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save lives
one drop
at a time

Blood Bank of Hawaii

super donors to the rescue || wahine build self-reliance || cheese waffles = chaffles!

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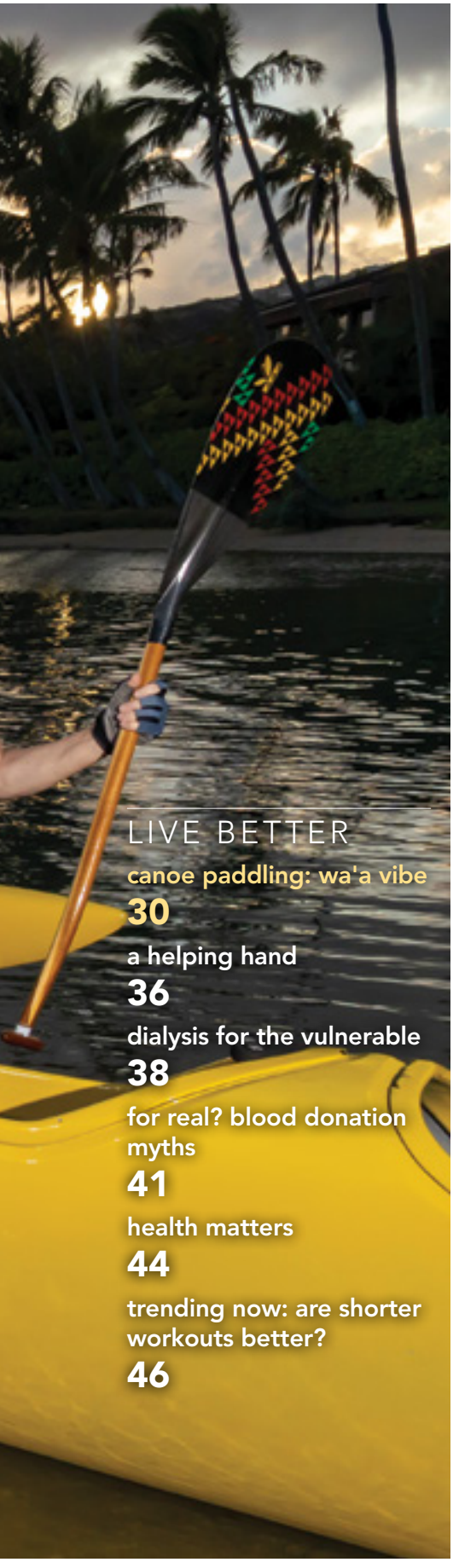
Read more stories of people coming together to help their communities at islandscene.com/more.
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1010-580950



RAE HUO



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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
Marlene Nakamoto
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

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.

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COVER: Jazlyn Chang with Amy Anbe, her grandmother. Anbe says, "Blood donations saved my life." See her story on page 10 by Craig DeSilva. Photo by Lew Harrington.

aloha members,



Benjamin Franklin warned us:

"For the want of a nail the shoe was lost,
For the want of a shoe the horse was lost,
For the want of a horse the rider was lost,
For the want of a rider the battle was lost,
For the want of a battle the kingdom was lost,
And all for the want of a horseshoe-nail."

Similarly, failing to pay attention to the very basic needs of our community can result in catastrophic consequences to the health of our population.

In this issue, we celebrate the wonderful, diverse, and unique things that we do in our communities to enrich our lives and the lives of our friends, families, and neighbors.

From the blood donors who support the lifesaving work of Blood Bank of Hawaii and the good work done "upstream" in social determinants of health by the Hawai'i Community Foundation, to honoring tomorrow's leaders who win HMSA Kaimana Scholarships for their well-rounded achievements in academics, athletics, community service, and well-being, we value these and other "horseshoe nails" in our community who prioritize the needs of others in their lives. In that way, we ensure that our horse, our rider, and our kingdom are properly nurtured and protected.

As many of you know, I spent much of my life as a high school basketball coach who lived by and taught the principle of "One Team." There is no more important team than the community in which we are born, live, and grow. There are no more important teammates than our friends, family, and neighbors. There is no more important game than the health and well-being of that team and those teammates.

I hope you'll enjoy the spotlight that we shine on the "One Team" spirit exuded by the people and organizations featured in this issue who are playing their roles, putting their nail in the shoe, to make sure all of us, together as one, win this most important game.

Sincerely,

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



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dear friends,

What if you were in a major accident? Would the blood you need be available? In Hawai'i, that answer is yes, thanks to Blood Bank of Hawaii.

You may know that we're facing a nationwide blood shortage. This is partially due to the COVID-19 pandemic and reduced blood drives, but not entirely. Blood donation rates have been declining for almost 10 years, especially among younger donors ages 16-24. See the Health Matters section on page 44 for more information on younger donors.

We all need to work together to help ensure the availability of this lifesaving resource. As Mother Teresa said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

This issue includes many articles on blood donation and Blood Bank of Hawaii.

- See the story of Amy Anbe and her granddaughter, Jazlyn Chang. Anbe needed blood transfusions during her cancer treatment and Chang organized a blood drive at her school to help. See Craig DeSilva's article on page 10.
- Meet Blood Bank of Hawaii super donors who have donated hundreds of times over the years. Article by Michelle Regan on page 14.
- Check out myths and facts on blood donation. See the "For Real?" column by Courtney Takabayashi on page 41.
- Read about the history of blood transfusions and Blood Bank of Hawaii by Kenric Murayama, M.D., on page 47.

I hope these articles motivate you to consider donating blood. Let's start creating some ripples.

Best wishes,

Lisa Maneki Baxa
Publisher and Editor

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around the 808

big island

Sustainability in South Kona

Mā'ona Community Garden in South Kona offers family and individual garden plots, food and plant giveaways, and workshops on sustainability topics such as growing, composting, aquaculture, and aquaponics. The activities help support the organization's mission of creating and supporting food systems for the community.

Mā'ona Community Garden also hosts cardboard shredding day when residents can drop off cardboard boxes to shred or pick up shredded cardboard for their compost pile. For more information about Mā'ona Community Garden, call (808) 937-9800.


COURTESY MĀ'ONA COMMUNITY GARDEN

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.

Improving coral health and resiliency at Kahalu'u Bay


COURTESY KOHALA CENTER

Healthy coral provides a habitat for marine life and protects our eroding shorelines. But in recent years, unmanaged tourism, pollution, and climate change have contributed to declining coral health and even death. Hawai'i's Division of Aquatic Resources estimates that 30% of coral along the Big Island's leeward coast has been lost.

The Kohala Center is doing its part at Kahalu'u Bay to reduce stressors and increase resiliency of the bay's vibrant and vital coral reef. Through its on-site Kahalu'u Bay Education Center, volunteer community stewards, known as ReefTeachers, use Hawaiian and Western methods to foster conditions that encourage coral reproduction and growth, promote reef-friendly practices, and educate visitors and residents on how to enjoy the bay while protecting its fragile ecosystem. To learn more or volunteer, visit kohalacenter.org/kbec or call (808) 887-6411.

maui, moloka'i, and lāna'i

Maui youth win video award

Maui Waena Intermediate School took one of two top awards in 'Ōlelo's 19th Annual Youth Xchange Student Video Competition. The students won first place in the Junior Expert category with their video, "Help, Teachers Wanted."

The Big Island's Waiākea High School earned first place in the Expert category with their video, "Alexis Ann."

More than 50 schools statewide entered videos in 36 other categories. For the first time in two years, the awards gala was held in person at the Hawai'i Convention Center earlier this year.

Congratulations to the winners and entrants in this year's competition. And mahalo to 'Ōlelo Community Media for their efforts to empower the many voices in communities. For a link to the video entries, visit https://olelo.org/yxc2022/.



kaua'i

Feeding the island



The Kaua'i Independent Food Bank says nearly 7,000 people suffer from hunger on the island.

Persistent hunger and the lack of food can:

- Delay cognitive, social, and emotional development.
- Shrink the heart, forcing it to work harder.
- Lead to problems with bones and organs.

The food bank offers a guide to planning a successful food drive or fundraiser. The Food & Fund Drive Tool Kit gives tips on generating support and enthusiasm for your drive, advice on successful planning, and suggestions for making the food drive fun for everyone.

Download the Food & Fund Drive Tool Kit at kauaifoodbank.org. Click Conduct a Food Drive in the Get Involved drop-down menu. If you have questions, contact KIFB at (808) 246-3809 or kmoniz@kauaifoodbank.org.

Support for Maui kūpuna


COURTESY NĀ HOALOHA

The nonprofit Nā Hoaloha – Maui Interfaith Volunteer Caregivers works with Maui seniors and people with disabilities to help them age safely at home, maintain their quality of life, and stay in their communities. Free services include in-home and telephone visits and support, help with running errands and transportation to appointments, shop-drop grocery delivery, respite for caregivers, fall prevention services, an intergenerational volunteer program, and their popular Kūpuna Yard Cleanup.

Executive Director King Van Nostrand says that services provided by volunteers save Maui County about $800,000 every year and help seniors age in place.

Nā Hoaloha: nahoaloha.org, (808) 249-2545

Let's talk story

Despite our digital and social media lifestyle, Ed Justus believes that books will be around for a long time. "There's interest and respect for the look and feel of a physical book that you can't get online," says Justus, owner of Talk Story Bookstore in Hanapēpē, one of the last independent bookstores on the island. The store sells new and vintage out-of-print books, as well as gently used rare vinyl records, comic books, and video games. It's also a gathering place for the community to meet local authors and attend book and poetry readings.

For National Family Literacy Month in November, pick up a book and experience the joy of reading. "What you read can stay with you for a lifetime," he says. "Books don't expire. They just become more interesting over time."



COURTESY TALK STORY BOOKSTORE



saving lives one drop at a time



Amy Anbe had a lot to deal with during the last year. In addition to staying safe during the pandemic, she was diagnosed with cancer. During surgery, she lost blood. But thanks to a supply of blood from Blood Bank of Hawaii, the surgery was a success.

Anbe needed blood again when she became anemic during chemotherapy treatments. A blood transfusion helped her get through treatments.

She has since made a full recovery and is cancer-free. She credits the acts of kindness of blood donors. "Blood donations saved my life," says Anbe. "The donors are my heroes."

words Craig DeSilva
photos Lew Harrington

"You don't need to be a doctor to save lives. All you have to do is be a blood donor."

: Ryon Nakasone, M.D.


RAE HUO

Ryon Nakasone, M.D., a Honolulu hematology oncologist, says situations like Anbe's happen every day in Hawai'i. He says Anbe's story raises awareness of the importance of blood donations.

