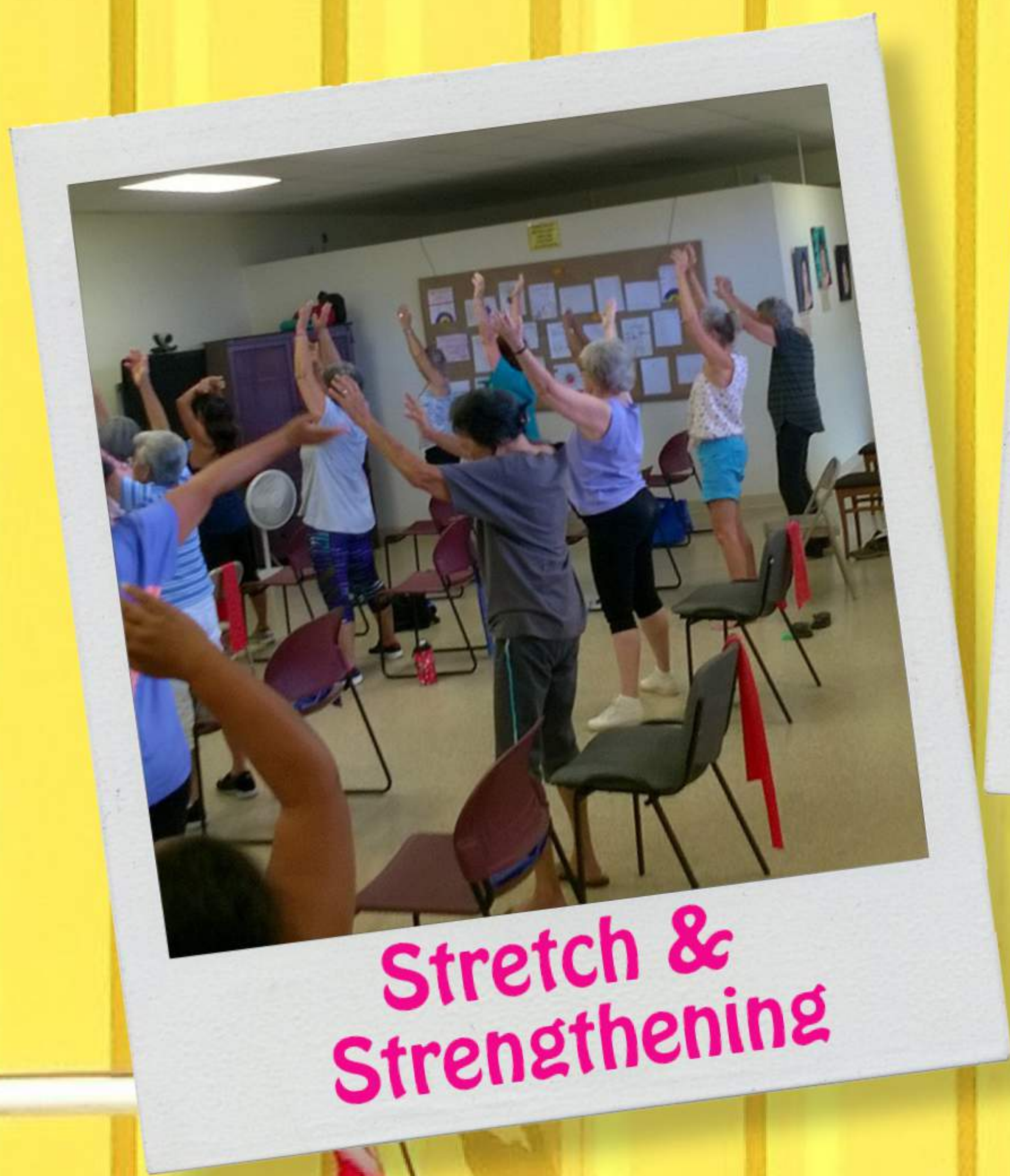


Olakino

Magazine | A HMONO
(Hui Mālama Ola Nā 'Ōiwi)
Publication

July
Iuli 2017

Stay ACTIVE this Summer!



Look inside for:
Summer health tips,
words from fitness instructors,
& the keys to get active today!



A message from our Board of Directors

Summer is upon us.

