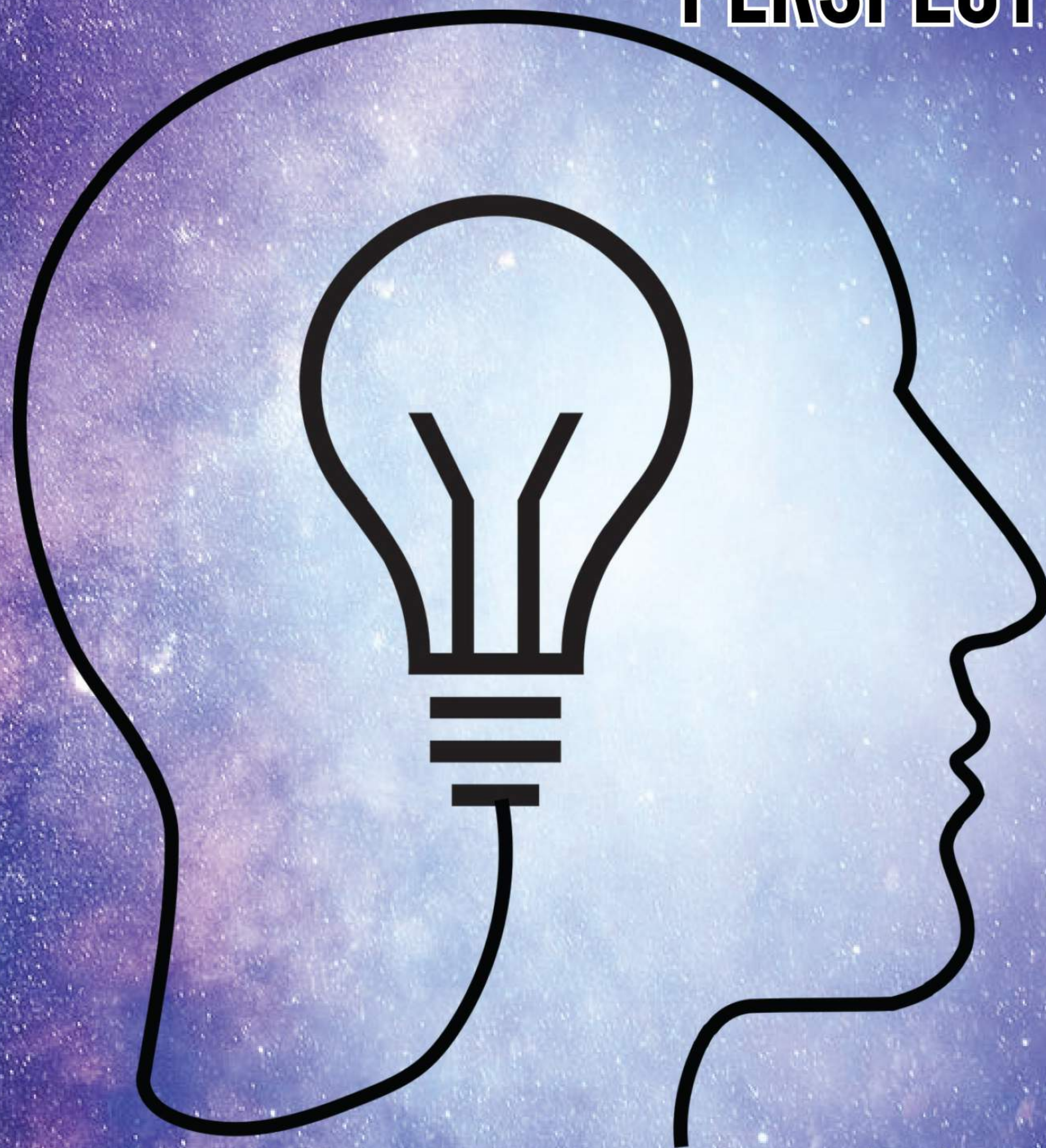


January  
Januali 2018

# Olakino

Newsletter

A HEALTHY STATE OF MIND  
**THE POWER OF POSITIVE  
PERSPECTIVE**



**LOOK INSIDE FOR THE 90-DAY HEALTH CHALLENGE!**

## A message from our Board of Directors



Aloha kākou,  
Happy New Year! I'd like to start this year in gratitude to our community and our Hui Mālama Ola Nā 'Ōiwi staff. 2017 was a good year, one of change and growth. Mahalo for coming together to improve the health of our island and for your participation in our health education programs. We look forward to 2018 and continuing the movement for a healthy Hawai'i. I invite all our community members to keep healthy and come see us for assistance!

*With aloha, Mabel De Silva - Chair*

## A message from our Executive Director



Aloha mai kākou,  
E komo mai 2018. It is a new year and a time for a fresh start. I am thankful to welcome the new year with my family and all of you, our Hui Mālama Ola Nā 'Ōiwi 'ohana. This year, as all new year beginnings do, offers a chance for change.

Over the years, many friends and family members have shared with me wanting to make changes to help with their health. Some do make healthy changes and the impact is a wonderful thing to see, a healthier, happier life. Others try, but lose focus and over time, preventable health issues develop. Often, key factors in healthy changes are spiritual support and having the resources and tools to succeed. That's what we're here to do, support our people by providing health education and resources.