"Hawai'i needs 150 to 200 blood donors every day," says Dr. Nakasone. "Only 2% of people in Hawai'i are blood donors. People don't realize the importance of blood until it affects their lives or those of their loved ones."

In addition to surgery and chemotherapy, Dr. Nakasone says blood donations are also needed for trauma patients involved in accidents and for some women during childbirth. He says a blood donation is needed every two seconds in the U.S.

"It's like voting – people often think their donation won't matter and so they leave it up to someone else," he says. "For every donation, there's a potential to save three lives. You don't need to be a doctor to save lives. All you have to do is be a blood donor."



"Blood donations saved my life."

: Amy Anbe



"If it weren't for blood donations, my grandmother wouldn't be alive today."

: Jazlyn Chang

Anbe's situation motivated her granddaughter, Jazlyn Chang, to get involved in her school's blood drive. Although Chang is not at the minimum age of 16 to donate blood, she helped organize the blood drive at Hawaii Baptist Academy. She recruited donors through emails to students and parents and helped make and hold signs on campus.



"It's cool and rewarding to be part of something that helps save lives," says Chang. "If it weren't for blood donations, my grandmother wouldn't be alive today," she says.

Chang, 15, who recently began her freshman year at Punahou School, looks forward to being involved in more blood drives. She especially looks forward to turning 16 next year so she can donate blood.

"I'm proud of Jazlyn for supporting such a good cause," says Anbe.

Learn more about becoming a blood donor or organizing a blood drive. Visit Blood Bank of Hawaii's website at bbh.org or call (808) 848-4770.

Read how recent Kamehameha Schools graduate and Kaimana Scholarship recipient Logan Lau organized one of the largest Hawai'i high school blood drives at **islandscene.com/more**.


Blood Bank of Ha
Holiday hours

super donors to the rescue

words Michelle Regan
photos Romeo Collado

Blood Bank of Hawaii aims to collect 200 donations per day. But what makes a donor "super?" Super donors have given whole blood, plasma, or platelets hundreds of times over the years.

Some, like John Flanigan who's donated 436 times, have personal motivation.

"I benefited from a blood transfusion when I was quite young; I was 8 years old," says Flanigan. "I got hit by a car and my uncle donated two pints to me. That was back in 1941. The donation took place in real time where he was on a table right next to me. That made me continually conscious of the fact that I had survived because of a blood transfer."

Others, like Kent Goya who's donated 554 times, are motivated by altruism. "It's just the right thing to do," he says. "And I'm able to make the time to do it."

Kyle Taoka, who's donated 440 times, does it for his neighbors in need. "I like helping, especially people who need platelets. It helps people with cancer treatment," he says.

They're important contributions because BBH supplies all the blood for Hawai'i's 18 hospitals. Red cells, which are used for trauma response, organ transplants, and heart surgeries, have a shelf life of just over a month once they're packaged and delivered. Platelets, which are used for cardiac surgeries, cancer treatment, and autoimmune conditions, last only a week.

"That's one of the reasons I work here; this community is awesome," says Todd Lewis, BBH chief operating officer. "They rise to the challenge. They're not incentivized by a T-shirt, movie tickets, or a Super Bowl ticket. They want to know that they're making a difference."

> "They want to know that they're making a difference."
>
> : Todd Lewis



Blood Bank of Hawaii COO Todd Lewis

Facing page from left: Super donors Kent Goya, John Flanigan, and Kyle Taoka

Super donor Kent Goya, with one of BBH's phlebotomists, donates because he can.





Super donor Kyle Taoka, with his wife, Ellen, and their grandkids, donates to help others.

Powering up

Before the COVID-19 pandemic, BBH averaged about 27,000 donors per year. But in the past two years, those numbers have plummeted. The need for blood products didn't decrease but pandemic safety precautions meant BBH couldn't hold events on campuses and many other in-person sites. College and university donations account for 20% of the annual blood supply.

Super donors, who are typically 65 and over, came to the rescue. "I'm grateful for the older generation that came out to save the lives of so many folks when blood centers across the country experienced shortages," says Lewis.

"I've learned over the years that several friends of mine who were also really loyal donors are now unfortunately deferred for various reasons," Goya says. "So as the need for blood and blood products is well established and recognized, I feel very fortunate that I still can donate."



Super donor John Flanigan donates knowing that his own life was saved with a donation after he was hit by a car as a child.

> "To me, you gotta think about why you're doing it, who you helped."
>
> : Kyle Taoka

Many super donors started giving whole blood at a young age. Donors with universal and rare blood types (O+, O-, A-, and B-) continue giving whole blood. They can expect to spend about an hour up to six times per year. But many super donors with A+, B+, and AB blood types are encouraged to give platelets. This process is more time-consuming, about an hour and a half to two hours per donation, but they can give four times as often.

"People tend to not want to stay there longer than necessary. That's why the amount of time that I've been there is high," says Taoka. "It's just a little bit more time. I think it's worthwhile. To me, you gotta think about why you're doing it, who you helped."

BBH's mission is to provide a safe and adequate supply of blood, blood products, and related transfusion services to Hawai'i's patients. It's something Lewis takes seriously, considering 60% of Hawai'i residents will need blood in their lifetime.

"I'm a service-minded leader. It's all about service to the community," says Lewis. "It's an amazing mission. So no matter how demanding any one day may be for me personally, I feel great knowing our team and our donors are all saving lives together."

hmsa KAIMANA AWARDS & SCHOLARSHIP PROGRAM

CONGRATULATIONS to the 2022 Kaimana Recipients

The HMSA Kaimana Awards & Scholarship Program celebrates 17 years of recognizing Hawaii high schools and high school seniors for excellence in academics, athletics, community service, healthy activities, and sportsmanship.

hmsa.com/kaimana

Kaimana School Award Winners

Big Island Interscholastic Federation
Small School: Parker School
Large School: Kohala High School

Interscholastic League of Honolulu
Small School: University Laboratory School
Large School: Hawaii Baptist Academy

Kauai Interscholastic Federation
Kapa'a High School

Maui Interscholastic League
Small School: Maui Preparatory Academy
Large School: Molokai High School

Oahu Interscholastic Association
Small School: Kahuku High & Intermediate School
Large School: Radford High School

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The Kaimana Awards & Scholarship Program is proudly sponsored by HMSA and the Hawaii High School Athletic Association.
For the complete list of scholarship recipients and school winners, visit hmsa.com/kaimana.

Kaimana Scholarship Winners



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Kapa'a High School



ZOEY DUAN
Punahou School



TAYLOR FUKUNAGA
Waipahu High School



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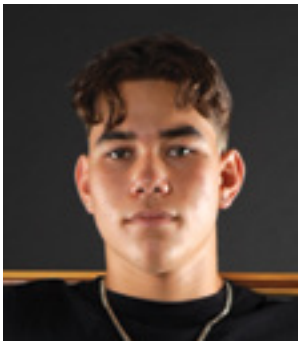
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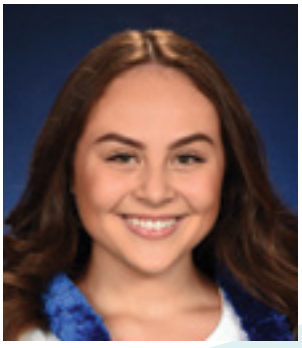
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These providers joined HMSA's network between March 21 and June 20. For a complete list of providers, contact information, and plans accepted, visit Find a Doctor on hmsa.com.

1010-55052

wahine build self-reliance





words Marlene Nakamoto
photos Earl Yoshii

The two-bedroom house in Waimānalo is under construction. The exterior walls are up and windows are in place; the shingled roof protects the interior's skeleton-like wall studs of 2x4s. The pleasant aroma of lumber is everywhere.

Outside, standing on an 8-foot scaffold, Aloha Kim secures siding onto the house's gable with a nail gun. Later, Gloria Omandam follows with a caulking gun to seal the seams. These HMSA employees are two of 10 women volunteers on the site.



Previous page: Aloha Kim (left) and Gloria Omandam
Top: Aloha Kim learns to nail siding to wall studs.

Girls play house. Women build them.

Honolulu Habitat for Humanity provides comprehensive homeowner services to low-income families on O'ahu. Wahine Build, which began in 2016 as a one-day event, is their annual initiative to educate, empower, and inspire women to build and advocate for affordable housing. This year, over the course of five weeks, the program expanded to 10 days of women-led volunteer build days.

Honolulu Habitat for Humanity was founded in 1988 with the vision of a world – and island – where everyone has a decent place to live. Since then, they've helped more than 450 people and families obtain a safer place to sleep at night.

Habitat homeowners help build their own homes alongside community volunteers and pay an affordable mortgage. But Habitat's mission goes deeper than merely building homes.

"Habitat's mission is to help families become stronger and more stable," says Bri Littlefield, Habitat's director of philanthropy. "Having a safe, affordable place to call home is everything. It provides opportunities for a brighter future and helps build self-reliance."

Wahine Build inspires that same self-reliance in women. "Women are underrepresented on our build sites," says Littlefield. "They account for about 30% of construction volunteers."



Gloria Omandam was nervous on build day, "but once we were taught to use the tools, I felt strong, capable, and worthy of participating."

After several years of one-day Wahine Build events, Habitat's team and board of directors knew that they could do much more. "This is about leaning into the untapped potential for women to make a difference in building stronger, more-vibrant communities," says Littlefield.

Habitat builds homes year-round and volunteers – men and women – are always needed. "You don't have to wait until Wahine Build in March to put on a hard hat with us," says Littlefield. "Construction is a male-dominated industry. Welcoming women to the build site and teaching them new skills can dismantle that gender bias.

"Over the next five years, Wahine Build seeks to increase the representation of women construction volunteers to 50%," she adds. "And that means breaking down barriers, lifting women up, and giving them the tools, training, and support they need to be part of our work."

Volunteer rewards

Omandam's desire to work was tempered with a little apprehension. "There was fear of messing up, fear of not being able to do a task, and definitely fear of embarrassment," she says. But the support she got from the foreman and journeymen quickly put her at ease. "They encouraged us and never made us feel inadequate," she adds. "Once they taught us how to use the tools safely and properly, I felt empowered."

Kim does a lot of DIY at home and was excited to learn something new. She wasn't disappointed. "I hadn't used a nail gun before, but I thought, 'bring it on!'" After the first nail, she was doubly excited. "Like, wave your hands in the air and fist pump excited," she says.

Omandam sums up the experience when she says, "We often feel intimidated in a man's environment when all we need is a little bit of training, guidance, and the right mindset. Then, women can do anything."

