

HAWAII MATTERS

QUARTERLY REPORT

JAN / FEB / MAR 2023

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

KDDB WAIPAHU

JANUARY 2023

JAN 1, 2023 – Mandy Armstrong / Suicide Prevention

Our guest is Mandy Armstrong from Living Works, a suicide prevention program. She talks about the causes of thoughts of suicide, including isolation or the feeling of being disconnected, types of disconnection, the effect of Covid on suicide, the dynamic of talking about suicide. She talks about people who seem to have it all together who commit suicide. She talks about their intervention and how it helps those contemplating suicide and why the intervention works. She talks about their training at the public and private levels. She highlights the beginnings of Living Works. She talks about “invitations” that people exhibit that are inroads into conversations with someone who might be contemplating suicide, and other signs to look for.

JANUARY 8, 2023 – Congressman Ed Case / Issues Affecting Hawaii in 2023

US Congressman Ed Case joins the program and speaks on various topics: The importance of seniority for congressmen and how it affects their state; his experience with former Senator Spark Matsunaga and how it helps him and Hawaii today; the importance of listening to constituents; the pros and cons of a divided government in Washington; the reality of the political divide in Congress; the challenge of Red Hill’s water problem; the looming difficulty in the Asia-Pacific region, especially with regard to China.

JANUARY 15, 2023 – Dr. Jill Omori, UH John A. Burns School of Medicine, students EY Park and Vasant Padwardhan / HOME PROJECT

Unhoused communities in Hawaii are often hidden away though are in need of basic services like medical care. Dr. Jill Omori of the University of Hawaii’s John A. Burns School of Medicine and Senior medical students EY Park and Vasant Padwardhan share their experiences of meeting, working, and advocating for those who are in most need. Students can apply their classwork learning in the real world while growing their capacity for empathy and compassion beyond campus.

JANUARY 22, 2023 – Nancy Kriedman DVAC / Domestic Violence

Nancy Kriedman is the CEO of the Domestic Violence Action Center (DVAC). Topics covered included: the staffing and roles at DVAC; diversification of victims; tactics used by abuser; the norms of society vs domestic violence; adapting during the pandemic; the effect of the pandemic/work from home on domestic violence; children caught up in the midst of domestic violence; how to reach the DVAC.

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JANUARY 29, 2023 – Brandy Ching / Medicare

Brandy Ching is the Sr. Advantage Sales Executive for Medicare at Kaiser Permanente. Topics discussed include: the different parts of Medicare (A, B, C, and D) and what they cover; signing up for Medicare; the continuing evolution of Medicare; considerations when approaching your 65th birthday; enrolling periods; the difference between Medicare and Medicaid; Medicare recipients who move; getting more info on Medicare.

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FEBRUARY 2023

FEBRUARY 5, 2023 –

No show-due to technical problems.

FEBRUARY 12, 2023 – Kahi Kamohali'i / Genealogy

Topics include what genealogy is, why it's important, the uniqueness of Hawaiian ancestry, the value and effects of genealogy, researching genealogy versus online ancestry research, tips on researching one's ancestry.

FEBRUARY 19, 2023 – Dr. Debleena Dutt / Heart Health

Dr. Debleena Dutt is a cardiologist specializing in advanced heart failure and heart transplants. Heart disease is the number one cause of death. She touches on types of heart disease, the advancements in treatments, the remote monitoring heart failure program, stent technology, things we can do to prevent cardiovascular disease, symptoms of a heart attack, how heart attacks present differently in different people, the marks of a heart attack, heart disease in Hawaii, things people can do to prevent heart disease, heart failure vs heart attacks, treatments for heart failure, the threshold for a heart transplant, the challenges of transplants.

FEBRUARY 26, 2023 – Dr. Jill Omori, UH John A. Burns School of Medicine, students EY Park and Vasant Padwardhan / HOME PROJECT

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MARCH 2023

MARCH 5, 2023 – Nancy Kriedman DVAC / Domestic Violence

Nancy Kriedman is the CEO of the Domestic Violence Action Center (DVAC). Topics covered included: the staffing and roles at DVAC; diversification of victims; tactics used by abuser; the norms of society vs domestic violence; adapting during the pandemic; the effect of the pandemic/work from home on domestic violence; children caught up in the midst of domestic violence; how to reach the DVAC.

MARCH 12, 2023 - USAID / Global Aid

USAID or the United States Agency for International Development is sometimes compared to the Peace Corps in that they bring infrastructure and aid to countries around the world. One of the significant differences between the two entities is that USAID offers paying positions and also provides Fellowships (scholarships) to qualifying applicants. Creighton Lee shares his civilian awareness of USAID while Diane Moore (Foreign Service Officer) talks about her military background overlapping humanitarian interests of the agency. USAID's focus is global assistance while maintaining the humanity in humanitarian. An upcoming hiring event in May 2023 offers remote work for a two-year period. Veterans, former Peace Corps, College seniors, and those returning to school are encouraged to apply. [usaid.gov/jobs](https://www.usaid.gov/jobs)

MARCH 19, 2023 – Mandy Armstrong / Suicide Prevention

Our guest is Mandy Armstrong from Living Works, a suicide prevention program. She talks about the causes of thoughts of suicide, including isolation or the feeling of being disconnected, types of disconnection, the effect of Covid on suicide, the dynamic of talking about suicide. She talks about people who seem to have it all together who commit suicide. She talks about their intervention and how it helps those contemplating suicide and why the intervention works. She talks about their training at the public and private levels. She highlights the beginnings of Living Works. She talks about “invitations” that people exhibit that are inroads into conversations with someone who might be contemplating suicide, and other signs to look for.

MARCH 26, 2023 – Dr. Cheryl Schultz / Tridemic

Dr Schultz is a family practice doctor with Kaiser. She addresses the “tridemic” that we are in here in Hawaii and throughout the US. The tridemic being three viruses all converging at once. Flu, coronavirus, and RSV (respiratory syncytial virus). She discusses the symptoms, those who are susceptible, and other aspects of RSV. How the flu and Covid vaccinations interact. The impact of Covid vaccinations to this point. The difference between flu and Covid symptoms. She reviews symptoms to look for in yourself and children. She discusses the affect of volcanic fog

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on people and how it confuses patients. She recommends masking especially indoors when with strangers.