

April
'Apelila 2018



Olakino

Newsletter

CARING FOR OUR KEIKI

CHILD HEALTH TIPS:
NUTRITION, ACTIVITY, & MORE!

LOOK INSIDE FOR:

- April - June class schedule
- Exercise & Fitness class updates
- Healthy and ono recipes!



A message from our Board of Directors

Aloha kākou,

Wishing all our Hui Mālama Ola Nā 'Ōiwi and Hawai'i Island 'ohana a very happy Easter. This month we are celebrating our keiki. To our parents, teachers, and all: the phrase "It takes a village to raise a child" emphasizes the importance of each of us doing our part to keep keiki healthy and guide them well.

To our kids: We care for you and want to see you grow into healthy, happy people. With that, go for a walk, eat well, work hard in school, be very careful about people you talk to (especially strangers!), say no to drugs, be respectful to your parents, give thanks always, and most importantly, talk to your parents if anything is worrying you.

With Aloha, Mabel De Silva - Chair



A message from our Executive Director

Aloha mai kākou,

I was reflecting on what makes Hawai'i such a special place. Being born and raised here on Hawai'i Island, and having traveled to places on the mainland, I truly believe our values and the love of 'ohana make us special. Caring for our keiki (children) is everyone's kuleana (responsibility). As a father, grandfather, and yes, great-grandfather, I can speak from my experiences raising keiki.

One of the most important things we can pass along to our keiki is values. Of these values, I want to highlight the importance of respect. As a community, we need to respect our kūpuna, the 'āina, and all that supports us. Families have to love each other and respect one another.

Part of this love and respect includes the kuleana of our parents, and our community as a whole, to care for our keiki. This includes focusing on keiki health by providing proper nutrition, time for physical activity, caring discipline, and overall a loving home. With that comes the responsibility of us adults to lead by example and guide our keiki in the right direction.

Thinking back to my childhood, I can share hundreds of stories about my father. He was a fisherman. I remember that we always had fish on the table, we always had something to eat. He taught us about the ocean and how it was one of our greatest resources. The ocean provided us with fish, opihi, and many other nutritious food. The 'āina provided us with kalo and many other plants. We were well provided for by the land and the ocean. Psychologically, we felt cared for, comfortable, and secure. We still had concerns about education and income, but our most urgent need for food was provided in plenty.

Today, not all our families fish or grow our own food. That happens with changing times, but we are still responsible for our food choices and feeding our keiki nutritious food. It is so easy to go for fast food and to choose that ono burger or plate lunch with the mac salad. While everything is okay in moderation, we need to be mindful of what health habits we're teaching our keiki.

Culturally, when we look at the concept of ahupua'a, we see the 'āina providing from mountain to ocean. Each area is significant and provides in its own way. As a community, we should keep the ahupua'a in our minds as we instill a sense of respect and responsibility in our keiki. If we take care of each other, the ocean, and the 'āina, we will overall be a healthier and happy people.

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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What's Happening Around Hawai'i Island?

Join us this month for hypertension & nutrition classes, Grow Your Own La'au, and new exercise classes!

La'au Lapa'au Workshop - Waimea

Saturday, April 7

Read more about 2018 La'au Lapa'au Workshops and upcoming La'au Lapa'au class on page 4.

Cancer Support Event - Puna

Wednesday, April 18, 5pm-7pm

Find more details on page 5.

Diabetes Support Group

Tuesday April 3, 5:30-7:00pm, Hui Mālama Office

Tuesday April 17, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group

Tuesdays April 10 & 24, 5:30-7:30pm, Hui Mālama Office

Exercise & Fitness Updates

Zumba with Keanne

Monday & Wednesdays, 5:30pm

Malia Puka O Kalani Church Gym in Keaukaha

Basic Stretch & Strengthening

Tuesdays & Thursdays, 10:30am

Malia Puka O Kalani Church Gym in Keaukaha

Zumba with Rhonda

2nd and 4th Friday, 10am, Hui Mālama Office

New times added for April & May!

Tuesdays, 4:45pm

April 17, 24 & May 1, 8, 15, 22, 29.