Visit honoluluhabitat.org or call (808) 538-7070 for more information.

> "We often feel intimidated in a man's environment when all we need is a little bit of training, guidance, and the right mindset. Then, women can do anything."
>
> : Gloria Omandam

a strong foundation for our community



A Lasting Gift

In celebration of its 100th anniversary, HCF started the Hawai'i Giving Grove to perpetuate generosity in the community. Through this initiative, the foundation planted 740 breadfruit trees throughout the state, one for each of the charitable donations set up through the foundation. One of the 'ulu trees is planted outside the HCF office Downtown.

From left: Luis Pascual, Kawehi Yim, and Lisa Rodrigues with the Giving Grove 'ulu tree

words Courtney Takabayashi



PHOTOS ON THIS PAGE COURTESY HAWAI'I COMMUNITY FOUNDATION

Hawai'i Community Foundation staff

You've probably heard about Hawai'i Community Foundation in the news, online, or from someone you know. They're always up to something good, enriching countless lives in remarkable ways and fostering the spirit of giving. Whether providing resources, partnerships, funds, or advocacy, HCF aims to create a better Hawai'i.

HAWAIʻI COMMUNITY FOUNDATION



Micah Kāne, HCF CEO and president

Working at HCF is more than a job for Executive Assistant Kawehi Yim and Chief Executive Officer and President Micah Kāne; it's a hands-on way to make a difference each and every day.

Strong support

"I love working at HCF because I see the impact that our work is making in the community," Yim says. "From protecting our natural resources to providing funding to help mental health efforts throughout the state, we're able to partner with service providers to meet the needs of our island communities." Yim has been with HCF for 12 years. Currently, she's the administrative services manager and liaison to the HCF Board of Governors.

Yim appreciates that Kāne takes the time to give weekly updates to the staff. "I like hearing how our work is helping to make Hawai'i a resilient and thriving place," Yim says. "At the end of the day, I can honestly say that my work is helping my community."

Communication is key

Sharing weekly updates with his staff is important to Kāne. "Telling the team how we're directly improving lives is powerful," Kāne says. "It helps us keep on track to fulfill our mission of supporting positive change in Hawai'i." Whether working with donors and clients to help them give with maximum impact, investing in initiatives, educating other organizations, or helping students and nonprofits find financial support, HCF does it all.

Transformative change

HCF makes it easy for employees to give back by providing meaningful volunteer opportunities. "Each month," Yim says, "we're allotted two hours that can be used toward volunteer activities." After every quarterly all-staff meeting, HCF employees participate in a volunteer activity together. Efforts have included community workdays at Kāko'o 'Oiwi, volunteering at Kokua Kalihi Valley, delivering Meals on Wheels, and cleanups at Kaloko Beach, the Institute for Human Services, and Hawaii Nature Center.

They also have various drives throughout the year, including collecting school supplies for students in need, household supplies for families facing difficulties, books for kūpuna, and food drives for the Hawaii Food Bank. "If everyone gives a little of their time, talent, or treasure," Kāne says, "the effect would be transformative."

For more information about Hawai'i Community Foundation, visit hawaiicommunityfoundation.org or call (808) 537-6333.



reducing emergency department visits

words David Frickman

photo montage Brandon Young



Liz Makarra (far right) with the emergency department team.

People who are homeless in our community struggle with basic needs every day.

What to eat. Where to sleep. Where to get medical care.

When it comes to health care, many individuals who lack resources believe they have few options. So even minor health issues often lead them to the hospital emergency department, where care is usually more expensive and waiting times may be longer.

Waikiki Health is taking major steps to address this problem on O'ahu. Its Waiwai Ola Emergency Department Diversion Program, now in its fourth year, identifies frequent users of the ED and helps them find other options that better meet their needs.

"The ED diversion program is needed to target those highest-need and hardest-to-reach clients," says Liz Makarra, director of emergency operations and community wellness at Waikiki Health. "We assist and educate patients who use emergency departments for non-urgent concerns who could go to a clinic for care."

Makarra says HMSA, hospitals, and other organizations help Waikiki Health identify patients most in need of the program. Once these "super utilizers" are identified, the program team reaches out to them.

"We enter those patients into the program to provide education, coordination of care, and resources," she says. "The program's community health worker makes sure these patients are supported by our primary care providers, behavioral health providers, and nurse care coordinators."



The community health worker is key to the success of the program, Makarra says. "Our community health worker is dedicated solely to the program, acting as a liaison between the multiple providers, health care facilities, and insurance providers to help ensure the best outcomes."

The program has a record of success. One example, Makarra says, is a patient who was homeless and started the program in October 2020. The patient had made 10 non-emergent visits to the ED in the four months before joining the program.

"Once the patient was in the program," Makarra says, "they were told about the services available at Waikiki Health, including wound care, which was relevant to this patient." The community health worker also helped the patient establish an ongoing relationship with a behavioral health provider, coordinated transportation to and from these services, and provided clothing and shelter assistance.

The result? The patient now uses the clinic's medical services for ongoing care instead of the ED. In fact, Makarra says the patient hasn't had an ED visit since the start of 2021. And they've moved into their own apartment.

Makarra says the program is one solution to helping people who are homeless and decreasing unnecessary ED visits. "Through our tracking and documentation, we can see the decrease in nonemergent visits to the ED."

‘Tis the Season … for a Cold or the Flu

Need relief from symptoms? With telehealth, you can see a doctor without leaving home.

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They may have a telehealth option in place.

No doctor? No problem.
Chat with a doctor on HMSA’s Online Care® using a smartphone, tablet, or computer.

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Kūpuna. Families. Everyone is welcome!

This is a drive-thru event.

Enjoy good health and well-being with:
- A flu shot clinic.
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- A chance to win great prizes.

To get a flu shot, please note that:
- You must be 18 years or older.
- A current insurance card and valid photo ID are required.

We’re monitoring safety guidelines for public events. For updates about this event, call the Kamana Senior Center at (808) 961-8710.

Hilo
Friday, Oct. 14
9:30 a.m.–12:30 p.m.
Hoʻolulu Complex
Free admission

hmsa

1010-564142

wa'a vibe



words Craig DeSilva

It's nearing sunset at Maunalua Bay.

Paddlers of Hui Nalu o Hawai'i canoe club haul their outriggers into the water for a practice run to the buoy offshore. The women's crew takes their assigned positions in the canoe – from the stroker in seat one to the steerswoman in seat six.

From left: Joanne "Bozo" Vierra, Violet Coito, Kitty Daniel, Anushka Fauci, Romelynn Stein, Emilia Cazin


RAE HUO

The paddlers come from as near as neighboring Hawai'i Kai to as far away as Makakilo and 'Aiea. They have different athletic skills, body shapes, backgrounds, and professions. But in the canoe, they paddle as one.

"We come together to share our love of the ocean and work together to move the canoe," says Rome Stein, a longtime club member. "Because if we don't work together, the boat doesn't move. One canoe, one ocean."

After battling the headwind, the paddlers settle in to find their groove. The canoe glides out to open ocean. They take a short break to enjoy the sun setting on the horizon with Diamond Head to the west and the moon rising in the east above China Walls before paddling back to shore. "Moments like this make paddling worth the effort," says Stein. "We look forward to our times together in the canoe. Lots of aloha for each other."

Founded in 1908 by legendary Hawaiian waterman and Olympic champion Duke Kahanamoku, Hui Nalu ("Club of the Waves") is one of the oldest canoe clubs on O'ahu. For many of its mebers – from keiki to kupuna paddling is more than just a sport. Aside from the physical health benefits and thrill of competition, paddling is a way to build and connect community.

"It's the wa'a (canoe) vibe," says paddler Emilia Cazin, who joined Hui Nalu after moving to Hawai'i from Tahiti. "When you have six people in one small wa'a, you create a society."





Hui Nalu's beach cleanup day

In addition to their time spent together in the canoe, they get together to clean the park that houses the boats. They rig and repair the canoes. During off-season, members get together on weekends for recreational paddling and invite family and friends to participate. After paddling sessions, they have potlucks and talk story.

The club is also involved in community activities and programs, including the Kai Iwi Coast Run and Walk fundraiser and Mālama Maunalua's efforts to restore the bay's ocean life. The club's Mālama 'Ōpio program teaches a variety of activities to youth during the summer, including paddling, water safety, CPR, weaving, and Makahiki games.

"When you have six people in one small wa'a, you create a society."

: Emilia Cazin

Paddling in open ocean can be dangerous during high wind and surf. But Cazin says the bond among fellow paddlers makes her feel safe even during the worst ocean conditions.

"Oh yeah, we huli (flip) sometimes. But we know how to work together to save ourselves and the canoe. We communicate with our movements and effort," she says.

Cazin got her two young daughters involved in the club and they got their friends to join, too. "It's a good bonding experience for families," she says. "It's beautiful to see how paddling builds character in children."

For Anuschka Faucci, who moved to Honolulu from Switzerland to attend the University of Hawai'i, paddling became a way to integrate into local culture and lifestyle. "People look at me funny when they hear my unfamiliar name and accent. But when they find out I paddle, we make an instant connection," she says.

Paddling has led her to participate in other ocean opportunities, including sailing on Hōkūle'a's World Wide Voyage.

"Through paddling, I've met people and have gone to places that I would otherwise not have experienced," she says.





Hui Nalu club members volunteer to restore coral reefs at Maunalua Bay.

Read about a women's 70+ outrigger canoe crew on **islandscene.com/more.**

Interested in joining a canoe club?

Hawaiian Canoe Racing Association
HCRApaddler.com

O'ahu
Oahu Hawaiian Canoe Racing Association
ohcra.com
(808) 330-4994

Hui Wa'a
huiwaa.com

Hawai'i Island
Moku O Hawai'i
mokuohawaii.com
(808) 989-4877

Maui and Lāna'i
Maui County Hawaiian Canoe Association
imuamchca.com
(808) 357-4092

Moloka'i
Molokai'i Canoe Racing Association
(808) 658-0714

Kaua'i
Kauai Outrigger Association
koapaddler.org
(925) 998-2984

Celebrating Hawai'i's canoe paddling tradition

words Craig DeSilva

Although two of the world's largest outrigger canoe paddling races will be canceled for the third straight year, a newly created event hopes to bring paddlers together in the spirit of friendly competition to celebrate 70 years of canoe racing history.

The Moloka'i Hoe and Nā Wahine O Ke Kai have been on hold since 2020 due to the COVID-19 pandemic and crowd restrictions. This year, limited flights to Moloka'i won't be able to accommodate the thousands of paddlers who descend on the island every fall to compete in the races.

