

# Lifestyle, Culture, and Health Newsletter

Volume 8, Issue 2

February 2023

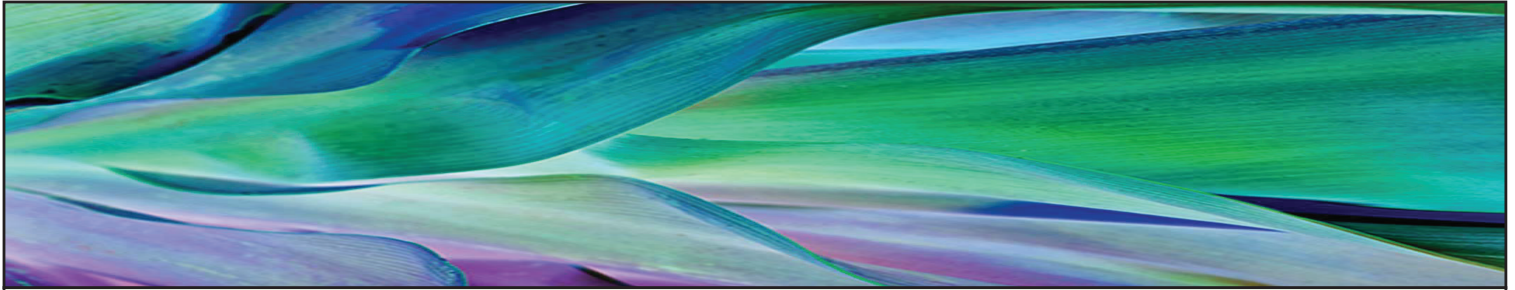


Photo Credit: Joan Dubanoski

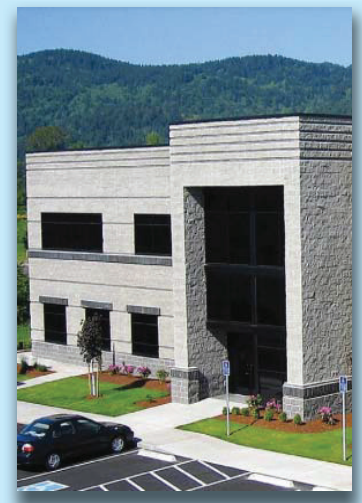
## Aloha and Happy New Year!!!

This last year feels like it has gone by so fast. So many changes have happened in 2022, yet our appreciation and commitment to you and to this project never changes! Our team at the Oregon Research Institute has been working hard and has been completing many fun telephone interviews with you and with others from the Lifestyle, Culture and Health Project. These interviews are so rewarding for our interviewing team, but also very important for learning about you, and telling the story of how you are all doing! We cannot thank you enough for the time you have spent talking to us and completing these activities over the phone. While we miss seeing you in person for the clinic visits, these telephone interviews are providing us with so much great information that helps us to advance science and learn about how people change over time. If you have not received a postcard yet inviting you for a telephone interview, please know that we are still sending them out and scheduling for different rounds of interviews. If you would like to make sure that we have your correct address, please visit our website and go to the tab “Your Update”, and enter your information.

Perhaps you have noticed that our mailing address has changed? Some exciting news from the Oregon Research Institute is that we have moved to a new location! Our new building is not too far from our old building, but it is wonderful because now our researchers are all together again like a big family. It’s a beautiful location, close to the Coburg Hills. We all feel so lucky to be here and to be continuing all of the great research that we do, including our favorite, the Lifestyle, Culture and Health Project.

In this newsletter you will:

- \* read an interesting paper about our study that was recently published
- \* read about some of our former team members and catch up on where they are now
- \* enjoy some corny jokes and brainteasers
- \* learn how to receive a fun gift card!



If you have any questions or concerns, please contact the Lifestyle, Culture, and Health Project, Katie Clawson toll-free 800-261-4997 or email [LCH@ori.org](mailto:LCH@ori.org). You can also visit the LCH website and contact us from there <http://lifestyleculturehealth.ori.org/>

# Catching Up, Introducing, ... and Reuniting

**Catching Up:** Being part of the Oregon Research Institute really feels like being part of a family. Many of us have been here for years or even decades. Sometimes we change projects but we all remain close and continue to see one another and ask each other about the new things we are doing and learning. We recently caught up with a couple of our old Hawaii team members and asked them to answer a few questions.



**Chris Arthun:**

**What years did you work on the Hawaii project:** 2003 - 2018

**What are you doing now:**

I left the LCH project to take on the Director of Finance and Administration position at Oregon Research Institute in 2019.

**What do you do when you are not at work?** I enjoy adventures on mountain trails and going to the Oregon Coast with my wife and adult kids, and taking care of my Chiweenie dog, Juniper.