We can help decrease the risk of common Hawai'i health conditions including: obesity, type 2 diabetes, and hypertension to name a few. These conditions impact our families, our keiki, adults, and kūpuna. While illness and diseases can happen to anyone, there are actions we can take to reduce risk for many conditions. I encourage you to commit to healthy changes this year, today, now. Come see us at Hui Mālama Ola Nā 'Ōiwi for help with hypertension, nutrition, diabetes, cancer, and overall health and wellness. Mahalo nui loa for the opportunity to continue serving our people and making our home healthier for us and future generations. Mahalo Ke Akua. Happy New Year!

*Mahalo nui loa, Louis Hao - Executive Director*



Hui Mālama Ola Nā 'Ōiwi  
Community Health Education Services  
*Live Longer & Feel Better, Together*

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**Wishing you a happy  
& healthy New Year!  
With warmest aloha,  
Hui Mālama Ola Nā 'Ōiwi**

# What's Happening Around Hawai'i Island?

2018 has arrived! What will you do for your health this year? Join us today and let's Live Longer & Feel Better, Together!



## Traditional Hawaiian Healing

Join us for Lā'au Lapa'au, Grow Your Own Lā'au, and Lomilomi Ha Ha workshops & classes throughout the year. **Lā'au Lapa'au Beginners Level Classes - Pahala** Saturdays, February 3, 10, & 17, 2018

## Mākau Kino Exercise & Fitness

Fitness classes are offered in Hilo. Classes include Yoga, Zumba, and Basic Stretch & Strengthening. Visit [HMONO.ORG/EVENTS](http://HMONO.ORG/EVENTS) for class schedule & to sync fitness classes with your calendar. Read more on page 3.

## Healthy Hāpai Prenatal Program

Pregnant? Join us for our free prenatal program to learn about pregnancy, postpartum, & positive parenting education. **Upcoming Healthy Hāpai Class - Waimea** Wednesdays, Jan 10, 17, 24 & Feb 14, 4:00-5:30pm.

## Support Groups

Hui Mālama Ola Nā 'Ōiwi offers support groups as a space for participants to share about their journey, build 'ohana, receive educational information presented by healthcare professionals, and get answers to their health questions. Read more about diabetes and cancer support groups on page 12.

## Immunization Program

Did you know if your child turns 3 years old between August 2017 & July 2018 AND completes their 19 immunizations, they can receive a FREE backpack or sleeping bag?! Just submit their immunization card to our office in Hilo to pick your prize!

To sign-up for classes, call (808) 969-9220. Visit our website for information on more services! [HMONO.org](http://HMONO.org)

## Health Education Classes

Hui Mālama Ola Nā 'Ōiwi offers free health classes island-wide throughout the year. Read about Diabetes, Hypertension, and Nutrition classes on page 9.

	JAN	FEB	MAR
<b>HILO</b>			
DIABETES		Tuesday 2/20 + Wednesdays 2/28 & 3/7	
HYPERTENSION	Wednesdays 1/10 - 1/24		
HELE MAI'AI			Wednesdays 3/14 - 3/28
<b>KA'Ū</b>			
DIABETES		Mondays 2/5, 2/12, 2/26	
HYPERTENSION	Mondays 1/8, 1/22, 1/29		Mondays 3/5 - 3/19
HELE MAI'AI			
<b>PUNA</b>			
DIABETES			Wednesdays 3/7 - 3/21
HYPERTENSION	Wednesdays 1/31 - 2/14		
HELE MAI'AI			Mondays 3/5 - 3/19
<b>WAIMEA</b>			
DIABETES			Tuesdays 3/13 - 3/27
HYPERTENSION	Tuesdays 1/23 - 2/6		
HELE MAI'AI		Tuesdays 2/13 - 2/27	
HEALTHY HĀPAI	Wednesdays 1/10-1/31 & 2/14		

# Mākau Kino Exercise & Fitness

Did you know? The American Heart Association suggests that we get at least 150 minutes of moderate exercise a week!

Hui Mālama Ola Nā 'Ōiwi offers the Mākau Kino Exercise & Fitness program to encourage an active, healthy lifestyle for our community. Exercise classes are free and open to the public. Come dance, stretch, and have fun!



## Yoga

Get active, increase flexibility, and improve your overall health at our yoga classes! Beginners and experienced are welcome.

- Tuesdays and Thursdays at 5:00pm, Malia Puka O Kalani Church Gym, 329 Desha Ave, Hilo

## Basic Stretch & Strengthening Exercise Class (BS&SEC)

Basic stretches and muscular endurance exercises that will help improve your flexibility and strength. Designed for all ages; geared toward those needing to maintain or increase mobility, and those wanting a gentle stretch.

- Tuesdays and Thursdays at 10:30am, Malia Puka O Kalani Church Gym, 329 Desha Ave, Hilo



## Zumba

Come dance at Zumba class! Fun, upbeat, and sure to be a good workout.

