

island scene

well-being, family, and fun for **HMSA** members || fall 2019 || islandscene.com

land loved



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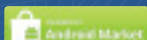
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contents

IN EVERY ISSUE

publisher's note

5

making a difference

6

around the 808

8

hi notes: holiday traditions

64

FEATURES

land loved

10

like family

14

from online to IRL

18

going the distance for love

20

nowhere to turn

22

LIVE BETTER

for real? twin talk

26

partner up

27

trending now: mahalo, next

31

health matters

32

MEMBER INFO

home is where your doctor is

34

for your benefit

38

hmsa member info

41

FAMILY MATTERS

be happy, diversify

44

**ask an expert: for love
and money**

49

note to kids: we're with you

50

keiki corner

52

EAT WELL

indulge in the season

54

label language

59

fun, sweet holiday treats

60

island scene

fall issue : 2019 || islandscene.com

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COVER: Elizabeth Reilly of Livable Hawai'i Kai Hui works to preserve natural resources and cultural sites. Story on page 10. Photo by Rae Huo.

publisher's note

dear friends,

What motivates you to take care of yourself and your family? Earlier this year, I learned a hard lesson about motivation and well-being.

I've had diabetes for a while and didn't always take it very seriously. My blood sugar was creeping up, but I had trouble passing up salty snacks, other carbs (sigh, potatoes), and the occasional sweet treat.

Then, one day I had a wake-up call: Severe cramping and leg pain in the middle of the night. I struggled to get out of bed. And once out of bed, I could barely walk a few steps. I was practically in tears.

Over-the-counter pain killers helped a little, but doctors weren't sure if my pain was caused by muscle pain, nerve pain, or a combination. I felt like it was related to my elevated blood sugar level.

This was my wake-up call. I asked myself, do you want to eat whatever you want or do you want to walk? I quickly got my diet back on track and renewed my commitment to morning walks.

Only I can change my life.

No one can do it for me.

: Carol Burnett

Three months later, my blood sugar was under control. I'd given up almost all complex carbs.

Whether it was my new dedication to eating smarter or just the passage of time, my pain was gone.

But the real question is, how do we motivate ourselves without having to experience the big wake-up call first?

What works for you? Share your stories and your motivation tips with us so we can help others. Maybe we can share everyone's ideas in a future issue. Email me at feedback@islandscene.com or call me at 948-6839 on O'ahu.

In the meantime, keep working on your well-being. And I hope you'll enjoy this issue, which focuses on relationships ... which can be as challenging — and rewarding — as giving up hash browns.

Thank you and best wishes,



Lisa Maneki Baxa
Publisher and Editor

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pu'uhonua prison program: a new start



When someone leaves prison after serving time, starting over can seem impossible. Without a job, a place to live, or even clothes to wear, the chances of falling back into a life of crime can happen all too easily.

As the director for Native Hawaiian Healing and the Pu'uhonua Prison Program at Waikiki Health, Francine Dudoit-Tagupa has made it her mission to give former inmates the opportunity to start anew. And it's been working.

Since 2016, Auntie Fran and her team of three women have made a difference in the lives of more than 1,600 former inmates, guiding their way to better, healthier lives.

interview Robyn Kuraoka
photos Romeo Collado



Island Scene: How did this program start?

Auntie Fran: It started when an individual contacted me from the Federal Detention Center in Honolulu. He had served 20 years and was being released. He wanted to know how he could get medical care to keep his diabetes under control. Today, I get about one to five letters a day from people in Hawai'i, Arizona, Colorado, and Michigan. These are Hawaiian people saying, "I want to make a difference with my life, I don't want to go back to prison. I need help."

IS: What kinds of services do you provide?

AF: When we started, it was all about trying to get them medical coverage. Now, in addition to that, we help them with replacing legal documents, getting SNAP [the federal Supplemental Nutrition Assistance Program] and financial aid, transportation, even gift cards to get clothes. Coming out of prison, most of them do not have anything.

Housing is the No. 1 hurdle that former inmates face, male and female.

For those who can't return to their families or have nowhere to go, we offer a place of refuge at our Next Step Shelter. We pay for their first two months of rent. They can get their bearings, get a job, work with a housing navigator to find affordable housing, and transition back into the community.

IS: You say "we." How big is your team?

AF: We're a team of four strong women — an eligibility specialist, my assistant, a data analyst, and me. When we're in the correctional facilities, we help all. Outside, we have a lot of partners such as the Department of Public Safety, the Hawai'i Paroling Authority, Med-QUEST, halfway houses, clean and sober homes, and transitional homes. Funds from Makiki Christian Church help us with bus passes that are valuable to our men and women being released with no transportation. With a grant from HMSA, we're able to offer a one-year bus voucher. People can go to work, go to the doctor, check in with their parole officer. We get them back on their feet to be productive members of society.

IS: What would happen without this program?

AF: I did not want to see a growing homeless community of former inmates. If we didn't have this, it would go back to the way it was. They would continue getting denied for medical insurance and financial aid and legal documents would be hard to get because it takes money to replace them. Guidance, assistance, and education are important.

IS: How do you measure success?

AF: When we talk with people we've helped, they have jobs, we're seeing more families back together, and our recidivism rate is less than 1%. The fact that they're comfortable enough to stop in and say, "We're doing OK, Auntie," is the best feeling in the world. If we can make a difference in even one life, that makes what we're doing worth it.

For more information on the Pu'uuhonua Prison Program, contact Waikiki Health at waikikihc.org or 537-8400 on O'ahu

around the 808



Hibiscadelphus woodii

kaua'i

Drone finds "extinct" plant

It's not quite Jurassic Park, but a drone has brought back an extinct species ... sort of.

Researchers from the National Tropical Botanical Garden (NTBG) on Kaua'i have used drone technology to rediscover a native Hawaiian plant that was believed to be extinct. The plant, called *Hibiscadelphus woodii*, was rediscovered in a small colony of three individual plants growing on a vertical cliff face in a remote part of Kalalau Valley.

Hibiscadelphus woodii grows as a shrub or small tree and produces

bright yellow flowers that turn purplish-maroon. The plant was last seen on Kaua'i in 2009, leading scientists to believe the plant was extinct.

The NTBG says the rediscovery provides a dramatic example of the growing importance of drones in conservation work. "Drones are unlocking a treasure trove of unexplored cliff habitat," says Ben Nyberg, NTBG drone specialist. "And while this may be the first discovery of its kind, I'm sure it won't be the last."

maui, moloka'i, and lāna'i

Stamp out hunger

Each year during the National Association of Letter Carriers (NALC) Food Drive, Maui letter carriers collect donations on their routes. This year, they collected more than 51,000 pounds of food and over \$700. The Maui Food Bank estimates the donations provided about 44,000 meals.

Jenny Farey, who's participated in the food drive since 1992, loves seeing the community come together to help those in need. "I get so much joy and satisfaction from participating in the food drive," she says. She believes that community involvement in the food drive increases every year since donating is so easy. "Just leave your food donations in a bag or box next to your mail box and we pick it up. It's a lot of heavy lifting but in the end, it's worth it."

The NALC also participates in other food drives throughout the state.



big island

Mixed bag

Backpacks in Puna are carrying more than just books this fall. Thanks to The Food Basket and private donors, over a thousand children from low-income families received bags of healthy food and nutritional supplements. The program, We've Got Your Back, provides food to elementary school children before weekends and school breaks to ensure they'll have healthy meals at home.

The most recent donation gives relief to lava flow victims, but the program continues as long as there's funding and food donations from the public.

Learn more at hawaiifoodbasket.org/keiki-backpacks or call 933-6030 on the Big Island.



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

Hope, strength, and giving back

Breast cancer prevention is big at the nonprofit Hui Mālama Ola Nā Ō'iwi. They've partnered with Derek Park, founder of Paddling for Hope, to give back to breast cancer survivors and help prevent breast cancer.

Park competes in long-distance outrigger canoe races every year. On his canoe, there are names of people who've been affected by cancer and each name has a sponsor. The money he raises funds breast self-exam kits at hospitals and nonprofits on the Big Island.

Hui Mālama also works with Paddling for Hope to offer therapeutic and relaxing canoe rides to cancer survivors like Debbie Kenui. Kenui is afraid of the ocean but went on the ride

because the timing felt right. "I had so much on my mind, but each splash of water on me, the feeling of the sun – it really fulfilled something that I needed in my life," she says.

Kenui gives back, too. As a member of Hui Mālama's cancer support group, she makes comfort pillows for patients at the American Cancer Society's Hope Lodge. "Cancer survivors and warriors like myself are cutting and sewing these pillows. The goodness we received, we keep passing it on," she says.

Hui Mālama provides medical, behavioral health, and community education services to Big Island residents. To learn more, go to hmono.org or call 969-9220 on the Big Island.



Debbie Kenui and her husband.





land loved

words Craig DeSilva

Elizabeth Reilly smiles every morning when she steps outside the front door of her Hawai'i Kai home and sees lush Kamilo Nui Valley smiling back at her.

"The valley looks like arms that are hugging me," says Reilly about the green stretch of the Ko'olau Mountains. "It's where I get my strength and inspiration. It's where I find balance."


Kamilo Nui is the last agricultural valley in Hawai'i Kai that hasn't been developed with homes. There are more than a dozen farms and nurseries stretched across 87 acres. But Reilly says the valley needs a little more aloha these days. About 15 years ago, she helped lead an effort to keep farmers on the land and prevent the valley from being developed.

"The land feeds me, not just physically but spiritually and mentally," says Reilly, who serves on the Hawai'i Kai Neighborhood Board. "So we must feed the land with love and care."

Kamilo Nui is just one of several places in East Honolulu that Reilly is working to preserve. As Hawai'i Kai continues to become denser with more homes and businesses, Reilly is contributing to a renaissance in East Honolulu to make residents aware of natural resources and cultural sites in their own backyard.

Through her work with Livable Hawai'i Kai Hui, a non-profit organization that she helped to start, Reilly and others in the community are protecting and maintaining open spaces, including a heiau, wetland, and the Ka Iwi coastline. (See map on next page.)

