sauce

2 Tbsp. unsalted butter
2 Tbsp. coconut oil
1-2 tsp. red pepper flakes
½ tsp. sweet paprika

1 cup reduced fat (2%) plain Greek yogurt
1 Tbsp. chopped fresh dill
1 Tbsp. chopped fresh parsley
2 garlic cloves, minced
½ tsp salt
½ tsp. freshly ground black pepper
1 Tbsp. olive oil
4 eggs
4 mini naan, 4-by-6 inches
¼ cup sun-dried tomato pesto
2 oz. goat cheese, crumbled
Zest of 1 lemon
Chopped fresh dill and mint

In a small bowl, microwave all ingredients for Spicy Butter Sauce at 50% power for 30 seconds. Stir until butter is completely melted. Set aside.

In a small bowl, mix Greek yogurt, dill, parsley, garlic, and salt and pepper. Cover and set aside.

Heat olive oil in a nonstick skillet over medium-high heat and cook eggs to your preference.

To assemble, spread warm naan with yogurt sauce. Add a tablespoon of pesto and swirl gently into yogurt. Place one egg on each naan and add about a tablespoon of crumbled goat cheese. Drizzle with 1 tablespoon Spicy Butter Sauce and garnish with lemon zest, dill, and mint. Makes 4 servings.

Per serving: Calories 520, protein 21 g, carbohydrates 31 g, total fat 35 g, saturated fat 17 g, cholesterol 220 mg, sodium 900 mg, fiber 1 g, total sugar 5 g



Miso Salmon

- 1 lb. salmon filet
- 2 Tbsp. white miso
- 1 Tbsp. sake
- 1 Tbsp. mirin
- 1 Tbsp. reduced-sodium shoyu
- 1 tsp. sesame oil
- 1 tsp. toasted white and black sesame seeds
- 1 stalk green onion, thinly sliced on the bias

Slice salmon crosswise into three pieces and remove bones. In a medium bowl, whisk together miso, sake, mirin, shoyu, and sesame oil. Place salmon in mixture skin-side up. Cover and refrigerate 1 to 2 hours.

Preheat oven to 425 F. Remove salmon from bowl and remove excess marinade. Place skin-side down on parchment-lined baking sheet. Bake about 20 minutes or until the internal temperature is 130 F*. If desired, oven-broil the salmon about 9 inches away from the heating element for 3 minutes. Garnish with sesame seeds and green onion. Makes 3 servings.

*The USDA recommends cooking fish to an internal temperature of 145 F. However, the residual heat will continue to cook the salmon to perfect doneness.

Per serving: Calories 380, protein 33 g, carbohydrates 8 g, total fat 23 g, saturated fat 5 g, cholesterol 85 mg, sodium 600 mg, total sugar 4 g



Ever tried natto on toast?
Visit islandscene.com/more
to see how it's done.





taco time

words Robyn Kuraoka

photos Lew Harrington

food styling Marjie Beaton

Who doesn't love a good taco? Start with a crisp taco shell or soft corn tortilla and make it as simple or as complicated as you like. With so many fresh ingredients and protein options, it's no wonder that tacos are a frequent request from kids and adults alike.

But what if we could make this family favorite even easier to prepare? Check out these recipes that will have your guests saying, "more, please."

Burrito Bowl

Expecting a crowd and want to please everyone? Kailua resident Tamara Valdivia says a burrito bowl is a definite crowd pleaser. As co-owner of Paniolos, a popular Mexican eatery, Valdivia knows what she's talking about. "When you serve a burrito bowl, your guests can pick whatever they like."

Valdivia says a good burrito bowl has four layers:

Layer 1: Start with a base of Mexican rice, quinoa, or chopped lettuce.

Layer 2: Add black beans, refried beans, or pinto beans.

Layer 3: Protein such as chicken, fish, or seasoned tempeh. Or, grilled vegetables.

Layer 4: This is the fun part. Offer toppings such as salsa, guacamole, chopped cilantro or onion, nonfat sour cream, and shredded cheese.

"I'm making real food, fresh food, and the kids love it. It makes me feel so good," says Valdivia. She shares this recipe for her popular tomatillo salsa.

Tomatillo Salsa

8 oz. (5 to 6 medium) tomatillos, husked and halved

1 or 2 jalapeños, stemmed

1 small bunch cilantro

½ medium onion, cut in chunks


2 garlic cloves, peeled

½ tsp. salt

Pepper to taste

Place tomatillos, jalapeños, garlic, and onion on a roasting pan and broil under high heat. When vegetables are charred, about 4 minutes, turn them over and roast the other side for 3 minutes. Pulse roasted vegetables in food processor with chopped cilantro until smooth. Season with salt and pepper. Makes about 1 ½ cups.

Per serving (2 tablespoons not including salt): Calories 12, carbohydrates 2 g, sodium 125 mg, total sugar 1 g



Chicken Taco Soup

Here's a way to enjoy taco flavors in a bowl of hot soup. Garnish as if it were a hand-held taco.

