



*Nana I Ka Pono Na Ma*  
Look to the righteousness  
of many places

[www.papaolalokahi.org](http://www.papaolalokahi.org)

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*Ke Aloha \* Ka Maluhia \* Ka Lōkahi*



*To you and yours from the Papa Ola Lōkahi 'ohana*

*Keaulana*

*Emily, Hannah, Moana, Kim, Lehua, JoAnn, Amanda, Tercia, Donna, Marisa, Kelcie*

*Nani, Kau, Sheri, Gayle, Babette, (not shown) Prysten*





Sheri-Ann Daniels, Ed.D., Executive Director

**Ola mai i loko mai.**  
*Health comes from within.*



**Kelcie Kawano, Gayle Bonham**, and several other POL staff members spent a morning working in the lo'i at Ho'okua'aina at Kapalai, in Maunawili Valley in partnership with Hawaii Public Health Institute and Islander Institute.

It was Kelcie's first time in the lo'i, "Being in the mud and working with others to care for something was rewarding. Thank you for ... the opportunity to grow."

**NIU MAKA**  
 Makali'i 2016

Newsletter contributions from Amanda Allison, Gayle Bonham, Sheri Daniels, Babette Galang, Keaulana Holt, Kelcie Kawano, Tercia Ku, Emily Makahi, JoAnn Tsark, and Kim Ku'ulei Birnie.

Photos by NHHSP, Amanda Allison, Kim Ku'ulei Birnie, Bill Harby, Judy Mikami, Teddy-Boy Heresa, 'Imi Hale & Bryson Hoe/'ŌIWI-TV.

**MAI KA PO'O**

Welina mai kākou,  
 On behalf of Papa Ola Lōkahi, warm wishes for a healthy and happy holiday season and a prosperous 2017.

2016 has been a year of transition, renewal and growth here at Papa Ola Lōkahi. Coming on board as Executive Director in April has been a whirlwind experience that has provided opportunities to meet people in a variety of communities. These engagements have already helped to focus the work that POL will continue to do on behalf of Native Hawaiians: from collecting useful data that can drive program development, to holding fast to our culture through traditional practices of our kūpuna.

There have been many wonderful people who are committed to the growth and well-being of our lāhui.

*Mahalo* to Sharlene Chun-Lum for her dedication to engaging communities to enhance the work in which POL is involved. My predecessor started initiatives—particularly the development of Ke Ala Ola: The Resource Map and the update of the E Ola Mau report—that will continue during my tenure.

I would also like to acknowledge Momi Fernandez who recently retired after years as POL's data guru and manager of our Census Information Center, and coordinator of the many projects that came from those efforts. I know she is enjoying time with her family, especially her mo'opuna, on Hawai'i Island.

As we look forward to 2017, there are many partnerships that will continue and many more that will be created and nurtured. I call on you to join POL and others in lifting up the health of Native Hawaiians.

These collaborations are only possible through the handiwork and dedication of the POL staff and our community partners across the state. We focus on strengthening our lāhui through dialogue, helping hands, and relationship building.

Our kūpuna knew that there was power when we unite and move in one direction,  
*Pūpūkahi i holomua!*

*E Ola Mau a mau,*

*Sheri*

**NO KA PELEKIKENA**



The board and staff of Papa Ola Lōkahi send our aloha to our board president **Kilipaki Vaughan** and his family upon the recent, sudden loss of his father **Palani**.

Musician and singer, **Palani Vaughan** had become activist and advocate for **Kanaka Maoli independence**. We are grateful for his love for our nation, and the many passions that he passed to his children and mo'opuna. The many contributions that **Paki** has made to the well-being of our people—both at **Ho'ola Lāhui Hawai'i** and here at **Papa Ola Lōkahi**—are also his father's legacy. *Hali'a aloha. Many blessings to the Vaughan 'ohana.*

**Kū ha'aheo**

The dulcet tones you hear when you call Papa Ola Lōkahi are those of **Gayle Bonham**. Gayle came to POL from E Ola Mau 23 years ago!



Gayle is the right hand of our executive director and she staffs the meetings of the board of directors. She claims the highlight of her time at POL has been the association with the *Out of Many, One* movement that linked us with the diverse health agencies and organizations serving people of color communities throughout the U.S.

That worldview, her institutional memory, and her inherent sense of pono form the glue that Gayle uses to hold us together here at POL.

ED Sheri Daniels relies on her, "I need Gayle to stay with me at POL for another 23 years!"