75 Aupuni St. Hilo - Makai Courtroom

Basic Flow Yoga with Kat

Tuesdays, 5pm, Malia Puka O Kalani Church Gym

New location added for April & May!

Thursdays, 4:45pm

April 19, 26 & May 3, 10, 17, 24, 31.

75 Aupuni St. Hilo - Makai Courtroom



Hui Mālama
Ola Nā 'Ōiwi

SCHEDULE OF CLASSES

	APRIL	MAY	JUNE
HILO			
DIABETES		Wed 5/2 - 5/16	
HYPERTENSION	Wed 4/4 - 4/18		Wed 6/6 - 6/20
EFNEP (nutrition)	Mon 4/2 - 5/7		
KA'Ū			
DIABETES		Mon 5/7 - 5/21	
HYPERTENSION			Mon 6/4, 6/18, 6/25
HELE MAI'AI (nutrition)	Mon 4/9 - 4/23		
PUNA			
DIABETES		Wed 5/23 - 6/6	
HYPERTENSION	Wed 4/18 - 5/2		
HELE MAI'AI (nutrition)			Thurs 6/14 - 6/28
WAIMEA			
DIABETES		Tue 5/22 - 6/5	
HYPERTENSION	Tues 4/17 - 5/1		
HELE MAI'AI (nutrition)		Mon 5/7 - 5/21	
LA'AU LAPA'AU	Sat 4/14 - 4/28		
Grow Your Own La'au	Sat 4/28		Sat 6/16 (Honoka'a)

Schedule subject to change. To sign-up, please call or visit us online today!

hmono.org/classes

Visit our website for information on
more services! HMONO.org

Out in the Community

See what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i Island 'ohana Live Longer and Feel Better, Together.

Let's Talk Story with Aunty

Aunty Edna Baldado at the Hilo Rotary Club on March 9 presenting about diabetes and the importance of nutrition.



Infant Massage

Ka'anohiokala Pe'a of NIU Hawai'i collaborated with Hui Mālama to teach new mothers, mothers-to-be, and dads how to massage their babies during this Healthy Hāpai Infant Massage class on March 12 in Waimea.

Kona Cancer Support Event

Participants enjoyed a day of paddling, hula, and talk story at the March 17 Cancer Support Event at Keauhou Bay!



Hilo Heart & Stroke Walk

Hui Mālama #heartwalking at the 2018 Hilo Heart & Stroke Walk on March 10 to support and raise awareness of heart disease in Hawai'i.