"I'm disappointed like everyone else," says Ikaika Rogerson, one of the race organizers. "Crossing the Moloka'i Channel is the culmination – the finale – of the paddlers' hard work throughout the regatta and long-distance seasons. But we need to make sure paddlers can get on the island safely and residents who need to fly to their island are not negatively impacted."

Instead, a new race called the Pae'āina Challenge will be held on O'ahu in October. This year's race will include the O'ahu Challenge and Moloka'i Challenge. The O'ahu Challenge will start at Kualoa Beach Park and end in Waikīkī. The 38-mile course will be slightly shorter than the 41-mile Moloka'i Channel crossing. The top six canoes that finish the O'ahu Challenge will qualify to race from Moloka'i to O'ahu in the Moloka'i Challenge to celebrate the 70th anniversary of the Moloka'i Hoe.

Paddlers in the Moloka'i Challenge will be required to use identical canoes provided by race organizers. The competition will be a modified iron race, which means paddlers won't change crews during the race. "That's how the first Moloka'i Hoe in 1952 was done," says Rogerson, who paddles for Healani Canoe Club. "This will be a great way to honor those pioneers who crossed the channel in the first race 70 years ago."

Every year, the Moloka'i Hoe and Nā Wahine O Ke Kai have attracted the world's top paddlers to Hawai'i. Rogerson, who's competed in 14 Moloka'i Hoe races, hopes the competitions will return next year."Crossing the Moloka'i Channel is iconic," he says. "We look forward to the challenge every year."

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Provides aids and services to people with disabilities to communicate effectively with us, such as:

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- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Provides language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

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- TTY: 711
- Email: Compliance_Ethics@hmsa.com
- Fax: (808) 948-6414
- Mail: 818 Keeaumoku St., Honolulu, HI 96814

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

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

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

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hmsa

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a helping hand

words Leslie A. Hayashi
art Garry Ono

What do stress, anxiety, and depression have in common? These feelings are part of our human experience and can lead to personal growth. But if they're severe or unrelenting, they can be harmful and require treatment.

What is stress?

Stress results from a physical or psychological stimulus, such as a real or perceived threat, which affects your well-being. Stress can be physical or emotional.

The saying, "What doesn't kill you makes you stronger," is sometimes true. Robin Martin, D.O., who is board certified in adult and general psychiatry, says, "Think about an intense physical workout. You might be sore for a few days from the buildup of lactic acid and microtears of the muscles. But this is a good thing because this stress stimulates growth, and your muscles will become stronger and your cardiovascular fitness will improve."

On the other hand, if your workout was too intense, you might end up with an injury. "You want to find that sweet spot to promote growth and strength but still avoid injury. I think of psychological stress in the same way," Dr. Martin says.

The upside to stress is that it can lead to strength and resiliency; the downside is that severe or chronic stress can wear down your system and lead to poor health. Everyone's level of stress tolerance varies.

What is anxiety?

Anxiety encompasses feelings of stress, worry, or being on edge. Dr. Martin says that anxiety probably helped our early ancestors survive, alerting them to recognize and avoid danger. "Although we might not be hunted by saber-toothed tigers anymore, we live in a busy and stressful world," he says. "That still presents real or perceived dangers."

The upside of anxiety is that it can motivate us or alert us to social situations that are unhealthy or unsafe. The downside is that anxiety can be "maladaptive," that is, when it becomes excessive or influences our behavior in unhelpful ways.

"Anxiety disorders are the most common psychiatric disorders and can take a heavy toll on quality of life," notes Dr. Martin. "And that's when you may wish to seek help."

What is depression?

"Some argue that to be human is to experience the full spectrum of emotions, including depression," he says. "But if the depression is severe or unrelenting and results in loss of motivation, enjoyment, self-esteem, changes in sleep or appetite, or even losing the will to live, then we're looking at clinical depression and it's time to seek treatment.

"Clinical depression is a treatable condition," says Dr. Martin. "Most cases will get better with time and treatment."

Can stress lead to anxiety and depression?

"Yes," Dr. Martin says. "If the stress is severe or unrelenting and exceeds your ability to manage or cope, then it can lead to anxiety and depression."

Anxiety and depression can occur together and may develop in similar ways. "In addition," he says, "they can be treated in similar ways. Exercise is known to improve anxiety and depression. First-line medications treat both and adequate rest and sleep, nutrition, and social connection are all likely to reduce both anxiety and depression. The most important thing to remember is that anxiety and depression are common and treatable conditions."

Leslie A. Hayashi is an author, educator, artist, and retired judge.

dialysis for the vulnerable



Every chair at the new outpatient dialysis center is designed to accommodate "vulnerable important patients."

words David Frickman
photos Earl Yoshii

The clinic increases access to services for those who need more help than traditional dialysis patients.

Kidney disease is an epidemic in Hawai'i, affecting nearly one in every five residents. For very fragile, high-acuity dialysis patients, finding care that allows them to be home has been a struggle.

"For a variety of reasons, they can't get discharged to a standard outpatient dialysis facility," says Garret Sugai, president of Integrated Services Inc., the wholly owned HMSA subsidiary whose mission is to engage with providers to improve the delivery of care. "They need special care, which Hawai'i lacks. A lot of these patients end up staying in the hospital for a long time, can't get discharged, and are basically living in a hospital."

That's changing with the opening of a new outpatient dialysis center on O'ahu. The clinic on the Kuakini Health System campus increases access to services for those who need more help than traditional dialysis patients.

"This center provides more convenience for patients and their families," says Jason Chang, chief operating officer at The Queen's Health Systems. "Queen's is continually looking for ways to deliver high-quality care in comfortable, accessible settings."

The clinic was developed as a joint venture between Queen's, Kuakini Support Services Inc., Satellite Healthcare, and Integrated Services Inc.

"This center is the first of its kind in Hawai'i," says Greg Schlais, Satellite Healthcare's Hawai'i general manager. (Satellite Healthcare is one of the nation's leading nonprofit dialysis providers.) "It's the first center that's fully dedicated to what we call 'vulnerable important patients.' Some of Satellite's traditional dialysis centers on the Mainland may take VIPs in a certain number of chairs, but our whole center on O'ahu can take VIPs."

Schlais says the idea for an outpatient high-acuity dialysis center came about as early as 2016 when HMSA learned that Queen's had a backlog of patients who received inpatient dialysis but weren't able to be discharged to traditional dialysis centers.

"Maybe they had wounds and had to be dialyzed lying down or on a gurney," he says. "Or they were tracheotomy patients who needed some level of assistance. Queen's was at a point where they had 60 to 80 dialysis patients who couldn't get discharged."



The creation of this state-of-the-art dialysis center has been in the works for six years.

Schlais says the center also has two rooms dedicated to home dialysis training. "Satellite Healthcare has always placed a significant emphasis on home dialysis for patients who are able to accommodate it," he says. "Home dialysis typically results in healthier patients and provides them with the flexibility to dialyze from the comfort of their homes. They can also dialyze at night so they can hold a job or travel more easily."

"I think that's the major initiative that's going to help the community expand the ability to have residents receive care at home," says Gary Kajiwara, Kuakini Health System's president and CEO.

"The partners that we've put together are probably the best partners we could ever have imagined," says Ken Leidner, Satellite Healthcare's chief growth officer. "Four nonprofits coming together to solve problems and change the way renal care is delivered in Hawai'i."





Everything about the center caters to patients who aren't able to use a traditional dialysis center.

blood donation myths

words Courtney Takabayashi



Donating blood is safe, simple, and can save lives. Blood Bank of Hawaii estimates that someone in the U.S. needs blood every two seconds. Can you tell which of the following blood donation statements are true and which are false?

Yup or nope? Giving blood hurts.

Nope. Though tolerance levels are different for each individual, most donors at Blood Bank of Hawaii say that there's nothing to it. Expect a slight pinch at first and then it's over before you know it. When you're done, you'll relax in an observation area, replenish your fluids, and have a snack. Eating, drinking, and resting can help with any side effects, such as dizziness, lightheadedness, and nausea.

True or false? Giving blood is time consuming.

False. Even though Blood Bank of Hawaii recommends setting aside an hour for the entire process, the actual blood donation generally takes five to eight minutes. When you arrive, you'll check in, fill out some paperwork, and have your vital signs checked. After your blood is drawn, you can take as much time as you need to recover.

Fact or fiction? There are requirements for donating blood.

Fact. Blood Bank of Hawaii's requirements are simple. At the time of donation, you should:

- Be in good health.
- Be at least 18 years of age. (There are exceptions for 16 and 17 year olds who have parental consent. Learn more on Blood Bank of Hawaii's website about High School Lifesaver Clubs.)
- Weigh at least 110 pounds.
- Have an ID with full legal name and either a photo or birth date, such as a driver's license or state ID.

Yea or nay? Lots of people already donate blood so I don't need to.

Nay. There's always a need for blood! According to Blood Bank of Hawaii, hundreds of people's lives depend on blood donations every day. When you donate blood, you're giving the gift of life. Every donation can help save up to three lives.

For more information, visit Blood Bank of Hawaii's website at bbh.org, call (808) 848-4770, or email info@bbh.org.



1010-598550

Here's something to smile about

Get a **$0** HMSA Medicare Advantage plan with dental now statewide.

- $0 dental cleanings, exams, X-rays, fillings, and more. **NEW**
- $200 annually for eyewear. **IMPROVED**
- $0 primary care provider copayments. **IMPROVED**
- Care you need from providers you choose.
- Friendly local customer service.
- Convenience of telehealth, including HMSA's Online Care®. **NO COST**
- Benefits for travel, fitness, prescription drugs, and more that go beyond Original Medicare.

Enroll from Oct. 15 through Dec. 7.
HMSA is here with you.

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.

Learn about HMSA Medicare Advantage plans

Attend a workshop in person or online. Get plan information and speak with health plan experts. FREE!

Register today.

Visit hmsa.com/workshops

Scan me

Call 1 (800) 252-4137
TTY: 711
Mon.–Fri., 8 a.m.–5 p.m.

