

HAWAII MATTERS

QUARTERLY REPORT

OCT/NOV/DEC 2019

SHOW TIME: SUNDAYS, 6:30AM

LENGTH: 30 MIN

KDDB-FM WAIPAHU

OCT 6

This week, Tonya Ketzka from the City & County's Storm Water Quality branch, joins Devon on Hawaii Matters to talk about Make a Difference Month. This is your chance to learn about the Adopt A Block and Adopt A Stream programs, and how participating in them during this month can help keep waterways clear and make the route from the mountains to the sea better overall.

OCT 13

Our guest is Susan Amina. She is the Cancer Care Coordinator for Kaiser Permanente. October is breast cancer awareness month. We cover some national and local statistics on breast cancer. Risk factors, various types of prevention measures, treatment procedures, the different levels and types of breast cancer. We also talk about the process from diagnosis to recovery. And in addition to the traditional treatments available, what are some of the advancements being made of n this area.

OCT 20

Jonathan Hilts, Public Health Educator & Information Specialist with the Office of Public Health Preparedness for Hawaii State Department of Health stops by Hawaii Matters for a very informative session discussing all the different disasters that his office helps to prepare the public for, and what you can do to make sure your family is ready to handle any event.

OCT 27

Hawaii Matter's Host Devon talks with Kumi Macdonald and Anisa Wiseman from the National Association for Mental Illness (NAMI) to discuss what NAMI is and how NAMI works to break the stigma of mental illness. Devon, Kumi and Anisa have a conversation about the importance of receiving help and recognizing when you need help. Kumi and Anisa discuss what to expect with NAMI and what services they offer. Kumi and Anisa elaborate on recognizing the signs of when you or someone needs help and how to access NAMI and their services.

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NOV 3

NO SHOW AIRED DUE TO TECHNICAL DIFFICULTY

NOV 10

This week on Hawaii Matters, Devon welcomes Dr. Kevin Murphy, a podiatrist with Kaiser Permanente, to talk about foot health. We talk about everything from sprains to bunions and also how to take care of your feet if you're diabetic. You'll be surprised to know how much important having healthy feet is to your overall health.

NOV 17

This Sunday, Devon welcomes Dr. Jae Lim, Ear, Nose and Throat specialist with Kaiser Permanente to talk about head and neck cancer. What to look for, how it's treated, and what to expect in outcomes. We also discuss general ear nose and throat concerns.

NOV 24

This week on Hawaii Matters, Devon welcomes in Shawn Hamamoto, Executive Director of the Neighborhood Commission Office, which oversees the Neighborhood Board System. We talk about the Neighborhood Board, what it does, and most importantly, how you can get involved in being a part of your community Neighborhood Board!

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DEC 1

In this week's edition of Hawaii Matters, we talk to former Punahou School tennis coach Rusty Komori. He discusses leadership, ethics, winning, and how he applied his principles to the Punahou tennis team and won 22 state championships in a row. He talks about achieving high levels of success in sports, business, and other areas of life. Rusty also addresses the advantage of having a positive attitude and how that affects one's life.

DEC 8

On this week's Hawaii Matters, Devon welcomes in Dr. Mason Turner, a psychiatrist who practices at the Kaiser Permanente on Maui. He discusses the Holiday Blues and depression, and how you can help yourself cope with the holidays and all the things that come with them.

DEC 15

A very powerful episode as Jessica Munoz and Tammy Bitanga from Ho'ola Na Pua join Devon to talk about human trafficking. Jessica speaks about Ho'ola Na Pua's mission, and how they help the victims of this terrible crime. Tammy also shares her personal story and journey as a victim of human trafficking.

DEC 22

This week's Hawaii Matters focuses on Affordable Housing. Kevin Carney, with non-profit EAH Housing, stops by to talk about what his company is doing to help alleviate the housing crisis, and what their new project, Nohona Hale, has in store for people hoping to find an affordable place to live.

DEC 29

Please join Devon this Sunday as he welcomes Phyllis Look to the program to talk about "forest bathing." It's not so much about getting your body clean, so much as cleaning your mind and your soul, and getting close to nature again so that you can feel more centered and relaxed as you go about dealing with the hustle and bustle of life. It's a fascinating practice, and you get to learn all about it this weekend on Hawaii Matters.