For Reilly, it's about connecting people, perpetuating community pride, and creating an overall sense of responsibility to care for the land that cares for you.

"It's looking at 96825 with a clearer lens so we can be better, healthier people," she says. 

Did you know these were here?

Here are some of the places in East Honolulu that Livable Hawai'i Kai Hui is helping to protect.

Kānewai Spring. One of Honolulu's last natural springs, Kānewai was once overgrown, dark, and murky. After seven years of work by the Maunalua Fishpond Heritage Center and hundreds of volunteers, the spring is now brimming with fresh, clean water.



PHOTO COURTESY JOHN JOHNSON



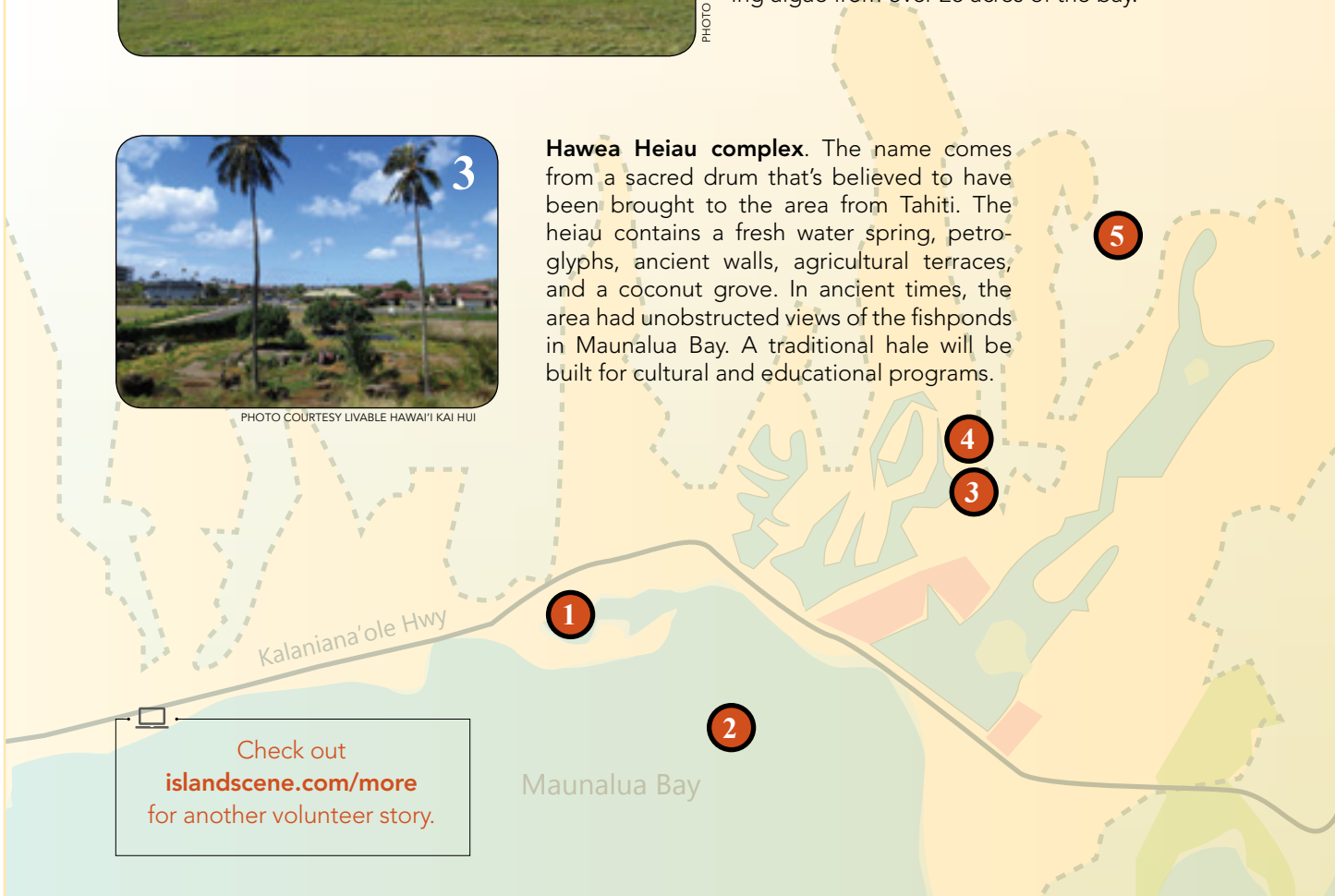
PHOTO COURTESY HIMS A

Maunalua Bay. Ancient Hawaiians operated traditional fishponds in the bay. Today, sediment run-off from soil erosion and invasive alien algae have killed coral reefs and other native marine life. Since 2007, volunteers with Mālama Maunalua have removed 3.5 million pounds of the damaging algae from over 28 acres of the bay.



PHOTO COURTESY LIVABLE HAWAII KAI HUI

Hawea Heiau complex. The name comes from a sacred drum that's believed to have been brought to the area from Tahiti. The heiau contains a fresh water spring, petroglyphs, ancient walls, agricultural terraces, and a coconut grove. In ancient times, the area had unobstructed views of the fishponds in Maunalua Bay. A traditional hale will be built for cultural and educational programs.



Check out
islandscene.com/more
for another volunteer story.

PHOTO COURTESY JIM KOERMER



Keawāwa Wetlands. Traditionally used for fishing and farming, this spring-fed wetland is connected to Kuapā Pond. It's home to native plants and animals, such as the pinao (green dragonfly), 'auku'u (black-crowned night heron), and the endangered 'alae 'ula (Hawaiian moorhen), pictured at left.

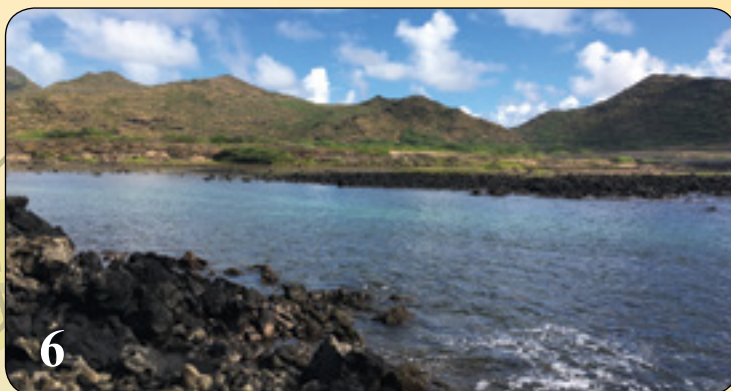
PHOTO COURTESY LIVABLE HAWAII KAI HUI



Aloha 'Āina 'O Kamilo Nui. Volunteers at this community nursery hold educational workshops and grow native plants for cultural restoration projects in East Honolulu. They share māmaki tea, 'ulu (see breadfruit tree pictured), and other crops with the community, including kūpuna residents at Lunalilo Home.

6

PHOTO COURTESY CRAIG DESILVA



Ka Iwi. Community organizations such as Save Sandy Beach led a 45-year effort to prevent this seven-mile scenic coastline from being developed. Livable Hawai'i Kai Hui joined the effort in 2005 to protect Ka Iwi, home to ancient Hawaiian sites, native plants, bird colonies, and the endangered yellow-faced bee.

Want to get involved? Visit hawaiiikaihui.org or call or text (808) 864-8081 on O'ahu to learn how you can help care for these places.



like family

words Michelle Regan

photos courtesy Lisa Anderson



"I wish that I
had asked
questions
about my
father."

: Lisa Anderson

Lisa Anderson and Neil Bryson met last year. She, a 40-year-old mother of four living in Honolulu. He, a 70-year-old Coast Guard contractor living in Maine. The first time they spoke on the phone, the conversation lasted four hours. They bonded immediately. Less than a month later, Anderson was on a plane to Maine. She was going to meet her father.

Different

Anderson grew up on Ebeye, part of the Marshall Islands. She liked wearing jeans and climbing trees. She was outspoken and immodest by Marshallese standards. She had big goals and aspirations beyond the islands. Her family called her "haole" because of her light skin.

Anderson was one of 12 children who had one mother but several fathers. Her mother was emotionally and physically abusive. She made Anderson feel unwelcome in their home. Masa Hirata, a Japanese-American man from Kailua, raised her with her mother.

"He was good to me. He treated me like his own flesh," says Anderson. "I was his oldest. He relied on me, took me fishing. He spent time with me and I felt very special. He treated me more like a daughter than my mother did."

But Anderson and Hirata didn't look like family. Too pale-skinned to be Marshallese like her mother and clearly not Japanese, Anderson spent her life wondering where she fit in.



Lisa Anderson and her aunt, Cathy Bryson, Neil's sister.

"That's what life is all about – trying and taking a chance."

: Lisa Anderson

Denial

Nearly 20 years later, there was still something missing. She'd started a family of her own, but questions about her past haunted her. She remained resolute in her belief that Hirata was her father, even after he passed away in 2009.

Despite her childhood, Anderson took her mother into her O'ahu home when she got sick in 2013. When she passed four years later, Anderson had regrets. "I wish that I had really talked to my mom," she says. "I wish that I had let her know that I forgive her. I wish that I had asked her straight up questions about my father. But I don't know what it is; I just couldn't bring myself to ask her a lot of it."

Anderson wanted answers. She craved closure and her husband knew it. When he saw a two-for-one deal on home DNA tests, he knew what he had to do. He told her that he'd bought the tests and she could take hers when she was ready. A few months later, she was.

Her results showed that in addition to being Polynesian and Filipino, she's half Irish-Scottish. Her father was white.

Discovery

Neil Bryson loved being in the Coast Guard. He loved the travel and the adventure. He loved that his work was saving lives and not taking them. But the job wasn't without sacrifice. His constant travel made maintaining a relationship impossible. In 1976, he separated from his wife. The following year, he had a relationship with a Marshallese woman while he was stationed on Ebeye.

In 2018, Bryson's sister told him that he had a daughter. They'd both taken DNA tests and connected through an ancestry website. Bryson didn't believe it at first. He was in shock. "When I finally realized that, 'Oh, my goodness, this is my daughter,' I called her and we were on the phone for several hours," he says. "I wanted her to feel loved and to have a relationship with her and for her to not feel rejected."