**Kupuna Councils**



Members of the Kupuna Councils, and staff from Hui Mālama Ola Nā 'Ōiwi and Papa Ola Lōkahi gathered in Volcano in July.

## Scholar Update

### E ho'omaika'i iā lākou!

The Native Hawaiian Health Scholarship Program (NHHSP) is so pleased to announce eight awards this fall. These new scholars are students in social work, nursing, pharmacy and medicine.

All total, 265 awards have been made through the NHHSP since 1991. This year, 10 graduates from earlier cohorts entered the workforce in underserved areas on Maui, O'ahu and Hawai'i Islands. Training Hawaiians to serve Hawaiians on all islands is what this program is all about. Lanakila!

## Apply now

The NHHSP online application process is open now through March 1, 2017.

For more information or to apply online visit [www.nhhsp.org](http://www.nhhsp.org).

# Native Hawaiian Health Scholarship Program

2016-2017



Scholarship Recipients



**Kapono Ikalai Chang**

1st Year Medical Student, A.T. Still University at Arizona. DO in Medicine; B.S. in Human Biology, Stanford Univ., '11; Post-B.S. in Pre-Med, UH Manoa, '12. Hometown: Kaneohe, O'ahu.

Final Year Medical Student, UH John A. Burns School of Medicine. BS in Biology, Santa Clara University '10. Hometown: Kaneohe, O'ahu. Continuation Funded from Cohort year 2014.



**Alyssa Ann Ka'ihilani Chun-Honda**



**Michelle Izzi**

Final Year Bachelors in Nursing Student, University of Phoenix Honolulu. AA in Liberal Arts, Kapiolani Community College '13. Hometown: Waianae, O'ahu. Continuation Funded - Cohort year 2014.



**Leimomi Kanagusuku**

3rd Year Medical Student, UH John A. Burns School of Medicine. B.S. in Human Biology, Stanford Univ., '11; Post-B.S. in Pre-Med, UH Manoa, '14. '12. Hometown: Waianae, O'ahu.



**Ka'imaile Keifer**

1st Year Doctorate Nurse Practitioner Student, UH Hilo; BSN, Southwestern Adventist University; Hometown: Honolulu, O'ahu. Former scholar - cohort 2010.



**Michael Keawe Makaimoku**

Final Year Doctoral Studies in Pharmacy; Lake Erie College; Pre-Pharmacy, BYU Idaho & Idaho State Universities; Hometown: Salt Lake City, Utah



**Ashley Morisako**

2nd Year Medical Student, UH John A. Burns School of Medicine. Masters in Public Health, UH Manoa, '14, BS in Public Health & Psychology, Santa Clara University, '12. Hometown: Honolulu, O'ahu; Continuation Funded from cohort year 2015



**Clarence Bernard Vieira**

Final Year - Advance Standing - Masters in Social Work Student, UH Manoa Myron B. Thompson School of Social Work. BSW degree, UH Manoa. Hometown: Aiea, O'ahu.

## Alumni

Drs. Kalamaoka'aina Niheu, (O'ahu), Michele Shimizu (Hawai'i Island), Heather Haynes (Maui) and Bill Thomas (Molokai)—all NHHSP alumni—recently attended the Pacific Region Indigenous Doctors' Congress (PRIDoC 2016) in Auckland, Aotearoa.



## Staff

Processing applications, coordinating interviews, counseling, mentoring and readying for community placement, the NHHSP staff: Kau'i Kaleo, Nani Espinda, Moana Abiva, Lehua Keliinui & program director M. Keaulana Holt.



## Ho'okele—Navigating Patients Through the Health System



In 2016, the Ho'okele i ke Ola Patient Navigation Training Program made a transition toward general patient navigation rather than focusing solely on cancer.

Trainings were held in Honolulu in May and December. Each two-day workshop focused on general info and skills that navigators need to support patients in overcoming barriers to health care. Trainees included outreach workers, case managers, social workers, nurses, and navigators. A total of 27 navigators were trained from Hui Mālama Ola Nā 'Ōiwi, Hui No Ke Ola Pono, Nā Pu'uwai, Ke Ola Mamo, Kaiser Moanalua Medical Center, Kapi'olani Medical Center for Women and Children, Kona Community Hospital, The Queen's Medical Center, and Straub Clinic and Hospital.

Training venues and resources were generously provided by Queen's, the John A. Burns School of Medicine - Health Sciences Library, and Kuakini Medical Center. And of course, an all-star faculty provided their time and the expertise that is the cornerstone of the Ho'okele i ke Ola Patient Navigation Training Program.