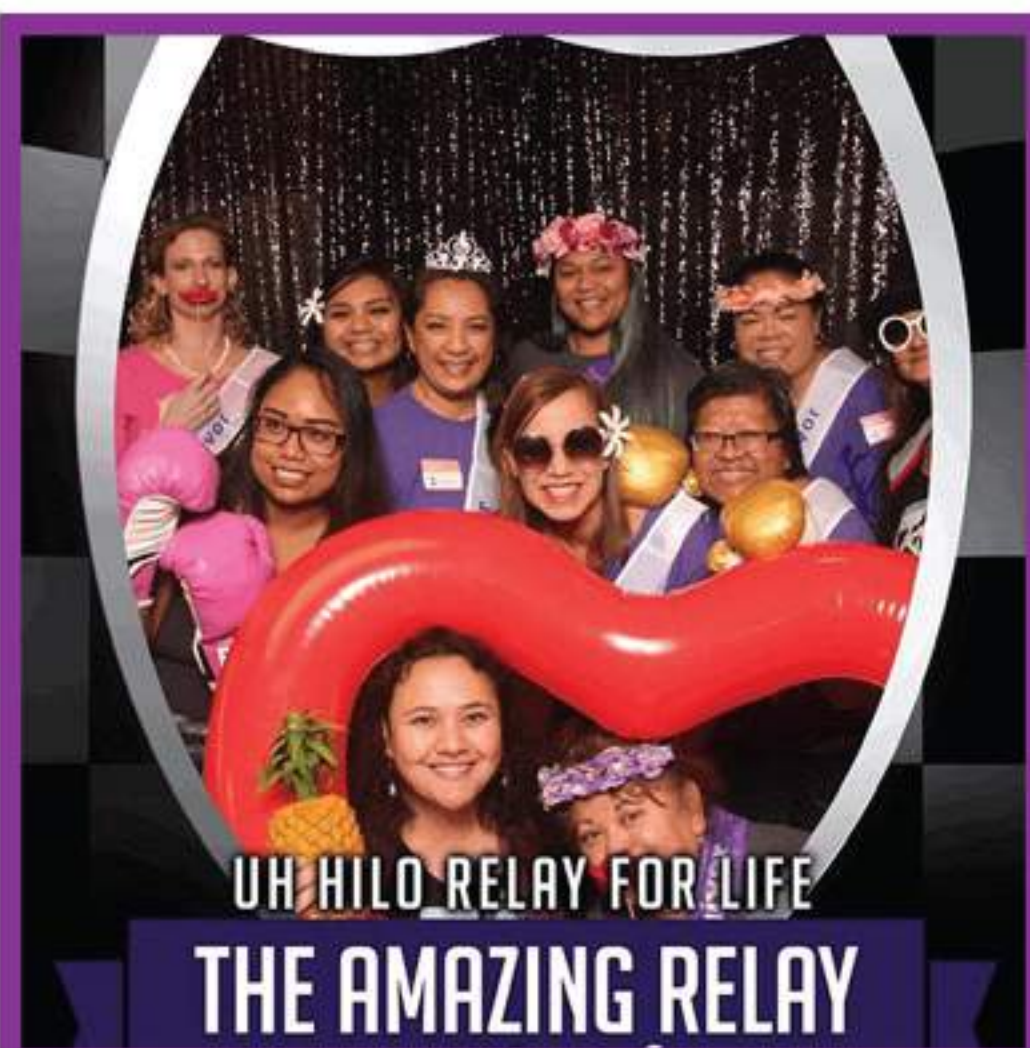
Healthy at Any Size

Registered Dietitian Sarah Josef teaching class participants about the importance of mindful eating in Hilo on March 15.



Relay for Life at UH Hilo

Hui Mālama cancer support group Mālama Ka Pili Pa'a at the University of Hawai'i at Hilo Relay for Life on March 9!



Hele Mai 'Ai Nutrition Class

Participants attending the Hele Mai 'Ai nutrition class held throughout March at the Department of Health.



La'au Lapa'au Workshops



The first 2018 La'au Lapa'au workshop in a series of five was held by Hui Mālama Ola Nā 'Ōiwi on Saturday, March 10. Over 70 participants gathered from near and far to attend the Hilo workshop at Auntie Sally's Luau Hale. Participants learned about the ancient Hawaiian healing practices of La'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and La'au Kahea. The workshops are led by Po'okela Ikaika Dombrignes who emphasizes the importance of helping people learn to mālama their bodies, "People are getting sick. We need to share this knowledge and help people understand traditional healing practices so they have the choice to use it for the care of themselves and their 'ohana."

Interested in learning more? There are four more workshops scheduled across Hawai'i Island over the next three months.

Waimea - Saturday, April 7, 2018, Hawaiian Home Lands Kuhio Hale • 10am - 3pm

Kona - Saturday, May 5, 2018, Old Kona Airport Special Events Pavilion • 9am - 3pm

Ka'ū - Saturday June 2, 2018, Ka'ū District Gym • 10am - 3pm

Puna - Saturday, June 23, 2018, Pahoa Community Center • 9am - 3pm

Grow Your Own La'au

Are you interested in learning how to grow your own la'au? Wondering where to start? Come join Hui Mālama Ola Nā 'Ōiwi for the upcoming Grow Your Own La'au classes. Participants will learn about propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants: kaukama, ko'o ko'olau, 'olena, māmaki, and lūkini. Participants will have a hands-on experience mixing soil, planting la'au, and learning how to maintain and harvest the plants once they're ready. One student said that the knowledge they gained from the Grow Your Own La'au class was "useful and practical," while another loved how the class was hands-on and let the participants really get a feel for what it's like to "play with dirt." Join the 'ohana of people growing la'au across the island! Sign-up online at hmono.org/class or call (808) 969-9220.



