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Serving Senate District 25:

Hawaii Kai, Waimanalo, Keolu Hills, Lanikai & Kailua

Vice Chair, Hawaiian Affairs. Committee Membership: Public Safety, Military Affairs & Govt. Operations, Ways & Means, Water Land & Housing



OCTOBER 2011

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Brenda Baker,
Editor



Recognizing October as Women's Health Month



WHEREAS, women face a multitude of health risks that affect not only their own well-being, but the well-being of their children; and

WHEREAS, minority women are disproportionately affected by health conditions, including tobacco-related cancers, heart disease, depression, and reproductive health risks; and

WHEREAS, the additional responsibilities women have undertaken in the last 60 years, both inside and outside the home, have led to increased health risks such as heart disease and hypertension; and

WHEREAS, state government can increase its support for women's health and can make a significant difference in improving the status of women's health; and

WHEREAS, Women's Health Month is a time dedicated to raising public consciousness about health care and issues unique to women, and improving the health and well-being of women in Hawaii; and

WHEREAS, raising awareness about the role women

can play in disease prevention and treatment, and educating others will result in better health in their families and in Hawaii overall; and

WHEREAS, recognition of health issues unique to women and differences in health and health care experiences across cultures and age groups among women is critical to the development of strategies for improving the health care and quality of life for women and girls; and

WHEREAS, the Centers for Disease Control and Prevention reports that the incidence of cervical cancer and number of deaths from cervical cancer have significantly decreased in the last 40 years primarily as a result of early detection, and early detection can only occur when women are aware of the risks; and

WHEREAS, the purpose of Women's Health Month is to maximize public awareness of women's health issues, empower women to be their own health advocates, reduce health care disparities, and promote the physical and emotional well-being of women in Hawaii; and

WHEREAS, Women's Health Month activities need not be costly or complicated to have a positive and tangible effect on the lives of women; and

WHEREAS, the Hawaii State Commission on the Status of Women celebrated its first annual Women and Family Wellness Day in Hilo on September 13, 2008; and

WHEREAS, events such as these offer an opportunity for local community partners to work collaboratively for the benefit of all of Hawaii's women; now, therefore,

BE IT RESOLVED by the Twenty-sixth Legislature of the State of Hawaii, Regular Session of 2011 that this body recognizes October as Women's Health Month; and

BE IT FURTHER RESOLVED that this body applauds all women who take an active role in carrying out the goals of educating others about healthier lifestyles, prevention, and treatment.

HCR 209 (2011)



**Two
Great
Events**

~

**Get
Involved
&
Make
a
Difference**



Participate in the 17th Annual Susan G. Komen Hawaii Race for the Cure® and show everyone whose life you are running for. Are you running for your mother, your sister, a co-worker, a friend? Are you running for your own life? Or are you running for the future? No matter whose life you are running for, now is the time to get involved and run for their life!

Komen Hawaii Race for the Cure

Date: October 16, 2011

Time: 7:00 AM (5k), 7:15 AM (1 Mile)

Kapiolani Park

For more information: www.KomenHawaii.org; (808) 754-6659

Funds to research, education, screening and treatment programs.

The Making Strides event is not a race; it is a celebration of survivorship, an occasion to express hope, and a shared goal to end a disease that threatens the lives of so many people we love. When

you raise funds for a Making Strides event, you're helping create a world with less breast cancer and more birthdays - where breast cancer never steals another year from anyone's life.



ACS Making Strides Against Breast Cancer

Date: Saturday, October 29, 2011

Time: 7 am (3-5 miles)

Location: Richardson Field

For more info: www.makingstrides.acsevents.org; (800) 227-2345

Funds to research, education, screening and treatment programs.

Humane Treatment for Hawaii's Incarcerated Women

It may come as a surprise to many that up until this very year it was legal for women inmates to be shackled during child birth.

During the 2011 Legislative Session, SB219 was passed, now ACT 174. This measure states that: except in extraordinary circumstances, prohibits the use of restraints of any kind on a committed female:

- In transport during the third trimester of her pregnancy;

- In transport during postpartum recovery;
- Who is in labor; or
- Who is in childbirth;

provided that hospital restraints may be used if requested by a treating physician for the medical safety of the committed female. Requires any restraints used on a pregnant inmate to be the least restrictive available and the most reasonable under the circumstances and prohibits the use of leg irons and waist chains on any

pregnant inmate. Authorizes a female correctional officer to be present in the delivery room only if specifically requested by medical personnel. Requires a corrections officer to fully document in writing the facts upon which a finding of extraordinary circumstances was based and the corrections officer must document the kind of restraints used and the reasons those restraints were considered the most reasonable and least restrictive available under the circumstances.