The feeling was mutual. Both father and daughter were nervous, but once they got talking, they realized that they have a lot in common, like their spontaneous personalities and an affinity for Stephen King movies. For Anderson, it was a fresh start. She could leave her past and her resentment behind. Within weeks, she booked a trip to meet Bryson.

Bryson thinks it was brave, but Anderson says she had to take the leap. "I needed to deal with it at that time because you never know what's going to happen tomorrow or four hours from now," she says. "When you have the opportunity to do something great, you do it now."

Anderson met aunts and half siblings and even her 96-year-old grandmother. The extended family loved her immediately. The mix of emotions Anderson feels is almost unbearable sometimes, but having her father in her life makes her feel like a child all over again.


Bryson agrees. "You think that you've got all that life is going to give you, the good things, and then something like this happens," he says.

[Please note that DNA testing is not a benefit of HMSA plans.]



Lisa Anderson and her father, Neil Bryson

Most of all, Anderson wants people who are afraid to research their ancestry to know that it's worth the risk. Connection to a loving family is invaluable to mental health. She says that even if your story doesn't turn out like hers, at least you've learned something about yourself and where you come from.

"It doesn't hurt to be courageous and take the chance," she says. "That's what life is all about – trying and taking a chance." 



Is DNA testing right for you?
Read more at
islandscene.com/more.



from online to IRL

words Tiffany Hill

Ethan Sykes has been exploring the popular online video game Minecraft for about seven years. Sykes, a college student in Michigan, logs in almost every day to traverse a landscape of trees, soil, homes, and even monsters. But the game is more than a hobby for the 21 year old. It's also where he's made friends.

"Before then, I never really talked to anyone"

: Ethan Sykes

"I think what I like most is the abundance of content for all types of people and the opportunities it can provide," says Sykes.

Just like finding a date through various apps, it's become common to make friends online. Teens and young adults who grew up in today's digital world feel especially comfortable online and can sometimes express themselves more easily than in person.


There's an online community for almost everyone, whether it's gaming platforms like the one Sykes uses to social media platforms such as Instagram, Twitter, and Facebook to aggregation and discussion websites such as Reddit. Users can connect with each other based on their shared interests, hobbies, opinions, and more.

For Sykes, the appeal is not only the game itself, but also the community forums. Throughout the years he's been playing, Sykes has written more than 38,000 posts and amassed more than 1,500 followers. In 2015, he started a Minecraft show with a friend he met through the game. Their show allowed people to watch them as they played Minecraft; 50 to 200 people would tune in. Sykes still has a show called Fields of Blue, in which he interviews other users.

Sykes' father, Jeremy Miller, says while he doesn't advocate for anyone spending too much time online, Minecraft has been a healthy outlet for his son. "With Ethan, that's where he communicated," says Miller. Sykes has Asperger's syndrome, which is an autism spectrum disorder. Because of the disorder, Sykes wasn't able to make friends like a typical child.

Sykes' participation in the game's community forum even blossomed into a real-life friendship. Sykes and Joshua had been chatting online for a long time and made plans to meet in person. When Sykes, who lives in Michigan, visited his parents on O'ahu, he met Joshua at Windward Mall to see a movie.

"We were so excited," says Miller. "This was a huge step for Ethan's personal development and it was very emotional for us. Joshua was Ethan's first real friend. At the same time, we needed to make sure he'd be safe." Miller says that he and his wife talked with Sykes about it before he met Joshua and they stayed at the mall until Sykes confirmed that he had found Joshua and everything was OK.

Sykes says participating in the Minecraft community has improved his life. "Before then, I never really talked to anyone," he says. "The only people I talked to were people in my family, but ever since joining the community, not only have I been able to improve my social skills in the game and online, but it's also helped to improve my social skills in real life." 



Ethan Sykes

Be Safe Online

Having a digital footprint is rewarding and can be healthy, but it's important to protect yourself. Here are three tips from the FBI on how to stay safe.

- Remember that people online may not be who they say they are.
- Never reveal personal or financial information.
- If you're planning to meet up with someone you met online, meet them in a public place and let someone else know about your plans.



going the distance for love

words Craig De Silva

Marjorie Mau, M.D., and her husband, Ted Mala, M.D., may be an ocean apart. But the bridge that connects them emotionally, physically, culturally, and spiritually is strong.

The couple has a “hybrid” long-distance marriage. For most of the year, they live in Hawai’i with their twins. In the summer, Mala heads to his home state of Alaska to escape Hawai’i’s hot weather.

As strong proponents of indigenous health care, Mala and Mau are culturally rooted to their home states. “Although there are months when there are miles between us, we still feel that sense of connection from our love, trust, and understanding,” says Mau, director of research at the John A. Burns School of Medicine’s Department of Native Hawaiian Health. They communicate and stay connected throughout the day using technology and social networking.


The couple met at a health conference in 2002. Over the years, they kept in touch and visited each other and eventually their friendship developed into a romance. They had a lot in common, including a passion for public health research. In 2009, they made a long-term commitment and

got married. “We enjoy each other’s company,” she says. “Developing that friendship first was important to both of us.”

When Mala retired from his full-time position in Anchorage, Mau knew he wouldn’t be happy leaving Alaska, which he’s always called home and where he has deep-rooted community ties. “Alaska runs in his veins,” she says. “I knew eventually it wouldn’t work.” So they decided to live in the “best of both worlds.”

Then at age 55, Mau became pregnant with twins. “It’s been a blessing,” she says. Being older parents has added more joy to their relationship. “When we were younger, we were focused on building our careers,” she says. “With the twins, Ray and Mia, we have the time to share all those precious moments with them.”

Their children get a unique perspective by being exposed to their Alaska Native and Native Hawaiian heritages. “They’ll be on the beach then dog sledding in the snow,” says Mau. “We hope they’ll develop a sense of place and feel at home in both places.”

Having a hybrid relationship, however, comes with a few caveats, such as maintaining a calendar and schedule for school and work. Maintaining two homes is also an important consideration. But Mau says it’s worth it. “He’s my soul mate,” she says. “Not everyone finds that in their lifetime.” 

“Although there are months when there are miles between us, we still feel that sense of connection from our love, trust, and understanding.”

:Marjorie Mau, M.D.



For tips on being in a long-distance relationship, visit islandscene.com/more.

nowhere
to turn



Frannie Apilado

Emergency rooms (ERs) are overwhelmed with people who don't have insurance or a primary care provider. These ER visits put a strain on resources and can't provide all the care needed. Eventually, this strain causes available resources to decrease and costs to increase.

That's where community health centers come in.

Community health centers, also known as Federally Qualified Health Centers (FQHCs), provide a wide range of services in areas where care would be difficult to get otherwise. They provide a significant amount of care and services to people who are homeless or are struggling with addiction. No one is denied service because they can't pay.

"We're here for those people in our community who don't have insurance," says Lauren Bundschuh, D.D.S., dental director at Ho'ola Lahui Hawai'i (HLH) on Kaua'i. "For people who are homeless. For the subculture of drugs and alcohol and mental illness."

In the last few issues of *Island Scene* magazine, we've featured the work of some of the 15 FQHCs in the state. Here's a look at more of those centers and the important work they do in our communities. For past articles, visit islandscene.com

words David Frickman

photos Earl Yoshii



Ho'ola Lahui Hawai'i

Frannie Apilado was dealing with drug addiction when she arrived at the doors of HLH. She was desperate to get treatment for some dental issues and drove all the way from the other side of Kaua'i to a place she'd heard about.

"They knew about my drug addiction, but that never changed how they treated me," she says. "They always treated me great."

She's had five teeth extracted and is preparing to receive a bridge and a partial denture. Apilado says that the center has also helped her overcome an eating disorder and taught her better oral hygiene.

HLH was founded in 1986 in Waimea and has since added a location in Kapa'a. In addition to dental services, HLH provides medical services, fitness and preventive programs, and behavioral health and substance abuse programs.

That same year, Papa Ola Lokahi, a nonprofit organization that works to improve the health and well-being of Native Hawaiians, designated HLH a Native Hawaiian Health Care System. The center promotes traditional Native Hawaiian healing practices and promotes cultural educational programs in the community.





Wahiawā Center for Community Health

When it comes to health care, one of the leaders at Wahiawā Center for Community Health says their service area may be the most underserved on O'ahu.

Even so, Cyndy Endrizal, Ph.D., chief quality officer and registered dietitian, says it was hard to get people to show up to the center when it opened.

"When Wahiawā opened in 2017, we had a health fair in the courtyard with bentos and all kinds of food. And no one showed up," she says. After another failed attempt to get the community to come to the center, they decided to take the center to the community.

And that's what they did with Ola, the center's outreach van. "Ola," which means life, health, or well-being in Hawaiian, visits the community to provide health screenings, home visits for homebound patients, and nutrition classes.

"We made it colorful so you'll see it all over the place," she says. "We're in church parking lots and at food distribution days at the different sites."

Endrizal says patients are screened at the van for diabetes and other health conditions. They're also asked about their access to care. "If their problem is transportation, we'll get a cab for them and we'll bring them to the health center."

Wahiawā Health is Hawai'i's newest FQHC, serving Wahiawā, Waialua, Mililani, Kunia, and Central O'ahu. Wahiawā Health provides pediatric, family practice, women's health, behavioral health, gerontology, and nutrition services.

Mālama I Ke Ola Health Center

The needs on Maui are overwhelming. The Mālama I Ke Ola Health Center is in a county that has many pressing issues.

The center sees many patients with chronic conditions such as diabetes and hypertension, substance abuse and its related health problems, high-risk pregnancies, inadequately immunized children, and others with serious recurring conditions and infections.

When Lori Saucedo of Lahaina needed help with her first pregnancy, she turned to Mālama I Ke Ola Health Center for their prenatal classes. Now with three children, Saucedo knows that she can go to one place for all her family's health care needs.

"It's all in that one clinic. They have dentistry and medical offices. They have ob-gyn and pediatric services. It's just one stop for everything."