Navigator trainees brainstorm coping strategies.

The December training was a POL partnership with Queen's. Trainees included navigators from Queen's and the Native Hawaiian Health Care Systems. The focus was on helping patients, especially those with secondary behavioral health issues, to overcome barriers to care after discharge from the hospital.

Training topics emphasized communications and obtaining community resources. With navigators from community and clinical settings, working with one other in training was a great way to learn, connect and network.

These trainings also provided POL the opportunity to refine the toolkit that others can use for their own patient navigator trainings. This toolkit is available from Papa Ola Lōkahi.

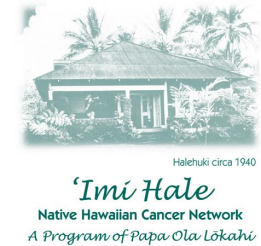
The work of many hands, hearts and minds goes into each training, including the wisdom of all who have given input over the years. Through the contributions of our champions, our faculty, our trainees and other supporters, this training has remained responsive to the needs of the community of folks who help patients and their families navigate the complex system of health care.



Above: Moon Chen (center) with NRMN Principal Investigator Kola Okuyemi (to Chen's right/viewer's left) and the cohort of mentees, coaches and staff at the kickoff session of the NRMN-P2 program at UC Davis

## 'Imi Hale—Hawaiian Health Research, Education & Training

Though 'Imi Hale enters its 17<sup>th</sup> and "wind-down" year, our mission and efforts continue at Papa Ola Lōkahi. As the largest producers of cancer education materials tailored for Hawaiian communities, Papa Ola Lōkahi continues to distribute materials along with the Native Hawaiian Health Care Systems and partner agencies such as Coalition for a Tobacco-Free Hawaii. Copies of our materials are easily accessed in PDF on the 'Imi Hale website at [www.imihale.org](http://www.imihale.org).



Support for emerging Hawaiian researchers continues through two exciting partnerships, (1) RCMi Multidisciplinary and Translational Research Infrastructure Expansion ([RMATRIX-II](#)) and, (2) the National Research Mentoring Network ([NRMN](#)).



RMATRIX-II, at the John A.

Burns School of Medicine is one of five programs in the U.S. funded by NIH - Research Centers in Minority Institutions (RCMI); Deans Jerris Hedges and Noreen Mokuau serve as co-Principal Investigators. This research infrastructure fosters clinical and translational health disparities research and supports career development and mentoring of health disparities investigators. JoAnn Tsark, Dr. Kathryn Braun and Dr. Keawe Kaholokula lead the Community Based Research Core for this 5-year initiative. The RMATRIX program has supported more than 10 community-based research pilots since its partnership with 'Imi Hale/Papa Ola Lōkahi.



NRMN is a nationwide consortium of biomedical professionals, including, 'Imi Hale's PI, Dr. Kathryn Braun (back row, center, photo at left), and institutions collaborating to provide trainees (mentees) with evidence-based mentorship & professional development programming. The goal of the NRMN is to "enhance the diversity of the NIH-funded research workforce", a mission in line with that of Papa Ola Lōkahi and 'Imi Hale.



Thirty-one years after the landmark *E Ola Mau—Native Hawaiian Health Needs Assessment* was first published, Papa Ola Lōkahi, community partners, and the best health researchers available are looking at updating the data and resources to accurately depict the current status of Hawaiian health and well-being.

The 1985 study was the first time data reflected what was known anecdotally about Hawaiian health. Its findings led to the development and delivery of programs and services, scientific inquiry into the causes, expansion of an acceptable health care workforce, and policy in the form of the Native Hawaiian Health Care Improvement Act, which then leveraged funding to implement the work.



*E Ola Mau event, June 1, 2016. Panel: Gerard Akaka, Keawe Kaholokula, Naleen Andrade, Kauanoē Kamanā, Nate Wong, JoAnn Tsark and Lisa Victorino-Watkins.*

Papa Ola Lōkahi launched the reboot this past June 1st at a gathering of more than a hundred people. Laying the foundation, panel discussions featured the historical foundation, as well as ongoing health programs and perspectives. The reflection of the original work was inspiring; the body of current efforts is impressive.