Oahu

HMSA Center @ Honolulu
818 Keeaumoku St.,
Koa Room
10 a.m.–Noon
Oct. 8, 12, 22
Nov. 5, 14, 19, 28
Dec. 3

HMSA Center @ Pearl City
1132 Kuala St., Suite 400
10 a.m.–Noon
Oct. 29
Nov. 12, 26
Dec. 5

Premier Benefits Consultants – Honolulu
1221 Kapiolani Blvd., PH30
10 a.m.–Noon
Oct. 9, 25, 29
Nov. 7, 17

Hawaii Kai Library
249 Lunalilo Home Rd.
10 a.m.–Noon
Oct. 18

Aina Haina Library
5246 Kalanianaole Hwy.
10 a.m.–Noon
Oct. 21, Nov. 30

Kaimuki Library
1041 Koko Head Ave.
10 a.m.–Noon
Nov. 2, 16

Wahiawa Public Library
820 California Ave.
Noon–2 p.m.
Oct. 21
11 a.m.–1 p.m.
Oct. 28

Big City Diner – Kaneohe
46-056 Kam. Hwy., D-01
10 a.m.–Noon
Nov. 2

Mililani Golf Club
95-176 Kuahelani Ave.
10 a.m.–Noon
Nov. 1, 16

Zippy's – Honolulu
7192 Kalanianaole Hwy.,
#A-143
10 a.m.–Noon
Nov. 9

Hawaii Island

HMSA Center @ Hilo
303A E. Makaala St.
10 a.m.–Noon
Oct. 20, Nov. 10

Premier Benefits Consultants – Hilo
1437 Kilauea Ave., Suite 204
10 a.m.–Noon
Oct. 4, 11, 18, 25
Nov. 1, 8, 15, 22, 29
2–4 p.m.
Oct. 19, 26
Nov. 2, 9, 16, 23, 30
Dec. 7

Suite Possibilities – Kailua-Kona
75-5915 Walua Rd.
10 a.m.–Noon
Oct. 12, 19, 26
Nov. 9, 16
2–4 p.m.
Oct. 18, 25
Nov. 1, 22, 29
11:30 a.m.–1:30 p.m.
Dec. 6

Mana Christian Ohana – Waimea
67-1182 Lindsey Rd.
10 a.m.–Noon
Oct. 13, 14, 20, 28
Nov. 10

Ko Education Center – Honokaa
45-539 Plumeria St.
2–4 p.m.
Oct. 13, 14, 20, 28
Nov. 10

Naalehu Hongwanji Temple
95-5695 Hawaii Belt Rd.
11 a.m.–1 p.m.
Oct. 17
9–11 a.m.
Oct. 29, Nov. 12

Ocean View Community Center
92-8924 Leilani Cir.
Noon–2 p.m.
Oct. 21

Ka'u Business Center – Ocean View
92-8691 Lotus Blossom Cir.
Noon–2 p.m.
Nov. 4

Ka'u Gym Multi Purpose Room-Pahala
96-1219 Kamani St.
9–11 a.m.
Oct. 25, Nov. 9

Maui

HMSA Center @ Kahului
70 Hookele St., Suite 1220
10 a.m.–Noon
Oct. 15, Nov. 5

Kihei Lutheran Church
220 Moi Pl.
10 a.m.–Noon
Oct. 14, 24
Nov. 2, 3

Kahului Maui Beach Hotel
170 W. Kaahumanu Ave.
2–4 p.m.
Oct. 18
10 a.m.–Noon
Oct. 22,
Nov. 15, 19

Lahaina Jodo Mission
12 Ala Moana St.
9–11 a.m.
Oct. 21, Nov. 21

Cameron Center – Wailuku
95 Mahalani St.
10 a.m.–Noon
Oct. 25

Salvation Army Church – Lahaina
135 Shaw St.
10 a.m.–Noon
Nov. 4

Heritage Hall Paia
401 Baldwin Ave.
10 a.m.–Noon
Nov. 14

Kauai

HMSA Office
4366 Kukui Grove St.,
Suite 103
10 a.m.–Noon
Oct. 28, Nov. 18

Kauai Veterans Center
3215 Kauai Veterans
Memorial Hwy.
10:30 a.m.–12:30 p.m.
Oct. 22, 26
Nov. 1, 7, 18, 22
Dec. 1
12:30–2:30 p.m.
Oct. 22, 26
Nov. 1, 7, 18, 22
Dec. 1

Lanai

Senior Community Center
309 7th St.
10 a.m.–Noon
Oct. 17, Nov. 7

Online

Oahu Presentations
10 a.m.–Noon
Oct. 7, 11, 21, 25
Nov. 4, 8, 18, 22
Dec. 2, 6

Neighbor Island Presentations
2–4 p.m.
Oct. 7, 11, 21, 25
Nov. 4, 8, 18, 22
Dec. 2, 6

hmsa

HMSA can help you live your best life.

H3832_1010_558550_P2C160_23_M

health matters

Good gardening

Gardening is more than a relaxing hobby. Gardening and doing fun, physical activity outdoors offer many health benefits such as increased vitamin D intake, decreased risk of dementia, stress relief, and aerobic exercise, and can be a good way for people to socialize.

HMSA employee Jamie Nakasone helped start a popular Facebook group called 808 Green Thumbs, which has grown into a diverse community of local gardeners with a passion for plants. If you have a budding interest in gardening, check out the group for tips and inspiration.



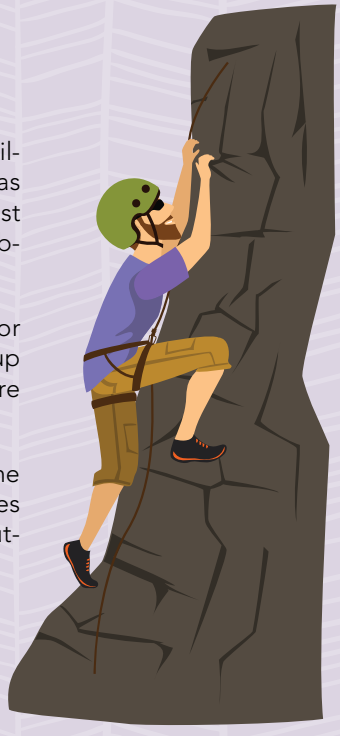


Rock climbing rises in popularity

Rock climbing is a full-body workout that tests flexibility, balance, and problem-solving skills. Films such as *Free Solo* have inspired more people than ever to test their strength. The rise in popularity even led to climbing becoming an Olympic sport.

In Hawai'i, you can exercise outdoors year-round or check out one of the rock gyms that have popped up around the state. Be sure to talk to your doctor before starting an exercise program.

Climbing experts say their best advice is to manage the risk involved by double-checking your gear and ropes and knowing how to fall. And if you're headed outdoors, check weather and terrain conditions.





Mental health hygiene

Taking time every day to practice mental hygiene is just as important as any other well-being routine. To help relieve stress, carve out 15 minutes of your morning for relaxation. Try drinking your coffee slowly between deep breaths or swapping talk radio for music during your commute.

Starting your day with meditation and practicing "feeling happy" can create a relaxed baseline that's easy to return to when you encounter stressors during the day. This mindfulness can make the rest of your day easier to get through.

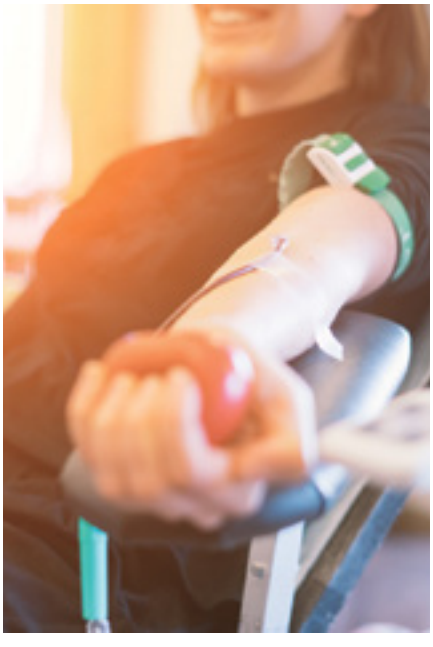
Teen blood donors needed

Did you know that 16- and 17-year-olds can donate blood? They just need to meet the regular donor requirements and have a parent or legal guardian sign a consent form.

There are two special considerations for this age group:

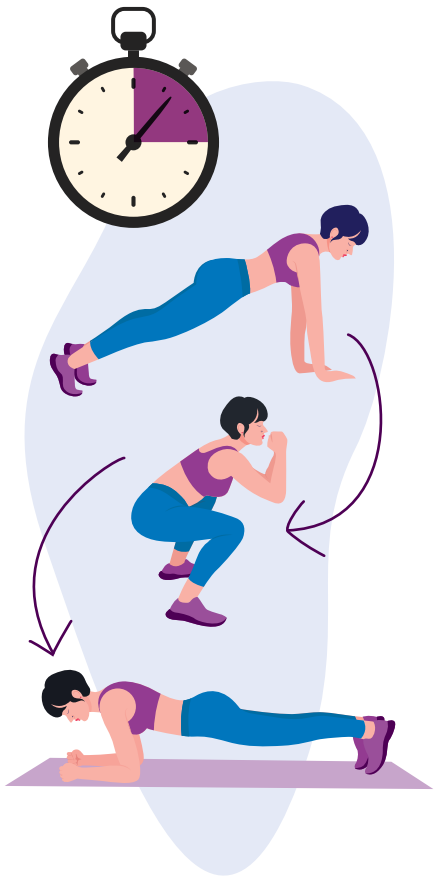
- Many high schools in Hawai'i have Lifesavers Clubs and students may be able to earn pins and honor cords for donating blood. And students who coordinate blood drives during the summer may qualify for a $500 scholarship for school expenses. For details, email dr@bbh.org with subject line, "Summer Scholarship," or call (808) 848-4770.
- We need more young donors. The biggest decline has been among donors ages 16-24. People who get into the habit of donating blood are more likely to continue donating throughout their lives. Fewer younger donors now could mean fewer donors later.

For more information on donating blood, contact Blood Bank of Hawaii. Visit bbh.org, email info@bbh.org, or call (808) 848-4770.



are shorter workouts better?

words Michelle Regan



Can you really get a solid workout in less than 15 minutes? Lots of fitness claims sound too good to be true but micro workouts may be the real deal.

What is a micro workout?

Fitting a workout into your day can be tough, but micro workouts only take four to 15 minutes. Micro workouts are usually high intensity – high-intensity interval training, Tabata, or sprint interval training – but they don't have to be.

Are they effective?

Yes! According to a study in the *Journal of the American Medical Association*, increasing physical activity by just 10 minutes a day improves overall health and longevity, which could help prevent more than 110,000 deaths for people age 40 and over every year.

Here are a few more reasons to try a micro workout.

Just get started. If you don't have a regular workout routine, micro workouts are the perfect way to start one.

Build a habit. Regularly scheduled activity is the best way to build a sustainable exercise habit. Later, you can do several 10-minute workouts throughout the day.