I love seeing the whole island down at the park on 4th of July. It's so busy in Hilo that you cannot get into the town on that day. Children are running around, there are picnics and barbecues, and the fire-works are amazing. But what makes it special is that it's a community getting together, and everybody shares - not only their food, but their mana'o (thoughts).

It is my hope that the same spirit can continue for the rest of summer and into the second half of the year. May you all get the opportunity to exercise - whether it's stretching, yoga, fishing, paddleboarding - and the chance to share with the 'ohana.

I wish you all good health; take care, eat right, and please take time to enjoy your summer!

Mabel De Silva
Chair



HMONO (Hui Mālama Ola Nā 'Ōiwi) is dedicated to improving the wellness & well-being of Hawai'i Island, so that all residents can Live Longer & Feel Better, Together. **HMONO** is a 501(c)(3) nonprofit organization. Originally established in 1985 as the Puna Community Caring Health System in collaboration with Alu Like Inc., **HMONO** has been a champion of community health education services, with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i County.

Learn more at HMONO.org



HMONO

Community Health Education Services
Live Longer & Feel Better, Together.

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Become a member **TODAY** and
take advantage of HMONO's **FREE**
health services. Just visit:
HMONO.org/Connect



Summer is here.



Meet our exercise instructors on pages 5 & 6!

It's time to get movin' Big Island! The days are longer with more time to get active. HMONO encourages you to follow these reminders to stay safe & healthy this summer.



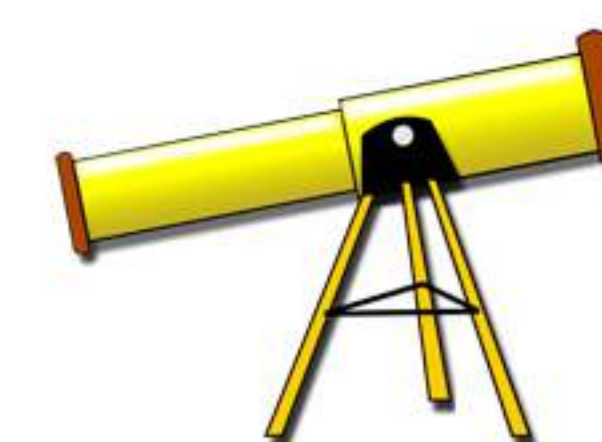
Drink

During the summer heat, your body will be losing a lot of fluids, even more so with exercise. In addition to hydrating your body, water helps carry nutrients and oxygen to your cells, normalizes blood pressure, stabilizes the heart, cushions joints, and protects your organs and tissues. Exactly what you need to stay active, longer!



Get out

This one should go without saying, but summer is a great time to get active. Although our island seems to be in perpetual summertime, pretend that you only have this one season to try something new! Check out HMONO's awesome exercise program for more motivation!



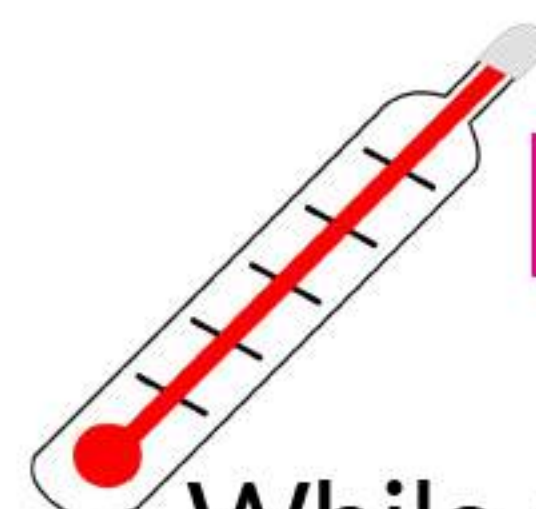
Explore

Summer often brings in fresh life. Take it as an opportunity to discover the world around you. Carve out some time to try new things, explore new places, and meet new people. Broaden that horizon this summer, and enjoy the sunset later.



Protect

According to the Skin Cancer Foundation, 90% of all skin cancers are associated with exposure to the sun's harmful radiation. Applying sunscreen 30 minutes before exposure, and every 2 hours outdoors reduces incidences of skin precancer. Your skin will thank you for the extra care!



Beat the Heat

While sticky conditions might seem unavoidable on the Big Island during summer, heat illness can sometimes turn fatal. While many can beat the heat with fans, infants, young children, the elderly, pets, and athletes are at elevated risk for heatstroke. Drink water & find shade to stay cool.



