

HAWAII MATTERS

QUARTERLY REPORT

APR / MAY / JUN 2023

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

KQMQ HONOLULU

APRIL 2023

April 2, 2023 – Kutmaster Spaz / Bullying

Derrick Bulatao - aka DJ Kutmaster Spaz – grew up knowing he was different and made the best of the classroom designations for Special Education in Hawaii’s public school system. His published book, “SPED to SUCCESS” (in 2022) reveals his personal journey to redefining what other people expected him to accomplish, creating his own lane(s) in local music, radio broadcasting, and television producing.

April 9, 2023 - Jordan Furmeister (Dept. of Health Asthma Program Coordinator); Adeline Kline (Hawaii Keiki Advanced Practice Registered Nurse) / Living and Managing Asthma in Hawaii

There is no cure for asthma though there are ways to live an active, healthy life in our islands. Do you recognize your own symptoms and those of the children in your life? Adeline Kline is working with local school nurses to educate kids (and their families) to know when an asthmatic episode could occur, how to prevent them, and how to best treat it when an episode occurs.

Jordan Furmeister and her team is reminding all that May (2023) is Asthma Awareness Month and simple daily cleaning - from dusting to doing laundry! - can help ease certain breathing difficulties. It's about preventative actions to breathe easier!

April 16, 2023 – Dr. Rashmi V. Baragi, M.D. (Kaiser Permanente Hawaii) / Infectious Diseases

Dr. Rashmi V. Baragi talks about general infectious diseases, broad treatments, and ways people in Hawaii can prevent the spread of colds, flus and other more serious ailments, like tuberculosis and rat lung disease. While the COVID-19 Pandemic (from 2020 to now) has encouraged proper hand washing with soap and water, not sharing food utensils and general better hygiene, Dr. Baragi says every day practices will keep you and loved ones healthier! What to do when you feel under the weather? They offer guidelines that work year-round.

April 23, 2023 – Haylin Dennison (Licensed Therapist, founder of Spill The Tea Café) / Teen Mental Health

During and since the COVID-19 pandemic, there are concerns related to mental health through all demographics. For Hawai'i's teenagers, Spill The Tea Café in Kaka'ako, Honolulu offers and adds a safe space for young persons to connect with like-concerned people! Haylin Dennison grew up in our islands and returned from living in

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Los Angeles, California with the focus to help adolescents equip themselves for life and living. As a licensed therapist, she can assist with counseling and other foundational tools for teens – and their families – to navigate in healthier, productive ways that make sense for the individual by having and continuing the conversations on mental health.

April 30, 2023 – Dr. Christina L. Bell, M.D. (Kaiser Permanente Hawaii) / Dementia and Memory Loss Later in Life

Dr. Christina L. Bell discovered her focus and passion on geriatric medicine while working with the older paniolo on Hawai'i Island! When does memory loss become something that we should be most concerned about as we age or when we become caregivers? Dr. Bell offers ways to look at aging and what “healthy” or “average” memory loss looks like. Dementia and other ailments are not “one size fits all” in terms of diagnosis and as we age, there is some natural loss of short and long term memories. The larger conversation is about the overall safety and health for a person if the memory loss becomes one that needs assistance from a family member or professional caregiver.

May 7, 2023 – Dr. Sharin (Sakurai) Y. Burton, M.D. (Kaiser Permanente Hawaii) / Strokes: Prevention, Symptoms

Dr. Sharin (Sakurai) Burton is a Neurologist at Kaiser Permanente and explains how the brain can experience many different disorders. Dr. Burton shares how the brain works with the various parts of the human body and that the way we treat our overall health – sleep, diet, exercise, relationships, etc – have their place in getting to where we each want to be: healthier. The commonness of strokes in Hawaii also happens outside of what the general population understood to be affected, meaning reports of those who are young, active, and seemingly healthy. Strokes can be prevented to a certain degree and it's about understanding the various ways a stroke can be triggered over the course of a lifetime or even lifestyle.

May 14, 2023 – Asianna Saragosa-Torres (NAMI Hawaii, volunteer) / Mental Health: NAMI Walks in October 2023

May is Mental Health Awareness Month. The COVID-19 Pandemic brought an even broader understanding that one should not assume the people we love and care about are doing well “just because” they don't talk easily about their personal struggles, challenges or deeper concerns. Asianna Saragosa-Torres (Miss Ewa Beach 2023 of the Miss Hawaii/Miss America Organization) is a volunteer with NAMI Hawaii and shares

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her personal journey with NAMI Hawaii. As a suicide survivor (in her early teenage years), Ms. Saragosa-Torres wants to help minimize and remove the stigma that some cultures in Hawaii may have attached to asking for or about mental health resources.

May 21, 2023 – Ken Hiraki (Executive Director, Public Schools of Hawaii Foundation)

The public schools in Hawaii have general funds for educators to request materials for their classrooms and students for the school year. There are times when a teacher will buy items out of their own money to help the class better understand a lesson or a timely event captures the imagination of the campus. Ken Hiraki talks about Public Schools of Hawaii Foundation's scholarships for Teachers, a means to encourage creativity in the classroom.

May 28, 2023 – Amanda Leonard (Missing Child Center Hawaii), Chris Kim (Honolulu Police Sergeant, Honolulu Crime Stoppers) / Hawaii National Missing Children's Day (on May 25, 2023)

When a child goes missing, there are legal parameters that authorities will request ahead of activating a Malie Alert (Hawaii's Amber Alert) and other reports. Amanda Leonard and Sgt. Chris Kim talk about their respective organizations and how they work with local and global agencies to help locate missing and endangered minors. Having up-to-date images of your child, and accessible legal documents and health records help speed the process. They also discuss the different types of reported abductions and how the public can assist in locating missing persons.

June 4, 2023 – Diane Peters-Nguyen (Regional CEO for Pacific Island Region - Hawaii Red Cross) / Hurricane Preparedness, Volunteerism

In May 2023, Typhoon Mawar impacted Guam and other Pacific islands, causing power outages, food shortages and displacement of families. Hurricane season in Hawaii is June through November and the Red Cross prepares communities with classes for CPR, general First Aid, and encourages graduates to give back by becoming a certified Red Cross Volunteer. Diane Peters-Nguyen talks about the history of the Red Cross and its evolution of assisting in global and local emergencies of all sizes.

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June 11, 2023 – Diane Peters-Nguyen (Regional CEO for Pacific Island Region - Hawaii Red Cross) / Hurricane Preparedness, Volunteerism

*re-airing from June 4, 2023

June 18, 2023 – Dr. Mason Turner (Psychiatrist – Kaiser Permanente, Maui) / Managing Stress and Anxiety

Stress is necessary in our lives though the way we generally process and manage many types of stress may not be beneficial to our overall health – and that includes our mental health, our diet, and our relationships. Dr. Mason Turner talks about ways to remove the things that stress you out with activities that quiet your mind and body. Leave the office on time twice a week, be a passenger instead of driving for a carpool...these small changes can reduce stress.

June 25, 2023 – Dr. Jay T. Ishida (Kaiser Permanente) / When to Go to the ER

When you are well, it's good to keep an annual check-up visit or telehealth with your primary care physician. Following the COVID-19 Pandemic, it's not always clear or easy to decide when to go the doctor's office, urgent care or the emergency room, or even call an ambulance. Dr. Jay Ishida of Kaiser Permanente talks about the various reasons to stay home or go to the hospital, being responsible for your own health and safety.