Change it up. Micro workouts are the perfect way to try something new. Short workouts let you add variety, which will keep you mentally stimulated and motivated to continue.

Feel good. Reap all the health benefits of exercise like a mood boost, increased strength and mobility, and potential weight loss and a sense of satisfaction from moving every day.

Before you start a new workout, check with your doctor.

Ready to try it?

Mike Sapp, owner and CEO of Mike Sapp Fitness, offers this micro workout to do at home. Repeat the workout three or four times with little or no rest between sets.

- 20 pushups.
- 20 bodyweight squats.
- 30- to 60-second plank.

blood bank of hawaii: meeting a critical need

words Kenric Murayama, M.D.



Kenric Murayama, M.D.

The availability of blood for transfusions is crucial to the care of critically ill patients. As demand for blood and blood products increases, Blood Bank of Hawaii has embarked on a path to secure the future of this critical resource and meet the needs of the health care community.

The Honolulu Blood-Plasma Bank was founded in 1941 and became Blood Bank of Hawaii in 1946. BBH has been an integral part of the health care landscape for more than 75 years and provides blood products for all hospitals in the state.

But the history of innovation in the science of blood transfusion goes back much further. The first transfusion attempt dates back to the 1400s, but the first recorded human-to-human transfusion occurred in 1818.

Much like many developments in medicine, innovation comes out of scientific discovery and public need. The science of blood banking is a wonderful example of this kind of medical innovation. Discovery of methods to prevent blood clotting and the benefits of refrigeration of blood products, among others, led to the widespread availability of stored blood for future transfusion.

Today, the availability of blood in critical and emergency situations is sometimes taken for granted, but this valuable resource wouldn't be as readily available without organizations like BBH. The Food & Drug Administration provides oversight and enables BBH to collect, test, store, and ship blood components. BBH has been a leader in blood banking and is a founding member of the American Association of Blood Banks, which establishes and promotes the highest standards of care for patients and donors.

By continuing to innovate clinically, maintaining a strong business model, and developing a new state-of-the-art facility in West O'ahu, BBH strives to ensure that access to blood products will never be in doubt for the people of Hawai'i.

Dr. Murayama is chair and program director of the department of surgery at the University of Hawai'i John A. Burns School of Medicine and chair of Blood Bank of Hawaii's board of trustees. He also serves on HMSA's Board of Directors.

For an overview of Blood Bank of Hawaii, go to **islandscene.com/more**.

for your benefit



Make your heart happy

The Ornish Lifestyle Medicine™ program can help you strengthen your well-being, feel younger, and be more active.

The program is scientifically proven to reverse the progression of heart disease using lifestyle as medicine. Unlike medications and invasive procedures, the program addresses the root causes of heart disease with solutions such as exercise, nutrition, and stress management.

The Ornish program is for people who are at risk for or who have heart disease. For example, you may be eligible if you've had a heart attack, heart surgery, or a heart replacement. You may also be eligible if you've had diabetes, high blood pressure or cholesterol, obesity, or a history of smoking. HMSA may pay for this program depending on your medical history.

Straub Medical Center provides the Ornish Lifestyle Medicine program on O'ahu. It's also offered at locations on Maui and the Big Island. The program was on hold during the pandemic but has resumed in-person sessions.

For more information on eligibility and benefits, call (808) 948-5555, option 1, or 1 (800) 620-4672. Or visit hmsa.com/well-being/ornish/.

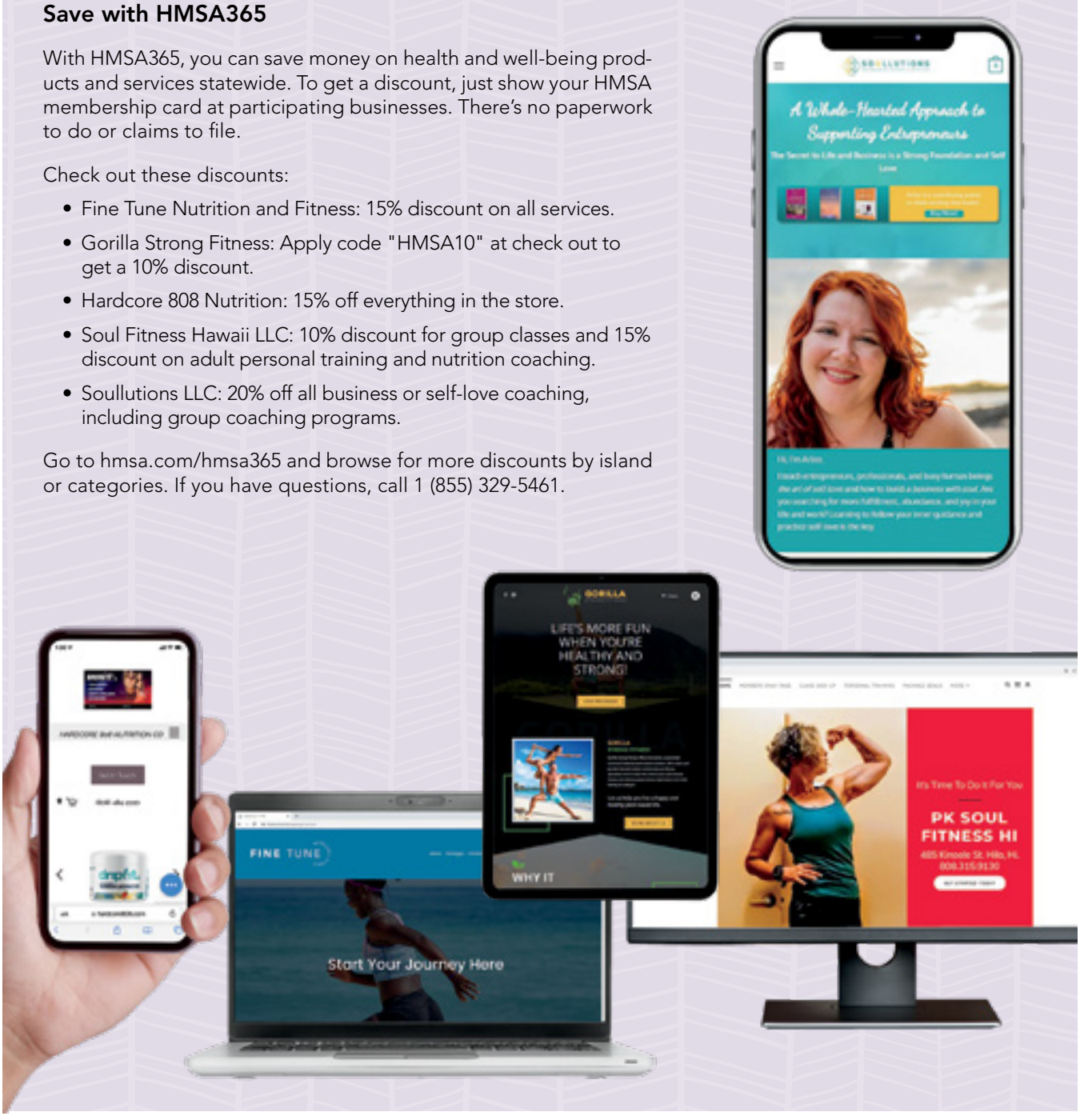
Save with HMSA365

With HMSA365, you can save money on health and well-being products and services statewide. To get a discount, just show your HMSA membership card at participating businesses. There's no paperwork to do or claims to file.

Check out these discounts:

- Fine Tune Nutrition and Fitness: 15% discount on all services.
- Gorilla Strong Fitness: Apply code "HMSA10" at check out to get a 10% discount.
- Hardcore 808 Nutrition: 15% off everything in the store.
- Soul Fitness Hawaii LLC: 10% discount for group classes and 15% discount on adult personal training and nutrition coaching.
- Soullutions LLC: 20% off all business or self-love coaching, including group coaching programs.

Go to hmsa.com/hmsa365 and browse for more discounts by island or categories. If you have questions, call 1 (855) 329-5461.





The Supreme Court listening to oral arguments at the Mililani High School Gym

courts in the community

words Leslie A. Hayashi
photos courtesy of Hawai'i State Judiciary

"May it please the court." These are the opening words of every attorney at the beginning of an oral argument.

At the Hawai'i Supreme Court, attorneys usually address the court in the historic Ali'iōlani Hale in Downtown Honolulu. But now, these words are sometimes spoken in front of hundreds of high school students in school auditoriums or gyms across the state.

The Courts in the Community Program started in 2012 and offers students an opportunity to see the appellate process firsthand. With curriculum prepared by the Kamehameha V Judiciary History Center, students and teachers learn about Hawai'i's judicial system.

The program is supported by the William S. Richardson School of Law's Students for Public Outreach and Civic Education. With that support, volunteer attorneys from the Hawaii State Bar Association visit classrooms, either in person or virtually, to teach students the facts, background, and legal issues of an actual pending case. Under their guidance, the students prepare and participate in their own mock court activity in the classroom.

"The power of Courts in the Community is its ability to bring the law to life."

: Chief Justice Mark Recktenwald

On the day of the official oral argument, all five justices of the Hawai'i Supreme Court travel to a high school or other public venue. There, the attorneys argue the case to the justices in front of students and members of the public.

After the hearing, students have an opportunity to ask the attorneys questions. Students often ask tough, sophisticated questions that reflect the program's effectiveness in helping the youth to develop their voice. Following that session, the students then speak with the Supreme Court justices. While the Code of Judicial Conduct prohibits the justices from answering questions about the pending case, they share their backgrounds and experience.

To date, Courts in the Community has reached more than 5,400 students in more than 17 visits across the state. The next program is planned for Lahainaluna High School this fall.

Chief Justice Mark E. Recktenwald has high praise for the program. "Courts in the Community is an integral part to the judiciary's commitment to civic education," he says. "I cannot emphasize enough how vital civic education is to strengthening our democracy and empowering our citizens to be well-informed and engaged with their government."

The students themselves are incredibly enthusiastic after the experience. In fact, students often comment with a sense of pride that they had the same question that a justice on the Supreme Court had asked an attorney during oral arguments. Some have expressed interest in becoming lawyers. Recktenwald says, "The power of Courts in the Community is its ability to bring the law to life. Students are able to see attorneys advocate on both sides of an issue and learn about the rule of law and the role of our appellate courts in real time, thereby building trust and faith in Hawai'i's judicial system."