- 2nd and 4th Friday of the month at 10:00am, Hui Mālama office, Hilo
- Monday and Wednesday at 5:30pm, Malia Puka O Kalani Church Gym, 329 Desha Ave, Hilo

# Metabolism Mana'o

January is Thyroid Awareness Month! Do you know what your thyroid does for your body? The thyroid gland is located in the lower front of the neck and secretes hormones into the blood to be carried to every tissue in the body. The thyroid hormone helps your organs operate as they should and plays a role in regulating your metabolism. This can explain why those with hyperthyroidism (an overactive thyroid) experience weight loss while those with hypothyroidism (an underactive thyroid) may see some weight gain. *Read more about thyroid health at [thyroid.org](http://thyroid.org).*

*Po'okela Ikaika Dombrigues describes the process of using ginger, or awapuhi pake, to help stabilize the body's metabolic system. The rhizome, or root, of the ginger is used to make a hot tea.*

*First, make sure the ginger root is washed clean of any dirt or residue. Next, bring enough water to make a couple cups of tea to a boil in a pot. Then, cut off a thumb-sized portion of the ginger root and place it into the pot of boiling water. Boil the ginger for 5 minutes. Serve the tea after it has cooled off enough to drink.*



*Po'okela Ikaika Dombrigues*

## Grow Your Own 'Ōlena, Lemongrass, and Māmaki!

Hui Mālama Ola Nā 'Ōiwi launched its Grow Your Own Lā'au program in December in an effort to encourage the community to eat healthier and use natural remedies when possible!

The first Grow Your Own Lā'au class was held in Hilo, with community members learning how to plant and cultivate plants such as 'ōlena, lemongrass, and māmaki for their medicinal properties. About twenty people participated in the two-hour hands-on class taught by Matthew Kaho'ohanohano of Mau'i, student-turned-teacher from the University of Hawai'i at Hilo. Matt has been working towards his degree in Agroecology and is passionate about promoting health through agriculture. His experience in this area led him to collaborate with Hui Mālama in June 2017, helping develop a Grow Your Own Lā'au guide and program. He enjoys being able to share with others tips for how to successfully propagate and harvest medicinal lā'au in their own gardens. Join us for our next Grow Your Own Lā'au class and learn more about how to grow medicine in your very own garden! For more information on upcoming classes, please call (808) 969-9220 and speak with the Traditional Health team. We look forward to seeing you soon!



*Matthew Kaho'ohanohano*

# Choosing a Healthy State of Mind

*“I was 21 when I lost my mom to cancer. I was sad and lost, and eating was my outlet. I gained 80 pounds in one year, reaching a very unhealthy place. I knew I had to make some changes. While the days were hard, I noticed moments of happiness. With time, almost all hard days turned into mostly positive days. As I healed, I realized the importance of positivity and choosing to see the best in each day. Bit by bit, I made healthier, happier choices.” -30 year old, Hilo*

*“My brother’s accident left him with a fractured pelvis, two broken legs, a broken arm, and a punctured lung. Within a month, he was propping himself up in his hospital bed. Two months later, he was trying to walk around on his own. The doctors said that he would have difficulty being mobile on his own, but one year later, my brother proved them wrong. He walks tall and proud on his own now. When I asked him what motivated him to walk again, he simply said, ‘I decided I wanted to live.’” - 24 year old, Hilo*

Many of us can relate to the challenges that life sometimes brings. Losing a loved one, illness, career troubles... These challenges can cause both emotional and physical impact. How can we handle stress and trials in a healthy way? The power of perspective and positive thinking can truly change your life for the better.

It can be a little difficult to get into a positive mindset, but it can have many benefits on your mental and physical health. One benefit of positivity is that it can change the way that we handle stress. Our ability to bounce back from everyday challenges, or our resilience, is



reinforced by practicing positivity. Instead of focusing on the negative, those with a positive mindset have the capacity to see numerous opportunities to move forward.

While chronic stress can be looked at as a mental health issue, stress can also manifest itself physically and is related to illnesses such as:

- Heart disease
- Gastrointestinal problems
- Obesity
- Diabetes
- Headaches
- Asthma
- Depression and anxiety

Making the conscious decision to focus on the positive aspects of life can help reduce your stress and impact your mental and physical health for the better.

Studies suggest that positive thinking also opens up people to new experiences. According to Barbara Frederickson, a positive psychology researcher at the University of North Carolina, those who experience positivity have the momentary ability to broaden their perceptions. People are then more likely to be open

to new experiences which expands perspective, thoughts, and knowledge leading to steady personal growth.



Thinking positively may not seem to be the natural response for some people, but research shows that the brain can be conditioned to think positively. Through mindfully choosing to see the positive, your brain will learn to be self-reflexive in positive perception. Some tips for training your brain include:

1. Every day, write down 3 things you are thankful for. Being mindful of good things in your life each day leads to more positivity.
2. Pay attention to your thought patterns. Are you stressed, worried? Identify what is bringing you down and find ways to resolve or remove those causes of negativity. Surround yourself with positive support.
3. Turn negative thoughts into positive. Adding “but” to a negative thought and seeing the positive options can help empower you to overcome difficult challenges.
4. Give yourself and others positive affirmation. Compliments and genuine appreciation can make someone’s day!
5. Calm your mind. Meditation has shown to be effective because it is a personalized approach where people are engaged in active, mindful

attention. This can sustain and enhance feelings of positivity for a longer period of time.

6. Be consistent. Changing your thought patterns to be more positive can take time. It’s okay to vent or be disappointed, but don’t get stuck in the negative. Identify what you can do in the present and move forward.

***“Positivity makes such a difference. When my husband died, I did not think I could make it even one day without him. We had spent our whole lives together. But, I had to carry on, for my kids, my grandkids, my responsibility to my animals, and myself. I realized that each person has their own life path, and our paths are written before we’re even born. I carry on because it’s my path. It’s been six years now and looking back at what I’ve done since my husband’s passing amazes me. I never thought I could do those things, continue to grow, and find happiness in other areas of life. I miss my husband and I carry him with me everyday. I choose to be positive about my path and every opportunity each day offers.” 64 year old, Ka’ū***



# Health Education

## Meet the team!

The Hui Mālama Ola Nā 'Ōiwi Health Education team serves island-wide, providing education and resources to the community.

