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COURTESY LĒAHI SWIM SCHOOL

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COVER: Maui food blogger and nurse practitioner, Relle Lum, inspires people to cook. Story on page 34.
Photo by Kristy Copperfield.

aloha members,



The world is changing faster than ever before.

Many people have swapped trying pants on in the store for getting them delivered by Amazon instead. They stream movies and shows on Netflix, rather than going out for a night at the theater. Information and news arrive on their smartphones, not via a printed newspaper. And some of the very adventurous might even try to meet new people (or at least their avatars) in a metaverse virtual lounge rather than heading to the bar down the street for a drink.

People want worldwide experiences, but they want them affordable, convenient, accessible, and personalized.

What people want and eventually will expect from health care is really not any different. However, pure technology and digital advances can't be the only answer in health care because at the end of day, when someone's health is on the line, they want and need human judgment, human insight, and human interaction. But technology and digital advances have to be part of the answer, because the megaforges that are affecting health care are the same ones that are affecting the rest of the world: affordability, consumerism, workforce shifts, and equitable access.

To meet these challenges, technological and digital advances will have to supplement, enhance, facilitate, amplify, and diversify the way our traditional delivery system provides care. In this issue, we look at the potential role of artificial intelligence in the delivery of care (page 16) and the use of social media as an engagement tool for health education (page 24).

As the world grows and evolves, it's our responsibility to grow and evolve with you. Know that we're up for the challenge for you and your family.

Sincerely,

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

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



Our hearts are with Maui

Please continue to give if you can:

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hawaiiancouncil.org
- Maui Strong Fund, Hawai'i Community Foundation
hawaiicommunityfoundation.org
- Maui United Way – Maui Fire Disaster Relief
mauiunitedway.org



dear friends,

I'd be the first to admit that I can be old school. But one thing I've learned in this job is to manage and lead change. I used to cling to the old ways, then got to a place where I was OK with change, but it took me a beat. And now, we just pivot when needed and run. Fast.

Still, sometimes it's hard to let go. I find myself in that space as we say aloha to our *Island Scene* copy editor and food editor, Marlene Nakamoto, who is retiring in January. I've been lucky to count Marlene as a co-worker and friend for the 31-plus years she's worked at HMSA. She's worn many hats over the years for *Island Scene*, islandscene.com, and HMSA's Communications department.

One of the best parts of being on the *Island Scene* team is taste testing her recipes. But we quickly learned to watch out for her April Fool's Day brownies, an annual practical joke that contrasted with her dry humor.

When she first let her co-workers know about her plans to retire, many



Marlene with Fergie (left) and Lady.

of us were quite befuddled. We understood that she had more than earned this time to enjoy her retirement but realized the immense challenge in finding the right people to take on her *Island Scene* and HMSA responsibilities.

So, it's time to raise a french fry to you, Marlene, and thank you for your years of hard work, your eagle eyes and attention to detail, your food and nutrition knowledge, and for your friendship. We send our love and best wishes to you and Gary and Rachel.

Love,

A handwritten signature in black ink that reads "Lisa".

Lisa Maneki Baxa
Publisher and Editor

around the 808

kaua'i

Showing resilience

Growing pains are a reality for many young people. Social and economic stresses can be found at home and school. But no matter how hard life can get, having one caring adult in a young person's life can make all the difference.

The Kaua'i Resilience Project provides opportunities to lift young people toward a brighter, healthier future. The nonprofit organization offers programs and resources to engage youth in and out of the classroom and help them connect with their community. Programs match students with mentors and organizations, such as sports teams and church groups.

The project was created following a 2018 study that showed the prevalence of depression and suicidal thoughts among Kaua'i's youth. The rise in mental health issues resulting from the COVID-19 pandemic made the project's work even more important to ensure students don't feel lost and hopeless.



Recent events included a Back to School Bash school supply giveaway at Kukui Grove Center and a free youth concert at Kilohana Plantation featuring local musicians, a hālau hula, and taiko drummers.

Want to help young people become more resilient? Listen to them, do meaningful activities with them, and include them in your life.

To learn more or to volunteer, go to kauaiskidsareyourkids.org, visit the Kaua'i Resilience Project on Facebook, or call (808) 632-2005.

maui, moloka'i, and lāna'i

Here with you

Not sure what your health plan will pay for? Need an HMSA membership card? Can't get in touch with your doctor? Have questions about prescription medications? Would you like someone to talk to?

The team at the HMSA Center in Kahului is here with you.

Since they opened in 2019 in the Puunene Shopping Center on Ho'okele Street, they've welcomed many residents seeking help and information. The staff has extended their care and concern to survivors of the wildfires, volunteering at shelters and at other areas of service and support.



From left, Kim Hera, Kristin Kepani, and Nita Lau

The center is open Monday through Friday, 9 a.m.-6 p.m., and Saturday, 9 a.m.-2 p.m.

big island

A backyard revolution

Kahua Pa'a Mua in Kohala is more than just a farm. The nonprofit's executive director, David Fuertes, and his wife, Carol, are leading a backyard revolution. They're teaching keiki how to grow their own produce and raise farm animals while connecting with their culture.

"Hawaiian agriculture isn't just about economics. It's also about connecting with the spirituality of the 'āina and our ancestors," explains Fuertes. "We do different types of oli (chants) before we start to help us focus on our purpose of what we're trying to do."

Knowing your purpose is part of the mantra that Fuertes teaches, which also includes knowing your origin. Fuertes grew up on a sugar plantation on Kaua'i, where he learned from his elders.

"They taught us about hunting, fishing, and respecting the land," says Fuertes. "Now we're sharing that with youth so they can become self-sustainable, too."

His life lessons also reach soldiers. The 2-6 Cavalry Squadron, 25th Combat Aviation Brigade recently volunteered at Kahua Pa'a Mua. They received some valuable Hawaiian history lessons in return.

"We taught them how special it is to be in Kohala, since that's where King Kamehameha was born and raised," says Fuertes. "We also taught them the meaning of aloha. 'Alo' can mean many things in Hawaiian. But 'ha' means breath. So saying aloha is more than just hello or goodbye – you're giving part of your life."



COURTESY DAVID FUERTES



COURTESY 25TH COMBAT AVIATION BRIGADE

Top: David Fuertes and his wife, Carol. Bottom: Soldiers from the 2-6 Cavalry Squadron, 25th Combat Aviation Brigade, volunteer at Kahua Pa'a Mua.

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.



For more on Kahua Pa'a Mua, visit islandscene.com/more.



The Mauioliola Mobile delivers medication to West Maui.



The Mālama I Ke Ola team was the first health system to set up medical stations at the shelters the morning after the fires.



Hale Makua staff heads to Lahaina to provide supplies, medication, and basic first aid.

health care heroes of the lahaina wildfires

words Michelle Liu and Courtney Takabayashi

When disaster strikes, there are those who rush to the aid of others. Here are stories of three health care heroes who mobilized their teams, gathered resources, and saved countless lives during the Maui wildfires.

A pharmacy on the frontline

Finding joy and fulfillment in the service of others are two reasons Cory Lehano chose health care as a career. After earning his doctorate in pharmacy, Lehano, who was born and raised on O'ahu, moved to Maui. In 2018, he opened Mauiola Pharmacy in Kahului. "I've always gravitated toward roles where I can work directly with my patients," he says. "Serving the community and helping people is what Mauiola Pharmacy is all about."

In the early morning of Aug. 9, Lehano and his team mobilized quickly to help their community. "We met at the pharmacy and packed up our supplies," he says. "We took everything to the shelter." They distributed hundreds of hygiene kits and provided wound care and first-aid supplies.

At the shelter, the team quickly discovered that the greatest need was for medication. "There were people who needed their medication right away," Lehano says. "So we worked with health care organizations to provide prescriptions, coordinated between our two locations to fill the prescriptions, and ultimately delivered the medications as quickly as possible."

Lehano used his moped to deliver to difficult-to-reach areas. "Our customers, our community, they're everything," he says.



Cory Lehano



Mauiola Pharmacy provided service with a smile in Lahaina.



It was all hands on deck at Mauiola Pharmacy.



Mauiola Pharmacy serviced West Maui residents at Lahaina Gateway.

“Serving the community and helping people is what Mauiola Pharmacy is all about.”

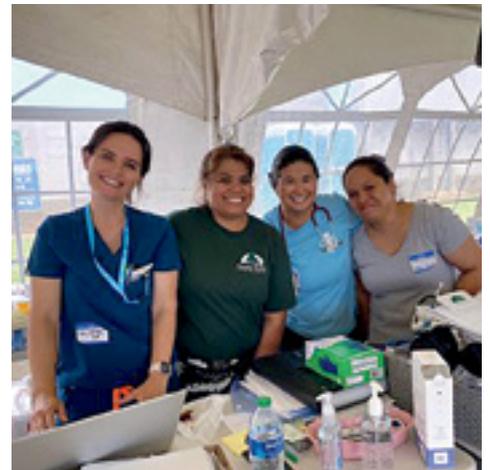
: Cory Lehano



The Mālama I Ke Ola team set up at the War Memorial shelter.



Mālama I Ke Ola front desk staff helped community members at the Lahaina Comprehensive Health Center.



Adult Medicine and Pediatric staff of Mālama I Ke Ola worked in the War Memorial medical tent.



"We were guided by our Community First Always principle. That's our focus."

: John Vaz, M.D.

Mālama I Ke Ola Health Center was supported by its sister community health center, Waianae Coast Comprehensive Health Center, to staff Lahaina Comprehensive Health Center.

Prioritizing medical care

Mālama I Ke Ola Health Center lost its Lahaina clinic in the fires, but that didn't stop them from helping people. The center was the first health system to set up a coordinated medical station at the War Memorial Stadium in Wailuku and Maui High School in Kahului, working alongside Mauiola Pharmacy.