Upcoming Grow Your Own La'au classes:

April 28, 2018

12:30 - 2:30pm

Waimea: Thelma Parker Public Library

June 16, 2018

10:00am - 12:00pm

Honoka'a: Kohala Center

Mana'o from Uncle

Pānini 'awa'awa, or aloe vera, was commonly used by ancient Native Hawaiians topically for sunburns and keeping the skin moisturized. The sap of the plant can also be taken orally to strengthen the immune system. As Uncle Ikaika has iterated in the past, there can be some differences in names for the la'au depending on location. Certain names for la'au originate from different islands and each specific name carries mana (power) behind it. This is why Uncle Ikaika emphasizes the importance of recognizing intent before utilizing each la'au.



Hui Mālama Ola Nā 'Ōiwi invites you to the Hawai'i Island Cancer Support Events!

Have you heard about the Hawai'i Island Cancer Support Events?! Hui Mālama Ola Nā 'Ōiwi is hosting a series of events dedicated to building connections between cancer patients, survivors, and caregivers across the island.

Events were held February 24 in Ka'ū, March 17 at Keauhou Bay, March 22 in Waimea, and March 27 in Hilo. All are invited to the upcoming April 18 event in Puna and the June 17 event in Kona! For those looking for an ongoing support group, the Hui Mālama cancer support group, Mālama Ka Pili Pa'a, meets every 2nd and 4th Tuesday, 5:30-7:30pm at the Hui Mālama office in Hilo.

Wednesday, April 18, 5pm-7pm
Neighborhood Place of Puna
An evening of painting & talking story



Sunday, June 17
9am-11am
Hale Halawai Park, Kailua-Kona
Gentle yoga on the beach & talk story

Hosted with:



March 17 - Keauhou Bay

Hui Mālama Ola Nā 'Ōiwi, in collaboration with Kona Community Hospital, hosted a cancer support event at Keauhou Bay, on Saturday, March 17. It was a gorgeous day filled with fun learning and relaxation. Hui Mālama and KCH greeted the cancer warriors and supporters. Attendees were able to enjoy a rejuvenating wa'a wellness ride on the Mana 'Olana canoe with Derek Park of Paddling for Hope, a non-profit organization dedicated to breast cancer education, prevention, and early detection for our Hawai'i Island community.

Attendees also learned about the health benefits of hula with the *Ola Hou I Ka Hula* program from the West Hawaii Community Health Center. Mahalo to all the cancer warriors, supporters, and volunteers who attended to make this event possible!



Nutrition Education Services

Hui Mālama Ola Nā 'Ōiwi offers two nutrition classes to help the community learn about proper nutrition and how to keep the body healthy. **Hele Mai 'Ai** teaches participants how to pick healthier alternatives in meals and goes in-depth about different food choices and how they benefit and impact health. The **Expanded Food and Nutrition Education Program (EFNEP)** allows class participants to get hands-on learning in creating a budget for their monthly food expenditures, teaches family members how to take care of their health by practicing proper sanitizing techniques, and helps participants learn how to manage their resources.

Both **Hele Mai 'Ai** and **EFNEP** are being offered this month! Call us at (808) 969-9220 for more information about our nutrition classes or go to hmono.org/classes to sign up today!



Upcoming Hele Mai 'Ai classes:

Ka'ū - Wednesdays April 9-23, time TBA
Waimea - Mondays May 7-21, time TBA
Puna - Thursdays June 14-28, time TBA

Upcoming Expanded Food and Nutrition Education Program (EFNEP) class:

Hilo - Mondays, April 2 - May 7, 5:00pm

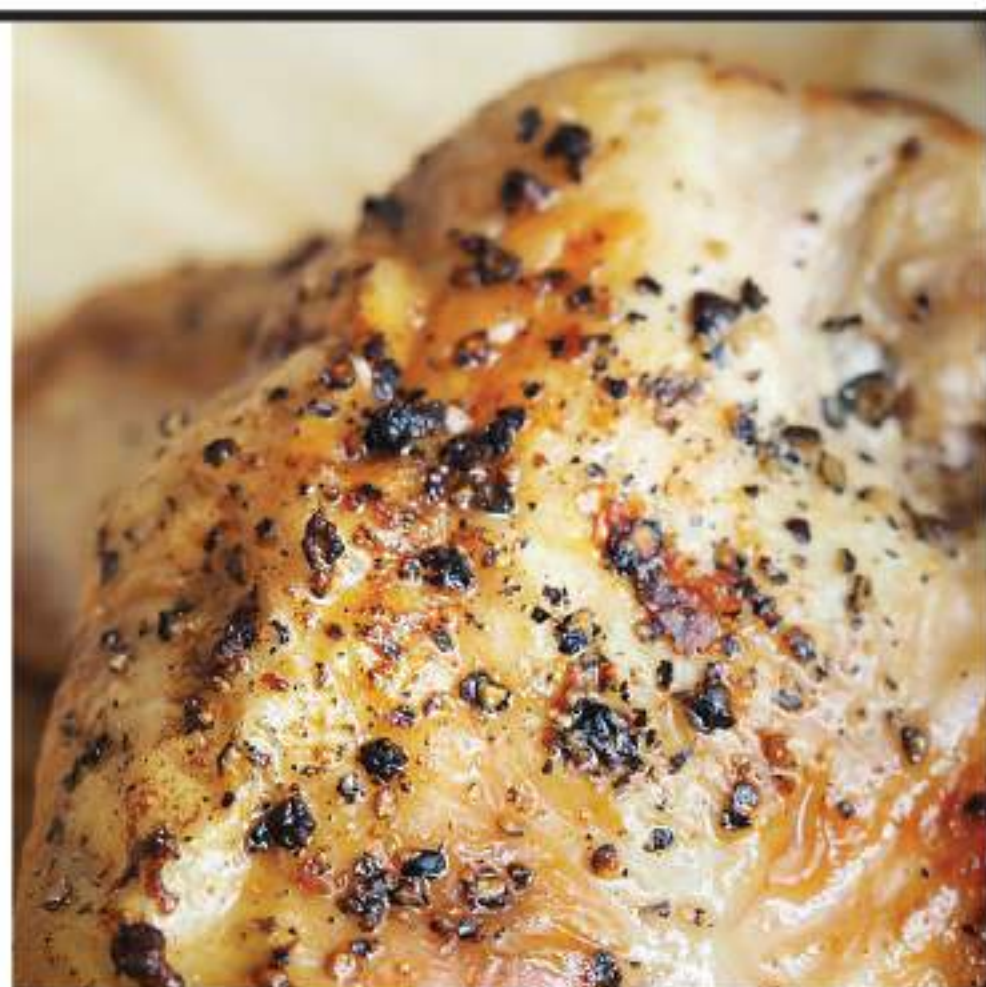
Modified Recipes

As participants will learn in the nutrition classes, a lot of favorite foods can be modified to be healthier. Unnecessary fat, calories, and sugars can be cut out of meals during meal preparation. Many can avoid foods high in saturated fats by substituting certain ingredients for those with unsaturated fats. An example of this would be to replace butter with olive oil. Read below for healthy and ono recipes that you can make at home!

Chicken Pepper Bake

Ingredients

1 pound of boneless chicken breast
2 bell peppers OR carrots
3 cups of diced potato
2 Tbsp. olive oil



Spices:

2 tsp. Italian seasoning (thyme, basil, oregano)
OR 2 tsp. Cajun seasoning (cayenne pepper, garlic powder, onion powder, paprika, thyme, red pepper)

