

HAWAII MATTERS

QUARTERLY REPORT

JAN/FEB/MAR 2020

AIR TIME: 6:30AM; LENGTH: 32 MINUTES

KQMQ HONOLULU

JANUARY 2020

1/5/20 – Culture in Hawaii: Japanese Chamber of Commerce

On this Sunday's Hawaii Matters, we welcome Jace Mikulanec, President and Executive Director Japanese Cultural Center of Hawaii. He talks about some of the JCCH's programs and discusses his recent work with the Honouliuli national historical project, which preserves the Honouliuli internment camp that was used in World War II to house Japanese Americans during the war.

1/12/2020 – Stress & Anxiety in the New Year

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.

1/19/20 – Mobility for the Disabled

Denise and Gus Solderholm speak about mobility options for the disabled. There are many things that need to be kept in mind when trying to find options to keep your mobility and transit independence, and Denise and Gus discuss some things to look for, and how to maximize the effectiveness of the solutions that are available to you should you need mobility assistance.

1/26/20 – ALS (Lou Gehrig's Disease)

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.

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FEBRUARY 2020

2/2/20 – 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.

2/9/20 – 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.

2/16/20 – CANDIDATE FOR MAYOR: KEITH AMEMIYA

Keith Amemiya, candidate for mayor, talks about his life and what has led him to decide to run for Mayor of the City and County of Honolulu. He also discusses his time as the director for the Hawaii High School Athletic Association, and how he feels this experience will help him run the city.

2/23/20 – CANDIDATE FOR MAYOR: KYMBERLY PINE

Councilmember Kymberly Pine discusses her decision to run for Mayor. She also talks about her time in the state legislature and council member, and how those experiences helped shape her into the person she is today. She also talks about what about those experiences led her to decide to run for Mayor.

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MARCH 2020

3/1/20 – CHARITY IN HAWAII

Michelle Kauhane, Senior Vice President of Community Grants & Investments, spends some time talking about the mission of the Hawaii Community Foundation and what they do. She also discusses their new CHANGE framework, and how it will help guide the organization as they continue to help service and provide grants to groups that are doing great things to help all of us in Hawaii.

3/8/20 – HEART HEALTH

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.

3/15/20 – COVID-19 / DEPARTMENT OF HEALTH

In an effort to keep everyone as informed as possible, we speak to David Johnston, epidemiologist with the Hawaii State Dept. of Health about COVID-19. They talk about the how the virus is transmitted, what the symptoms are, and most importantly, what you can do to keep you and your family safe.

3/22/20 – PROGRESSIVE SUPRANUCLEAR PALSEY

Dr. Sharin Burton from Kaiser Permanente talks about Progressive Supranuclear palsy, or PSP. PSP is a disease that can seem like Parkinsons, but can be much more severe in the way it affects people afflicted with it. Dr. Burton explains more about what causes it and how to spot it if you are wondering if someone you know is suffering with it.

3/29/20 – COVID-19 INTERVIEW WITH JOSH GREEN

Our guest is the Lt. Governor of the State of Hawaii, Josh Green. He talks about the state's efforts to curb the coronavirus. As an emergency room doctor, he also brings insight into disease control, the measures that need to be taken globally, nationally, locally, and personally, to stop the spread and keep healthy. Dr. Green also addresses the various issues and misinformation surrounding the pandemic.