Prescription Drug Take-Back

Hawaii's office of the Attorney General and Dept. of Public Safety are partnering with the US Drug Enforcement Division (DEA) to get expired and unneeded prescription drugs off the street and out of reach.



The risks of keeping unused medications around include ineffectiveness when expired, improper use by individuals who do not hold the prescription and the possibility of drugs ending in a human water supply.

Several dates of collection have been scheduled throughout the month of September. And one day collection statewide.

Saturday, October 29th, 10am—2pm

Locations:

State Capitol, Kahala Mall, Windward Mall (center court area)

For more information see: www.hawaii.gov/ag

Care for Your Health

Simple Tips for a Healthier Lifestyle:

- Eat a fruit or vegetable with every meal
- Take the stairs instead of the elevator
- Cut your salt intake
- Stop smoking!
- Always wear sunscreen
- See your OB/GYN for regular exams
- Know your family cancer history



- Drink enough water every day
- Avoid stress
- Get regular exercise
- Avoid alcohol and drugs



Improving Women's Health

POLICY OPTIONS (as presented by the National Conference of State Legislators)



CHRONIC DISEASE

Chronic diseases such as heart disease, cancer and stroke are the leading causes of death in the US. 38% of women suffer from one or more chronic diseases, compared to 30% of men. We must consider improving overall health by addressing cancer, diabetes, heart disease osteoporosis by some of the following initiatives:

- Statewide task forces or coordinators to address chronic disease management
- Promote healthy choices and environment, and educate the public about health and prevention
- Support chronic disease research
- Evaluate insurance benefits designed to encourage healthy life style changes
- Work with insurers to increase access to smoking cessation services, especially for pregnant women

CANCER

- Breast Cancer—encourage programs and awareness campaigns to educate women about early detection and support CDC 's National Breast and Cervical Cancer Programs
- Cervical Cancer—collaborate with programs to provide screening. Consider the state's role in making the HPV vaccine available to those who want it
- Colorectal Cancer—encourage programs and awareness campaigns to educate women about early detection because of under or misdiagnoses
- Skin Cancer—policies that require guardians consent for minors to use tanning beds and campaigns for use of sun protection.



DIABETES

- Create a voluntary diabetes registry to track prevalence, disparities and target prevention and treatment interventions
- Create a task force or coordinator to address the barriers to state health access
- Establish education programs about self-management to prevent inpatient treatment for complications
- Provide preconception care to women with diabetes or a history of gestational diabetes to promote healthier birth outcomes
- Work with insurers to develop benefits for disease management and improve quality of care, including treatment of co-occurring conditions.



OSTEOPOROSIS

- Promote programs and initiatives to raise public awareness including risk factors, treatment options and the value of early detection
- Review options to provide osteoporosis-related diagnostic and treatment services, including bone density measurement, other tests and effective medications (i.e., insurance coverage, public programs and private sector initiatives)
- Consider support for screening, referral, follow-up and patient education for low-income, uninsured and underinsured women

MATERNAL &

REPRODUCTIVE CARE

- Breastfeeding: support programs, public and private locations, access to pumps and lactation support, employer policies
- Education: programs for new parents on injury prevention, healthy lifestyle and chronic disease prevention, services to women of reproductive age including nutritional (prenatal vitamins, HIV testing, policies to use social media for broader education
- Family Planning: access to family planning services under Medicaid, improve access to infertility services, explore option to improve contraceptive services
- Home Visitation: programs to promote maternal and child health and early childhood development to reduce maltreatment, examine the extent to which home visiting programs are coordinated and are evidence and research based
- Prenatal Care: ensure that pregnant women have access to mental health care, smoking cessation services and culturally competent care, provide information on detection of special needs children and encourage early screening for indicators, information dissemination through WIC nutrition and other family planning programs, efforts to offer education about fetal alcohol syndrome
- Teen Pregnancy Prevention: evaluate sexual health education in schools focusing on those that are evidence based, support programs with federal funding, review teen pregnancy rates and support intervention efforts that target at-risk populations, prevent repeat teen births through offering continued social, health and educational support