"What we saw in those initial days was burn and smoke inhalation care," says Mālama I Ke Ola CEO John Vaz, M.D., MSHA. "We also saw a lot of chronic conditions flaring up, especially in older adults who had been without their medication for 48 hours. Returning them to baseline was critical."

In the following weeks, Mālama I Ke Ola shifted its focus to reopening its clinic inside the Lahaina Comprehensive Health Center with the help of its community partners. Their network with Hui No Ke Ola Pono, Mauiola Pharmacy, the certified community behavioral health clinic, and the Department of Health Public Health nurses allowed them to treat people for chronic conditions, urgent issues like infections, and mental health concerns.

"Reopening Lahaina Comprehensive Health Center would have been slow and difficult alone," says Dr. Vaz. "We made it happen together within the first weekend after the fire."

People also needed help navigating life, not just health; they looked for guidance regarding finances, housing, and employment. Through it all, Mālama I Ke Ola made sure that the patients came first.

"None of the care we've done has been billed because that wasn't our focus," says Dr. Vaz. "We were guided by our Community First Always principle. That's our focus. I know our staff wouldn't be doing anything else because this is what being a community health center is all about."



John Vaz, M.D.

“Health care workers are grown from a different heart. They’re special people, they’re going to help anyone who needs help no matter what.”

: Wesley Lo

Organizing chaos

Wesley Lo was on the frontline the day after the deadly fires began. The CEO of Ohana Pacific Health knew that he and his team had to get organized quickly to care for survivors. “We started calling the county. We put together a team of volunteers from our staff. Everyone wanted to help. Everyone wanted to do something,” he says.

He and his team were some of the first people on the ground to provide basic first aid. They also drove their vans into Lahaina to transport people out of the burn zone to safety.

Providers impacted by the fires were also on the frontline. A nurse who was forced to evacuate didn’t hesitate to help. A pharmacist who lost his home was in the burn zone dispensing medications to survivors.

“Health care workers are grown from a different heart. They’re special people,” says Lo. “They’re going to help anyone who needs help no matter what.”

In the following weeks, Lo helped manage the chaos by organizing meetings between health care organizations. It helped everyone get on the same page. “All competition was set aside and the focus was on the patients,” says Lo. “Everyone used the resources they had. It was a symphony of everyone working well together.”

Lo warns that the recovery is just beginning. Survivors got the medical care they needed, but many didn’t have a home to return to.

“A lot of supports were gone. We’re in it for the long haul and we need to make sure we sustain our efforts,” says Lo. “This is our community, our island, and our home.” 



Wesley Lo

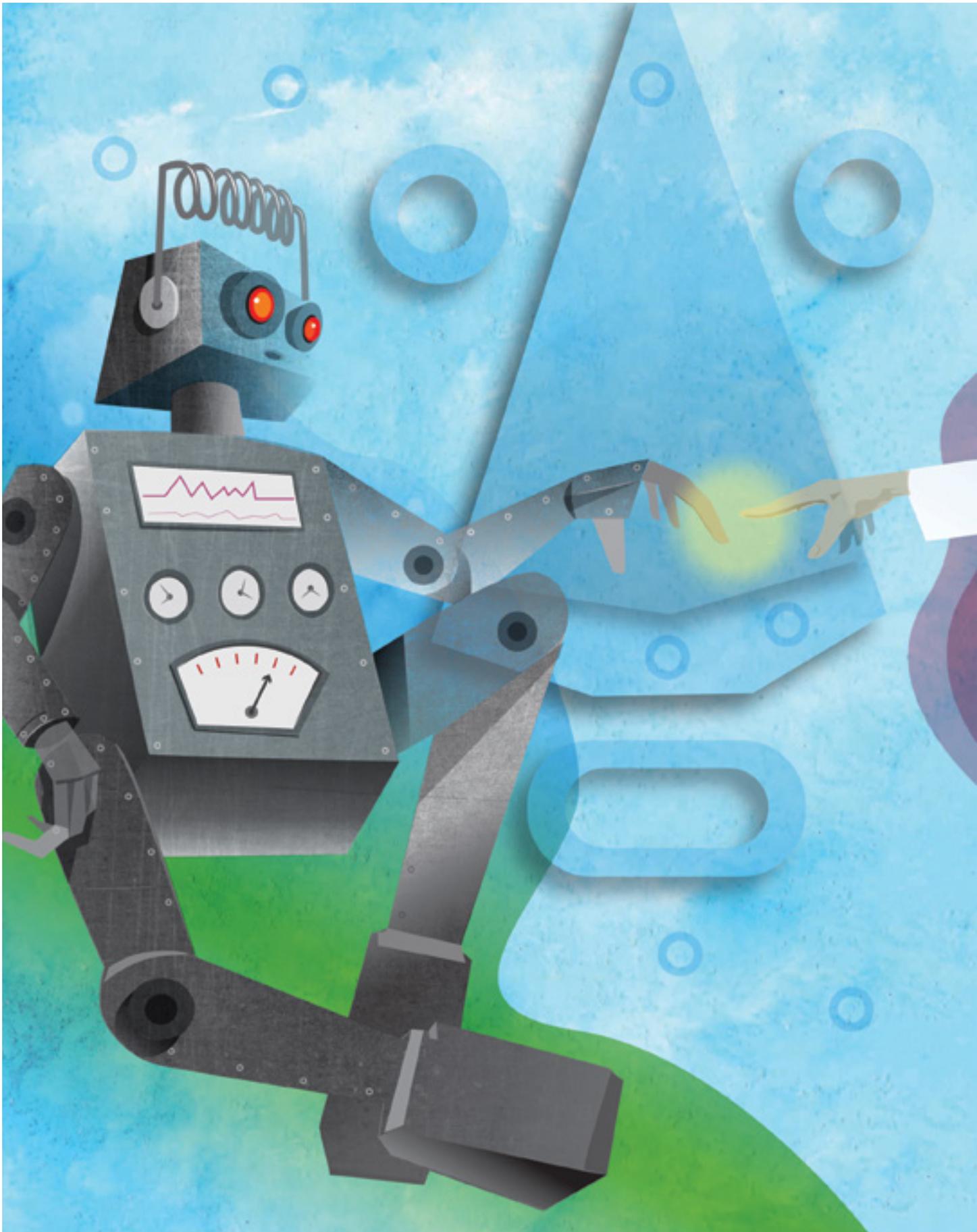


Hale Makua staff loaded the bus with medication, food, and ice to take to the west side.



Hale Makua's team of nurses, kitchen staff, a physician, a pharmacist, a social worker, and others banded together to provide aid to those on the west side.





AI in medicine: potential and pitfalls

words David Frickman

art Garry Ono

Whether it's self-driving cars or articles that write themselves (but not this one), artificial intelligence (AI) is a hot topic. Its potential seems limitless, especially considering how it could transform the world of medicine and patient care.

But cautions abound and there's much to ponder when going down the AI health care road.

"I think AI in health care is both overhyped and underhyped," says Roy Esaki, M.D., a Honolulu board-certified anesthesiologist and the chief health information officer for The Queen's Health System. "I think in the short term, it's overhyped in terms of incorporating into day-to-day clinical practice. We need to proceed conservatively."

But Dr. Esaki says in the long term, "I think it's underhyped; like the development of the internet, it has the potential to completely transform much of the work that we do."

One place Dr. Esaki sees great potential is doctors may be able to spend less time doing paperwork and more time with patients. "Modern health care is often mired in paperwork and sitting in front of a computer. There are many studies that show there's often more time spent in front of computers than in front of a patient. I think that in the end, AI will reverse that."

AI is already enabling positive results related to radiology and medical imaging. Ezekiel Emanuel, M.D., bioethicist, senior fellow at the Center for American Progress, and co-director of the Healthcare Transformation Institute at the University of Pennsylvania, says there are other AI advancements that, in the short term, will greatly improve medical care.





"I think drug design is going to be one of the big areas," he says, as well as helping doctors look at potential drug interactions. "You can look up one drug and find 15 different interactions – it's mind boggling. But AI can take seconds to predict if there's a drug combination that would put the patient at high risk of landing in the hospital."

Another area, says Dr. Emanuel, is predicting which patients need the most attention to help prevent complications.

"AI can take seconds to predict if there's a drug combination that would put the patient at high risk of landing in the hospital."

: Ezekiel Emanuel, M.D.



"It's going to help highlight patients who need more attention. If you can identify high-risk patients, those are the ones you need to spend the most time attending to."

There are concerns that could slow the advancement of AI in medicine, however. Dr. Esaki says one concern is its accuracy.

"The need for accuracy compared with other industries is a lot higher," he says. "A single mistake can be catastrophic. We need to be a lot more guarded in terms of the immediate impact and how we use it today."

"AI isn't going to be perfect," says Dr. Emanuel. "I think we've already seen in other areas that AI alone isn't the right answer. AI may perform better than humans for a while, but the combination of AI and humans is the right way to go."

Dr. Emanuel says there's great potential for AI in medicine, but also cautions about making too much of it.

"The important thing is to put it in context. It's going to augment what doctors and nurses and the rest of the health system can offer. That's going to be a good thing so that clinicians can focus on the right things." **15**



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**These providers
joined HMSA's
network between
June 21 and
Sept. 20, 2023.**

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HMSA participating
providers, contact
information, and
plans accepted, visit
Find a Doctor on
hmsa.com.**



COURTESY LĒ'AHĪ SWIM SCHOOL

golden year: lē'ahi swim school's 50th anniversary

words Anna Koethe and Lynn Shibuya

In 1974, Hawai'i-born Lori Komer started a swim school at the foot of Diamond Head (Lē'ahi).