In the afternoon, we rolled up our sleeves to begin dividing up the work. The original task forces have been further refined since June, and the leadership for each is emerging:

1. Medical: Access. *Sandie Morimoto-Ching & Gerard Akaka*
2. Medical: Health Promotion. *Martina Kamaka & Selena LeGare*
3. Medical: Research. *Keawe‘aimoku Kaholokula*
4. Medical: Structure. *Donna-Marie Palakiko & Heather Haynes*
5. Data Governance. *Emily Makahi*
6. Dental Health. *Mikako Deguchi*
7. Historical/Cultural. *Naleen Andrade & Hardy Spoehr*
8. Innovation & Technology. *Gwen Anderson & Cathy Wasem*
9. Mental/Behavioral Health. *Deborah Goebert & Earl Hishinuma*
10. Nutrition & Food Access. *Jackie Ng-Osorio, Kainoa Fialkowski & Jodi Leslie*
11. Workforce Development. *Nāpualani Spock*

There are opportunities for new volunteers to join in this work. By the summer of 2017, recommendations will be identified and updated language will be offered to the reauthorization of the Native Hawaiian Health Care Improvement Act. Later in the year, POL will begin compiling the work of the groups into a publication for distribution. *E Ola Mau a Mau* will be available in late 2017/early 2018. If you are inspired to participate in this effort, please email us: [eolamau@papaolalokahi.org](mailto:eolamau@papaolalokahi.org).

## Pulse of the community

In October and November, Papa Ola Lōkahi conducted a simple survey into the health concerns and needs of the community. A pulse survey provides quick insight into the perceptions of health within our communities.

Preliminary results have yielded *healthy lifestyle* as the #1 priority, with *dental care* and *nutrition* tied for second.

The majority of the responders identified their health as being “good.” One responder shared, “I would like to see Native Hawaiians being educated about being healthy, living healthy, and how to maintain a healthy lifestyle.”



Respondents identified *health* as the most important for overall wellbeing. This specific question was close, where many believe that employment, education, and housing also play important roles in overall wellness and “pono.”

“They all go together. It’s hard to have good health without a good job and it’s hard to get a good job without education and hard to get a house without all of the above. Having a good education, job, and a house contributes to good health,” said one responder.

More than 150 community members from 55 different zip codes responded to the survey and made their opinion known. Many community members were grateful for the opportunity to share mana’o. One wrote, “Mahalo for your continuing engagement & support to ensure a healthy & thriving Hawaiian community.”

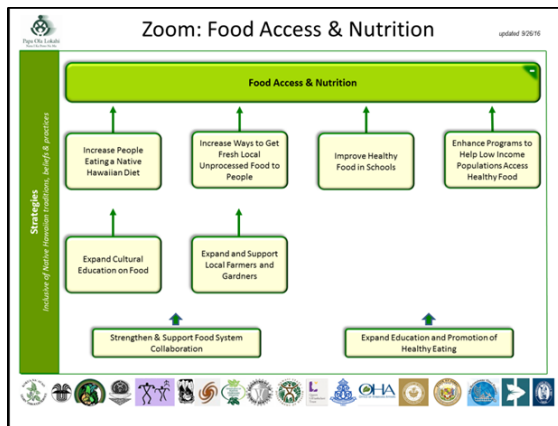
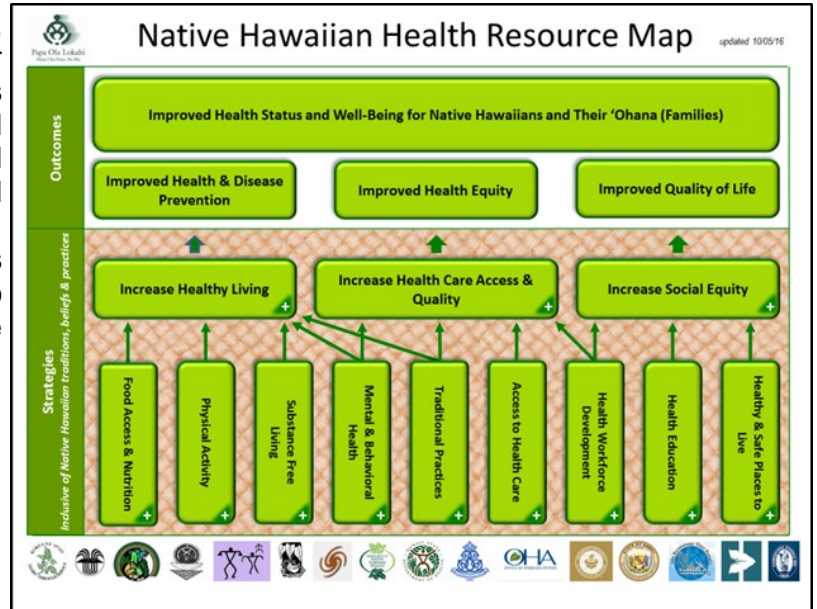
POL’s Grants and Data office is working on a comprehensive report to relay back to communities, which we will also post to our website.