We asked the team to share a little about themselves: their education and experience, what they love about their work, and anything interesting or fun they'd like our Hawai'i Island 'ohana to know.

### **Bernie Freitas, CHW** - *Interim Director of Programs*

I was born into a tight knit plantation community with deep-seated core values. It has always been my vision to be able to help our people and communities. The foundation of who we are as individuals is not of ourselves, but is in reaching out to others and helping to create a healthier community and environment. I also believe that taking care and protecting our 'aina will provide us with the security to know that life will be sustained for many generations to come.

I discovered Hui Mālama 15 years ago and realized that this agency provided programs, services and beliefs that instill healthier lifestyles and communities, which I was eager to become a part of and is the reason I am still here today. Being employed at Hui Mālama has provided me with the honor of meeting many extraordinary people from all walks of life. It has been my pleasure and greatest reward to be able to help and make a difference in the lives of our clients and communities we live in.

Don't forget to call us whenever you may be in need as we strive to "Live Longer and Feel Better Together."



### **Wanda Louis, RN** - *Community Health Coordinator*

- Registered Nurse for over 30 years, teaching for 10+ years
- I love talking with and meeting people of all ages on our island through community events, classes and presentations. I love when we make that connection and you can see that light bulb go on. That picture will never leave and that connection will continue to grow.
- Nursing is in my blood, proud to be a 3rd generation nurse from my grandfather to my mother to me.



### **Mari Martin** - *Health Resource Supervisor / Interim Director of Programs Assistant*

- With Hui Mālama for 8 1/2 years now. CNA for over 10 years, Receptionist, Payroll Specialist, Human Resource, Medical Referrals Clerk, Outreach Case Manager/Site Supervisor
- I enjoy working and helping the people in our communities. I love hearing & seeing how much we are making a difference whether big or small thru health education. I enjoy working with our Hui Mālama 'ohana.
- I enjoy making people laugh 🤪

**Call to connect with the Health Education team for presentations, education at community events, and information on health resources in the community. (808) 969-9220**





### **Leenal Castro** - *Health Resource Specialist*

- 40+ years in the health field as a CNA, 26 years with Hui Mālama. Outreach Case Manager, Community Health Worker, and Hele Mai 'Ai Nutrition educator.
- I enjoy meeting and spreading the word of all of our services we provide in the community island wide. If they need help in finding resources in the community I try to help them the best that I can.
- I love teaching the Hele Mai 'Ai basic nutrition classes in a class setting or even one to one. The stories I hear when I do the follow ups with the people, how the class has made them more aware of what they are eating. They are trying to eat healthier and doing more physical activity in turn losing weight and improving their health. It makes me feel great when I can make a difference in people's lives. We just need to do one change at a time in improving our health.



### **Judy Beaver** - *Health Resource Specialist*

- BA in Psychology. AA in Liberal Arts.
- I love reaching out to all of our clients, but I have a special fondness for our seniors. I love knowing something I might have done has, in some way, helped or made a difference in their lives. It's extremely rewarding to me.
- I love gardening, and I love to incorporate new techniques and ideas into making quirky little gadgets to add to my flower gardens. It's always a work in progress!



### **Keamalu Waltjen** - *Health Resource Specialist, Ka'ū*

- With Hui Mālama for 26 years (1 year volunteer, 1 year on the Board of Directors, and 24 years as an employee).
- I enjoy working with the community at large, assisting with information and helping connect to resources.
- Provide and promote what is so needed in the community, indeed this is my heart.



### **Ivy McIntosh** - *Health Resource Specialist, Waimea*

- Degree in Early Childhood Development with experience as a Parent Child Educator, Community Network Coordinator, and a Family Support Worker.
- I am committed to everything aloha 'aina and serving our lahui. I enjoy spending time with my 'ohana and cherish my time with halau in Kapa'au.
- I look forward to fulfilling my role as a Health Resource Specialist and supporting our community to achieve optimum health and lokahi.



### **Leila Ryusaki** - *Coordinator, Healthy Hāpai Prenatal Program*

- 20+ years in healthcare field, prenatal and postnatal specialty. Certified Lactation Counselor and Childbirth Educator.
- Joined Hui Mālama in July 2017 to develop the Healthy Hāpai Prenatal Program.
- Leila is dedicated and passionate about prenatal and postnatal education. "Pregnancy is not only about the 'birth of the baby' ... it's also about the 'birth of the parents'".



### **Stephanie Kung** - *Program Assistant*

- BA in Geography. BS in Nursing in progress.
- I enjoy communicating with coworkers and clients.
- I'm a big foodie, and my favorite food is **everything**. 😁

# CLASSES

Hui Mālama Ola Nā 'Ōiwi offers classes island-wide throughout the year. Our goal is to provide the health information and tools necessary to help our community live a healthier & longer life. We invite YOU to come join us.

Call today to sign-up! (808)969-9220

## **DIABETES MANAGEMENT**

3-week class, 2.5 hour session once a week

Learn basic information on diabetes, nutrition, exercise, medication and tools needed for continued management of self-health while living with diabetes.

Instruction provided by a Registered Nurse and other medical professionals

Free. Offered island-wide. Open to those with Diabetes diagnosis.

## **HYPERTENSION**

3-week class, 2 hour session once a week

Learn basic information of heart disease: hypertension, nutrition, exercise, medication and tools needed for continued management of self-health while living with hypertension and heart disease.