This program is provided at no cost to schools and students because of support from the Hawaii State Bar Association, the Hawaii State Bar Foundation, the King Kamehameha V Judiciary History Center, and the William S. Richardson School of Law. Interested schools may contact Keahe Davis (keahe@jhchawaii.net) or Matt Mattice (matt@jhchawaii.net) at the Judiciary History Center. Or call (808) 539-4999.





Top photo: Chief Justice Mark E. Recktenwald. **Above:** First two rows – Students from Campbell, Kalani, McKinley, Nanakuli, Waianae, and Waipahu high schools. Top row from left – Associate Justice Paula A. Nakayama, Associate Justice Michael D. Wilson, Chief Justice Mark E. Recktenwald, Associate Justice Sabrina S. McKenna, and Associate Justice Todd W. Eddins.

Leslie A. Hayashi was a trial judge for more than 25 years in Hawai'i and taught for more than 20 years at The National Judicial College, where she is now on the board of trustees. Hayashi is a graduate of Stanford University and Georgetown University Law Center.

local lore

words Michelle Regan and da Shop staff



David DeLuca, owner of da Shop, reads *Ohana Means Family* with his kids.

If there's one thing that defines local culture in Hawai'i, it's that there's no single culture. What we consider "local" is a blend of all the people who've made the Islands their home.

These books, recommended by da Shop bookstore in Kaimukī, provide a bit of local culture for all ages. From curiosity about snow to growing kalo to the experiences and struggles of making your way in someplace new, there's something for everyone in these picks.

Indigenous Literatures from Micronesia
Edited by Evelyn Flores and Emelihter Kihleng

Featuring over 70 writers and a hundred pieces, this one-of-a-kind anthology highlights quintessential experiences of being distinctly Micronesian. This is a must-read for all who want to connect with indigenous Pacific Islander voices that speak truth to their ancestry, resistance, resilience, and identity.

Nuclear Family
By Joseph Han

This contemporary novel explores how one Korean family in Hawai'i is building a life after leaving another behind. They reckon with their personal history and struggles amid the larger context of their familial past and hopes for the future. With humor and sensitivity, Han presents a touching portrayal of an immigrant experience in the months leading up to the 2018 false missile alert in Hawai'i.

Ohana Means Family
By Ilima Loomis

In the soothing rhythm of *The House That Jack Built*, young readers learn about growing kalo with the help of family and nature. All the hard work ends in a celebration of a traditional Hawaiian lū'au. This cultural story is recognized as an American Library Association Notable Children's Book.

Sand Angel, Snow Angel
By Lois-Ann Yamanaka

This is a wonderful picture book about a little girl named Claire growing up on the Big Island who wants to play in the snow. She longs for something new, something different. With the help of her family, she learns to appreciate the unique beauty and environment of her island home through all seasons.

keiki corner

Cupcake liner owls

These adorable owls will brighten everyone's day. Make a few for yourself or give some to your friends.



Supplies:

- Paper cupcake liners
- Markers
- Colored paper for the beaks (yellow, orange)
- Scissors
- Googly eyes
- Glue

Instructions:

Flatten cupcake liners into circles. Fold liners inward from both sides. The folded liner should be narrower at the top and wider at the bottom. Make a small fold at the top facing downward for the head. Use markers to draw feathers. Cut a small triangle from the colored paper for the beak. Glue the beak and two googly eyes onto the owl. You're done!









Mad libs – Pumpkin patch

Create a silly story by filling in the words below. Then, use those words to complete the story on the next page.

Parts of speech refresher
Noun: Person, place, or thing.
Adjective: Describes a noun, like "sweet" or "tall."
Action verb: Action word.
Adverb: Describes a verb or adjective, usually ends in -ly.

1. Person's name _____
2. Place in Hawai'i _____
3. Number _____
4. Adjective _____
5. Adverb _____
6. Noun _____
7. Adjective _____
8. Noun _____
9. Animal _____
10. Noun _____
11. Verb ending in -ed _____
12. Animal _____
13. Article of clothing _____
14. Adjective _____
15. Food _____
16. Drink _____
17. Number _____
18. Adverb _____
19. Adjective _____
20. Number _____
21. Adjective _____



Visiting the pumpkin patch

Each fall, _____ and I visit the pumpkin patch in _____.
1 person's name 2 place in Hawai'i

This year, there were _____ pumpkins at the patch. I wanted to choose a _____
3 number 4 adjective
pumpkin so I inspected each pumpkin _____. The pumpkin I chose was the size of a
5 adverb
_____ and _____ on the outside.
6 noun 7 adjective

Next, we stopped by the petting _____. I saw a _____ eating
8 noun 9 animal
a _____. I _____ so hard when a _____ tried to eat
10 noun 11 verb ending in -ed 12 animal
_____'s _____.
1 person's name 13 article of clothing

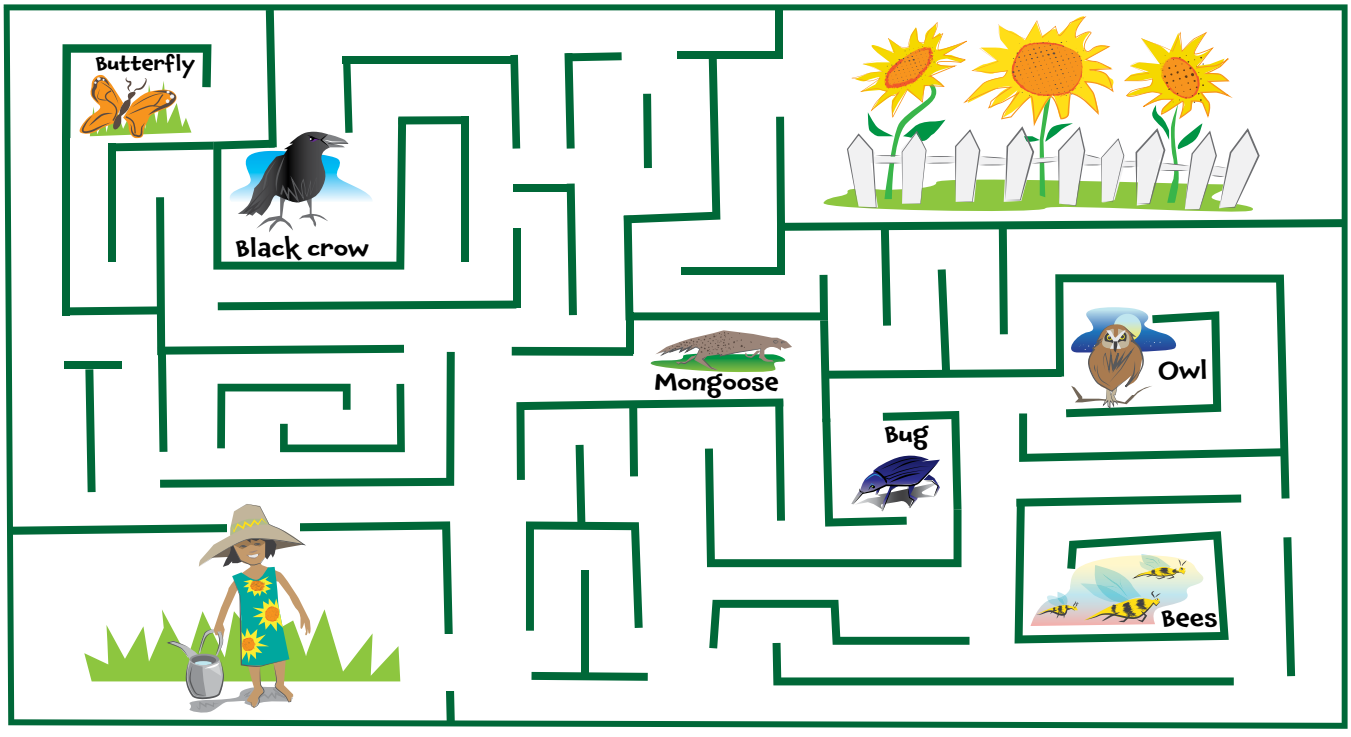
Since I was so _____, we went to the refreshment stand. I got _____
14 adjective 15 food
and _____ for just $ _____. I ate my food
16 drink 17 number
_____ because it was so _____.
18 adverb 19 adjective

After _____ hours at the pumpkin patch, it was time to go home.
20 number
We had such a _____ time and I can't wait to go again!
21 adjective



Sunflower maze

Help Aunty find her way to the sunflowers.



Hawai'i Medical Service Association

Notice of Annual Meeting

HMSA will hold its Annual Meeting on Friday, Nov. 4, at 11:30 a.m. at the Hawaii Convention Center, 1801 Kalakaua Ave., Honolulu, Hawaii.

At the meeting, financial and annual reports will be presented and discussed. HMSA Directors will be elected.

Current HMSA members are able to attend; proof of HMSA membership required. To register for the meeting, please call (808) 948-5263.

hmsa

1010-580852

The Flu Shot is Your Best Shot



for staying healthy this flu season.

Call your doctor or pharmacy to find out where you can get a flu shot, often at no cost.

hmsa

1010-553755



healthier potluck

words Marlene Nakamoto
photos Rae Huo
food stylist Marjie Beaton

A typical potluck in Hawai'i is often a table full of hearty, tempting dishes that travel well. Healthy items aren't always offered, but the option shouldn't be off the table.

Whether you're going to a family gathering, potluck at work, or a tailgate at the football game, why not be the person who brings a healthier dish? You'll see that many people will happily dig in to good, healthy fare. Here are three recipes to make and share.

Baked Penne with Mushrooms

- 12 oz. whole-wheat penne pasta
- 2 cups reduced-fat ricotta cheese
- 1 cup shredded part-skim mozzarella cheese, divided
- 1 Tbsp. olive oil
- 1 lb. cremini mushrooms, sliced
- 2 garlic cloves, minced
- 24 oz. marinara sauce
- 1 tsp. Italian seasoning
- Cooking spray
- ½ cup grated Parmesan cheese

Cook pasta according to package directions. Drain and cool. Return pasta to the empty pot and mix with ricotta and ½ cup of the mozzarella. Set aside.

In a large skillet, heat oil over medium-high heat and sauté mushrooms until tender, about 10 minutes. Add garlic and cook 1 minute. Stir in marinara sauce and Italian seasoning. Spread half the mixture in a 13-by-9-inch baking dish coated with cooking spray. Spoon pasta mixture evenly over the sauce then top with remaining sauce. Sprinkle with remaining mozzarella and Parmesan. Bake in preheated 350 F oven for 30 minutes. Makes 10 servings.