# Native Hawaiian Health Resource Map Public Launch—January 17, 2017

Improving upon our Hawaiian Health Clearinghouse, Papa Ola Lōkahi is developing a resource map for Hawaiian Health. The map, *Ke Ala Ola*, will enable users to access data, research and resources, identify potential partners, and develop goals and strategies toward improving the health and well-being of Hawaiians and their 'ohana.

Residing online in a user-friendly platform, this map (*at right*) will be interactive. Users will be able to zoom into additional levels of resources by clicking the plus (+) sign in each box.



Drilling down will lead to more specific strategies in each topic area. Each box is connected to more resources and ideas, evidence, contact information for lead advocates in the community, and targeted goals. All of this information will foster collaboration across public and private agencies with similar missions. Shared goals and resources will inevitably lead to improved health and overall wellness.

POL is in the process of populating the map and readying it for public use in January. Contact Tercia Ku at [tku@papaolalokahi.org](mailto:tku@papaolalokahi.org) for more information.

## Hūlō! Hūlō! Hūlō! Health Award to Aunty Betty

**Betty Ellis Jenkins** was awarded the 2016 Hawaiian Health Award at the Council for Native Hawaiian Advancement's 14th Annual Native Hawaiian Convention for her contributions to improving the health of Native Hawaiians and their families.

After doing the same for the Office of Hawaiian Affairs in the 1990s, Aunty put together a team of kupuna health educators for Papa Ola Lōkahi, teaching Hawaiian values, beliefs and practices to staff and providers at Tripler Army Medical Center, the V.A. Hospital, and other formal venues. She insisted that if they wanted to understand their Hawaiian patients, there could be no separation of church and state, "Whether it's through chant, song, or silence, we will pray."

For a decade, she served as kupuna advisor for POL's Pacific Diabetes Today and Pacific Diabetes Education Programs. During that time, she herself was diagnosed. She became a powerful spokesperson and role model for diabetes wellness.

*He hulu kupuna.  
A revered elder.*

Aunty Betty utilized every opportunity to share her distinct code of ethics that she calls her "4 Bs," **Believe, Behave, Become & Belong**. She has always emphasized the value of Hawaiian language, tradition, history and cultural values, and embedded them in her teaching, modeling and mentorship.

Papa Ola Lōkahi is still blessed to have Aunty Betty actively participate with the Kupuna Councils of traditional Hawaiian healing practitioners, and serve as our kupuna board member. Additionally, she has served as the Hawaiian elder representative of the American Indian/Alaska Native/Native Hawaiian Caucus at the American Public Health Association Conference for the last 10 years.

Mahalo, Aunty B. We love you!



Above, Aunty Betty onstage at the October 11 Award presentation. Weeks later, nominated by the Native Hawaiian Education Council, she was conferred as an Indigenous Elder, an Honorary Doctorate by the World Indigenous Nations University, Aotearoa.

## Halia Aloha iā Kekuni



We lost our guide star earlier this year when we lost Dr. Richard Kekuni Akana Blaisdell.

From Chicago, Kekuni returned home to the new medical school at the University of Hawaii in 1966. Disturbed by the disparate health outcomes he was observing and hearing about anecdotally, Dr. Blaisdell identified and recruited Hawaiian health professionals from throughout the islands to look at the health status of Native Hawaiians in Hawai'i. In 1983, the

Native Hawaiians Study Commission Report was submitted to the U.S. Congress, which led to the 1985 E Ola Mau report. These pivotal studies were the first to relate the declining health of Kānaka Maoli to their grim social, economic and landless political plight. With others, Kekuni helped draft the Native Hawaiian Health Care Act (1988), which led to the establishment of Papa Ola Lōkahi, the Native Hawaiian Health Care Systems and the Native Hawaiian Health Professions Scholarship.

*"We can't ever feel despair and helplessness, because we're connected to everything."*

~ Richard Kekuni Akana Blaisdell, MD, PhD, 2005

Concerned with the great disparity, Kekuni identified five broad factors influencing the grim health status of Kanaka Maoli:

depopulation; colonialism, loss of lands & waters; cultural conflict; adoption of harmful ways, such as use of tobacco, alcohol, drugs, high-fat, high-salt diet, and; neglect and malice by the colonial establishment.

