

HAWAII MATTERS

QUARTERLY REPORT

JUL / AUG / SEP 2022

AIR TIME: 6:30AM; LENGTH: 30 MINUTES

KDDB WAIPAHU

JULY 2022

JULY 3, 2022 – Steve Alm / City Prosecutor / Crime in Honolulu

Topics include the roles of the prosecuting attorney's office, his history in law enforcement; the project "Hope Probation," a unique program that helped improve the probation process; the importance of immediate consequences to deter recidivism; the perceived increase in crime; staffing in the prosecutor's office.

JULY 10, 2022 – Dr. Megan Chock / Geriatrics in Hawaii

We discuss the practice of geriatrics. Topics include the changes that seniors deal with; the cause of higher blood pressure as people get older; activities that seniors can do to stay healthy; the best activity for seniors; Covid's effects on seniors; the challenge of managing medicines; the importance of hydration for seniors; the issue of alcohol drinking during senior years; sexual health for seniors. We cover the topic of dementia, its effects prevention; diets to help prevent dementia; suspected causes of dementia; signs of dementia; caring for seniors in general.

JULY 17, 2022 – Dr. Nicholas Nelken / Smoking & Vaping

Dr. Nicholas Nelken, Vascular Surgeon with Kaiser Permanente speaks about Smoking cessation, and also takes time to discuss the vaping craze and how it has not necessarily helped curb smoking, plus some of the dangers of vaping.

JULY 24, 2022 – Dr. Mason Turner / Stress & Anxiety

We welcome Dr. Mason Turner from Kaiser Permanente on Maui to talk about stress. What it is, how it affects your body and mind, and most importantly, ways to not let it control your life.

JULY 31, 2022 – Kutmaster Spaz / Bullying in Hawaii

Kutmaster Spaz (Derrick Bulatao) describes his upbringing as a local kid who's got dyslexia, dyspraxia, and other challenges as he grows up in this world. He's the author of the book "SPED to Success," a collection of stories of bullying in school and within his family. He describes how the passion for being a club DJ saved him from the bullying.

HAWAII MATTERS

QUARTERLY REPORT

JUL / AUG / SEP 2022

AIR TIME: 6:30AM; LENGTH: 30 MINUTES

KDDB WAIPAHU

AUG 2022

AUG 8, 2022 – Alan Yamamoto / Hawaii Occupational Safety & Health Admin.

The topic is workplace safety. Mr. Yamamoto is the consultation and training branch manager for HI-OSH. The agency works with small businesses in Hawaii to help the businesses maintain a safe and healthy workplace. Other topics include the challenges the agency faced during the last two plus years of COVID; the differences between Hawaii's OSHA standards and federal standards; the details of how the consultation and training program; the scope of the job of a HI-OSH consultant; the Safe & Sound program; the things employers can do to protect their employees, especially from COVID; the importance of preventative consultation vs enforcement.

AUG 15, 2022 – Terryn Davis / ALS

Terryn Davis, the Regional Care Manager for the Golden West Chapter of the ALS association, talks about Amyotrophic lateral sclerosis (ALS) otherwise known as Lou Gherig's disease. Though there is no known cure, the Golden West Chapter has been working hard to help people living with ALS get the help they need to manage this insidious disease. We hear about what it's like to care for someone with ALS, and how you can help in their fight against the battle to cure it.

AUG 22, 2022 – Tricia Kajimura / Mental Health

This week, we welcome in Trisha Kajimura, Executive Director for Mental Health America of Hawaii. She and her staff are part of a national organization that helps promote mental wellness through education, advocacy and service. She speaks about how MHA of Hawaii tries to help reduce the stigma of mental illness and improve the overall care, treatment and empowerment of those with mental illnesses and their families.

AUG 29, 2022 – Dr. Carolyn Hubbard / Palliative Care

Dr. Hubbard specializes in palliative care at Kaiser Permanente. She defines palliative care, how it fits in with a person's care during a period of suffering and toward end of life. She describes who might receive palliative care, the scenarios for palliative care, the integration of advance care directive within palliative care. Dr. Hubbard details the importance of working with other phases of a person's life (family, clergy, etc.). She outlines the important documents to have as one enters palliative care. She compares hospice care and palliative care.

HAWAII MATTERS

QUARTERLY REPORT

JUL / AUG / SEP 2022

AIR TIME: 6:30AM; LENGTH: 30 MINUTES

KDDB WAIPAHU

SEPT 2022

SEPT 4, 2022 – Dr. Stephen Chang / Heart Health in Hawaii

Dr. Stephen Chang, interventional cardiologist with Kaiser Permanente, explains how his department helps to save people who have had heart attacks, and gets into more details of how to keep yourself heart healthy.

SEPT 11, 2022 – Dr. Carolyn Hubbard / Palliative Care

Dr. Hubbard specializes in palliative care at Kaiser Permanente. She defines palliative care, how it fits in with a person's care during a period of suffering and toward end of life. She describes who might receive palliative care, the scenarios for palliative care, the integration of advance care directive within palliative care. Dr. Hubbard details the importance of working with other phases of a person's life (family, clergy, etc.). She outlines the important documents to have as one enters palliative care. She compares hospice care and palliative care.

SEPT 18, 2022 – Lila Johnson / Smoking & Vaping in Hawaii

Our guest is Lila Johnson with the Hawaii Dept of Health and the Hawaii Tobacco Quit Line. Ms. Johnson details why smoking and vaping are harmful, the dangers. Hawaii leads the nation in vaping use. Why vaping is so dangerous. The strategies of the HTQL; how the HTQL works; the addictive nature of nicotine; ways to reach out to the Quit Line; how to become a tobacco treatment counselor; comparing smoking damage to vaping. We shared details on how to contact the HTQL.

SEPT 25, 2022 – Phyllis Look / Forest Bathing

Phyllis Look is a certified forest therapy guide. She talks about "forest bathing," what it is, its benefits to your mind and body, and how you employ this new practice.