The center, which also has behavioral health services and a pharmacy, moved from Kahului to a bigger space in Wailuku. The center continues to help people get the care they need outside of an emergency room and will expand to offer more services as the needs of the community grow. 



PHOTO COURTESY MĀLAMA I KE OLA HEALTH CENTER

Lori Saucedo and family



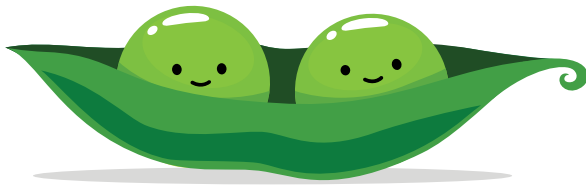
PHOTO COURTESY LORI SAUCEDO



PHOTO COURTESY MĀLAMA I KE OLA HEALTH CENTER

twin talk

words Lynn Shizumura



Nothing starts a conversation like twins. Can they read each other's minds like in *Escape to Witch Mountain*? Can boy-girl twins be identical? Are twins more likely to have twins? Here's what two local doctors say.

If you're a twin, are you more likely to have twins?

Christina Arnett, M.D.: Maybe! There are three main factors that influence the likelihood of having twins: your sex, whether you're an identical twin or fraternal twin, and whether you were conceived with fertility treatment or not. If you're a fraternal twin conceived through fertility treatment, your likelihood of delivering twins is about the same as anyone else. If you're a spontaneously conceived female fraternal twin, your likelihood of delivering twins is about one in 60 pregnancies. Men who are fraternal twins have twins of their own in about one in 125 pregnancies.

Identical twins are no more likely to deliver twins than anyone else. The likelihood of identical twinning is unrelated to family history of twins, age of the parents, geography, height, weight, or race. But if you're an identical twin, you still have a one in 333 chance of having identical twins of your own.

Can twins communicate telepathically?

Simon Chang, M.D.: No. There are anecdotal stories of extrasensory perception (ESP) or a special connection, but there's no evidence to support them. Twins, however, often share a bond that's closer than most siblings.

Can boy-girl twins be identical?

Dr. Arnett and Dr. Chang: No. Identical twins come from one fertilized egg that splits into two. They are the same gender except in extremely rare cases. Fraternal twins come from two separate eggs that are fertilized. They can be either the same or different genders.

Do identical twins always look the same?

Dr. Arnett and Dr. Chang: Identical twins generally look like each other but there may be differences in their appearance due to environmental factors.

partner up

words Michelle Regan


photos Earl Yoshii

Some people work out with a friend, but Mike Chang works out with his whole family. It started after he and his wife had their first child and she wanted to get in shape.

They started working out at home and before they knew it, they weren't alone. Their parents, siblings, friends, and friends-of-friends were all working out in their Kapahulu garage.

"We're only renting this little space, but when we saw what we had, I think the core of it is your relationships," says Chang. "We're all stronger with our family and friends. And I think that's the heart of what we like to do. It's not just a workout but building friendships."

Certified personal trainer Iokepa Bahilot says social connection is a great motivator. "Partner workouts create accountability," he says. "They also break up the monotony of doing the same old routines. They create a spark and give people something new to experience while having fun, torching calories, and improving their fitness."

Bahilot's seen success with his clients and he's not alone. Studies have confirmed that working out with a companion increases the likelihood of showing up, working harder, and hitting goals. So grab a friend and try these five partner exercises. 



Mike Chang (front row, kneeling) and his family and friends in his Kapahulu garage. Photo courtesy of the Chang family.

Squats with high knees

- Partner A holds a squat with arms extended forward while partner B does high knees to touch partner A's hands.
- Repeat for 30 seconds then switch roles.



Pushups with high fives

- Partners face each other in plank position. They do a pushup and at the top, they reach out to high five each other.
- Alternate high-five hands on each pushup.
- To modify, push up from knees.
- Do 15 reps.



Partner-assisted leg raises

- Partner A lies face-up on the floor with partner B standing near the top of their head. Partner A holds partner B's ankles for leverage.
- Partner A raises the legs until the lower back begins to leave the floor.
- Partner B pushes partner A's feet toward the floor. Partner A tries to keep the feet from touching the floor and brings the legs back up for another rep.
- Do 15 reps then switch roles.



Partner hold and twist

- Partner A holds one end of a resistance band close to their chest while partner B holds the other end with arms extended.
- Partner B twists their torso to the left and right.
- Do 15 reps and switch roles.

Be sure to check with your doctor before starting an exercise program.



It all starts here

Read more stories about how relationships make our lives better every day.

islandscene.com/more

1010-123000



What you need to know *about breast reconstruction benefits*

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

This includes:

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

This coverage will be provided in consultation with the patient and the patient's attending physician and will be subject to the same annual deductible, coinsurance, and/or copayment provisions otherwise applicable under the plan.

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

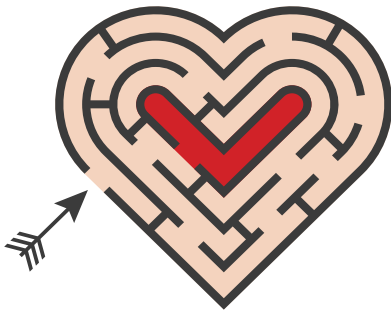
948-6079 on Oahu

1 (800) 776-4672 toll-free on the Neighbor Islands



mahalo, next

words Lisa Maneki Baxa



as if dating and relationships weren't complicated enough. Now, almost every day brings a new dating trend or term. Check these out:

Ghosting: When someone evaporates into thin air with no explanation.

Zombieing: When someone ghosts you and then pops up a few months later, back from the dead and texting you like no time has passed.

Grande-ing: Being grateful and positive at the end of a relationship, even celebrating. Think Ariana Grande and Thank u, next.


Cohabidating: Rushing to move in with someone to relieve financial stress even though you may not be quite ready yet. Can be helpful with Hawai'i's high cost of living, but still not recommended.

Kondo-ing: Cleaning out relationships and getting rid of anyone who doesn't spark joy.

Career-zoned: When someone rejects you romantically but wants to connect professionally. Sometimes difficult to avoid in Hawai'i.

Local style

Is there a term for the guy who only shows up when there's no surf? The co-worker who gets much friendlier during mango season, knowing there's a blue-ribbon Hayden tree in your popo's yard? Or the woman who suddenly has to take her brother/auntie/grandpa to the airport whenever you feel like a movie? Maybe there should be.

With all the dating minefields out there, it's no wonder that so many people choose to hang out with Hulu or embrace JOMO, the joy of missing out. 

health matters

Hawai'i teens are vaping two times more than the national average

That should be a concern for parents as nicotine is as addictive as heroin and cocaine. Here are some stats from the Hawai'i Department of Health:

- 42% of Hawai'i high school students have tried e-cigarettes.
- 27% of Hawai'i middle school students have tried e-cigarettes.

Talk to your teen about vaping. For tips, visit islandscene.com or healthyhawaii.com/tobacco-free/vaping.

Do you pee a little when you sneeze, cough, or laugh?

You're not alone. Pelvic floor muscles, which control the bladder and bowel, can become weak and cause urinary leakage and pain. Pelvic floor disorders can affect men, women, and children.

If you have a bladder or bowel issue, bring it up with your doctor. "Many people won't tell their spouse or their doctors about their pelvic floor problems," says Michelle Pacilio, senior physical therapist and pelvic health specialist at Ohana Sports Medicine on Kaua'i. "But it's not something they have to live with and it can be effectively treated with pelvic physical therapy."



Don't be an accidental drug dealer

According to the state, more people in Hawai'i die of drug poisoning than from traffic accidents.

To promote safe and secure disposal of your medications, including opioids, which can be addictive, drop off unused prescription drugs at a medication drop box. Here's where to find them:

- Police stations in Hāna, Hilo, Kaunakakai, Kīhei, Kona, Lāna'i City, Līhu'e, Puna, and Wailuku.
- State Narcotics Enforcement Division in Honolulu, 3375 Koapaka St., Suite D-100.

You can also check with your local pharmacy.



Smarter ways to use your smartphone

- Your smartphone can do more than you think. From an iPhone, you can scan QR codes without an app or search photos by categories like animals or nature. From an Android, you can set up your phone to take a photo when you say, "cheese" or get instant access to your phone without a passcode when you're at home.
- Everyone knows that texting while driving increases your chances of an accident. But even thinking about texting someone can impair your ability to drive. Keep your eyes on the road and your mind on your driving.
- You can give your phone the Marie Kondo treatment. Go through your apps and delete or uninstall any that you don't use. You can also organize your apps into folders so it's easier to find what you need.





home is where your doctor is

It may be hard to find a doctor who still makes house calls, but thanks to the growing use of technology, in-home doctor visits are making a comeback.

Telemedicine lets consumers use a computer or mobile device to receive health care services without going to a doctor's office. With a secure video or audio connection, patients can contact doctors for consultations, behavioral health appointments to deal with stress and other issues, help with managing a chronic condition, or follow-up visits — all without leaving home.



Gerard Livaudais, M.D.
Vice president of Hawai'i
Health Partners

"Going forward, I expect telemedicine to be the equivalent of what hospitals have been in the past," says Gerard Livaudais, M.D., vice president of Hawai'i Health Partners, an Accountable Care Organization affiliated with Hawai'i Pacific Health. "That may sound a little crazy, but when people think of health care today, they usually think of a hospital. I think that we'll see technology become the first thought. When you think of needing health care, you'll think of tele-something."

Telemedicine reached a milestone in 2016, when the number of hospitals implementing remote patient monitoring capabilities reached more than 50% nationwide. That's according to a survey by the American Hospital Association, which is actively working to break down legislative barriers that are slowing the growth of this technology.

While pregnant with her fourth child, Monique Bolo of Lāna'i (featured in the summer 2019 issue of *Island Scene*) used telemedicine to avoid numerous trips to O'ahu for routine prenatal care. The technology was convenient, affordable, and gave her greater access to specialists, advantages that can help many Neighbor Island residents.