He was a co-founder of E Ola Mau (1986) an organization for Kanaka health professionals and, Ke Ola Mamo, the Native Hawaiian Health Care System for the island of O'ahu. He was a charter member of 'Ahahui o nā Kauka (Association of Native Hawaiian Physicians, 1999), and a member of Nā Pu'uawai (NHHCS serving the islands of Moloka'i, Lāna'i and Kaho'olawe). After he retired, he was emeritus professor with the departments of medicine and Hawaiian health within the John A. Burns School of Medicine. He served as chair of the Papa Ola Lōkahi/Native Hawaiian Health Care Systems Institutional Review Board for 10 years, and as POL kupuna board member until his passing in February.

We think of Kekuni fondly, send all our aloha to his family, and are profoundly grateful to be able to continue his legacy. *E ola, e ola, e ola na kini e!*



## Ka Pou Eha



The E Ola Mau a Mau launch on June 1, 2016 brought out all four of POL's executive directors: Hardy Spoehr (1992-2014), Sharlene Chun-Lum (2014-2016), Larry Miike (1989-1992), and Sheri Daniels (2016-).



Meet Emily Makahi! Emily is POL's Data & Grants Coordinator and a graceful hula practitioner. One of our newest staffers, here she steps up to kōkua the POL table at 'Onipa'a on the grounds of 'Iolani Palace this past September. Emily is a social worker who brings insight and experience from Ke Ola Mamo and Salvation Army. She was instrumental in gathering and analyzing health data for 'Aha Kāne Native Hawaiian Men's Health Conference.

*Kū ka lau lama.  
Many torches stand in victory.*



Current and retired staff celebrate the retirement of Billy Akutagawa from Nā Pu'uawai, the Native Hawaiian Health Care System that serves Moloka'i and Lāna'i. Billy is the longest serving executive director of any of the NHHCSs and the only one NP had ever known.

## 'Ai Pono—Tofu Salad Contributed by Kelcie Kawano

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>● 1 block tofu</li> <li>● 1 7.5 oz. can red salmon (or tuna)</li> <li>● 1 bunch watercress (or lettuce)</li> <li>● 2 tomatoes</li> <li>● ¼ c. green onions</li> </ul> | <p>Seasoning:</p> <ul style="list-style-type: none"> <li>● ¼ c. shoyu</li> <li>● 2 Tbsp. mirin</li> <li>● 1 tsp. sugar</li> </ul> |
|--|---|

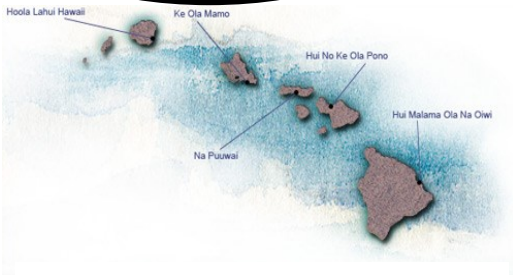
Wash watercress and cut into 1 inch pieces. Wash tomatoes and cut into small wedges. Rinse and mince green onions. Cut tofu into 1 inch cubes. On a platter, lay watercress, tofu, and tomatoes. Drain salmon and add to platter. Garnish salad with green onions. Refrigerate for 1 hour. Combine shoyu, mirin, and sugar. Pour shoyu mixture over tofu salad before serving. Serves 10.



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Nana I Ka Pono Na Ma

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Betty K. Jenkins

### Executive Director

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## PAPA OLA LŌKAHI

Papa Ola Lōkahi, Native Hawaiian Health Board, is a consortium of Native Hawaiian organizations and public agencies working to improve the health and wellness of Native Hawaiians and others. Established in 1987 by representatives from more than 20 organizations focused on the health issues of the Native Hawaiian community, Papa Ola Lōkahi is recognized by the Native Hawaiian Health Care Improvement Act.

### Ka 'Ikena ~ Vision

A thriving Native community composed of healthy individuals & families informed about their rich heritage and culture, living in a state of *lōkahi* (unity), and making informed choices and responsible decisions in a safe island society that is *pono* (in proper order).

### Ke Ala Mālamalama ~ Mission

To improve the health status and wellbeing of Native Hawaiians & others by advocating for, initiating and maintaining culturally appropriate strategic actions aimed at improving the physical, mental and spiritual health of Native Hawaiians and their *'ohana* (families) and empowering them to determine their own destinies.