Fast forward 50 years and Komer has created a legacy. Lē'ahi Swim School is Hawai'i's premier private swim school and has taught thousands of people, from keiki to kūpuna, how to swim. The business continues in the Komer name with Lori's son, Ben, as the company's president.



COURTESY LĒ'AHĪ SWIM SCHOOL

Lori Komer teaching at Lē'ahi Swim School's original location at the La Pietra - Hawaii School for Girls in the 1970s.



EARL YOSHII

Ben Komer (left) with mom Lori Komer at Lē'ahi's flagship location in Pearl City.

It all started when Lori returned home from college on the Mainland and decided to pursue her passion of teaching people how to swim.

With her husband, Jaymark, as her business partner, Lori asked the headmaster of her alma mater, La Pietra – Hawai'i School for Girls, if she could use their pool to start her business. The headmaster agreed, and the rest is history.

Lori started teaching swimming on the La Pietra campus at the Old Dillingham Pool. It was a small, above ground pool that was five feet deep. As the sole employee of Lē'ahi Swim School, Lori had 28 students during her first summer in business. Today, each of Lē'ahi's locations in Pearl City and Mānoa see as many students in just one half-hour session.

Lori says that everything about her swim school journey has been special.

"As we celebrate 50 years, I'm filled with gratitude and appreciation for this community that we've built. We're able to teach people such an important skill in a safe, welcoming, and nurturing environment. It's been such a joy to work with each and every one of our students and see our swim teachers find fulfillment and growth in their roles," Lori says.

Ben was born after the school started and grew up at Lē'ahi. He started teaching swimming at age 14 and worked his way up from a teacher to head instructor. He's served as the company's president since 2012.



COURTESY LĒ'AHĪ SWIM SCHOOL



COURTESY LĒ'AHĪ SWIM SCHOOL



COURTESY LĒ'AHĪ SWIM SCHOOL

Left: Ben Komer teaching an adult swim class at Lē'ahi's Pearl City location. Top right: Lori Komer teaching summer swim lessons in the 1970s. Bottom right: Jenna Kagimoto is a leader at Lē'ahi, both in and out of the pool, as one of the company's top instructors and a vice president.

"My entire life has been in and around the water here in Hawai'i," Ben says. "It's been such a great experience to watch my mom lead an incredible organization and to work here all these years and continue to be part of this legacy."

Over the last five decades, Lori and Ben have seen students become teachers, and teachers become managers. Jenna Kagimoto is one of those cherished Lē'ahi team members. She grew up at the swim school taking lessons, became a teacher, worked her way through management, and is now one of the company's vice presidents.

"Ultimately, love is the reason why Lē'ahi is still around after 50 years," Kagimoto says.

Lori added, "After 50 years, I'm most proud of Ben and my swim teachers, especially those who have turned into leaders of our company and are running the school while always caring about how things turn out and being there for everybody."

"It's incredible," says Jaymark. "Wherever you go, everyone you meet has a Lē'ahi Swim School story or experience. And it's very special. To me, that makes everything worthwhile." 

Lē'ahi Swim School
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a doctor's balancing act



Rupa Wong, M.D., balances being a physician, mother of three, entrepreneur, and social media influencer.

words Michelle Liu

photos courtesy of Rupa Wong, M.D.

Rupa Wong, M.D., is proof that you can do it all. She's an ophthalmologist, a mother of three, and an entrepreneur. Yet she still finds time to educate the public on eye health and what it's like to be a female surgeon. Between her TikTok, Instagram, and YouTube accounts, Dr. Wong has more than 326,000 followers.

"It's been fun!" she says. "I think people are fascinated by our lives here in Hawai'i, that my husband and I work alongside each other, and that I'm a surgeon with three kids."

Her youngest child, Arya, makes frequent appearances in the TikTok videos. In fact, Dr. Wong's first video that went viral featured the mother and daughter duo taking part in the 2020 trend of showing off their culture.

Later that year, Dr. Wong went viral again after busting the myth that reading in the dark damages the eyes. Her TikTok and Instagram accounts took off and people began to recognize Dr. Wong and her family in public.

"I think it gave me a lot of street cred with my younger family members when someone recognized me in Vancouver," Dr. Wong says with a laugh. "I asked someone to take a picture of me and my family and they said, 'I think I follow you on TikTok!'"

While that aspect of social media is exciting, it's not why Dr. Wong created a public profile. She wanted a platform to raise awareness of an eye disorder, strabismus (misaligned eyes), which is one of her specialties. With this condition, your eyes don't point in the same direction.

"Many doctors will never mention to their patients that this can be treated," says Dr. Wong. "I think there's a barrier about not wanting to draw attention to someone's eye that's crossed or wandering out. But we're doing patients a disservice if we don't put the information out there and let them know that it can be surgically corrected."

Since she started creating content on social media, Dr. Wong has heard from people across the country, telling her they didn't know surgery was possible.

"I love getting the follow-up message, 'I found you on TikTok and just had my surgery. It went great!' That's one of the most rewarding things, being able to broaden that reach and education to people around the world," she says.



Top: Dr. Wong and her husband, Jeffrey Wong, M.D., co-own Honolulu Eye Clinic.

Bottom: Dr. Wong with her three kids.

The wisdom she's sharing goes beyond eye health. Rupa and her husband, Jeffrey Wong, M.D., co-own Honolulu Eye Clinic. She started receiving messages from female medical students asking how she started a private practice, how to run a business, and questions on work-life balance.

"It's neat to be able to inspire the next generation," says Rupa. "They can see it's possible to be a surgeon, small business owner, medical conference co-founder, have three kids, and still be present for your family." 



Timothy In is grateful for a second chance in life after his kidney transplant.

new lease on life

words Craig DeSilva

photos courtesy of Timothy and Eve In



Timothy In and his wife, Eve, put out a plea for a kidney donor at the 2020 Great Aloha Run.

Timothy In takes pride in staying active. Once an avid runner, the retired Waipahu High School teacher participated in nearly every Great Aloha Run since it started in 1985. So he was surprised five years ago when his doctor told him that he needed a kidney transplant.

In says the kidney failure may have been partly related to high doses of pain medication while recovering from back surgery. He underwent dialysis and was put on the nationwide kidney donation registry. He even put out a public plea along Nimitz Highway during the 2020 Great Aloha Run, holding a sign that read, "Need a kidney now. Please be a donor."

"Many people don't realize that you can live with just one kidney if it's healthy enough," he says.

In early 2023, he got the call that a donor was found. He took the next flight to Phoenix to undergo the transplant at the Mayo Clinic. "We waited five years for that call," says his wife, Eve. "It was a relief. A dream come true."



Timothy In sketches at the park and exercises at a gym to stay active.



In doesn't need dialysis anymore. He's undergoing physical therapy to build up his strength. And although he won't be running in the Great Aloha Run this February, he's happy to do other activities that he loves – woodworking at home and painting and sketching on the grounds of Pearl Harbor National Memorial.

According to the American Kidney Fund, there are more than 300 people in Hawai'i on the kidney waiting list, but only one in seven receives a transplant every year. In is grateful for his new start in life and credits the support from family and friends and the care from the Mayo Clinic's medical team for getting him through the procedure. "I thank them for getting me to where I am today," he says.

"I feel great," he says. "It's like getting a new lease on life." 

Gift of life

The need for organ donations is great. For those waiting for a transplant, organ donations can be a matter of life or death. Recipients are grateful for their second chance in life thanks to the generosity of donors.

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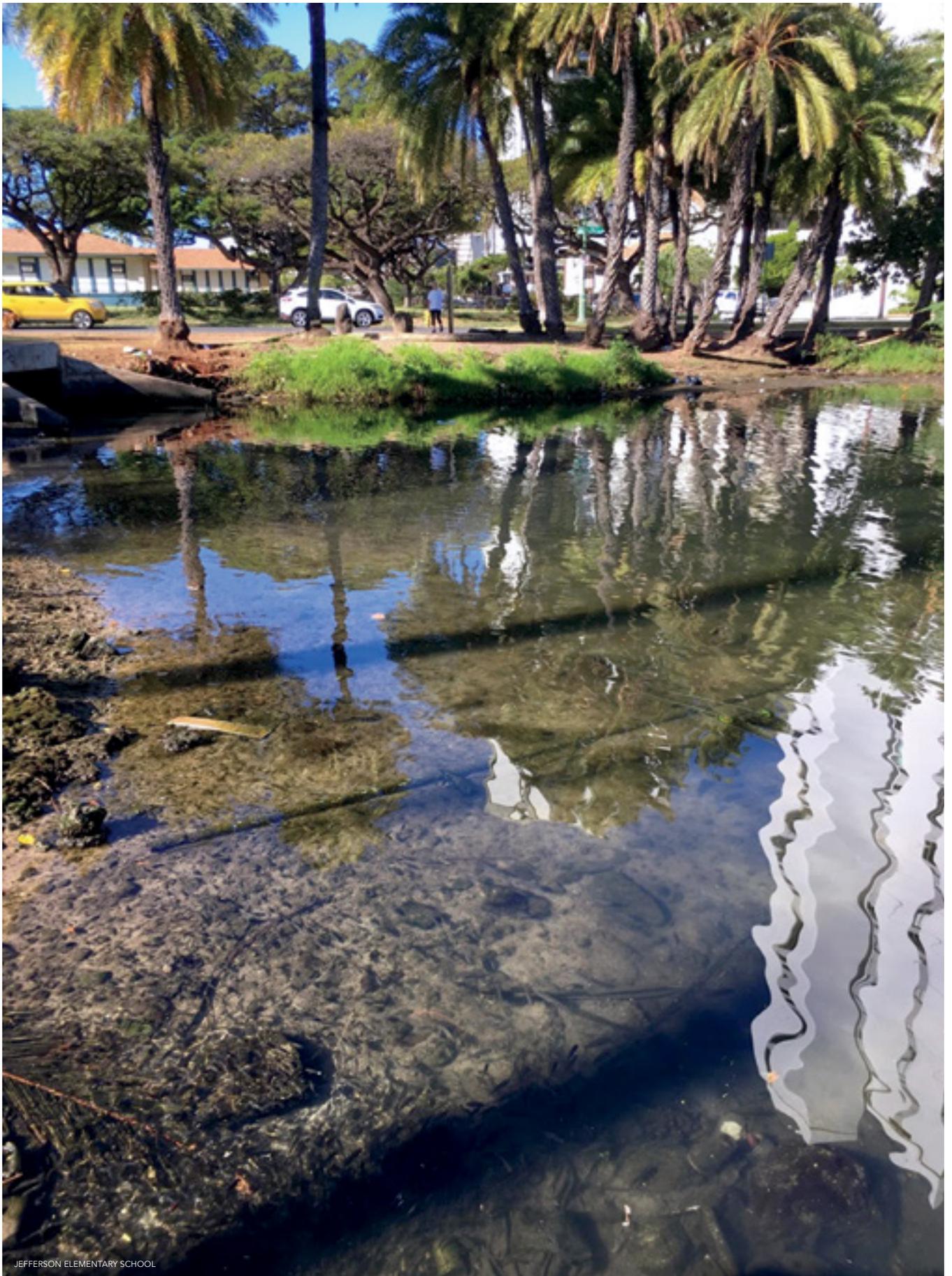
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JEFFERSON ELEMENTARY SCHOOL