"I can't go to O'ahu all the time and miss school and make arrangements for watching my kids while I'm gone for a whole day," she says. "Telemedicine worked out much better."

words David Frickman

While you can access HMSA's Online Care from your own home, it's also available through kiosks at HMSA neighborhood centers in Kahului and Hilo, the Ka'ū Resource & Distance Learning Center in Pahala, and the Lāna'i Kina'ole Home Health Resource Center in Lāna'i City.



A variety of telemedicine systems are out there and are being used successfully in Hawai'i, such as HMSA's Online Care,[®] which helped nearly 2,500 members last year connect with a medical or behavioral health provider 24/7. For more on HMSA's Online Care, see page 1.

Hawai'i Pacific Health is using a technology called eVisit to help patients have online appointments with their primary care providers (PCPs).


"Patients are using a structured online interaction to connect with their PCP without going to the office," says Livaudais. "Since January, there have been about 264 patients a month using eVisit. So people are finding ways to access their care more and more easily than they were before," which he believes strengthens the patient's relationship with their doctor.

"If it's done the way I think it should be, it should be in the context of a caring, established relationship where telemedicine is an extension of that relationship, not a replacement."

With the explosion of health information available online, technology is also helping patients take control of their own care. But Livaudais says a good doctor-patient relationship is extremely important to combat the amount of misinformation that patients may get from the internet.

"Reconciling that with the physician's attempts to give them the right information can be challenging," he says. "Going forward, I think a good relationship with the PCP could be really useful here, too, because it ensures that there's some filtering of the content that the patient is accessing, so we get rid of a bit of that noise."

Although he's a strong supporter of the expansion of telehealth, Livaudais adds a word of caution.

"I think we run the risk of depersonalizing medicine if we overly rely on technology and lose something in the process," he says, noting that the in-person interaction can't be replaced. "There's a lot that happens in that interaction — a lot of caring and compassion and counseling and a lot of nonverbal stuff." 

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

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Romana F. Villaseñor
Denise Wentzel
Gaku Yamaguchi

Kauai

Robert J. Bryant
Kassie Burton
Elizabeth M. Cole
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Lanai

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Maui

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for your benefit



fall is open enrollment time

It's the time of year when you can adjust your HMSA plan to best fit your needs and budget and non-HMSA members can switch to an HMSA plan for 2020.

When you're comparing HMSA plans to see what changes you may want to make, consider:

- Plan premiums.
- Copayments and/or coinsurance that you pay for health care services.
- The maximum amount you'll pay out of pocket in the plan year.
- Additional benefits, such as vision, hearing, or dental.

(Did you know that HMSA offers dental plans if you don't have coverage? Learn more at hmsadental.com.)

If you don't need to make changes, most plans will simply auto-renew, so you don't have to do anything.

To learn more about your health plan options, attend open enrollment sessions if your company offers them, talk to someone in your Human Resources department, find co-workers or friends or family you trust, or contact HMSA for help.

You can call HMSA at 948-6079 on Oahu or 1 (800) 776-4672 toll-free on the Neighbor Islands, Monday through Friday, 8 a.m. to 5 p.m. You can also visit an HMSA Center or office to talk to our staff or go to hmsa.com to compare plans and to find the one that's right for you and your family.

mark your calendar

Fall open enrollment dates vary by plan, so check with your Human Resources department or with HMSA. Upcoming open enrollment dates for major plans include:

EUTF retirees:

Oct. 14–Nov. 1

Federal Plan 87 and Federal Employee Program®:

Nov. 11–Dec. 9

Individual plans:

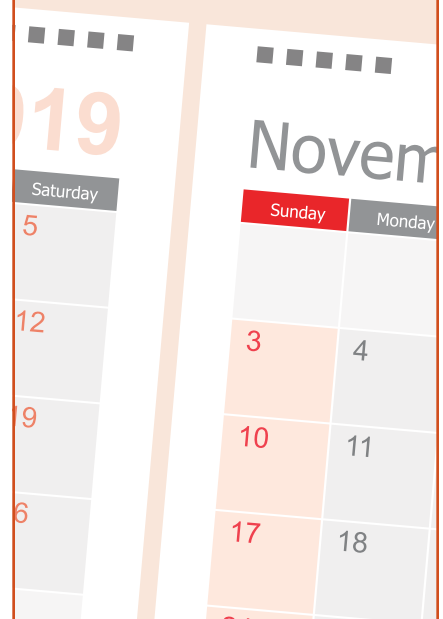
Nov. 1–Dec. 15

Medicare Advantage:

Oct. 15–Dec. 7

QUEST Integration:

Oct. 1–31



keeping tabs on your kidneys

Do you know exactly how healthy your kidneys are? Now there's a way to find out.

Earlier this year, Diagnostic Laboratory Services and Clinical Labs of Hawaii upgraded the way they measure kidney health. This new measurement gives you a better assessment of how your kidneys are faring as you age and if you need to make any lifestyle changes.

This is important because kidney disease usually doesn't make

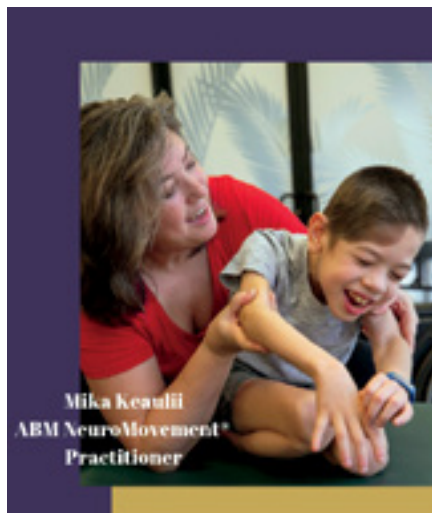


people feel sick until the problem is serious and irreversible. In the U.S., 26 million adults have chronic kidney disease and millions more are at

increased risk. Chronic kidney disease is a risk factor for cardiovascular disease, which can lead to heart attack or stroke.

Want to know more? Talk to your primary care provider and see if you should be tested for chronic kidney disease. Aloha Kidney offers free classes on all things kidney. Ask your doctor if classes are appropriate for you. For class topics, schedule, and registration form, go to alohakidney.com. Or call 585-8404 on O'ahu.

HMSA365: Mika Keaulii, LLC



If you have a child struggling with attention issues or are looking to improve your own focus on the job, check out the Anat Baniel Method (ABM) Neuromovement.

Practitioner Mika Keaulii teaches specific body movements that anyone can use to stimulate the brain, improving how it functions and its effect on what we do, think, and feel. Keaulii uses ABM to help children with cerebral palsy, autism, or other neurological disorders, as well as older adults recovering from a stroke or experiencing chronic pain.

HMSA members receive \$100 off the \$600 children's intensive package (10 sessions over 10 days) or \$5 off \$25 Mindful Movement lessons for adults. Call 721-1773 on O'ahu or go to sandbox-hawaii.com for more information.

As an HMSA member, you can save money on health and well-being products and services statewide. To get your discount, just show your HMSA membership card at participating businesses. There's no paperwork to do or claims to file. Check out these discounts:

- IMUA Orthopedics Sports & Health: Get 20% off programs for healthy eating, weight management, stress management, lifestyle healthy coaching, or whole-food detox.
- Body and Brain: Three locations offering a free yoga, core strengthening, or energy movement class, as well as 20% off membership.

Go to hmsa.com/well-being/hmsa365 to browse by island or categories. Or call 1 (855) 329-5461 toll-free

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aloha. hello. konnichiwa. ni hao. ola. anyoung. kumusta.

At HMSA, we believe that getting great care should be easy.

That's why we provide resources like language, translation, and text relay services. Our members are our neighbors and 'ohana and we don't discriminate when it comes to your care. Call us with questions, requests, and complaints. We're here to help.

Federal law requires HMSA to provide you with this notice.

HMSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. HMSA does not exclude people or treat them differently because of things like race, color, national origin, age, disability, or sex.

Services that HMSA provides

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

- Qualified sign language interpreters
- 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
- If you need these services, please call 1 (800) 776-4672 toll-free; TTY 711

How to file a discrimination-related grievance or complaint

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

against you in some way, you can file a grievance in any of the following ways:

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

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

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

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

Hawaiian: E NĀNĀ MAI: Inā ho'opuka 'oe i ka 'Ōlelo Hawai'i, loa'a ke kōkua manuahi iā 'oe. E kelepona iā 1 (800) 776-4672. TTY 711.

Bisaya: ATENSYON: Kung nagsulti ka og Cebuano, aduna kay magamit nga mga serbisyo sa tabang sa lengguwahe, nga walay bayad. Tawag sa 1 (800) 776-4672 nga walay toll. TTY 711.

Chinese: 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1 (800) 776-4672。TTY 711。

Ilocano: PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 1 (800) 776-4672 toll-free. TTY 711.

Japanese: 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1 (800) 776-4672 をご利用ください。TTY 711。まで、お電話にてご連絡ください。

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.

1 (800) 776-4672번으로 연락해 주시기 바랍니다. TTY 711 번으로 전화해 주십시오.

Laotian: ກະລຸນາສັງເກດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ການຊ່ວຍເຫຼືອດ້ານພາສາ, ບໍ່ມີຄ່າໃຊ້ຈ່າຍ, ດ້ວຍການສົ່ງເສີມ. ໂທ 1 (800) 776-4672 ຟຣີ. TTY 711.

Marshallese: LALE: Ñe kwōj kōnono Kajin Majōl, kwomaroñ bōk jerbal in jipañ ilo kajin ñe am ejjelok wōñāñ. Kaalok 1 (800) 776-4672 tollfree, enaj ejjelok wonaan. TTY 711.

Pohnpeian: Ma ke kin lokaian Pohnpei, ke kak ale sawas in sohte pweine. Kahlida nempe wet 1 (800) 776-4672. Me sohte kak rong call TTY 711.

Samoan: MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auunaga fesoasoan, e fai fua e leai se tologi, mo oe, Telefoni mai: 1 (800) 776-4672 e leai se tologi o lenei 'au'unaga. TTY 711.