Keep it Up

Let this season renew your health goals. Get that goodnight rest, push yourself to exercise, and eat those balanced meals all summer. Most importantly, continue them on after September. Don't forget to set new goals for yourself in the autumn.



Beware



Enjoy Company

Even though summer is a carefree season, keep your guard up against colds and flu by maintaining mindful hygiene. Wash those hands before eating & after being outdoors.

Summer is for friends and family. With the seemingly countless activities available (BBQ, beach, sports) there's no excuse not to enjoy the company of others. Interaction is a key component for anyone's health.



Stay in Touch

As a community health education service, HMONO prides itself in offering exceptional safety, health, and wellness assistance year-round. Check us out this summer for a wide list of offerings! Follow us on social media & sync your schedule with our calendar at HMONO.org/events.

Why should I be physically active if I already have diabetes?

Diabetes is a reason to exercise - **not an excuse.**

Diabetes is not the end; it is the beginning of a new lifestyle. Physical activity is an important part of managing your blood glucose level and staying healthy. Being active has many health benefits.

Nutrition and physical activity are important parts of a healthy lifestyle when you have diabetes. Along with other benefits, following a healthy meal plan and being active can help you keep your blood glucose level, also called blood sugar, in your target range. To manage your blood glucose, you need to balance what you eat and drink with physical activity and diabetes medicine, if prescribed. What you choose to eat, how much you eat, and when you eat are all important in keeping your blood glucose level in the range that your healthcare

team recommends. Becoming more active and making changes in what you eat and drink can seem challenging at first. You may find it easier to start with small changes and get help from your family, friends, and healthcare team.

Physical activity:

- lowers blood glucose levels
- lowers blood pressure
- improves blood flow
- burns extra calories to manage weight
- improves your mood
- can prevent falls and improve memory
- may help you sleep better

Want to learn more?
All are welcome to join HMONO's
Diabetes Support Group

Diabetes Support Group

When: 2nd Thursday meets 1:00-2:30 pm
4th Thursday meets 6:30-8:00 pm

Where: Hilo office, 1438 Kilauea Ave
Hilo, HI 96720

JOIN US AT RELAY FOR LIFE

SATURDAY, JULY 15, 2017

4:00PM - 12:00 MIDNIGHT

FRANCIS WONG STADIUM

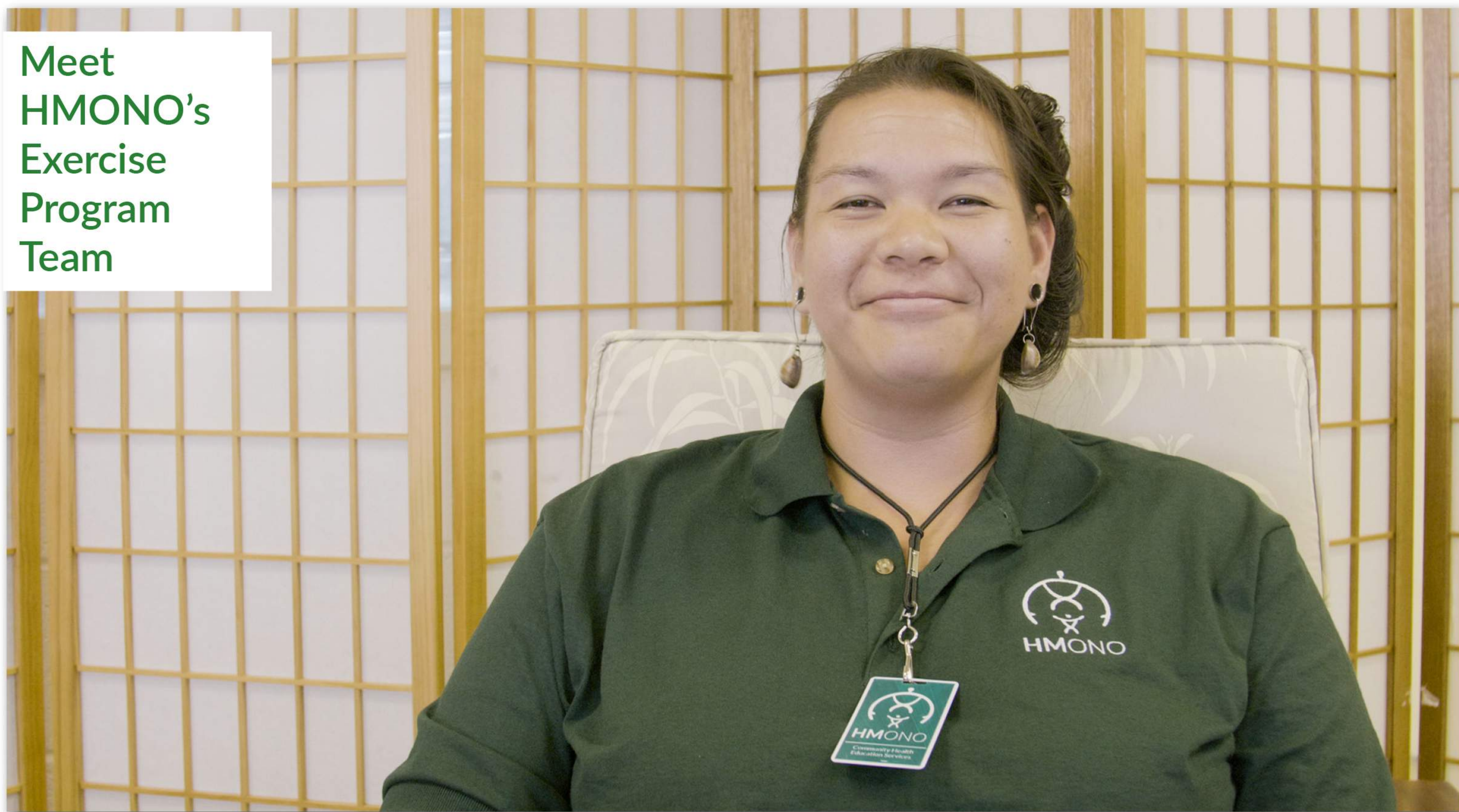
Join our team:

[http://main.acsevents.org/
goto/hmono](http://main.acsevents.org/goto/hmono)

Relay for Life is an American Cancer Society community event that raises money for patient support and cancer research, along with celebrating survivors and increasing awareness of the disease.

Talk Story with Kalani Lawson

Meet
HMONO's
Exercise
Program
Team



Q. How did the exercise program start?

A. I came to Hui Mālama as a CNA and was support staff for the health education classes. So when I wasn't working I was paying attention to the class and I noticed that we weren't walking the talk, per se. So even though we're educating people to do exercise and eat better, wouldn't it be nice if we had classes where clients could come to get the second half of their health lesson? So speaking with some coworkers at the time, they're like "Why not throw an exercise program that's for clients, accessible, and open to anyone on Hawai'i Island?". So from what was just a thought and a dream, actually came to life.

Q. Why exercise?

A. I've always loved exercise, well, one it's good for your health, and two it makes you feel good when you're done with your routine whether it's walking for 20

minutes or an hour of aerobics. Heart health improves, blood pressure goes down - it's good all around. Get moving, get up off your chair, bring a friend.

Q. What do you see in the future?

A. Right now we're focused mainly in Hilo. My dream is to expand the program and continue to grow, and for every area of Hawai'i Island to have access to these classes. Word of mouth is awesome and it's spreading like wildfire.

Q. Should I come down?

A. It's never too late to start moving. I have an 89 year old grandma who hasn't been moving very much the last few years; she joined the class in February complaining about backaches, unable to walk for more than a couple minutes. Now she's running through that door to class and playing with her grandbabies. As long as you have the desire to get better, we can help you.

Words from HMONO

JoYi Rhyss Zumba



My Start: When I turned 40, I was about 80 lbs overweight and going through a divorce. It was just one of those times where it's make it or break it - to get your life together. I was having a lot of lower back pain and knee pain. One of my friends at the time was taking Zumba, so on my 40th birthday, instead of going out and partying with my girlfriends, we went to Zumba.

I hadn't moved in a long time. I didn't have the right shoes. It was a horrible experience, but the music was awesome. The room was packed and filled with energy. At the end, I felt really good, but I wanted to throw up. I knew right then and there, I needed to continue on.

My Health Tip: Midlife fitness is about 3 things - sweating, connecting, and eating plants. These are the pillars. Every day we need to be moving in a meaningful way. Group fitness adds something magical. For plants, I don't mince words. Less red meat, more whole plants. If we're able to do that, we can go back to the healthy communities that we came from.