cleaning up the ala wai canal

words Michelle Liu

The Ala Wai Canal has a reputation on O'ahu.

Locals know it as one of the island's most polluted waterways with mud, organic debris, trash, and pollutants forming sludge that produces a toxic environment. You'll see walkers, runners, and even paddlers along the canal, but you'll rarely see anyone swimming or fishing.

That might change by 2026. The Genki Ala Wai Project announced in 2019 that it's on a mission to make the Ala Wai Canal fishable and swimmable within seven years. It will do so with the help of bioremediation technology, which uses living organisms to remove pollutants from soil and water.

"Genki" means vitality in Japanese and Genki balls are bringing life back into the canal. The balls include the crucial ingredient of effective microorganisms, which digest and oxygenate the sludge. Phototrophic bacteria then consume the harmful chemicals that the sludge produces.

"The Genki balls sink to the bottom of the waterway and millions of microbes immediately begin to break down the poisonous gases and the sludge layer and inhibit the bad microbes by producing antioxidants," says Mary Ann Kobayashi, the education coordinator with the Genki Ala Wai Project. "The improved environment allows other organisms to return, grow, and flourish once again."

The Genki balls appear to be working. Data shows the sludge depth at the Jefferson Elementary School test site dropped 18 inches between July 2021 and May 2022.

Jefferson Principal Garret Zakahi has also noticed a difference. He walks along the Ala Wai Canal every day and has done so for the last three years.

"When I started walking the canal, there was a smell. It's hard to describe, but it was unpleasant," Zakahi says. "Since the Genki ball project began, the smell has dissipated. The water appears clearer and a lot of the sludge has disappeared."



Volunteers make Genki balls at a recent community event.

Aquatic life has also returned to the Ala Wai. An endangered Hawaiian monk seal was spotted swimming in the canal. Fish, turtles, and manta rays have also been spotted.

"I've seen sand and reefs in the canal. There are schools of juvenile mullet and āholehole (Hawaiian flagtail) swimming along the sides. I've seen jellyfish, barracudas, pufferfish, and even a 3-foot hammerhead shark," Zakahi says.

Zakahi was motivated to involve his students with the cleanup effort. The school partnered with the Genki Ala Wai Project to teach students about Genki balls. Every year, the children make more than 1,300 Genki balls to toss into the canal.

"Mushing the ingredients together is a perfect combination of a fun, hands-on, and positive learning project," says Andree Paradis, who teaches kindergarten through second grade. "It's instilling environmental awareness and allows the students to make a difference in their community."

"Our students love the hands-on experience and the connection to our 'āina. When they're involved in the



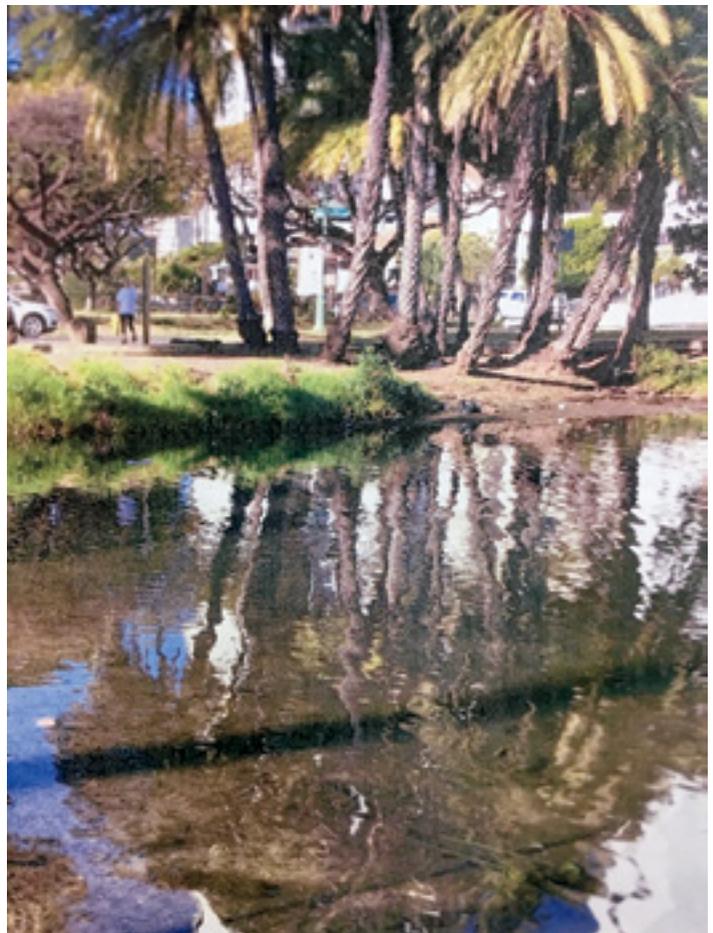
learning process, they understand how their work has a direct impact," says Zakahi.

Community groups and businesses also organize Genki ball toss events to help restore the Ala Wai ecosystem. The president of the Lōkahi Canoe Club says they got involved because the canal is their home for practicing sprints for regattas and other types of racing.

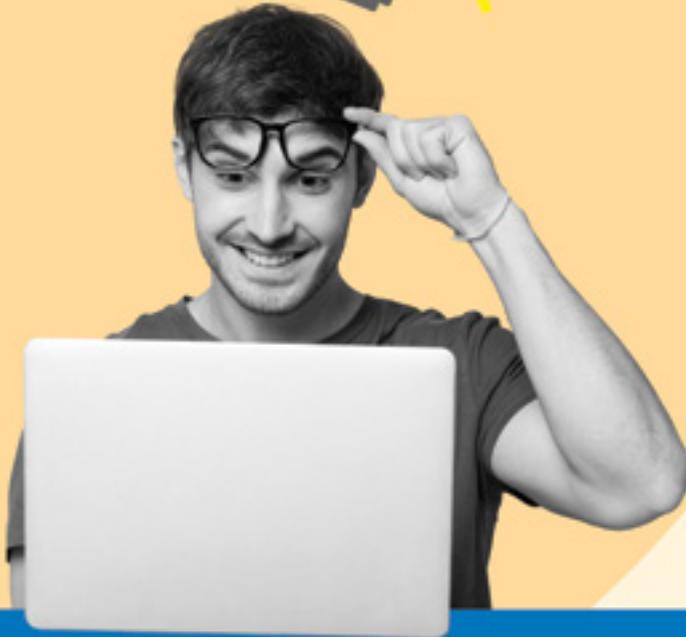
"Many people look disgusted when I tell them I paddle in the Ala Wai, but I truly enjoy my time there. It's a beautiful place," Gina Gonce says. "I want to help make the canal a healthier environment so that everyone can fully enjoy it." 



Jefferson Elementary School students prepare to throw Genki balls into the Ala Wai Canal.



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Food blogger and nurse practitioner Relle Lum cooking at home.

relle lum makes food taste yum

Relle Lum is a champion in the eyes of Hawai'i even if she didn't win *The Great American Recipe* cooking show on PBS.

"I wanted to make my family, friends, and community proud," says the Maui nurse practitioner and home cook. "My goal was to portray the recipes from my mom and grandma well and show the world that Hawaiian food is not just about pineapple."

Raised by a single mom in Upcountry Maui, Lum grew up learning to cook family recipes at home. She has no formal culinary training or restaurant cooking experience. She created a food blog after friends started requesting recipes from dishes she'd taken to potlucks. That led to national attention. The show chose Lum as one of nine contestants from around the U.S. to compete in the eight-part TV series that showcases their multicultural dishes.

"I'm not a chef," says Lum. "I'm just a mom who likes to cook. My goal is to inspire people to cook. If I can work a full-time job and put a home-cooked meal on the table to feed my family, so can you. It's not as hard as you think."

At the end of the spirited cooking competition, Lum returned home with lifelong friendships and memorable experiences with the show's contestants. "Everybody eats and food connects everybody," she says. "Although we came from different walks of life, we learned from each other and shared so much through food."

Lum doesn't plan on leaving her day job as a nurse practitioner to become a full-time chef. But she wants to combine her love of food and medicine to promote better health and well-being.