Instruction provided by a Registered Nurse and other medical professionals.

Free. Offered island-wide. Open to those with hypertension diagnosis.

## **NUTRITION**

3-week class, 2 hour session once a week

Learn about basic nutritional information covering fat, salt, and sugar.

Learn practical application techniques of label reading, recipe modification and exercise.

Free. Offered island-wide. Open to all.

## **TRADITIONAL HAWAIIAN HEALTH**

Lā'au Lapa'au, Grow Your Own Lā'au, and Lomilomi Ha Ha workshops & classes.

Free. Offered island-wide. Dates vary. Call to speak with the Traditional Health team for more information.

(808) 969-9220

## **HEALTHY HĀPAI PRENATAL PROGRAM**

5 sessions over 10-weeks

Learn about pregnancy, postpartum, & positive parenting education.

Free. Offered island-wide. Open to pregnant women.

# The 90-Day Challenge

Are you ready to live a healthier lifestyle?  
If so, **JOIN US TODAY!** Grab a friend or family member  
and take the 90-Day Challenge so we can all  
**Live Longer & Feel Better, Together!**  
*List or write your goals and healthy habits below.*

**Start date:** \_\_\_\_\_

*Write in your starting place and other health measures you'd like to track.*

**Current weight:** \_\_\_\_\_

**Mile time:** \_\_\_\_\_

**Other** \_\_\_\_\_

**Other** \_\_\_\_\_

**End date:** \_\_\_\_\_

*Great job for keeping with the challenge! We hope you made some healthy changes and feel motivated to keep going!*

**End weight:** \_\_\_\_\_

**Mile time:** \_\_\_\_\_

**Other** \_\_\_\_\_

**Other** \_\_\_\_\_

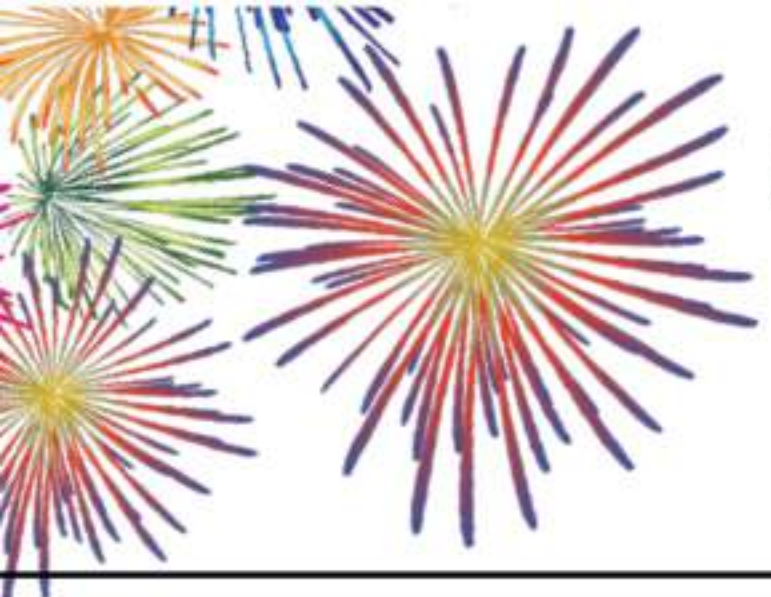
**Join us on Facebook & Instagram to follow The 90-Day Challenge! Stay updated on the weekly health challenge, connect with others, and share your progress with us!**

**Facebook: /HMONO.org**

**Instagram: hui\_malama\_**

**#hui90**

*Live Longer & Feel Better, Together*



# 90-Day Challenge

## January 2018

Visit [HMONO.org](http://HMONO.org) to see Week 1 - 4 challenges shared in December newsletter.  
Anyone can join at ANY time. Start today!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6