Hannah Lipman Yoga - Therapeutic



My Start: I think yoga found me. I was really into track and field and I was into the high impact. By eighteen I was noticing that my right knee was hurting. Eighteen years old, you probably don't have knee pains.

Someone told me about a yoga studio and I went to go there and see what yoga was. It was my first yoga class - it was slow and it was for your mind and spirit - not just for your body. The thing that yoga gives you is mindfulness. How do you feel?

My Health Tip: Hydration. Just make sure you're getting electrolytes. It's not just about drinking going on, but it does matter. Drinking a coconut water or a sports water will increase proper hydration.

's Exercise Instructors

n Basic Flow



ne more than I found yoga. I
and my body just did not like
nishing up high school, I was
already starting to bother me.
bly shouldn't have aches and

studio, so I said "OK, I'm going
's like." I'm pretty sure I hated
, I didn't get a sweat. But yoga
just the physical. The biggest
ndfulness - how does my body

drinking plain water does not
s. There's a lot of tea and cof-
esn't necessarily hydrate you.
dding an electrolyte packet to
ation before your workout.

Kaiulani Kamau Basic Stretch & Strengthening



My Start: I got involved in exercise science and kinesiology because, since high school, I always loved sports. I was a football manager, and I just loved being around people who are active and seeing how I could help them be better at what they're doing. In college I took a global public health class and I realized that public health exercise promotion to communities was where my heart was.

I love the atmosphere here - it's very inclusive. It's open to the community so that anyone who's here can come to the classes, and I feel that's what Hawai'i is all about. Our goal is to help better our community and that's what we're doing, and that's why I appreciate Hui Mālama.

My Health Tip: Breathe. When you're stretching or doing anything, just take three deep breaths. Your body will get oxygen and you'll feel refreshed. When our whole class is breathing we feel a lot more excited. We are re-energized and feel better about our day. Whether it's stress, or frustration - stop, take a break, and breathe. You'll start with a whole new perspective.

Volunteer Spotlight

As a 4th year premedical student at Chaminade University, Lyka Raza is interested in working in neonatal and women's health. She first heard about Hui Mālama after doing Zumba with Joyi sometime last year. After visiting the website, Lyka learned about Hui Mālama's partnerships with women and keiki health programs, and the mission and vision resonated with her values.

Lyka started volunteering last month - and found the staff an inspiration to work with. *"They are friendly, hospitable, and passionate about working with residents throughout the island. I would love to emulate those characteristics as a future leader in the community"*, she commented.

Lyka believes that with service, you can make someone's day, and she doesn't feel at her best until she performs service to others in the community. Ms. Raza highly encourages all the young people out

there to be involved in the community. In her wise words, *"You will continue to learn about who you are, where you stand, and what you want to do in life - just by being out there and participating."*



Lyka Raza
Volunteer

Do you or someone you know want to make a meaningful impact on the health and wellbeing of Hawaii Island? Please, consider volunteering - an awesome way to get out into the community and make a lasting difference.

- Learn about the health & wellness career path from specialists
- Serve your Hawaii Island community
- Fulfill volunteer hours
- Develop personal & professional skills

Visit HMONO.org/volunteer for exciting volunteer opportunities!

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

- Margaret Mead



Mamaki



Mana'o from Uncle Ikaika

Mamaki is one of the la'au we as traditional Native Hawaiians have been using for over 800 years. It grows at both low and high altitude & it is still abundant in the islands.

In medicinal use, Mamaki was traditionally used for high blood pressure, cancer, diabetes, gout, detoxifying & purifying the blood, and strengthening the immune system. Mamaki helps the body rejuvenate by getting rid of toxins.

Use Mamaki fresh (don't dry it) to preserve its spiritual component. Boil it into a tea and take it daily - and keep hot, it cannot be an iced tea. Although many other la'au cannot be used every day, Mamaki can be used as a daily supplement.



Po'okela Ikaika Dombrignes carefully inspects a Mamaki tree for the perfect leaf.

Interested in Hawaiian Traditional Health?
For more information call Sweetie at (808) 969-9220



'OHANA

A healthy family makes for a healthy individual.

Aunty's Health Message

Family, our 'ohana, is where we find purpose and happiness. We spend time with one another and support each other. Sometimes however, health issues can affect those very special times and people.

What can we each do to treasure and maintain those special moments?