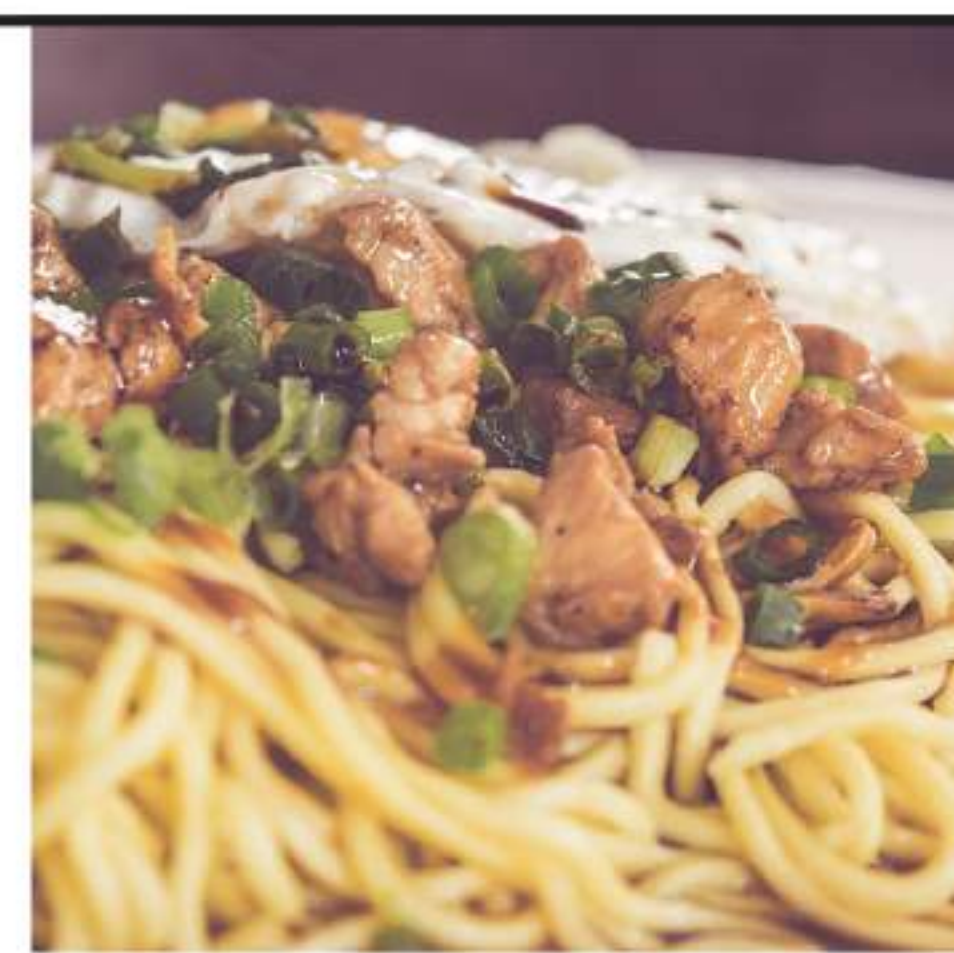
Directions

Preheat oven to 425 degrees.
Cut chicken, potatoes, and bell peppers/carrots into bite-sized chunks.
Place in a bowl and sprinkle with seasonings and olive oil, stirring to coat evenly.
Place on a baking sheet and bake for 35-45 minutes, tossing occasionally, until chicken is no longer pink.

Veggie Stir Fry

Ingredients

1 Tbsp. olive oil
2 cups of frozen vegetables
¼ tsp. of garlic powder OR 1 clove of garlic, minced
2 slices of fresh ginger, minced OR sprinkling of ground ginger



Optional:

½ tsp. salt
½ tsp. sugar
1 cup of cooked chicken or turkey, or tofu
3 cups brown rice or whole-wheat noodles

Directions

Heat frying pan over medium heat. Add oil followed by vegetables and seasonings (garlic, ginger – sugar and salt if desired) and stir fry for 2-4 minutes.
Cut cooked turkey/chicken/tofu into bite-sized pieces and add to pan.
Cook everything until meat is warm and veggies are softened.
Serve over brown rice or whole wheat noodles, if desired.