**What did enjoy most about being involved in the Hawaii project:** Working on the LCH project was a dream job for me – supporting research in personality and health and developing important knowledge about healthy aging in partnership with the wonderful LCH participants. I also got to visit Hawaii twice and work with the team in Honolulu.

**Dr. Erika Westling:**

**What years did you worked on the Hawaii project:** 1998-2001

**What did you do on the project:**

I did quite a bit of work with the participants, and even had the chance to travel to Hawaii and work closely with the team there. I also had the opportunity to work with Jack Digman on the earliest data collected!

**What are you doing now:** I am a research scientist at Oregon Research Institute.

**What do you do when you are not at work?** I love adventuring around with my elementary aged children. ☀️

**What did enjoy most about being involved in the Hawaii project:** The great community in Hawaii.



## Introducing: Rebecca Guralnick

Rebecca has been working on the LCH project since 2022. She is currently conducting interviews with participants and updating the LCH website. Rebecca graduated from Kalamazoo College with a Bachelors of Fine Arts in Psychology. In her free time she enjoys climbing, aerial silks, and playing with her cat, Winnie. She would like you to know how much she is enjoying getting to know all of you through the telephone interviews and how excited she is to be involved with this important research.



## Important Reunion Information:

School: Kapaa High School, Class of 1973 - 50th Year Reunion in 2023

Save the Date: September 16, 2023 (On Kauai)

Specific location and time will be updated by March of 2023

Want Updates? Send your email & cell phone number to Mona (Takashima) Kitaoe at [kitaoe@gmail.com](mailto:kitaoe@gmail.com).

Reunion updates will be sent via group email and/or group text messages.

# Supporting Kanaka Maoli Wellbeing

We probably all know someone who has experienced trauma or adversity in their childhood—divorce, abuse, or even witnessing violence. These kinds of experiences may be common, but multiple experiences can have especially deep impacts into adulthood. In this study, it was our hope to find out if one way to curb the effects of trauma— physical activity —would be particularly helpful for Kānaka Maoli (Native Hawaiians).

But why focus on Kānaka Maoli?

For me personally, I'm a part of this community, so I hope my research can shed some light on how to find healing and thriving for future generations. There are also some fascinating trends that would pique the interest of any scientist curious about supporting impactful public health initiatives (which I also am!). Indigenous populations around the world tend to experience early life trauma at higher rates than other ethnic groups. Given the past and present impacts of colonialism (cultural and spiritual annihilation, language bans, resource extraction, and marginalization, for example), folx from these groups tend to experience a wider range of stressors and adversities. With fewer resources and more challenges, poor wellbeing indicators of all sorts are often the result. Short of completely redesigning these inequitable and harmful systems, our research looked at physical activity as being a potentially helpful strategy to support Kanaka Maoli wellbeing.

You've probably experienced or heard about how physical activity can make us stronger, happier, or even improve and protect our cognitive abilities. But might physical activity be associated with lower rates of traumatic stress than we'd usually expect?



We looked at trauma, not as a diagnosis of PTSD (as it has been commonly thought of), but rather at the specific symptoms people reported (avoidance, interpersonal concerns, for example). Looking at the information in this way, we could get more specific about what treatment could be helpful. We found that physical activity was especially important for Kānaka Maoli as it relates to dissociation. If you've ever had the experience of feeling out of your body, or not quite yourself, or not quite in reality, that may be a mild experience of dissociation. It is also a common post-traumatic experience that can be both distressing and

debilitating. Physical activity was important for all ethnic groups, but especially important for Kanaka Maoli as it relates to dissociation.

More research is needed, but it appears that not only does physical activity make us stronger, it might also help heal or protect us from symptoms of traumatic stress. So, the next time you engage in a physical activity, you might notice how embodied or present the activity helped you feel.

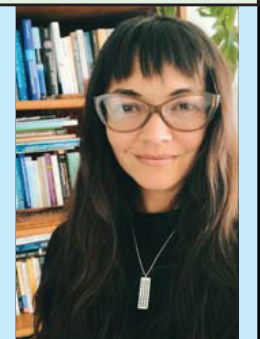
Written by Joanne Qina'au, MA

Title: **Native Hawaiian wellbeing and transdiagnostic trauma symptoms: The Protective role of physical activity in dissociation**

Authors: **Joanne Qina'au, Grant W. Edmonds, & Patrick L. Hill**

Journal: **European Journal of Trauma & Dissociation, Volume 6, Issue 4**

Date: **November 2022**





### Brain teasers

Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?

What 4-letter word can be written forward, backward or up-side down, and can still be read from left to right?

### Jokes

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?  
(-Attire)

What's the opposite of irony?  
(-Wrinkly)

What do you call a bee that can't make up its mind?  
(-A may bee)