First of all, we each need to take care of ourselves and our own health. Eating healthy, exercising, controlling stress, getting enough rest, and treating each other with aloha is critical. By supporting and encouraging each other we uplift each other.

Today, the family health concerns we face - cancer, diabetes, high blood pressure, obesity - are not only stressful on the 'ohana, but can affect our personal health in very serious ways. If we mālama (care for) each other as family and community - as 'ohana - we can make healthy changes together and be strong for each other by sharing our message of health.

Encourage each other and loved ones to eat healthy, get regular checkups with the doctor - and not just make the appointments, but keep them! Make time for exercise even when you're busy.

Most importantly, share your message of healthy living - empowering others to live happier and healthier lifestyles is the best. Set a good example by making healthier choices and be the role model for ohana and friends so we all can live longer and feel better, together.



**No forget -
Together,
We can.**

Aunty Edna



MEET MUMPS

A HIGHLY CONTAGIOUS VIRUS THAT CAUSES PAINFUL SWELLING OF THE GLANDS, WHICH SOMETIMES PROGRESSES TO INFECTION OF THE BRAIN. FOR 7 - 10 DAYS, MUMPS WILL INFLAME, WEAKEN, AND INFECT ITS HOST.

MUMPS WAS A UNIVERSAL CHILDHOOD DISEASE FOR THOUSANDS OF YEARS, WITH NO CURE IN SIGHT.

HOWEVER, SINCE 1967, MUMPS HAS DECREASED BY 99% IN THE U.S.

HOW?

THE MMR VACCINE.

Our Keiki are as vulnerable as they are precious.

Do you know if your child has received all recommended immunizations?

HMONO can help!
Call (808) 969-9220 for more information on vital vaccines.

July
2017



HMONO
Community Health Education Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Live Longer & Feel Better, Together!</p> <p>JOIN US TODAY</p> <p>Visit our office or call to learn more.</p> <p>1438 Kilauea Ave, Hilo 969-9220</p>			<p>*BS&SEC* - Basic Stretch & Strengthening Exercise Class</p> <p>**La'au Lapa'au Classes - Space is limited. Call 969-9220 to reserve a space.</p>		10
<p>3 5:00PM La'au Lapa'au Level 1 Class -Hilo**</p> <p>5:30pm ZUMBA W/ JoYi <u>Haili Gym</u> -Hilo</p>	<p>4 Independence Day</p> <p>OFFICE CLOSED</p>	<p>5 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>6 9:30 AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>7 10:00 AM ZUMBA w/ Rhonda -Hilo</p>	<p>8 9:00 AM La'au Lapa'au Beginner's Class** (Tutu's House) -Waimea</p>
<p>10 5:00PM La'au Lapa'au Level 1 Class -Hilo**</p> <p>5:30pm ZUMBA W/ JoYi <u>Haili Gym</u> -Hilo</p>	<p>11 9:30 AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Cancer Support Group -Hilo</p>	<p>12 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>13 9:30 AM BS&SEC* -Hilo</p> <p>1 PM Diabetes Support Group -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>14</p>	<p>15 9:00 AM La'au Lapa'au Beginner's Class** (Tutu's House) -Waimea</p> <p>4:00 PM Relay for Life -Hilo, Francis Wong Stadium hosted by the American Cancer Society</p> <p>Join Hui Mālama Ola Nā 'Ōiwi at the event!</p>
<p>17 5:00PM La'au Lapa'au Level 1 Class -Hilo**</p> <p>5:30pm ZUMBA W/ JoYi <u>Haili Gym</u> -Hilo</p>	<p>18 9:30 AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>19 5:30 PM ZUMBA W/ JoYi -Hilo</p>	<p>20 9:30 AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>21 10:00 AM ZUMBA</p>	<p>22 9:00 AM La'au Lapa'au Beginner's Class** (Tutu's House) -Waimea</p>
<p>24 5:00PM La'au Lapa'au Level 1 Class -Hilo**</p> <hr/> <p>31 5:00PM La'au Lapa'au Level 1 Class -Hilo**</p>	<p>25 9:30 AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Cancer Support Group -Hilo</p>	<p>26</p>	<p>27 9:30 AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Diabetes Support Group -Hilo</p>	<p>28</p>	<p>29 9:00 AM La'au Lapa'au Beginner's Class** (Tutu's House) -Waimea</p>