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Tongan: FAKATOKANGA'I: Kapau 'oku ke Lea-Fakatonga, ko e kau tokoni fakatonu lea 'oku nau fai atu ha tokoni ta'etotongi, pea teke lava 'o ma'u ia. Telefoni mai 1 (800) 776-4672. TTY 711.

Trukese: MEI AUCHEA: Ika iei foosun fonuomw: Foosun Chuuk, iwe en mei tongeni omw kopwe angei aninisin chiakku, ese kamo. Kori 1 (800) 776-4672, ese kamo. TTY 711.

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1 (800) 776-4672. TTY 711.




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H7317_4002_1010_122758_M

**Choose a day,
time, and location.**

OAHU

Central Oahu

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

10 a.m.–Noon

Tuesday, Oct. 8
Tuesday, Oct. 22
Saturday, Oct. 26
Tuesday, Nov. 5
Saturday, Nov. 9
Thursday, Nov. 14
Tuesday, Nov. 19

3–5 p.m.

Tuesday, Oct. 15
Tuesday, Oct. 29
Tuesday, Nov. 12
Tuesday, Nov. 26
Tuesday, Dec. 3

Ruby Tuesday Mililani
95-1249 Meheula Parkway
10:30 a.m.–12:30 p.m.

Saturday, Oct. 19
Friday, Nov. 1
Wednesday, Nov. 13
Monday, Nov. 25

Honolulu

HMSA Center @ Honolulu
818 Keeaumoku St.,
Koa Room

10 a.m.–Noon

Saturday, Oct. 5
Friday, Oct. 11
Saturday, Oct. 19
Monday, Oct. 28
Thursday, Oct. 31
Saturday, Nov. 2
Monday, Nov. 4
Friday, Nov. 15
Saturday, Nov. 16
Monday, Nov. 25
Saturday, Dec. 7

3–5 p.m.

Wednesday, Oct. 9
Wednesday, Oct. 23
Wednesday, Nov. 6
Wednesday, Nov. 20
Wednesday, Dec. 4

**St. Louis Alumni
Clubhouse**

925 Isenberg St.

10 a.m.–Noon

Tuesday, Oct. 22

**Happy Day Chinese
Seafood Restaurant**

3553 Waiialae Ave.

10:30 a.m.–12:30 p.m.

Wednesday, Oct. 30
Monday, Nov. 18

Liliha Library

1515 Liliha St.

10:30 a.m.–12:30 p.m.

Friday, Nov. 29

Maple Garden Restaurant
909 Isenberg St.

10:30 a.m.–12:30 p.m.

Wednesday, Nov. 6
Tuesday, Dec. 3

Windward Oahu

**Denny's Restaurant
Kaneohe**

45-480 Kaneohe Bay Drive

10 a.m.–Noon

Thursday, Nov. 7

East Oahu

Aina Haina Public Library
5246 Kalanianaʻole Highway

10 a.m.–Noon

Saturday, Nov. 23

Hawaii Kai Public Library
249 Lunalilo Home Road

10 a.m.–Noon

Tuesday, Oct. 29

BIG ISLAND

Hilo

HMSA Center @ Hilo
303A E. Makaala St.

10 a.m.–Noon

Saturday, Oct. 19
Friday, Nov. 1
Saturday, Nov. 9
Tuesday, Nov. 19
Saturday, Dec. 7

YMCA

300 W. Lanikaula St.

3–5 p.m. and 5–7 p.m.

Monday, Oct. 28

Kailua-Kona

Kailua-Kona Office

75-1029 Henry St., Suite 301

1 p.m.–3 p.m.

Monday, Oct. 14
Monday, Oct. 28
Thursday, Nov. 14
Monday, Nov. 25

Suite Possibilities

75-5915 Walua Road

10 a.m.–Noon

1–3 p.m.

3–5 p.m.

Thursday, Nov. 7

Laupahoehoe

**Laupahoehoe Public
Library**

35-2065 Mamalahoa
Highway

1–3 p.m. and 3–5 p.m.

Tuesday, Oct. 22

Honokaa

**North Hawaii Education
and Research Center**

45-359 Plumeria St.

10 a.m.–Noon

Thursday, Oct. 17
Thursday, Nov. 14

1–3 p.m.

Thursday, Oct. 17
Thursday, Nov. 14

KAUAI

HMSA Kauai Office
4366 Kukui Grove St.,
Suite 103

10 a.m.–Noon

Wednesday, Oct. 16
Tuesday, Oct. 29
Tuesday, Nov. 12
Tuesday, Nov. 26

MAUI

HMSA Center @ Kahului
70 Hookele St., Suite 1220

10 a.m.–Noon

Monday, Oct. 21
Saturday, Oct. 26
Wednesday, Oct. 30
Wednesday, Nov. 13
Saturday, Nov. 23
Friday, Dec. 6

3–5 p.m.

Friday, Oct. 11
Friday, Nov. 8

LANAI

Lanai Senior Center
309 7th St.

4–6 p.m.

Monday, Nov. 4

MOLOKAI

**Molokai Community
Health Center**
30 Oki Place

10 a.m.–Noon

Saturday, Nov. 16

More workshop dates at hmsa.com/maworkshops



be happy,
diversify

words Courtney Takabayashi

Thanks to pop culture and an endless stream of movies, love songs, and even greeting cards, we've been conditioned to expect that finding "the one" means finding a single partner who fulfills all of our needs.

Whether we call this person our soulmate, OTP (one true pairing), or the macaroni and cheese, expecting a single person to be a one stop shop for our physical, emotional, and intellectual needs is unrealistic. Instead, consider a few tips on how to diversify your relationships.



You're #1

Steve and Deanna Nagasaka of Ho'o-kupu Counseling Services have been married for almost 25 years. They also work together and give their clients a first-hand look at what a healthy relationship looks like.

One of the most important skills they teach is developing a deeper relationship with oneself. "When we accept ourselves," Steve says, "we learn how to love, accept, and validate others."

Your significant other isn't there to complete you since you're already a whole, independent, and fully realized person. They're in your life because they complement or enhance your life.

Individual interests

It's OK if your significant other loves reading, but you're more into sports. It's fine to do things just because they make your partner happy, but it's probably a better idea to save your time together for things you both enjoy.

The Nagasakas believe it's important to identify what makes you happy. Then, it's easier to determine what you enjoy doing by yourself, what activities you want to share with your significant other, and what you'll have more fun doing with your friends.

The Gift of Friendship

Did you know that good friends are actually good for your health and well-being? According to the Mayo Clinic, "Adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure, and an unhealthy body mass index."

"When we accept ourselves, we learn how to love, accept, and validate others."

: Steve Nagasaka



Join others in activities that make you feel good — both physically and emotionally — like a group fitness class, sports team, or meditation group.


For many of us, making friends was easier when we were younger. We had more time to hang out with classmates, play with neighbors, and bond with teammates or friends from extracurricular activities. As we get older, there are fewer opportunities to make friends.

Here are some tips from the Nagasakas for building your social circle:

Be strategic: Make a list of potential friends. These can be people you like at work, in your neighborhood, maybe even on social media. Working off your list, try to determine what kind of need you and this person can fulfill for each other. Once you have your list, contact the person and see if they want to meet for coffee or tea. If you hit it off, you can continue to deepen the friendship.

Feel good: Join others in activities that make you feel good — both physically and emotionally — like a group fitness class, sports team, or meditation group. It builds friendships as well as personal interests and can enhance your well-being.

Expand your mind: Is there something you always wanted to learn? You can meet new people and satisfy your thirst for knowledge by looking into community or college-based classes.

In the end, you're responsible for your happiness. Counting on one person too much could lead to stress and frustration. Also, you probably don't want to have the pressure of being everything to your significant other so it's a good idea for the both of you to expand your friendships based on needs. 

CONGRATULATIONS TO THE 2019 KAIMANA SCHOOL AWARD WINNERS

The HMSA Kaimana Awards & Scholarship Program recognizes and awards high schools for achievements in academics, athletics, community service, healthy activities, and sportsmanship.

**Big Island Interscholastic
Federation**

Small School
PARKER SCHOOL

Large School
KOHALA HIGH SCHOOL

**Maui Interscholastic
League**

Small School
MAUI PREPARATORY ACADEMY

Large School
KAMEHAMEHA SCHOOLS MAUI

**Interscholastic League
of Honolulu**

Small School
LE JARDIN ACADEMY

Large School
HAWAII BAPTIST ACADEMY

**Oahu Interscholastic
Association**

Small School
KALAHEO HIGH SCHOOL

Large School
RADFORD HIGH SCHOOL

**Kauai Interscholastic
Federation**

KAPAA HIGH SCHOOL



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

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

hmsa.com/kaimana



Stay healthy this flu season

Spend your holidays with the people you love instead of being sick with the flu.

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



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1010-122760



for love and money



Steven Katz is a licensed marriage and family therapist in Kailua. He specializes in helping clients improve their relationships.

How do I talk to my partner about money?

In the honeymoon phase of a relationship, everything your loved one does is wonderful, charming, brilliant, and hilarious. As a result, it can be hard to tell a new partner the details of your finances. But those positive feelings are what make the beginning the perfect time to talk.

No matter the stage of your relationship, pay attention to how you talk with your partner. Beware of Drs. John and Julie Gottman's Four Horsemen of the Apocalypse communication styles: contempt, defensiveness, stonewalling, and criticism. When we criticize a partner using "always" or "never" statements, we lay the groundwork for a defensive reaction and stonewalling. Watch your body language, too. Actions like eye rolling tell others that their concerns aren't worth your respect and consideration.

If your conversation escalates, it's important to remember that money is often a stand-in for our hopes and dreams, feelings of success or failure, and feelings of security or anxiety. This relationship to money begins in childhood and can be difficult to change. Find solutions that work for you both to de-escalate the situation.

How can my partner and I make decisions about housing?

In Hawai'i, and especially in Honolulu, we live in one of the most expensive housing markets in the country. This forces us to focus on individual priorities. Which comes first: family vacations or buying a house? Living in a community with great schools or living near family? Being in a big house or being in the best job market?