- 4 cups low-sodium chicken broth
- 4 cups water
- 14½ oz. can diced tomatoes with liquid
- 4 oz. can diced green chiles
- 1 Tbsp. taco seasoning
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. sugar
- 2 garlic cloves, minced
- 6 cups finely shredded cabbage
- 1½ lbs. rotisserie chicken breast, shredded
- Shredded Mexican cheese blend
- Nonfat sour cream
- Diced avocado
- Chopped cilantro

In a Dutch oven, stir together first nine ingredients (chicken broth through garlic). Heat over medium-high heat until almost boiling. Add cabbage and cook just until wilted, about 5 minutes. Stir in chicken and heat through. Garnish with shredded cheese, sour cream, avocado, and cilantro. Makes 10 servings.

Per serving: Calories 240, protein 28 g, carbohydrates 13 g, total fat 9 g, saturated fat 4 g, cholesterol 85 mg, sodium 550 mg, fiber 2 g, total sugar 2 g



A small bag of corn chips is an ideal substitute for a taco shell. Find out how to make Tacos to Go at islandscene.com/more.

CLICK TO CONNECT, LEARN, AND GROW



Here are some of the free online health education workshops we're offering for the new year.

HOME Body

Jan. 19, noon-1 p.m. | Jan. 24, 5-6 p.m.

Is your home your office, too? Or maybe you're staying in more to avoid crowds. Either way, your new routine might result in less physical activity and exercise, which puts you at increased risk of chronic illness and musculoskeletal issues. In this workshop, we'll review the benefits of basic cardiovascular exercises, strength training, stretching, and mobility drills that can be done in the comfort and safety of home.

Hearty Advice

Feb. 6, 5-6 p.m. | Feb. 9, noon-1 p.m.

Heart disease is the leading cause of death in the U.S. Conditions such as hypertension and high cholesterol can increase your risk of heart disease. Join us and see how physical activity, smart nutritional choices, and time to relax can lower your risk. You'll also learn how your cardiovascular system works and get strategies for living better.

Eating on the Run

March 7, 5-6 p.m. | March 10, noon-1 p.m.

You probably know that even though fast food is tasty and convenient, it also tends to be high in salt, calories, and added sugars. So, what should you do when your cravings kick in or if you don't think you have time to eat something more substantial? Find out in this workshop where we'll discuss how to find a balance between eating healthy and eating happy.

There's no cost to attend online workshops. Workshop dates and times are subject to change. To learn more or to register, visit hmsa.com/HealthEducation or call 1 (855) 329-5461.



avo fun facts

How much do you know about avocados? Doesn't matter, really. All you need to know is if you love them, go ahead and eat them because they're a nutritious food. Here are some avo facts.

Berry nice

Avo is botanically a large berry with a large seed.

Chemical element K

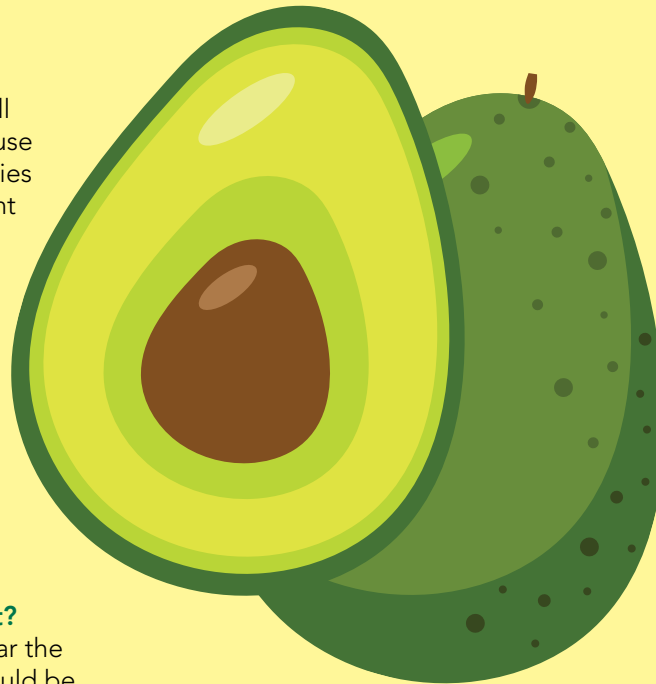
Reasonable source of potassium.

Avo local

Avocado season in Hawai'i is practically all year-round. That's because a couple hundred varieties grow here with different fruiting months.

Fat-soluble vitamins

When eaten with other foods, avos can help your body absorb more fat-soluble vitamins – A, D, E, and K.



Ripe or not?

Press gently near the stem – there should be a slight “give.” Mushy means overripe.

Keepers

Store unripe avos at room temperature; refrigerate ripe ones and eat within a few days.

Prevent the brown

Oxygen causes browning, so brush the cut surface with lemon or lime juice, honey, or olive oil, then refrigerate in an airtight container. Or place the avo in a container with coarsely chopped onion. And there's always plastic wrap. Never submerge in water.

words Marlene Nakamoto

Mālama | *To take care of, tend, care for, preserve*

Island Scene
PO Box 3850
Honolulu HI 96812-3850
islandscene.com



It's time to live your best life

With HMSA, you can:

- Choose a plan that fits your lifestyle and needs.
- Get quality care wherever and whenever you choose.
- Find tools and resources to support your health and well-being.

HMSA is here with you.
For the good times. For the tough times.
For lifetimes.



For more information,
visit hmsa.com.



1010-619861

