

HAWAII MATTERS

QUARTERLY REPORT

OCT / NOV / DEC 2022

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

KDDB WAIPAHU

OCT 2022

OCT 2, 2022 – LJ Duenas / Alzheimer's & Dementia in Hawaii

LJ Duenas is the Executive Director of the Hawaii chapter of the Alzheimer's Association. He talks about dementia in general; characterizes symptoms; the outreach programs they employ; the challenge of care giving; strategies families can use during the caregiving process; the legislative efforts; new drug treatments in place now; signs to look for in a possible Alzheimer's patient; contact info to seek help.

OCT 9, 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.

OCT 16, 2022 – Dr. Jennifer Carney / Oncology & Breast Cancer

Dr. Carney practices at Kaiser Permanente in Honolulu. She details the practice of oncology, the prevalence of breast cancer, the mammogram test, the new 3D mammogram, when and how frequently should women get mammograms, indicators for breast cancer, the types and stages of breast cancer, the different types of therapies available, counseling services that are available, new treatments coming out today, clinical trials available in Hawaii, racial and cultural influences on breast cancer.

OCT 23, 2022 – Nancy Kriedman / 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.

OCT 30, 2022 – 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

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65th birthday; enrolling periods; the difference between Medicare and Medicaid; Medicare recipients who move; getting more info on Medicare.

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NOV 6, 2022 – Dr. Jennifer Carney / Oncology & Breast Cancer

Dr. Carney practices at Kaiser Permanente in Honolulu. She details the practice of oncology, the prevalence of breast cancer, the mammogram test, the new 3D mammogram, when and how frequently should women get mammograms, indicators for breast cancer, the types and stages of breast cancer, the different types of therapies available, counseling services that are available, new treatments coming out today, clinical trials available in Hawaii, racial and cultural influences on breast cancer.

NOV 13, 2022 – Nancy Kriedman / 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.

NOV 20, 2022 – LJ Duenas / Alzheimer's & Dementia in Hawaii

LJ Duenas is the Executive Director of the Hawaii chapter of the Alzheimer's Association. He talks about dementia in general; characterizes symptoms; the outreach programs they employ; the challenge of care giving; strategies families can use during the caregiving process; the legislative efforts; new drug treatments in place now; signs to look for in a possible Alzheimer's patient; contact info to seek help.

NOV 27, 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.

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DEC 4, 2022 – Jade Stice / Family Hui

Family Hui Hawaii provides peer-led parental support. Parents helping parents. FHH helps parents learn and cope with people as they struggle through early parenthood. FHH helps parents of children who are newborn through five years of age. Stice discusses the challenges encountered by COVID. She also covers some of the challenges families have faced because of the pandemic, including being in abusive relationships. Stice also talks about the important role men play in their families, how they learn father skills.

DEC 11, 2022 – 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 on people and how it confuses patients. She recommends masking especially indoors when with strangers.

DEC 18, 2022 – 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.

DEC 25, 2022 – 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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