There aren't right or wrong answers to these questions. The difference between couples who manage to happily navigate these dilemmas and those who don't depends on how they talk to each other, how they reach a decision, and the way they treat each other.

Money isn't just money and a house isn't just a place to live. Many times, people are trying to make the other person understand their point of view and don't spend enough time and effort listening and empathizing. Putting yourself in your partner's shoes is difficult but essential to gain insight and empathy.

Discussions about where and how to live are difficult because they're so primary to our very existence. In fact, they're seldom settled once and for all. It's important to act with respect, compassion, and gratitude toward your partner in these discussions. No matter what's decided, it's more likely that your union will hold.

Whether you're just starting out or approaching retirement, both partners need to spend the time it takes to listen to one another and find the deep feelings behind each other's preferences. Meet each other's need to feel heard, to feel important to one another, and to feel deeply loved. These needs are always present and when they're met, problems can be solved. You'll be more likely to live in a place of love and mutual respect. **IS**



note to kids: we're with you

words Keely Ann Kalama-Lakey

art Garry Ono

The tween and teen years can be rough on kids and parents. An adolescent's developing identity and independence don't always fit with a parent's sense of control and values. Experts say that a safe environment is critical for a child's well-being. And emotional safety can make the difference between a healthy transition to adulthood and teenage self-destruction.

Parents need to be ready and willing to talk about any issue that adolescents might face. Sexuality, for example, has always been an aspect of an adolescent's new world. Over time, parents have learned that open discussions about sexual behavior can make a positive difference in their child's choices.

"Parents should feel good when kids talk with them about things that may make them feel awkward. Who else would they talk to about these issues?" says Pia Francisco-Natanauan, M.D., adolescent and young adult medicine specialist at Hawai'i Pacific Health. "Kids want to hear from their parents."

If they're not accepted at home, teens are more likely to suffer from depression and anxiety, run away from home, become a bully or victim of bullying, abuse drugs and alcohol, or fall victim to sex trafficking. Francisco-Natanauan says, "Always have an open line of communication with kids no matter what age they are. It doesn't need to be limited to talking. It can be texting or using resources like books for sex education."

While sexual orientation and gender identity have always been part of the human experience, increased understanding and growing acceptance have helped adolescents be more open. Francisco-Natanauan explains, "In the medical field, evidence supports empowering an individual's gender identity as opposed to calling it a disease or condition as was the case many decades ago. That's a change in a very good way."

When children talk about their identity, Francisco-Natanauan says emotional safety and support is the top priority. She adds, "You can say 'However you see yourself, I'm with you all the way.'" Extended family members can help by creating a safe environment and not voicing hurtful opinions.



"Always have an open line of communication with kids, no matter what age they are."

: Dr. Pia Francisco-Natanauan, M.D.

Teens and experienced parents suggest building a strong connection by talking story every day and having fun together. Parents and experts agree that letting children know they can tell you anything, without judgment, will help them feel comfortable talking about sensitive issues. To allow openness, one teen recommends, "Let us talk and don't just get mad." Another

adds, "Keep our secrets if we ask you to, as long as it's not a safety issue." **IS**

For more information, parent resources are available on the American Academy of Pediatrics website at aap.org.

keiki corner

Your 'ohana

Do you know the Hawaiian words for these family members? If not, read the hints for a little help.

- 1 **makuahine**: This is your "ma" or "mum."
- 2 **'anakē**: Your mom's or dad's sister.
- 3 **kaikua'ana**: If your parents had a son who's older than you, he'd be this to you.
- 4 **hoahānau**: The child of your auntie and uncle.
- 5 **kaikamahine**: A female child.
- 6 **makua kāne**: You'd also call this person "dad" or "papa."
- 7 **keiki kāne**: The male child.
- 8 **kupuna kāne**: Your mom or dad's father.
- 9 **kupuna wahine**: Your parent's mother.
- 10 **'anakala**: Your mom's or dad's brother.

Bonus

hoaloha: This person might not be blood related but is still important. You might call them your bestie and can count on them to cheer you up when you're sad or make you laugh.

friendship word search

There are lots of ways to be a good friend. Find the positive traits you look for in a friend.

brave
caring
dependable
funny
good listener

helpful
honest
loyal
nice
respectful

sincere
supportive
thoughtful
trustworthy
understanding

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

1. mother, 2. auntie, 3. brother, 4. cousin, 5. daughter, 6. father, 7. son, 8. grandfather, 9. grandmother, 10. uncle. Bonus: friend.

hawai'i board game

Grab a pair of dice and a friend and make your way around the board below. Each player should have a token or marker to represent their place on the board. You can use different coins, buttons, or anything you have around the house.

If you don't have dice, you can write the numbers one through six on strips of paper and randomly choose numbers out of a hat or container. The first person to make it to the beach wins!



GARRY ONO



indulge in the season

Eating well during the festive holiday season is a challenge for most of us. Who can resist an extra helping of Dad's puffy and delicate shrimp tempura that he makes just once a year?

So we asked our friends at Blue Zones Project® for some wholesome options to add to our holiday fare. Here are three time-saving, plant-based recipes that will make the healthy choice the easy choice for you, your family, and your friends.

Browse for more Blue Zones Project recipes at bluezones.com/recipes. 

Quinoa and Cranberry Stuffed Acorn Squash

- 2 acorn squash
- 1 cup uncooked quinoa
- 2 cups water
- 1 tsp. salt, divided
- 1 Tbsp. olive oil
- ½ cup chopped green onion
- 2 celery stalks, chopped
- ½ cup dried cranberries
- ½ tsp. dried sage
- ⅓ cup pumpkin seeds
- ½ cup fresh orange juice
- ¼ tsp. pepper
- ¼ cup chopped dried apricots

Preheat oven to 350 degrees. Cut squash in half lengthwise. Place cut-side down on a rimmed baking sheet lined with parchment paper. Bake until tender, 30 to 40 minutes. Transfer cut-side up to serving platter.

Meanwhile, rinse quinoa in a fine mesh sieve until water runs clear. Drain and transfer to a medium saucepan. Add water and ¼ teaspoon of the salt and bring to a boil. Cover, reduce heat to medium-low, and simmer until water is absorbed, 15 to 20 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork.

Heat oil in a large nonstick skillet over medium heat. Sauté green onion and celery until tender, about 3 minutes. Add cranberries, sage, cooked quinoa, pumpkin seeds, orange juice, remaining ¾ teaspoon salt, and pepper. Stir constantly until mixture is heated through, about 2 minutes.

Fill acorn squash halves with quinoa mixture. Garnish with dried apricots. Makes 8 servings.

Per serving: Calories 190, protein 5 g, carbohydrates 36 g, total fat 3 g, saturated fat 1 g, sodium 310 mg, fiber 5 g, total sugar 8 g

words Marlene Nakamoto

photos Lew Harrington

food styling Cedric Fujita

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Avocado Key Lime Pie

Crust

1 cup raw almonds
¾ cup pitted dates
⅛ tsp. sea salt
1 tsp. water
Cooking spray

Filling

2 avocados
½ cup maple syrup or honey
⅓ cup fresh Key lime or
regular lime juice
½ cup melted coconut oil
1 tsp. vanilla extract
⅛ tsp. sea salt
Lime zest for garnish

To make crust, grind almonds in food processor until they're the consistency of coarsely ground coffee. Add dates and salt and process until mixture holds its form when pinched together. If necessary, add water and pulse to blend. Press firmly into a 9-inch pie plate prepared with cooking spray. Set aside.

Place avocado flesh, maple syrup, lime juice, coconut oil, vanilla extract, and salt in blender. Blend on high 30 to 60 seconds until smooth. Pour into crust. Cover with plastic wrap and freeze 1 hour. Transfer to refrigerator and allow to set for 3 hours or overnight. Makes 8 servings.

Per serving: Calories 380, protein 5 g, carbohydrates 34 g, total fat 28 g, saturated fat 13 g, sodium 80 mg, fiber 6 g, total sugar 25 g



Creamy Golden Gravy

14 ½ oz. can low-sodium vegetable broth

¼ cup water

3 Tbsp. reduced-sodium shoyu

2 Tbsp. tahini

¼ cup brown rice flour

Freshly ground black pepper

Dash of hot chili sauce (optional)

In a medium saucepan, combine broth, water, shoyu, and tahini. Whisk in brown rice flour and bring to a boil, stirring constantly until mixture is thick and smooth. Season with pepper and hot sauce, if desired. Serve immediately or cool and refrigerate*. Makes about 2 cups.

* Gravy will thicken slightly. To reheat, place in a small saucepan and add a tablespoon of water. Whisk to combine and heat over low heat until hot, stirring occasionally.

Per serving (1/4 cup): Calories 50, protein 1 g, carbohydrates 5 g, total fat 2 g, sodium 250 mg, total sugar 1 g



For recipe videos, visit
islandscene.com.



Hele mai Akamai Living Senior Fair

The popular Akamai Living Senior Fair is returning to the Big Island this fall. Kupuna can find helpful information from more than 30 vendors and have a day full of family, food, and fun! **Free admission.**

Enjoy good health and well-being with:

- Flu shots.
- Health screenings.
- Cooking demonstrations.
- Community resources.
- Cholesterol testing.
- Door prizes.
- And more!

For flu shots and cholesterol testing:

- You must be 18 years or older to get a flu shot.
- If you'd like to test your cholesterol, please fast nine to 12 hours. It's OK to drink water.
- Most insurance plans accepted including HMSA plans and Medicare Part B and Part D.
- Current insurance cards and state photo ID are required.

Questions? Call the Kamana Senior Center at 961-8710 on the Big Island.

HMSA is proud to partner with the County of Hawai'i's Parks & Recreations and Elderly Recreation Services as a sponsor for the third consecutive year.

Hilo

Friday, Oct. 18

9:30 a.m.–12:30 p.m.

Edith Kanaka'ole Stadium

Kailua-Kona

Friday, Nov. 22

9:30 a.m.–12:30 p.m.

Old Kona Airport State Recreation Area



CLINICAL LABS
OF HAWAII



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label language

That splashy, colorful label on the front of a blueberry muffin box is meant to entice you to buy it. While the Food and Drug Administration (FDA) regulates what's on those labels, consumers often make the wrong assumptions about certain words.