For more delicious recipes like the two above, check out this free recipe book at ChooseHealthyNowHawaii.com

A Recipe from Hui Mālama Staff: Green Smoothie

Ingredients

2 cups spinach
1 cup mixed berries (or fruit of your choice)
1 cup coconut milk (can substitute soy, almond, or regular milk)
1 cup water
1 inch chunk ginger



Directions

Pour non-liquid ingredients into blender
Pour liquid ingredients into blender
Blend on low, then high until desired consistency reached

CARING FOR OUR KEIKI

*Kā Hana Aka Makua o Ka Hanano ia'a Keiki
What Parents Do...Children Will Do...*

The vision of Hui Mālama Ola Nā 'Ōiwi is to create a healthy and happy Hawai'i Island. Keiki health is a very important part of this vision. The keiki (children) are our future so it is imperative that we mālama (care for) them and show them how to live a healthy lifestyle. Teaching our keiki how to be healthy will enable them to make good decisions for themselves as they grow. With high rates of obesity, diabetes, hypertension and cancer in Hawai'i, it is important to make healthy changes now and to practice healthy habits from a young age. By making changes as adults and leading our keiki in healthy habits, we can build a healthier Hawai'i.



Child Health Tips

The health of our keiki is important year-round so here are some tips for keeping them healthy and happy!

1. Make sure keiki get a good night's sleep! Typically, children 6 to 13 years old should get about 9 to 11 hours of sleep. Want more information on age and hours of sleep that are needed? Visit sleepfoundation.org
2. Eat a nutritionally well-balanced breakfast, lunch, and dinner. ChooseMyPlate.gov is a great resource to use when planning out meals!
3. Serve fruits and veggies as snacks.
4. Limit time with electronics, including the TV.
5. Plan at least 30 to 60 minutes a day to play or spend time outdoors.

Keiki Nutrition

Nutrition is vital in a child's life to support growth and development of the body and brain. Not enough of the right nutrients for children can result in health issues such as:

- Obesity
- Heart disease
- High blood pressure
- Type 2 diabetes

The health benefits of developing healthy eating habits include:

- Stable energy level
- Improvement in concentration
- Maintain a healthy weight
- Even out moods
- Prevent mental health conditions

Healthy Hāpai

We recognize that a child's health starts before birth. The Healthy Hāpai program focuses on prenatal education and infant care, helping women to have a healthy pregnancy, and preparing parents with the tools needed for parenthood. In this program, mothers-to-be will learn about healthy lifestyle choices, changes in the body throughout pregnancy, parenting styles, newborn care, and much more. If you are pregnant, join our free Healthy Hāpai program! Attend all five classes and two support group sessions to qualify to win a free carseat or breastfeeding pillow! Please call or sign-up online today! hmono.org/classes





Through projects like “Eat Da Rainbow” and “Kimo and Kahea,” Hui Mālama helps to make nutritional information relevant and interesting for kids so that it makes an impressionable impact on them. “Eat Da Rainbow” was designed to teach children about the variety of fruits and vegetables and the health benefits that they provide. By matching food to the colors of the rainbow, children are more likely to choose a variety of vegetables and fruit. “Kimo and Kahea” is a fun and interactive way for keiki to balance the caloric value in the food that they eat with the amount of physical activity they do. Keiki select foods and then learn how physical activity will balance with the amount of calories in the food that was chosen. Community Health Coordinator for Hui Mālama, Wanda Louis, RN shares that one of the best case scenarios she hopes for in teaching “Eat Da Rainbow” is that the child will go home and teach the parents about the nutrition they learned, “I want the children to be able to choose fruits according to their favorite colors. This will help influence keiki to make their own healthy decisions.”

Child Health Screenings & Immunizations

A key part of keeping keiki healthy is scheduling children’s health screenings at the recommended ages. Below are the recommended screenings and ages.

- Routine health and wellness appointments should be scheduled at:
 - 15, 18, and 24 months
 - 3 and 4 years of age
- Blood pressure should be checked annually starting at 3 years of age
- Blood test for lead at 2, 3, and 4 years of age
- Annual Body Mass Index (BMI) measurements starting at 3 years of age

- Vision and hearing screenings starting at 3 years of age
- Oral health screenings at least once a year

Recommended immunizations to complete by 3 years of age include:

- Diphtheria, Tetanus, Pertussis (DTaP)
- Inactivated Polio (IPV)
- Measles, Mumps, Rubella (MMR)
- Pneumococcal vaccine
- Rotavirus vaccine
- Haemophilus influenzae type B vaccine (Hib)
- Varicella vaccine (VZV), chickenpox
- Hepatitis B vaccine (HepB)

If you haven’t heard about our Hui Mālama Immunization Program, here’s your chance to learn more!

