

# HAWAII MATTERS

QUARTERLY REPORT

OCT / NOV / DEC 2023

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

KQMQ HONOLULU

OCTOBER 2023

## **OCT 1, 2023 – 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.

## **OCT 8, 2023 – Dr. Christopher Lum / Eyesight & Cataracts**

Dr. Christopher Lum is an ophthalmologist from Kaiser Permanente. He talks about ophthalmology and what the area covers. Dr. Lum talks about what cataracts is, the problems caused by cataracts, the history of treatment, who it affects, how it's treated today, and the process of the surgery.

## **OCT 15, 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.

## **OCT 22, 2023 – Ken Hiraki PSHF / Education**

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.

## **OCT 29, 2023 – Dr. Matthew Koenig & Nurse Matthew Wells / Stroke**

Our guests represent the Hawaii Stroke Coalition (HSC). We discuss the background of HSC. What is a stroke? Types of stroke. The importance of responding to a stroke victim. How to recognize a stroke. Treatments for stroke. Global fallout from stroke. The importance of awareness.

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NOVEMBER 2023

## **NOVEMBER 5, 2023 – Tati Guzman (HMSA) / Medicare**

We discuss the basics of Medicare, what it is, the different Parts, what those Parts cover, new facets for next year, open enrollment, group retiree plans at workplaces, Medicaid vs Medicare, third party brokers, Medicare scams, and how to navigate the complexity.

## **NOVEMBER 12, 2023 – Ryan Naka (Project Vision Hawaii) / Access Challenges**

Guest Ryan Naka is a VP with Project Vision Hawaii (PVH). They're a non-profit that provides health and human services to access-challenged communities and vulnerable populations. He discusses: the origins of PVH in 2015, the types of services they provide, the Pulama Ola medical respite kauhale outside Queen's Hospital, the Moving Forward program and its work with former prisoners, their work on Maui after the fires, and other neighbor island services.

## **NOVEMBER 19, 2023 – Ken Hiraki PSHF / Education**

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.

## **NOVEMBER 26, 2023 – Hui Malama o Ke Kai / Youth at Risk**

Our guests today are Maile Ah Sam (Exec Director) and Ashley Ono (board member) from Hui Malama o Ke Kai, an organization that mentors at-risk youth in the Waimanalo. They're also working to help change the image of Waimanalo as a risky, dangerous area. Their programs include after school programs, "board & stone" building, "e kui kakou," (the Hawaiian process of pounding kalo), nurturing the culture of Hawaii, and more. We also discuss their next 25 years as they celebrate their anniversary.

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DECEMBER 2023

## **DECEMBER 3, 2023 – Tati Guzman (HMSA) / Medicare**

We discuss the basics of Medicare, what it is, the different Parts, what those Parts cover, new facets for next year, open enrollment, group retiree plans at workplaces, Medicaid vs Medicare, third party brokers, Medicare scams, and how to navigate the complexity.

## **DECEMBER 12, 2023 – Ryan Naka (Project Vision Hawaii) / Access Challenges**

Guest Ryan Naka is a VP with Project Vision Hawaii (PVH). They're a non-profit that provides health and human services to access-challenged communities and vulnerable populations. He discusses: the origins of PVH in 2015, the types of services they provide, the Pulama Ola medical respite kauhale outside Queen's Hospital, the Moving Forward program and its work with former prisoners, their work on Maui after the fires, and other neighbor island services.

## **DEC 17, 2023 – Emily Gordon (DOH) / Healthy Practices**

Our guest is the Public Health Educator for the State of Hawaii Dept. of Health. Topics covered today include the Department's response to the Maui wild fires, the importance of planning for public health situations, the importance of washing our hands, why people need the reminders, making washing hands and cleanliness in general a daily habit, some of the viruses out there such as RSV, which is particularly dangerous to very young and older people, the details of washing your hands properly, hand sanitizers, staying home when you're sick.

## **DEC 24, 2023 – Congressman Ed Case / Hawaii Issues**

Hawaii's Congressman Ed Case visits and covers various topics including ocean mining, the state of Congress in general, Case's Problem Solvers' Caucus, the divisiveness in Congress, the health of our Hawaii delegation, defense in Hawaii, Red Hill water issues, and the Maui fires.

## **DEC 31, 2023 – Emily Gordon (DOH) / Healthy Practices**

Our guest is the Public Health Educator for the State of Hawaii Dept. of Health. Topics covered today include the Department's response to the Maui wild fires, the importance of planning for public health situations, the importance of washing our hands, why people need the reminders, making washing hands and cleanliness in general a daily habit, some of the viruses out there such as RSV, which is particularly dangerous to very young and older people, the details of washing your hands properly, hand sanitizers, staying home when you're sick.