HEART DISEASE

- Create a heart disease task force or coordinator to address the disease and barriers to access in the state
- Adopt or continue CDC supported programs, including the National Heart Disease and Stroke Prevention and/or Well-Integrated Screening and Evaluation
- Encourage preventative services such as blood pressure and cholesterol screening
- Recognize “Wear Red” day to raise public awareness
- Recognize “heart Month” and encourage citizens to seek CPR and defibrillator training
- Support organizations that increase awareness of stroke symptoms including emphasis on the gender specific signs



MENTAL HEALTH

- Access & Treatment: consider telemedicine for women in rural areas, caregiver support programs, address barriers to access, consider eating disorders in the mental health category
- Violence & Suicide: Encourage school systems to develop youth suicide prevention initiatives, encourage collaboration amongst agencies and programs with common goals, support counseling efforts for victims of partner violence
- Depression: Focus specifically on both elderly and postpartum depression, increase awareness about risk factors

COMMUNITY INITIATIVES

- Support community initiatives to promote physical activity through bike paths and access to parks
- Work on creating communities with healthier environments for the residents
- Explore policies that encourage adherence to the national physical activity guidelines
- Maintain a comprehensive women’s health program to address major risk factors for chronic diseases for middle aged and older women





Historic information obtained from "Ancient Sites of Oahu" by Van James.. Proceeds to Native Hawaiian Culture & Arts Program and Bishop Museum Press.
www.bishopmuseum.org/press



Historic Sites of Senate District 25

PAHONU POND

(coastal stone wall enclosure)

Location:

Shoreline just south of Kaiona Beach Park, Waimanalo

Pahonu translates to mean turtle enclosure. That is the original purpose of this stone barricade breakwater.



in Waimanalo. It becomes partially submerged at high tide.

Beyond Pahonu Pond you will find Manana (Rabbit Island) which served as the site

Historically, only Alii were permitted to consume honu. All others were forbidden through the kapu system, with a penalty of death for those who disregarded.

cal fisherman for the express purpose of providing the delicacy to the chiefs.

of two fishing shrines and burials.

Originally the rock barricade sealed off an area of 500 x 60 feet, running along Kaiona Beach

It previously served as a rabbit colony (hence the name), but the rabbits were removed in the 1980's in order create a bird sanctuary.

Pahonu Pond was supplied and tended by lo-

5th Annual Distinctive Women in Hawaiian History Program

*He Ho`olaule`a No Na No`olelo o Na Wahine,
A Celebration of Women's History
Saturday, October 29, 2011
7:30pm-5pm*

visit www.distinctwomenhawaii.org for more information



Senator Ryan tours Marine Corps Training Area, Operations in Urban Terrain at Bellows with members of the Hawaiian Civic Club

Senator Ryan, Representative Hashem and City Councilman Chang discuss issues related to Hanapepe Beach Right of Way



Senator on the MOVE!



9/01 – Senate Advice & Consent of Judicial Nominee, Capitol, Honolulu

9/01 – Military Operation in Urbanized Terrain (MOUT) Site Visit, Bellows MCB, Waimanalo