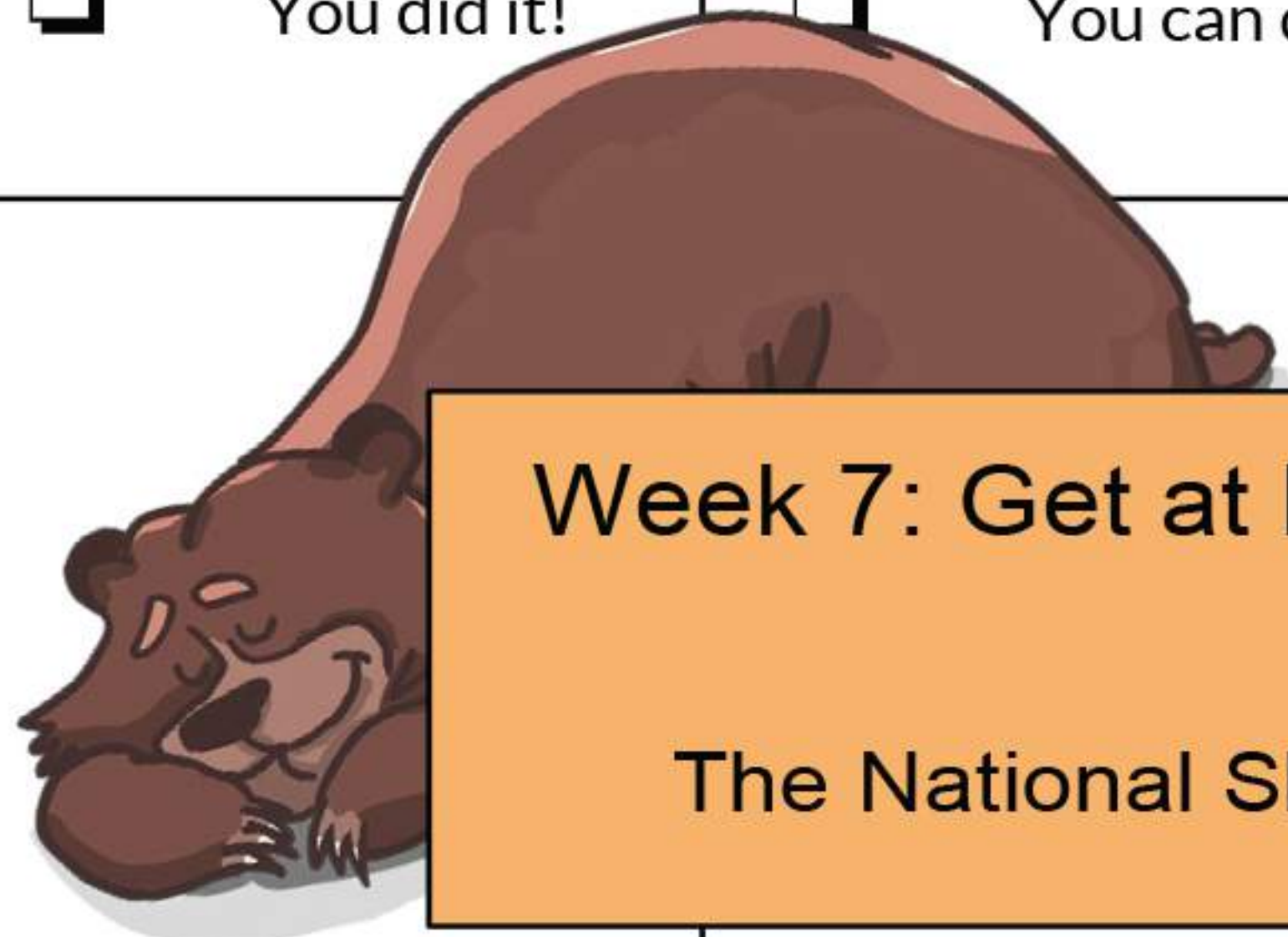
**Week 5: Go for a 20 minute walk each day AND practice gratitude! Think of three things you are grateful for while on your walk.**  
Practicing positivity by showing gratitude is a great way to get into a good mood to start the day!

<input type="checkbox"/> You did it!	<input type="checkbox"/> Keep going!	<input type="checkbox"/> You got this!	<input type="checkbox"/> Congrats!	<input type="checkbox"/> One more day!	<input type="checkbox"/> You did it!
8	9	1	11	12	13



**Week 6: Spend 20 minutes enjoying your favorite hobby everyday**  
Enjoying a hobby can provide balance to a busy work-life!

<input type="checkbox"/> You did it!	<input type="checkbox"/> You can do it!	<input type="checkbox"/> Keep it up!	<input type="checkbox"/> Almost there!	<input type="checkbox"/> Enjoy!	<input type="checkbox"/> What fun!
	16	17	18	19	20



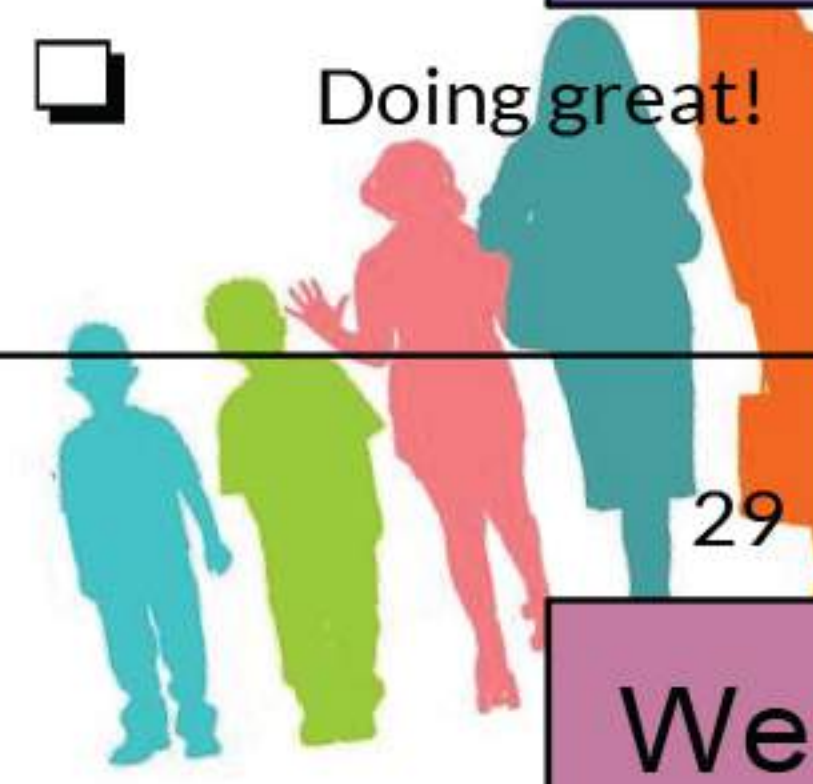
**Week 7: Get at least 7 hours of sleep every night AND eat 3 servings of fresh fruits or veggies everyday!**  
The National Sleep Foundation recommends 7 to 9 hours of sleep for adults.