"The top three things I treat patients for – diabetes, high blood pressure, and cholesterol – can be controlled with diet. Cooking your own healthy meals at home can play a huge role in your life," she says.



Relle Lum was a contestant on PBS's *The Great American Recipe*.

Greatest challenge: "Explaining to the judges why you don't put sugar or shoyu in poi to enhance the taste."

Greatest learning experience: "I did better than I thought I would under pressure with the clock ticking and being under the lights with cameras in my face."

Visit Relle Lum's website at keepingitrelle.com.



words Craig DeSilva
photos Kristy Copperfield

Relle Lum won a round on PBS's *The Great American Recipe* cooking competition after making malassadas and Sweet Potato Manju. Here's her manju recipe.

Sweet Potato Manju

2 $\frac{2}{3}$ cups all-purpose flour
2 Tbsp. sugar
 $\frac{1}{2}$ tsp. salt
1 $\frac{1}{2}$ cups unsalted butter
 $\frac{1}{4}$ cup plus 2 Tbsp. reduced fat (2%) milk
4 egg yolks

Filling

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup water
1 $\frac{1}{2}$ cups peeled and cubed Okinawan sweet potato

Egg Wash

1 egg
1 Tbsp. water

In a large mixing bowl, stir together flour, sugar, and salt. Cut in butter with a pastry blender until mixture is crumbly. Work quickly to keep the butter as cold as possible. Add milk and egg yolks. Mix well until dough can be formed into a ball. Roll dough into a log and wrap in plastic wrap. Refrigerate 1 hour.

To make a simple syrup for the filling, boil sugar and water in a small saucepan over medium-high heat until sugar dissolves and mixture is clear, about 5 minutes. Set aside.

In another small saucepan, bring some water to a boil over medium-high heat. Add sweet potato and cook 10-15 minutes or until fork tender. Drain and mash until smooth. Stir in simple syrup and mix well.

Preheat oven to 350 F. Divide dough into 18 pieces. Flatten each piece into a round, keeping the center thicker than the edges. Scoop about a tablespoon of sweet potato mixture onto the center of each round. Bring edges of the dough to the center and



smooth together. Shape dough into a ball with a slightly flattened top. Place manju on a baking sheet lined with parchment paper. Whisk egg with water and brush it on the manju. Bake 20-25 minutes or until golden brown. Cool before eating. Makes 18 servings.

Approximate nutrient analysis per manju: 260 calories, 17 g fat, 10 g saturated fat, 95 mg cholesterol, 100 mg sodium, 23 g carbohydrate, 1 g fiber, 6 g sugar, 4 g protein

For another recipe from Relle Lum, visit [islandscene.com/more](https://www.islandscene.com/more).



new year's resolutions

words Michelle Liu



Andrea Plasko, LCSW

New year, new you. Many people take on that mantra as they head into the new year and create resolutions for themselves. But does turning the calendar from Dec. 31 to Jan. 1 magically transform your life? We talked to Andrea Plasko, LCSW, about what to consider when making New Year's resolutions.

Myth or reality? Starting Jan. 1, I'm a new person!

Myth. A new day or a new year doesn't make you a new person. We are who we are, shaped by our experiences, environments, and relationships. But finding a renewed sense of purpose through goals can create a sense of clarity and help us get that extra motivation to tackle challenges with renewed vigor and drive.

True or false? New Year's resolutions are effective.

True. We're hardwired to work optimally with structure and routine, and having goals is a way to establish both in our day-to-day lives. Resolutions can provide us with a sense of purpose. And remember that we can create resolutions and goals any time of the year. At the end of each month, reflect on two or three accomplishments and challenges. Then set goals for the next month.

Yes or no? Making light, fun resolutions like laughing more, going outside, or trying a new food can help shape my year.

Yes. Resolutions don't have to be just about your life goals. Focusing on daily happiness ultimately impacts longer-term happiness and balance. These smaller, more easily attainable resolutions can result in growth and accomplishment.

Fact or fiction? I don't need to write down my resolutions. Just thinking about them will help me make changes.

Fiction. We have so many thoughts that bounce around in our heads that it can be tough to prioritize what we want to do. Making a list of resolutions provides us with tangible direction for our goals, holds us accountable, and allows us to focus on our course for the future.



Ka'ena Point is a Natural Area Reserve on O'ahu.

a point worth visiting

words Craig DeSilva

From mauka to makai, Ka'ena Point is a place of wonder and seclusion for people and wildlife.

Located on O'ahu's westernmost tip, you can be up close to native plants, seabirds, and marine life in their natural environment. This wasn't the case 40 years ago due to erosion and damage from off-road vehicles and other human contact. But today, the 3.5-mile coastline is flourishing as it celebrates its 40th anniversary as a Natural Area Reserve.

Nature rebounds

In 2011, the state built a half-mile-long fence to keep out dogs, cats, rats, mongoose, and other animals that would prey on birds and their eggs. Since then, the bird population has taken flight. About 30,000 wedge-tailed shearwaters, Laysan albatross, and other seabirds nest in roped-off areas. Also thriving are native plants, such as akia, 'ilima, naupaka, and pohinahina.

During whale season from December to April, look for humpbacks breaching in the ocean. You may even see green sea turtles and monk seals sunning themselves near the tidepools.

Historical and cultural significance

Ka'ena means "the heat" in Hawaiian and is thought to be a brother or cousin of Pele, the fire goddess. The area is also referred to as "the end point." A large rock called Leina a Ka'uahane ("leaping place of souls") is believed to be where spirits come to rest and reunite with their ancestors.

Up until the 1900s, Ka'ena Point was home to Hawaiian fishing and farming villages. In 1898, O'ahu Railway and Land Company laid down a track around the point, connecting O'ahu's north and west sides to transport sugarcane. You can still see remnants of the tracks. During World War I and II, Ka'ena Point became a strategic location for the military and Coast Guard. A Coast Guard watchtower built in 1920 remains near the coastline.

Federal legislation would make Ka'ena Point Hawai'i's first National Heritage Area.

Hiking tips

The trail is hot and dry with very little shade. Be prepared to protect yourself from the sun.

- Apply sunscreen.
- Take water and snacks.
- Dress comfortably. Wear a hat, sunglasses, and long-sleeved shirt.
- Wear good hiking shoes.
- Respect the animals in their natural habitat. Keep your distance. They're protected by law.

Learn more: Visit the Hawai'i Department of Land and Natural Resources Division of State Parks website at dlnr.hawaii.gov/dsp.



Animals and plants that inhabit Ka'ena Point include (from top) the Hawaiian monk seal, 'ilima, and Laysan albatross.

We value your feedback

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Your responses, which are confidential, provide a valuable perspective on the quality of care and services you've received. We want to know how we can improve and what we're doing right.

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

asthma facts

words Brian Wu, M.D.

art Garry Ono



Brian Wu, M.D.

In Hawai'i, about one in 10 people has asthma.

Here are some asthma basics.

- This disease causes the airways in the lungs to be inflamed and narrower. This can make it hard to breathe and can cause coughing, wheezing (a whistling sound when breathing), or shortness of breath.
- Asthma is considered a chronic disease. There are many types of asthma and symptoms can range from mild to severe and frequent or infrequent. It can start in childhood or adulthood.
- Some people with asthma have symptoms from environmental triggers, such as cockroaches, dust mites, air pollution, and tobacco smoke. Viral infections, like the common cold or the flu, are another common trigger.

If you answer yes to any of the following, your asthma may not be well controlled. Talk to your doctor about your asthma treatment plan.

- Use your quick-relief inhaler (such as albuterol) more than two times a week.
- Refill your quick-relief inhaler more than two times a year.
- Wake up at night with asthma symptoms more than two times a month.
- Have taken an oral or injection steroid (such as prednisone) two or more times a year for asthma attacks.

For more information on asthma, visit islandscene.com and search for "asthma" on the homepage.

Dr. Brian Wu is a pediatric pulmonologist and an HMSA medical director.

This year, resolve to smile more often



Studies show that smiling can help you live better – and longer. With an HMSA dental plan, you can get the smile you always wanted, thanks to a new program that offers special discount rates on Byte® All-Day or At-Night Clear Aligners, an affordable at-home teeth straightening treatment.

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go dry in january

words Michelle Liu



dry January is a popular challenge that people undertake to give up alcohol for the month, reset the body and mind, and start the new year fresh. Carter Piers, a licensed psychotherapist and certified substance abuse counselor, shares how people interested in taking on the challenge can get through the month alcohol-free.

Why take the challenge?

Dry January started as a public health initiative by Alcohol Change UK to promote physical and emotional health. “The purpose was for people to turn unhealthy drinking habits – like frequently drinking a large quantity – into healthier habits such as drinking fewer drinks less often,” says Piers. “The intention is to allow enough time to honestly look at the way alcohol is affecting us.”



Carter Piers, LCSW, CSAC

What are the benefits of taking a break?

Because alcohol is a depressant, abstaining from drinking can improve your energy and mood. “Symptoms of depression and anxiety can be alleviated by simply putting down the bottle,” says Piers.

Your nights could also be filled with more restful sleep, which is tied to physical and emotional health. While alcohol can help you fall asleep because of its sedative properties, it can disrupt natural sleep cycles. “Once someone is asleep, no alcohol equals better sleep, guaranteed,” says Piers.

An alcohol-free month could also mean losing unwanted weight, bloating reducing, and improving skin and complexion. Medical professionals have also found that alcohol abstinence can help lower blood pressure and improve liver health.

What can you drink instead?