Per serving: Calories 320, protein 17 g, carbohydrates 39 g, total fat 11 g, saturated fat 5 g, cholesterol 25 mg, sodium 500 mg, total sugar 5 g

Broccoli Cranberry Almond Salad

- ⅔ cup olive oil mayonnaise
- ¼ cup plus 2 Tbsp. plain reduced-fat Greek yogurt
- 2 Tbsp. cider vinegar
- 2 Tbsp. honey
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- 2 lbs. coarsely chopped broccoli florets
- ½ cup finely chopped red onion
- ⅔ cup slivered almonds, toasted
- ⅔ cup dried cranberries

In a small bowl, whisk together mayonnaise, yogurt, vinegar, honey, salt, and pepper. Combine remaining ingredients in a large bowl. Add dressing and toss gently to mix well. Cover and refrigerate 1 hour. Makes 12 servings.

Per serving: Calories 180, protein 4 g, total fat 13 g, saturated fat 2 g, cholesterol 10 mg, sodium 200 mg, fiber 3 g, total sugar 9 g



Flourless Oatmeal Squares

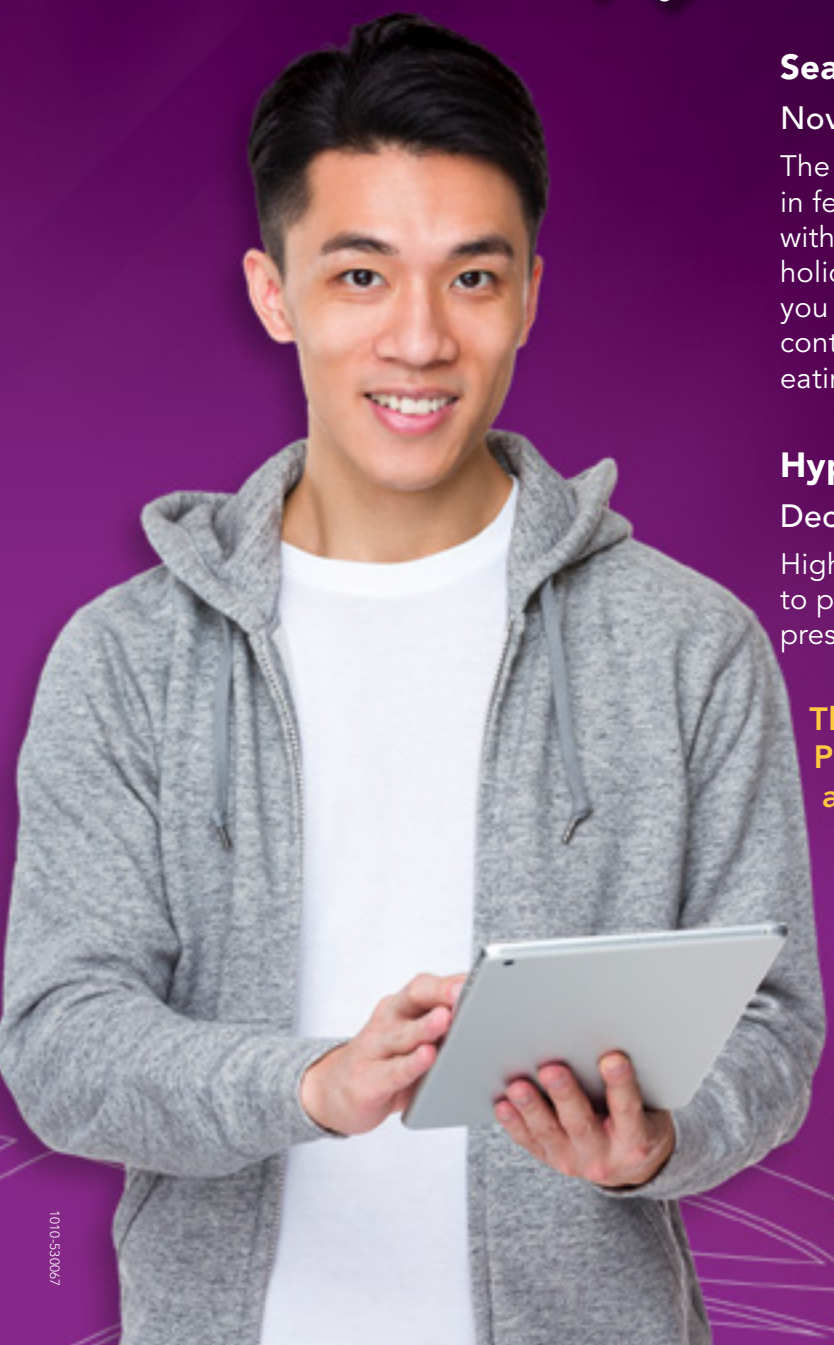
- ⅓ cup creamy or crunchy peanut butter
- ½ cup maple syrup
- 1½ cups almond milk
- 1 tsp. vanilla extract
- 2 cups rolled oats
- 1 tsp. baking powder
- Pinch of salt
- ¾ cup semisweet chocolate chips
- Cooking spray

In a medium bowl, whisk peanut butter with maple syrup. Stir in almond milk and vanilla. Add oats, baking powder, salt, and chocolate chips. Mix well and pour into an 8-inch square baking pan prepared with cooking spray. Bake in preheated 375 F oven for 35 minutes. Makes 16 servings.

Per serving: Calories 150, protein 3 g, carbohydrates 23 g, total fat 7 g, saturated fat 3 g, sodium 90 mg, fiber 2 g, total sugar 14 g

For another potluck recipe, Black Bean Enchilada Casserole, visit **islandscene.com/more.**

CLICK TO CONNECT, LEARN, AND GROW



Here are some of the free online health education workshops we're offering this fall.

BONE-ified Talk: A workshop on osteoporosis

Oct. 25, noon–1 p.m. | Oct. 27, 5–6 p.m.

Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue. Frail bones can break and results can range from discomfort to disability. This workshop will provide you with a better understanding of your bones and how to keep them strong and fracture-free!

Season's Eatings

Nov. 14, 5–6 p.m. | Nov. 22, noon–1 p.m.

The holidays are full of opportunities to indulge in festive foods and sweet treats. But keeping up with a healthy diet doesn't have to end when the holidays begin. We'll discuss strategies to help you maintain your health (and weight) and how container size, design, and proximity can influence eating habits.

Hypertension Explained

Dec. 9, noon–1 p.m. | Dec. 14, 5–6 p.m.

High blood pressure is one of today's major threats to physical health. Learn the effects of high blood pressure on the body and how it can be controlled.

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

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cheese waffles = chaffles!

words Courtney Takabayashi
photos Lew Harrington
food styling Cedric Fujita

Ever heard of chaffles? They're waffles made of cheese and eggs … and no flour! While some choose chaffles because they're gluten free or low carb, you'll want to make them because they're delicious. Once you learn the basic recipe, you can get creative with sweet and savory variations.

The only equipment you need is a mini waffle maker. It's relatively inexpensive online or at a discount store. Sometimes seasonal versions in heart, pumpkin, or egg shapes will go on sale after the holiday has passed. If you don't have a mini waffle maker, use a regular waffle maker or a nonstick skillet on the stovetop to make chaffcakes.





Basic chaffles

Basic doesn't always mean bad! The type of cheese you use is up to you. Mozzarella has a neutral flavor while cheddar results in a more flavorful chaffle. Any cheese in your refrigerator will work.

1 egg
½ cup shredded cheese
Cooking spray

Preheat waffle maker. In a small bowl, beat egg and stir in cheese. Prepare waffle maker with cooking spray. Pour half the egg mixture into waffle maker and close the lid. Cook about 3-4 minutes, depending on how crispy you want it. You'll know it's fully cooked when the chaffle puffs up and there's no more steam. Repeat with remaining mixture. Cool before serving. Makes 2 servings.

Per serving (with mozzarella): Calories 120, protein 11 g, total fat 7 g, saturated fat 4 g, cholesterol 110 mg, sodium 210 mg

Advanced chaffles

With a few extra ingredients, your chaffles will almost be indistinguishable from a traditional waffle. Prepare basic recipe with mozzarella. Add:

2 Tbsp. almond flour
½ tsp. psyllium husk powder
½ tsp. baking powder
Note: Psyllium husk powder is available at health food stores.

Per serving (with mozzarella): Calories 170, protein 13 g, carbohydrates 4 g, total fat 11 g, saturated fat 4 g, cholesterol 110 mg, sodium 210 mg, fiber 2 g, total sugar 1 g



Variations

It's easy to make sweet or savory chaffles. The possibilities are endless!

Pizza Chaffles

Prepare basic recipe with mozzarella. Top cooled chaffles with pizza sauce, pepperoni, and a pinch of Italian seasoning.

Everything Bagel Chaffles

Prepare basic recipe with mozzarella. Add 1 tablespoon Everything Bagel seasoning. Top with cream cheese.

Chocolate Chaffles

Prepare basic recipe with mozzarella. Add:

2 Tbsp. unsweetened cocoa powder

1 Tbsp. sweetener of your choice

Churro Chaffles

Prepare basic recipe with mozzarella. Add:

2 Tbsp. granulated sugar substitute

1½ tsp. cinnamon

Other easy options:

- Add fruit and granola and drizzle with honey.
- Add bacon, lettuce, and tomato for a hearty BLT sandwich.
- Top with avocado and egg.
- Replace a taco shell, hot dog bun, or hamburger bun with a chaffle.
- Layer several chaffles with whipped topping and add sprinkles on top for a festive layered "cake."

kabocha 411

Sometimes called "Japanese pumpkin," kabocha is a familiar ingredient in sweet and savory dishes around the world. And since it's available year-round in Hawai'i, we can enjoy it … well, year-round. Here are some kabocha factoids.

Kabocha is a winter squash with a hard, dark green rind.

Consume kabocha to get beta carotene, vitamin C, potassium, and other nutrients.

The skin is edible! Wash it well before cooking.



Trying to cut a whole kabocha? Microwave it for 2 minutes to soften the rind.

Substitute kabocha for butternut squash or calabaza in almost any recipe.

Roasted Kabocha Seeds

Seeds from 1 kabocha
2 Tbsp. olive oil
Shichimi togarashi* to taste

Wash seeds to remove fibers. Drain and pat dry. In a medium bowl, combine seeds with olive oil. Spread evenly on a rimmed baking sheet. Bake in preheated 300 F oven for 20 minutes or until golden brown. Sprinkle with shichimi togarashi and allow to cool.



*Japanese spice blend available in the Oriental food section of grocery stores.

words Marlene Nakamoto



E alu like mai kākou | *Let us work together*

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Island Scene
PO Box 3850
Honolulu HI 96812-3850

islandscene.com

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