Certified Nutrition Specialist Joannie Dobbs says to watch for front-label terms like these:

made with real blueberries

Real blueberries are better than blueberry flavor, so check to see that blueberries aren't at the end of the ingredients list.

natural

Everyone seems to have their own concept of what's "natural" and that includes manufacturers. FDA's long-standing food label policy on natural is "nothing artificial or synthetic."

organic

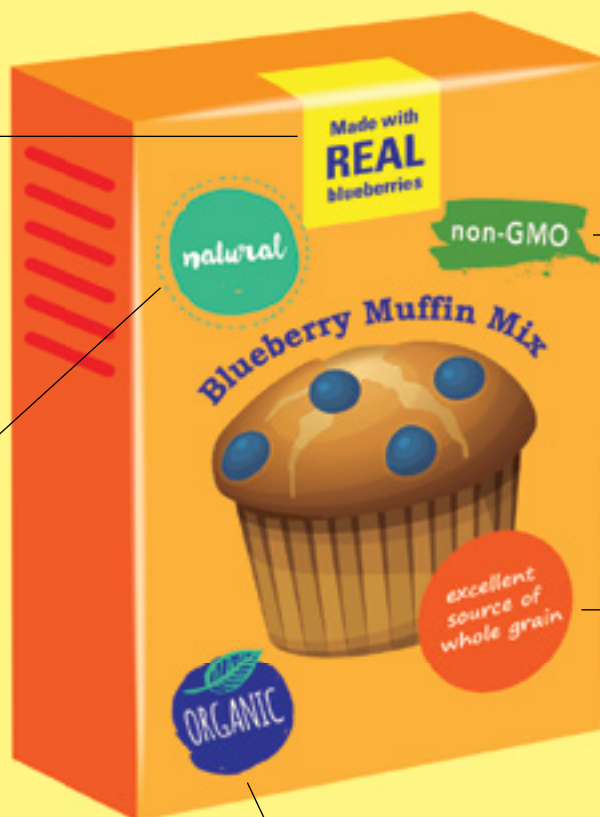
Organic foods are grown or processed without synthetic pesticides or fertilizers or are raised without antibiotics or hormones. The labeling term "organic" is about farming, not about healthier nutrients.

non-GMO

To receive a valid non-GMO label, a product must be certified as containing less than 1% genetically modified ingredients. In today's world, totally GMO-free isn't realistic.

excellent source of whole grain

Check the ingredients list to see which whole grains are in this box. If the Nutrition Facts says there's 20% fiber per serving, then this would be an excellent source of fiber.





fun, sweet holiday treats

Five out of five elves on the shelf agree – the best holiday gifts are the ones you can eat. All kidding aside, edible gifts are unique and they're fun to make with keiki.

Don't let our lack of snow affect your holiday creativity. Take ordinary ingredients from the cupboard and transform them into a whimsical winter wonderland. After all, it's all about presentation. Have the kids name them and ask how they want to give them to family and friends.

Need some ideas? Here are a few to get you started. Let it snowball from there. [15](#)



Snowy Pretzels

- ¼ cup butter
- 1½ cup pretzels
- ½ tsp. garlic powder
- ½ cup grated Parmesan cheese

Preheat oven to 300 degrees. Place butter in a small bowl and microwave 30 seconds or until melted. Put all other ingredients in sealable storage bag and toss until evenly coated. Spread pretzels on a rimmed baking sheet and bake 15 minutes. Remove from oven and toss. Bake 15 minutes more. Remove from oven and cool.

Optional: Add a little more Parmesan cheese at the end to look like snow.

Per serving (about 1/4 cup): Calories 190, protein 4 g, carbohydrates 4 g, total fat 7 g, saturated fat 3 g, cholesterol 20 mg, sodium 610 mg, fiber 1 g, total sugar 1 g



words Fernando Pacheco
photos Lew Harrington
food styling Marjie Beaton

Reindeer Mix

- ¼ cup light brown sugar
- ¼ cup honey
- 2 Tbsp. vegetable oil
- ¼ tsp. cinnamon
- ⅛ tsp. salt
- 2 cups old-fashioned oats

Preheat oven to 250 degrees. Combine sugar, honey, oil, cinnamon, and salt in a small saucepan over medium heat. Cook until sugar is dissolved. Add oats and stir to combine. Spread on a rimmed baking sheet. Bake 1 hour, stirring every 15 minutes. Remove from oven and cool.

Per serving (1/3 cup): Calories 230, protein 5 g, carbohydrates 39 g, total fat 7 g, saturated fat 1 g, sodium 50 mg, fiber 3 g, total sugar 18 g





Elf Buttons

2 cups mini pretzels
10 oz. bite-sized chocolates
3 oz. red and green candy-coated chocolates

Preheat oven to 200 degrees. Spread pretzels in a single layer on a rimmed baking sheet and top each with a bite-sized chocolate. Bake about 2 minutes. Remove from oven and immediately press a candy-coated chocolate onto each bite-sized chocolate. Makes 5 dozen.

Per piece: Calories 40, protein 1 g, carbohydrates 5 g, total fat 2 g, saturated fat 1 g, cholesterol 1 mg, sodium 20 mg, total sugar 4 g



For recipe videos, visit
islandscene.com.





#myislandscene



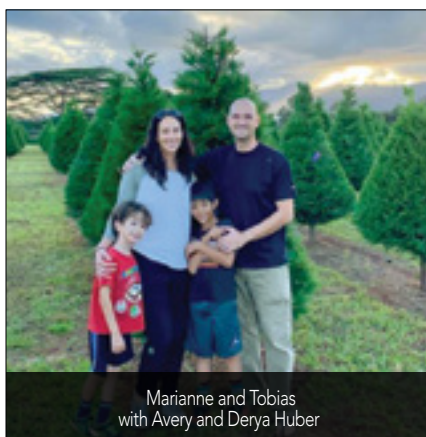
Sometimes change isn't good. Annual traditions with family and friends make the holidays special. Mahalo for sharing your favorite holiday traditions with us.

Want to share your HI Notes with us? Post your photos on Instagram or Facebook using the hashtag #myislandscene for a chance to be featured in *Island Scene*.

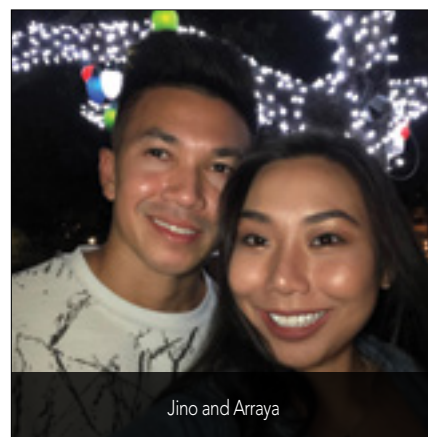
Find us at  askhmsa or  myhmsa.



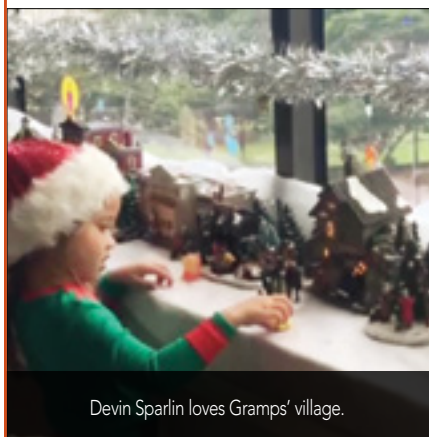
Makanamaikalani Montallana,
Makalapuaulumahiehe Kahunanui, Maile Montallana,
Marilyn Montallana, Jeremy Crafton



Marianne and Tobias
with Avery and Derya Huber



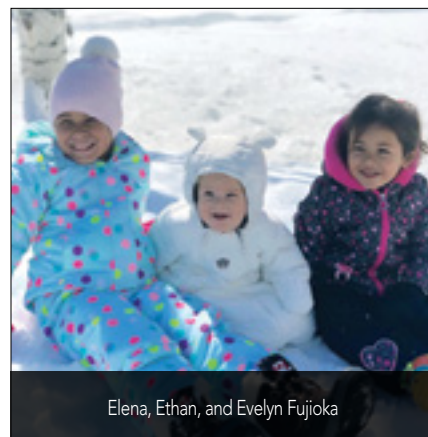
Jino and Arraya



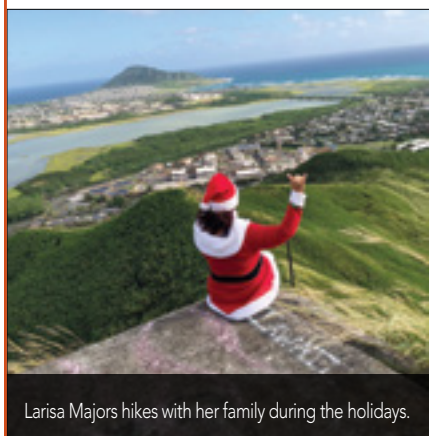
Devin Sparlin loves Gramps' village.



Micah Robbins, Jacob and Alyssa Mizushima,
and Kima Armstrong



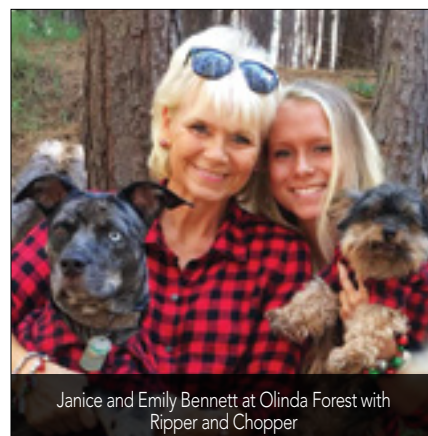
Elena, Ethan, and Evelyn Fujioka



Larisa Majors hikes with her family during the holidays.



Amanda, Sami, Joey, and Dayton Quartero
enjoy the season with Santa.



Janice and Emily Bennett at Olinda Forest with
Ripper and Chopper



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