Many people use alcohol to help them navigate social situations they’d otherwise be uncomfortable in. For others, it’s the ritual of drinking after work or with friends. “Mocktails or nonalcoholic beer could help feel like you’re participating, but still abstaining,” says Piers. Other options include tea, soft drinks, juice, and sparkling water.

health matters

Train your brain

Start the new year strong by making healthy lifestyle choices to help slow cognitive decline as we age. Here are six tips to help keep your memory sharp and lower your risk of dementia:

- Exercise regularly: Moderate aerobic activity gets your heart pumping and sends oxygen to the brain.
- Get plenty of sleep: Seven to nine hours of sleep each night improves mood and memory.
- Eat a Mediterranean diet: Plant-based foods, whole grains, fish, and healthy fats with omega fatty acids help fuel a healthy brain.



- Pick up puzzles: Puzzles, playing cards, and reading books are mental exercises that stimulate your brain.
- Stay social: Loneliness creates a higher risk for heart disease, depression, and cognitive decline.
- Keep your blood vessels healthy: Regular health screenings for blood pressure, cholesterol, and blood sugar helps prevent disease.



Ten tips to sleep soundly

Everyone knows what it's like to not get enough sleep. You can fight fatigue and sleep soundly with these tips:

1. Follow a regular sleep schedule, even on weekends and while traveling.
2. Avoid napping during the day.
3. Develop a bedtime routine to help you relax.
4. Shut down screen time in the bedroom.
5. Cool down with a comfortable temperature.
6. Use low lighting, like a bedside lamp.
7. Exercise regularly at least three hours before bedtime.
8. Don't overeat at dinnertime.
9. Stay away from caffeine late in the day.
10. Avoid drinking alcohol, which can make it harder to stay asleep.



Coping with chronic stress

Struggling to work, pay bills, and care for family are everyday demands that can contribute to chronic stress, but stress doesn't have to control your life.

Healthy ways to manage stress include eating healthy, getting regular exercise, making time for hobbies and self-care, keeping a gratitude journal, and meditation. If these strategies don't work, try professional help from Carelon Behavioral HealthSM.

Caring for our emotional health can reduce the risk of many physical and mental health problems, such as heart disease, weight gain, anxiety, and depression.

Carelon Behavioral HealthSM is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

Packing perishable foods

Taking your lunch to school or work? Don't forget to store perishable foods at a safe temperature to prevent foodborne illness.

To prevent the growth of harmful bacteria, refrigerated foods, including meat, poultry, and eggs, shouldn't be left at room temperature for more than two hours or one hour if the temperature is above 90°. Packing frozen gel packs in your lunch bag or storing hot food in an insulated container can help make mealtime safe.





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³ Monthly fees are subject to applicable taxes.

a maui baby delivery solution



words David Frickman

Maui residents have faced a shortage of specialized health care options for many years. That shortage threatened to get much worse last year.

Maui Lani Physicians and Surgeons, one of just a few obstetric providers on the island, announced last spring that it would stop providing care for pregnant people in October. Although they'll continue to offer gynecological services, this change added to an already severe shortage of obstetric services on the Valley Isle.

That's why HMSA, along with The Queen's Health Systems, the Hawaii Independent Physicians Association (Hawaii IPA), and Mālama I Ke Ola Health Center (MIKO) developed a new approach to providing care.

Late last year, Queen's began sending two veteran obstetrician-gynecologists to Maui twice a week to reduce the wait list of patients.

Queen's and HMSA worked together on this long-term solution. "We felt that Maui needed seasoned providers that the community could connect with," says Lori-Ann Davis, HMSA assistant vice president for provider experience. She says the ob-gyns will be available for weekend deliveries beyond their scheduled time on the island.

Hawaii IPA is providing space for these traveling specialists. MIKO also added a new physician to its staff.

While new ob-gyns were coming on board, MIKO accepted new patients and expanded their hours of operation so that the existing staff could see more patients. HMSA offered to reimburse travel expenses and arrange health care with Queen's for those who couldn't get services on Maui and would have to travel to O'ahu to receive care.

The shortage of services for pregnant people hasn't been limited to Maui. Stefanie M. Park, M.D., HMSA vice president and chief medical officer, says there are national shortages of ob-gyn services due to multiple reasons, including legal restrictions on obstetric services, the high cost of malpractice insurance, and the high likelihood of litigation.

Dr. Park hopes this new solution will help improve access to care for expecting moms on Maui, as their situation has been made even more complicated as the island heals from devastating wildfires.

"Access to prenatal care is fundamental for both the mom's health and for the baby. We're happy that we could figure out a solution that we're really proud of." 

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Your mental health is just as important as your physical health. We've partnered with Carelon Behavioral Health to offer eligible members help with conditions like depression, anxiety, alcohol and substance abuse, and post-traumatic stress disorder.

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To find out if you're eligible to participate in HMSA's Behavioral Health Program, check your *Guide to Benefits* or call us at the number on the back of your HMSA membership card.

To learn more about the program, call Carelon Behavioral Health at (808) 695-7700 or 1 (855) 856-0578.

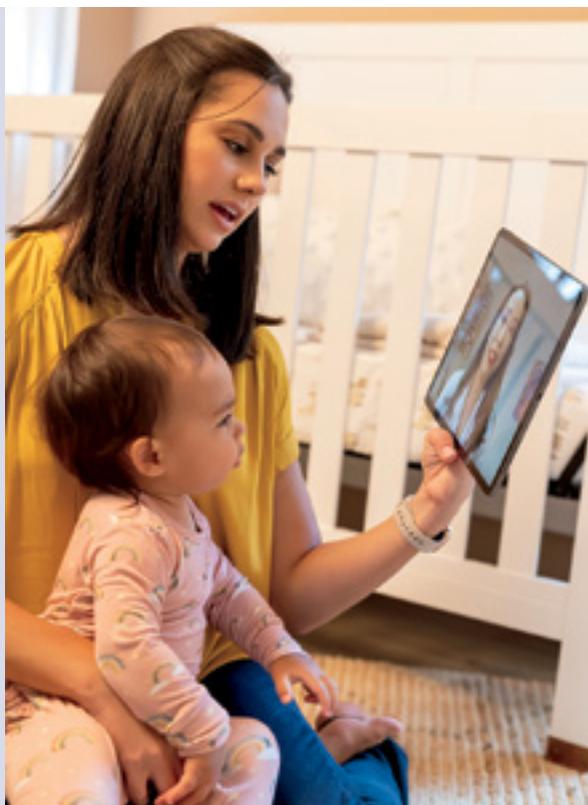
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All you need is internet connection and a smartphone, tablet, or laptop to get care from a doctor, behavioral health specialist, or other health care provider. Ask your doctor if they have a telehealth option. If they don't or if you don't have a doctor, you can use HMSA's Online Care®.

Telehealth services are a benefit of most HMSA plans. You may be charged a copayment, so check your plan benefits. For more information, call 1 (855) 329-5461, option 1.

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



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depo market: made with aloha



BRYAN BERKOWITZ

Tiffany and Chris Chou design and create each piece of jewelry in their store.

Depo Market is, first and foremost, focused on community. Siblings Tiffany and Chris Chou wanted to open a jewelry store in Wailuku to provide jobs for people with disabilities. After more than a year of work, doors were set to open in August 2023. Then the wildfires swept through Lahaina.

Tiffany and Chris immediately shifted from creating jewelry and setting up displays to sorting through donations, buying supplies for displaced pets, and spreading the word about donation links.

words Michelle Liu

photos courtesy of Tiffany Chou



Chris and Tiffany Chou are siblings and co-owners of Depo Market.

Depo Market sells a variety of jewelry and accessories, including rings, necklaces, bracelets, and pins.

"We're just trying to do our part and help where we can," says Tiffany.

The siblings have always worked to help the community. They didn't intend to start their own business. Tiffany had been working as a jewelry designer in New York when she moved back home in 2019 to take care of Chris, who has autism. She was helping him look for a job when they decided to start selling jewelry – but not Tiffany's.

"I've been making jewelry since I was 7," Chris says. While his mom helped in his jewelry-making journey, his big sister inspired him. "I was her biggest fan!"

Tiffany and Chris started selling his handcrafted necklaces, bracelets, earrings, and rings at pop-up markets. "At our first pop-up, Chris was trying to give everything away for free," says Tiffany. "But I was paying for the supplies, so I was like, 'Chris! This can't go on for much longer!'"

"I just like giving jewelry to people I love," Chris says. "For love, friendship, and familyhood – that's what I call it."

Depo Market has become a family since they launched their business at the market and later at their online shop. Regular customers enjoy talking story with Chris at the pop-ups. People around the world have also connected with the siblings through social media.

Their beloved employees complete the Depo Market 'ohana. They each have different abilities and disabilities, from talking to customers to packaging orders and making jewelry. They're working while learning life skills.

"We're teaching them about independence," Tiffany says. "Having different types of employment helps with their self-esteem and confidence, which weaves into their everyday life."

Depo Market eventually held its grand opening of its brick-and-mortar store in late September. Running a business as siblings has its challenges, but Tiffany and Chris wouldn't have it any other way. "It's fun! We're brother and sister, but we're best friends, too," Chris says.

And after all this time, their vision for Depo Market has remained the same.

"It's not about financial success," says Tiffany. "I want it to be successful so that we continue to provide jobs to people like Chris. That's the core purpose of why we're doing what we're doing. To me, being as helpful to the community as possible equals success." ¹⁵



Genshu Price collects recyclables to help students pay for college.

a can-do attitude

words Courtney Takabayashi

photos courtesy of Bottles4College

Starting a nonprofit organization to help kids pay for college is impressive. What's even more extraordinary is that the organization's founder is still in high school and has already awarded more than \$21,000 in scholarship money. Meet Genshu Price, the teenager behind Bottles4College.

A learning opportunity

While school is a good place to learn, being able to apply those skills in the real world is the goal. "Bottles4College taught me about perseverance and hard work," Price says. "It gave me a chance to experience what entrepreneurship fully entails." In addition to collaborating with other organizations in the community, Price organizes events and oversees the collection, storage, and redemption of bottles and cans. They collect and process about 15,000 recyclables each week.