9/01 – Kailua Neighborhood Board Meeting

9/04 – Onipaa Celebration, Iolani Palace, Honolulu

9/04 – Labor Day Celebration, Waikiki

9/06 – Reapportionment Public Meeting, Aikahi Elementary, Kailua

9/07 – Hosted Legislative Bill Development Workshop, Waimanalo

9/09 – Back to School Safety Campaign, Kailua Intermediate School

9/09 – 911 Commemoration, Kaiser High School, Hawaii Kai

9/10 – Kanoelani Crowell Celebration of Life, Honolulu

9/11 – Mayor’s 911 Remembrance Walk,

Honolulu

9/12 – Waimanalo Neighborhood Board Meeting

9/13 – Keiki Caucus Sustainability Tour, Windward Oahu

9/13 – Waimanalo Regional Plan Update Meeting, Waimanalo

9/14 – Asia Pacific Clean Energy Summit & Expo, Honolulu

9/14 – Homelessness Forum, St. Andrew’s Honolulu

9/17 – Kalaheo High School student conference workshop, Kailua

9/17 – Waimanalo horseback trail tour

9/20 – Kailua Hawaiian Civic Club monthly meeting, Kailua

9/20 – Kailua NHB Planning & Zoning Committee meeting, Kalama Beach Park

9/20 – Kailua chamber of Commerce Membership meeting, Kailua

9/23 – Lunalilo Homes and Hanapepe Brow Beach Access site visits, Hawaii Kai

9/23 – Hosted New Market Tax Credits info briefing, Honolulu

9/24 – Aloha Week Parade activities, Honolulu

9/24 – Kawainui Community Planning Meeting, Kailua

9/25 – Aloha Shriners Filipino Fiesta, Shriners Pavilion, Waimanalo

9/26 – APEC Hawaiian Culture Committee Briefing, Honolulu

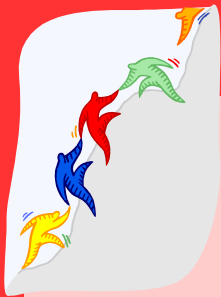
9/27 – UH 2011 Awards Convocation, Honolulu

9/27 – Hawaii Kai Neighborhood Board Meeting

9/28 – Hawaiian Affairs Committee/OHA business site visits, Hawaii Island

Photo Gallery





Volunteer Opportunities

Waimanalo's Hawaii Food Bank needs volunteers to pack bags of food and make other arrangements for those in need. Volunteer opportunities are every Wednesday at 4:00 pm. St. Matthew's Episcopal, Waimanalo. Please call Aunty Nickie Hines to help at 259-8406.

Seagull Pre-School has many volunteer opportunities for those who enjoy helping young keiki ages 2-5. There are many choices ranging from reading to the kids to taking them on field trips. Contact: Jayne Arasaki, 674-1444

Community Helping Schools is dedicated to improve the quality of education in Hawaii's public schools. Many public schools turn to Community Helping Schools with requests for various volunteer services. You can see what the schools need help with on Community Helping School's website at <http://communityhelpingschools.org/wishes/volunteer>, Contact: Kathie Wells, 225-2621

Sea Life Park has various volunteer opportunities to help both the animals and the community. If you enjoy working with animals you can help rehabilitate sick and injured seabirds, or if you want to educate the community you can assist with student outreach programs. More information and applications are on their website www.sealifeparkhawaii.com/educintern_volunteer.asp. Contact: Brianna Saylor, 259-2513.

Participate!

Contacting your District Senator is not the only way to get involved in the Legislative Process; you can also participate by contacting the

Hawaii Legislature Public Access Room.

Contact Information:

Website: <http://hawaii.gov/lrb/par/>

Email: par@capitol.hawaii.gov

Phone:

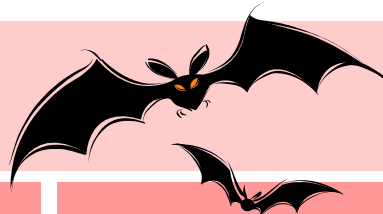
(808) 587-0478 phone

(808) 587-0749 TTY phone

(808) 587-0793 fax

Hours: M-F 8:30am - 5pm Sat 8am - 2pm

Community Events



Every Saturday & Sunday in October, 9am - 5pm Waimanalo Pumpkin Patch & Corn Maze at Waimanalo Country Farms, 41-225 Lupe St.. Educational tours, hay rides, food, shave ice, games and more. CONTACT: 306-4381

Sat. Oct. 22, 9am - 12pm, Kailua Elementary, 315 Ku'ulei Road.: Secure Your ID Day free shredding event hosted by BBB and Kailua Chamber of Commerce. Bring up to 2 file boxes

or bags of paper documents, CDs, Floppy disks, old cell phones, laptops, etc. CONTACT: 536-6956

Community Meetings

Oct. 6, 7pm - Kailua Neighborhood Board (first Thursday monthly), Kailua Recreation Center, 21 S. Keolu Dr.

Oct. 10, 7:30pm - Waimanalo Neighborhood Board (second Monday monthly), Waimanalo

Public Library at Waimanalo Elementary School

Oct. 25, 7pm - Hawaii Kai Neighborhood Board (fourth Tuesday monthly), Hahaione Elementary School Cafeteria

Farmers Markets

Hawaii Kai: Saturdays, 9am to 1pm, Kaiser High School

Kailua: Thursdays, 5-7:30pm, Long's Parking Lot



Walk for the Women We



SUNDAY, OCTOBER 30, 2011

7:30AM

A casual gathering of friends and family to honor women we love who have and/or are battling cancer.

Meet at Kawanui Neighborhood Park (also known as Kaha Park)

This loving event is hosted by Senator Pohai Ryan

Walk is approximately 3 miles.

CALL 230-3654

FOR MORE INFORMATION