<input type="checkbox"/> Delicious!	<input type="checkbox"/> Nutritious!	<input type="checkbox"/> So refreshed!	<input type="checkbox"/> So much energy!	<input type="checkbox"/> You did it!	<input type="checkbox"/> Awesome!
22	23	24	25		27



**Week 8: Set aside time to meditate or relax for 10 minutes every day this week AND NO eating fast-food!**  
Meditating and spending time outdoors can be great stress-relievers!

<input type="checkbox"/> Doing great!	<input type="checkbox"/> Feeling good!	<input type="checkbox"/> Great job!	<input type="checkbox"/> Lovin' it!	<input type="checkbox"/> Easy peasy!	<input type="checkbox"/> Ommmmm!
29	30	31			



**Week 9: Spend 30 minutes of quality time with friends or family every day this week!**  
Spending time with loved ones and increasing social ties is proven to improve overall well-being.

<input type="checkbox"/> You can do it!	<input type="checkbox"/> Best day!	<input type="checkbox"/> Lovin' life!	<input type="checkbox"/> So much fun!	<input type="checkbox"/> Don't stop!	<input type="checkbox"/> YAY!
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# Aunty's Health Message

Aloha mai kākou.

I am Aunty Edna wishing you all a Happy New Year. As we come to the end of another year and look ahead at a new year, we are given an opportunity.

December, as I recall, was not just about giving and getting presents, but it also was a time of reflecting on the past and resolving for a happier and better New Year. It is common for people to prepare for the New Year by making New Year Resolutions. In essence, it means we are facing the new year by resolving to learn from the experiences of the past year and choosing those things that would improve, enrich, and change our lifestyles so that our bodies and our minds would be healthier. Of course, along with those wonderfully healthy ideas

come the reality of life and, as someone coined the phrase, "resolutions are made to be broken." So, I make a promise, a resolution to myself to eat healthy, think healthy, lose weight, but unless I really make a commitment to do so, I reinforce the saying, "resolutions are made to be broken."

We do have a choice and it can be a reality. So, who you gonna call to help you? Hui Mālama Ola Nā 'Ōiwi, 969-9220, working over 26 years to help our Hawaii Island be a healthy and happy place.

*Hele mai, come see us... and tell them Aunty Edna sent you!*



## Immunization - What is Pneumococcal Disease?

**Pneumococcal disease is a common infection caused by the *Streptococcus pneumoniae* bacterium. According to the Centers for Disease Control and Prevention, pneumococcal disease is a major cause of mortality and morbidity.**

### **Non-Invasive Pneumococcal Diseases:**

*Otitis media* - infection of the middle ear

Non-Bacteremic Pneumonia - infection of the lower respiratory tract without pneumococcus in the blood stream.

### **Invasive Pneumococcal Disease (IPD):**

*Sepsis* - bacterial infection of the blood

Meningitis - inflammation of the meninges throughout the brain.

**Bacteremic pneumonia** - inflammation of one of both lungs with pneumococcus in the bloodstream.

Though a heavy impact on many individuals, pneumococcal disease is the world's number one vaccine-preventable cause of illness among infants and elderly. Two vaccines available to you include the pneumococcal conjugate and pneumococcal polysaccharide vaccine. Make sure to mālama pono yourself and your keiki by speaking with your doctor today about risk and vaccines that can help lower these risks.

Source:

Centers for Disease Control and Prevention

<https://www.cdc.gov/pneumococcal/index.html>

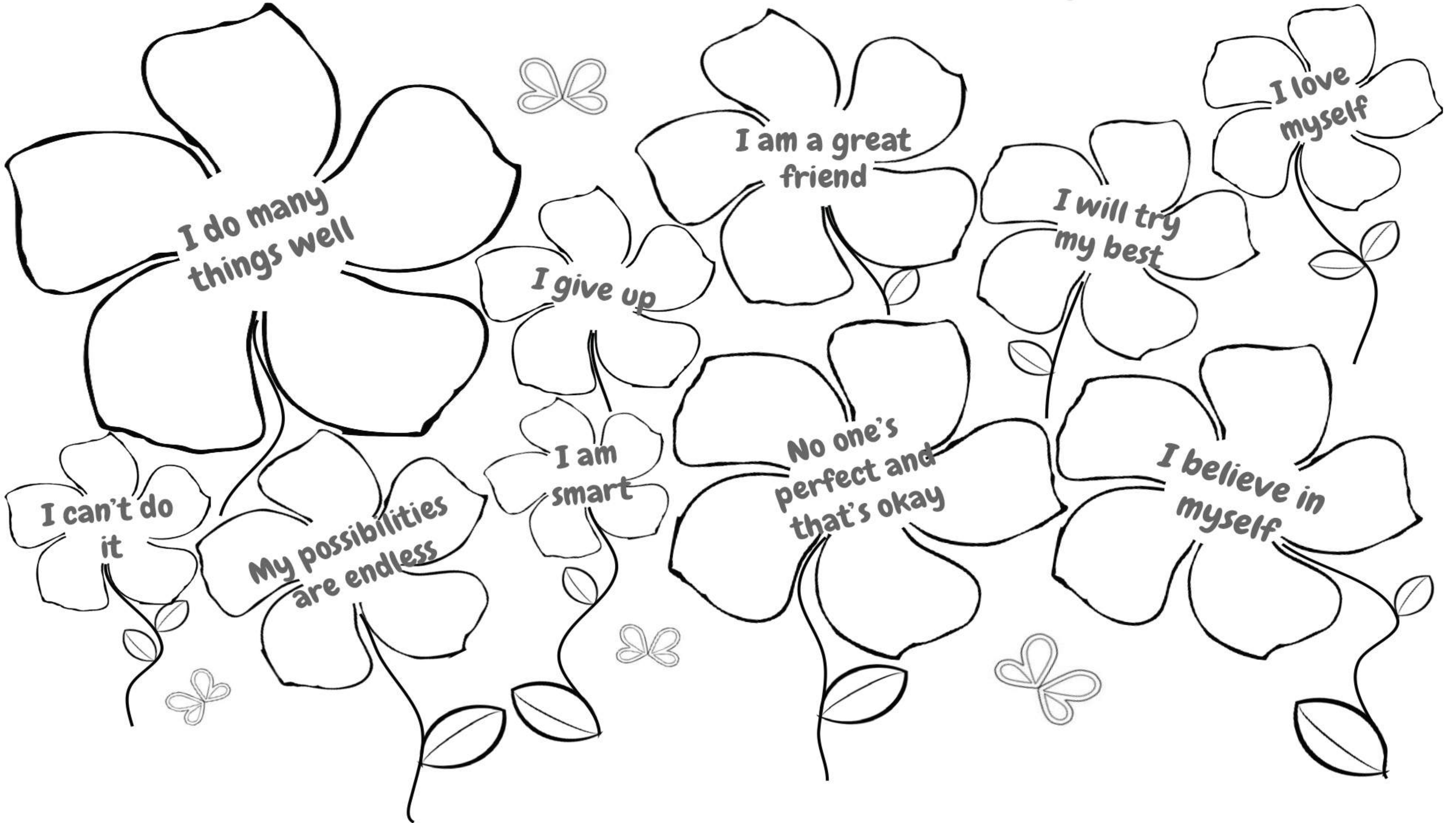


# KEIKI COLORING CORNER

**Remember: Positivity is important to live a happier life!**

Sometimes we have negative thoughts that can make us feel bad... Learn how to be positive by completing the activities below:

**Directions:** Cross out the negative thoughts that would make you feel upset and color in the positive thoughts that would make you feel happy!



**Start the new year off right by sharing your positivity with others!**



# Hui Mālama Ola Nā 'Ōiwi

*Live Longer & Feel Better, Together*

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1PM Cancer Support Group -Hilo	3	4	5	6
<b>BULLETIN</b> <b>EXERCISE &amp; FITNESS LOCATION</b> KEAUKAHA - Malia Puka O Kalani Church Gym - 326 Desha Avenue Hilo, HI 96720 <b>*CLASS SIGN-UP</b> Healthy Hāpai (prenatal), Breastfeeding & Hypertension class participants must sign up in advance. Please call today, (808) 969-9220. Mahalo!					
8 5:30PM Zumba -Keaukaha, Hilo  Hypertension Class* -Ka'ū <i>Please call for more information.</i>	9 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga -Keaukaha, Hilo  5:30PM Cancer Support Group -Hilo	10 4PM Healthy Hāpai* -Waimea  5PM Hypertension Class* -Hilo  5:30PM Zumba -Keaukaha, Hilo	11 10:30AM BS&SEC -Keaukaha, Hilo  1PM Diabetes Support Group -Hilo  5PM Yoga -Keaukaha, Hilo	12 10AM Zumba -Hilo Office	13
15 5:30PM Zumba -Keaukaha, Hilo	16 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga -Keaukaha, Hilo  5PM Breastfeeding Class* -Hilo	17 4PM Healthy Hāpai* -Waimea  5PM Hypertension Class* -Hilo  5:30PM Zumba -Keaukaha, Hilo	18 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga -Keaukaha, Hilo	19	20 <b>7AM Kā Moku Keawe Makahiki</b> -Waimea Park <i>A keiki event hosted by Pūko'a Kani 'Āina.</i>
22 5:30PM Zumba -Keaukaha, Hilo  Hypertension Class* -Ka'ū <i>Please call for more information.</i>	23 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga -Keaukaha, Hilo  5:30PM Cancer Support Group -Hilo  Hypertension Class* -Waimea <i>Please call for more information.</i>	24 4PM Healthy Hāpai* -Waimea  5PM Hypertension Class* -Hilo  5:30PM Zumba -Keaukaha, Hilo	25 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga -Keaukaha, Hilo  5:30PM Diabetes Support Group -Hilo	26 10AM Zumba -Hilo Office	27
29 5:30PM Zumba -Keaukaha, Hilo  Hypertension Class* -Ka'ū <i>Please call for more information.</i>	30 10:30AM BS&SEC -Keaukaha, Hilo  5PM Yoga -Keaukaha, Hilo  Hypertension Class* -Waimea <i>Please call for more information.</i>	31 1PM Hypertension Class* -Neighborhood Place of Puna  4PM Healthy Hāpai* -Waimea  5:30PM Zumba -Keaukaha, Hilo	<b>Live Longer &amp; Feel Better, Together!</b> <b>JOIN US TODAY</b> <b>Visit our office or call to learn more.</b> <b>1438 Kīlauea Ave, Hilo</b> <b>(808) 969-9220</b> <i>Events and classes subject to change.</i> <b>Visit <a href="http://HMONO.org">HMONO.org</a> for additional events &amp; most updated calendar.</b>		

Want to sync events with your calendar?  
 Visit [HMONO.ORG/EVENTS](http://HMONO.ORG/EVENTS)

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