All about balance

As a business owner and high school student, Price must strike a balance between his studies, his personal life, and his company to succeed. "Working ahead is key," he says. "That way, I can prioritize." He dedicates 10-40 hours to work per week. Price also has supportive parents who help with transportation and business mentoring while emphasizing the importance of philanthropy.

Bottles4College also has a hard-working volunteer base. "We have approximately 30 businesses and community partners that are always willing to pitch in," Price says. "I can count on them to help organize pickups, coordinate public depots, and host venues for recycling drives." In addition to more than 100 volunteers who've assisted in various events, Price appreciates the hundreds of people who've donated to the cause. "Bottles4College has become bigger than me," he says. "Our success comes from our group's efforts."

The first of many

Bottles4College awarded its inaugural scholarships to two Class of 2023 students. "They received \$10,000 each and we gave the three other finalists \$500," Price says. "These exceptional scholarship recipients were chosen for their academics, commitment to helping the community, and the stories they shared in a video essay." Price plans on awarding even more scholarships in 2024.

Bottles4Maui

When Price saw the destruction caused by the Maui wildfires, he knew what he had to do. "We held a recycling drive in August called Bottles4Maui," he says. "We collected 42,021 bottles and cans. Thanks to RRR Recycling providing an extra cent for each item donated, we made \$2,493.78. With monetary donations, our social media fundraiser, and RRR matching the amount we made, we raised \$6,457.56. It's important to offer a helping hand to anyone who needs it."

Join the cause

There are many ways volunteers can get involved with Bottles4College. "Whether you're looking to learn more about youth entrepreneurship and leadership or you just want to help others, Bottles4College has a wide variety of volunteer opportunities," Price says. "Reach out to us, help protect the planet, and help fund college scholarships for the leaders of tomorrow." 



Visit bottles4college.weebly.com or look for @bottles4college on Instagram, TikTok, and Facebook.



You're Always Welcome

Visit an HMSA Center in Honolulu, Pearl City, Hilo, Kahului, or Lihue.

**You're like family to us.
Let us know how we can help.**

- Looking for a health plan?
- Questions about your plan benefits or claims?
- Need to pay your HMSA bill?

Walk-ins welcome. No appointment needed. Free parking.

For locations, visit hmsa.com/contact or scan the QR code.



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HMSA Health Education Workshops

Check out these free health education workshops we're offering this winter.

There's no cost to attend workshops. Workshop dates and times are subject to change.

Why Weight?

Managing your weight can be challenging, but in this workshop, you'll learn fundamental tools for goal setting, nutrition, and exercise to create a sustainable plan.

HMSA Center in Honolulu

Jan. 22, 10-11 a.m.

HMSA Center in Hilo

Jan. 27, 10:30-11:30 a.m.

HMSA Center in Pearl City

Jan. 30, 10-11 a.m.

HMSA Center in Kahului

Feb. 24, 10:30-11:30 a.m.

online at hmsa.com

March 22, noon-1 p.m.

Hypertension Explained

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.

HMSA Center in Hilo

Jan. 27, noon-1 p.m.

HMSA Center in Pearl City

Feb. 23, 10-11 a.m.

HMSA Center in Kahului

Feb. 24, noon-1 p.m.

HMSA Center in Honolulu

Feb. 26, 10-11 a.m.

online at hmsa.com

Feb. 29, noon-1 p.m.

Visit hmsa.com/HealthEducation or call 1 (855) 329-5461 to register.



inspiration by numbers

words Courtney Takabayashi

Kick off the new year with these motivational books. Even if you're not someone who makes resolutions, you may find yourself inspired to make a few positive changes in 2024.

Living Your Own Aloha: 5 Steps to Manifesting Your Dreams

By Kelly Weaver

While some may scoff at the law of attraction thanks to the popularity of books like *The Secret*, *Living Your Own Aloha* takes the concept of "like attracts like" and guides readers through a process of self-reflection.

Weaver explains how "deliberate intention can lead you to experiencing the transformative power of manifesting." In doing so, we can create our own aloha.



The 5 Second Rule

By Mel Robbins

This isn't a book about eating food if it falls on the ground. It's about making lasting adjustments in your life.

The premise is simple: "If you have an instinct to act on a goal, you must physically move within five seconds or your brain will kill it." If you feel yourself hesitate, Robbins suggests counting, "Five, four, three, two, one, go!" and then acting on your instinct.

Four Thousand Weeks: Time Management for Mortals

By Oliver Burkeman

Someone who makes it to the age of 80, which is the average human lifespan, has about 4,000 weeks in their lifetime. Burkeman examines society's obsession with increasing productivity and efficiency and offers philosophical and practical ways to make the most of our 4,000 weeks.

Learn how to create a meaningful life by "embracing finitude" and letting go of unhelpful ways of thinking.

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works - A True Story

By Dan Harris

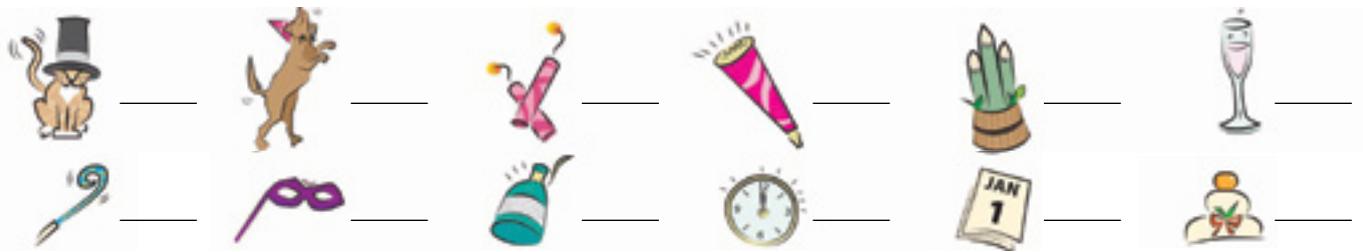
After having a panic attack on national television while an anchor on *Nightline*, Harris set on a journey to quiet the negative voices in his head. He found that mindfulness and meditation, concepts he'd previously dismissed as impossible or useless, helped him control his incessant, destructive self-talk.

Learn how meditation can benefit your mental and physical well-being and help you become 10% happier.

keiki corner

New Year's Scavenger Hunt

How many can you find?



Brain teasers

Brain teasers are fun and give your brain a workout. See if you can solve these brain teasers.

What has a face, two hands, and no arms or legs?

The more you take, the more you leave behind. What are they?



What has a head and a tail, but no body?

How do oceans greet each other?

What's something you can serve but shouldn't eat?

Kid-friendly kabobs

Food on a stick can be more appealing to children than food on a plate. Try these fun kabobs that are totally customizable! Maybe you'll even get your child to try something new.

You'll need:

- Skewers.
- Protein (chicken, ham, turkey, tofu).
- Fruits and vegetables (apples, blueberries, cherry tomatoes, grapes, lettuce, melon).
- Cheese (mozzarella, Monterey jack), cubed.

Instructions

Layer ingredients on skewers. Put items such as cherry tomatoes and cheese cubes on the top and bottom to help keep everything together. Refrigerate until ready to serve. Enjoy!

Note: Use canape cutters for fun shapes!



Scavenger hunt: 3 cats, 4 dogs, 3 firecrackers, 3 horns, 7 kadomatsu, 6 champagne glasses, 5 noisemakers, 3 masks, 4 poppers, 5 clocks, 4 calendars, 4 kagami mochi. Brain teasers clockwise from top left: clock, coin, wave, volleyball, footsteps.





the wonders of rotisserie chicken

Store-bought rotisserie chicken is a secret weapon for easy weekday meals. It's economical and flavorful, and can be used in a variety of delicious ways. Here are three ideas.

Chicken Tacos

- 2 cups shredded rotisserie chicken (white and dark meat)
- 1 oz. package taco seasoning
- 1/3 cup water
- 4 taco shells or corn tortillas

Toppings

- Avocado
- Cheese
- Guacamole
- Lettuce
- Olives
- Salsa
- Sour cream
- Tomatoes

In a skillet over low heat, combine chicken, taco seasoning, and water. Stir constantly until heated through, adding more water if mixture seems too dry. Divide mixture into taco shells or tortillas and finish with your choice of toppings. Makes 4 servings.

Approximate nutrient analysis per serving (excludes toppings): 400 calories, 21 g fat, 4.5 g saturated fat, 60 mg cholesterol, 900 mg sodium, 33 g carbohydrate, 2 g sugar, 19 g protein

Barbecue Chicken Pizza

- 1 cup shredded rotisserie chicken (white meat)
- 1/4 cup barbecue sauce, divided
- 2 8-inch whole-wheat tortillas
- 1/4 cup sliced red onion
- 1/2 cup low-fat mozzarella cheese (or more to taste)
- Crispy tortilla strips (optional)

Preheat oven to 350 F. In a bowl, mix chicken with 2 tablespoons of the barbecue sauce. Place tortillas on a baking sheet and spread each with 1 tablespoon barbecue sauce. Add chicken, onion, and cheese. Bake 8-10 minutes or until cheese is melted. Top with tortilla strips. Makes 2 servings.

Approximate nutrient analysis per serving (excludes crispy tortilla strips): 430 calories, 12 g fat, 6 g saturated fat, 65 mg cholesterol, 1,225 mg sodium, 51 g carbohydrate, 13 g sugar, 29 g protein

words Courtney Takabayashi

photos Rae Huo

food styling Cedric Fujita



Chicken Lū'au

- ½ cup chicken broth
- 24 oz. package frozen lū'au
- 1½ tsp. Hawaiian salt
- 13½ oz. can coconut milk
- 4 cups shredded rotisserie chicken (dark meat)

Add all ingredients to saucepan. Stir constantly on medium heat until heated through. Makes 6 servings.

Approximate nutrient analysis per serving: 300 calories, 20 g fat, 14 g saturated fat, 75 mg cholesterol, 1,000 mg sodium, 10 g carbohydrate, 4 g fiber, 4 g sugar, 26 g protein



Save the chicken bones to make brown rice jook. Visit islandscene.com/more for the recipe.

quick and easy soups

words Andrea Wright Agustin

photos Lew Harrington • food styling Marjie Beaton

There's nothing better than a bowl of homemade soup on a winter night. And when you can have it ready in no time with simple ingredients you already have on hand, it's all the more satisfying. Try one of these quick recipes the next time there's a chill in the air – you'll still have plenty of time to cuddle up with a book under a blanket.

Chinese Chicken Noodle Soup

- 6 cups reduced-sodium chicken broth
- 1 Tbsp. minced fresh ginger
- 2 bundles (6.4 oz.) uncooked soba noodles
- 2 Tbsp. reduced-sodium shoyu
- 1 Tbsp. rice vinegar
- 2 cups shredded rotisserie chicken breast
- 2 cups chopped baby bok choy
- 1/3 cup thinly sliced green onion
- 4 tsp. chili oil

In a Dutch oven, bring broth and ginger to a boil over medium-high heat. Reduce heat and add noodles, shoyu, and vinegar. Simmer until noodles are al dente, about 4 minutes. Stir in chicken, bok choy, and green onion. Cook 2 to 3 minutes or until bok choy is tender. Drizzle each serving with chili oil. Makes 4 servings.

Approximate nutrient analysis per serving:
350 calories, 9 g fat, 1.5 g saturated fat, 45 mg cholesterol, 700 mg sodium, 43 g carbohydrate, 1 g sugar, 32 g protein



Vegetable Quinoa Soup

- 1 Tbsp. olive oil
- 1 onion, thinly sliced
- 3 carrots, peeled and thinly sliced into rounds
- 2 celery ribs, thinly sliced
- 1 medium zucchini, thinly sliced into half-rounds
- 3 garlic cloves, minced
- 29 oz. can petite diced tomatoes with liquid
- 6 cups reduced-sodium vegetable broth
- 1 cup uncooked quinoa, rinsed
- 2 tsp. dried oregano
- 1 tsp. salt
- ½ tsp. pepper
- 2 cups chopped kale
- 2 Tbsp. grated Parmesan

Heat oil in a large stockpot over medium-high heat. Sauté onion, carrot, and celery until tender, about 5 minutes. Add zucchini and garlic and sauté 2 minutes. Stir in tomatoes, broth, quinoa, oregano, salt, and pepper and bring to a boil. Reduce heat, cover, and simmer 15 minutes. Turn heat off and stir in kale. Top each serving with cheese. Makes 4 servings.

Approximate nutrient analysis per serving: 330 calories, 7 g fat, 1.5 g saturated fat, 1,250 mg sodium, 55 g carbohydrate, 12 g fiber, 14 g sugar, 11 g protein

Turkey Tortilla Soup

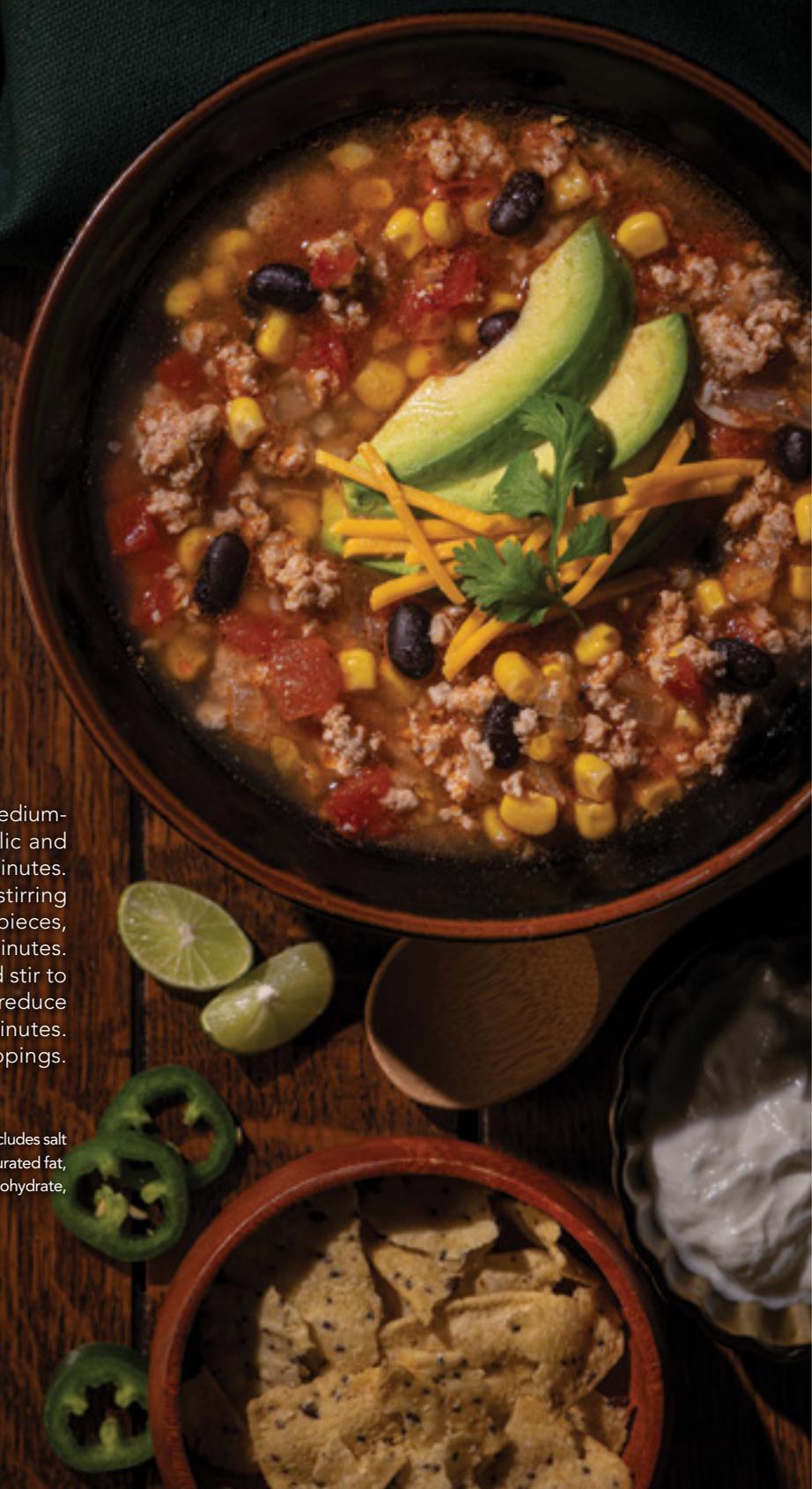
1 Tbsp. olive oil
½ medium red onion, diced
3 garlic cloves, minced
20 oz. lean ground turkey
4 cups reduced-sodium chicken broth
15 oz. can black beans, drained and rinsed
15 oz. can corn, drained
15 oz. can diced tomatoes with juice
1 tsp. ground cumin
1 tsp. chili powder
Salt and pepper to taste

Toppings

Crushed tortilla chips
Chopped cilantro
Diced jalapeño
Cubed avocado
Shredded cheddar cheese
Plain nonfat Greek yogurt
Lime wedges

Heat oil in a Dutch oven over medium-high heat. Add onion and garlic and sauté until softened, about 5 minutes. Add ground turkey and cook, stirring occasionally to break up large pieces, until no longer pink, about 7 minutes. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat. Cover and simmer 10 minutes. Serve with your choice of toppings. Makes 6 servings.

Approximate nutrient analysis per serving (excludes salt and toppings): 290 calories, 9 g fat, 1.5 g saturated fat, 60 mg cholesterol, 550 mg sodium, 27 g carbohydrate, 8 g fiber, 4 g sugar, 29 g protein



essential nutrients

Let's get down to basics.

Nutrients are the foundation of life. The body needs more than 40 essential nutrients that come from six major categories. These essential nutrients are vital to good health – inadequate amounts of even one of them can negatively affect health.

We must get these nutrients from the foods we eat.

Each nutrient category contributes to various biological functions.



Water

- Transports nutrients.
- Disposes waste products.
- Maintains temperature and metabolism.



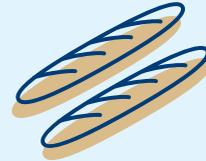
Protein

- Provides building blocks to develop, grow, and repair muscles, bones, and blood.
- Makes enzymes and some hormones to regulate functions.



Fat and oil

- Provides a concentrated source of energy.
- Helps the body absorb certain vitamins.
- Helps regulate blood pressure and produces various hormones.



Carbohydrates

- Provide energy.
- Support the central nervous system, including the brain.
- Promote gut health.



Vitamins and Minerals

- Vital to nearly every aspect of health, such as immune function and converting food into energy.
- There are 13 classic essential vitamins.
- Minerals are a critical component of blood (iron), bones and teeth (calcium and phosphorus), and thyroid function (iodine).

words Joannie Dobbs, Ph.D., C.N.S.; C. Alan Tichenal, Ph.D., C.N.S.



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Pūpūkāhi i holomua | *Unite in order to progress*

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“As a father, I
just want the
best for my
kids.”



“It’s just having that peace of mind that no matter who takes them to the hospital, HMSA allows them to get the best health care they can get.”

- Kade Hashimoto, dad, HMSA member,
and Ewa Beach resident

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