Do you have a child that is 3 years old and has completed all 19 recommended vaccinations? Submit a copy of your child’s vaccination records to Hui Mālama office and you can choose a free backpack or a sleeping bag for your child!

Save the date!

2nd Annual Mālama Nā Keiki Festival
Saturday, July 28, 9am-1pm
Na‘alehu Park

Hui Mālama Ola Nā ‘Ōiwi is hosting our 2nd Annual Mālama Nā Keiki Festival at Na‘alehu Park in Ka‘ū. Bring the keiki for a day of fun, live entertainment, and free health screenings! More details to come.

Interested in volunteering or sharing health information from your organization at the event? Call us at (808) 969-9220.



Volunteer Spotlight



Nursing Students

Hui Mālama Ola Nā 'Ōiwi would like to highlight the nine nursing students from the University of Hawai'i at Hilo School of Nursing who volunteered time for the past three months to make a positive impact in the community. The projects that they worked on include improving current health education efforts and initiating new ones:

- "Eat Dis, Not Dat"
- A plate project that shows the amount of fat, sodium, and sugar there are in certain meals
- A display of the specific muscles that are used for exercises like basic stretching and Makahiki games
- Sugar & Salt display of typical drinks that are consumed in Hawai'i showing the amount of salt and sugar that each are made with

The products of these students' hard work and effort will be used to educate the community about living healthier lifestyles. In addition to these amazing projects, the students have attended countless Hui Mālama classes and support groups to interact with participants and assist with clinical measures (height, weight, body mass index (BMI), and blood pressure checks).

We at Hui Mālama Ola Nā 'Ōiwi would like to give these nursing students a big MAHALO for supporting our efforts to make Hawai'i Island a healthier place! Mahalo Hulali Trask, Kazuma Yamaguchi, Sherry Agonoy, Chelsey Erickson-Vierra, Valerie Balken, Octavia Price (RN), Jeni Ontiveros (RN), Lehua Garcia (RN), and Moani Bertelmann (RN).



Volunteering with Hui Mālama

Making a difference in your community can seem difficult, but Kazuma Yamaguchi, a senior at the UH Hilo School of Nursing, advised that you should find something you are passionate about doing. "If you want to help the homeless, get out there and help the homeless. I was interested in preventative services for my people in my community, and that's part of what brought me to Hui Mālama." Another student-volunteer from UH Hilo suggested that volunteers have an open mindset and positive attitude. She also emphasized giving culturally congruent care, "You're delivering different kinds of care depending on what community you are in."

Do you or someone you know want to make a meaningful impact on the health and well-being of Hawai'i Island? Please, consider volunteering with Hui Mālama. It's 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 Hawai'i Island community
- Fulfill volunteer hours
- Develop personal & professional skills

Visit hmono.org/volunteer for exciting volunteer opportunities or call Marguerite at (808) 969-9220 for more information.



Ways to Give

Unable to volunteer your time? No problem! There are other ways you can give.

Monetary Donations

Please visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Mālama Ola Nā 'Ōiwi
1438 Kīlauea Avenue
Hilo, HI 96720

Non-Monetary Donation

We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution. (808) 969-9220



How's Your Heart Doing? Sodium Reduction and Ono Foods

Did you know that nearly half of all U.S. adults have hypertension? Hypertension is caused by uncontrolled high blood pressure which can result in many health issues including stroke and heart attack. What can you do to reduce your risk? Reduce your risk by checking your blood pressure routinely, quit smoking, eat healthier, and exercise more often.

One important aspect to being healthy, whether or not you are diagnosed with hypertension, is monitoring your sodium intake. Some people think that making healthy changes to food means giving up some flavor, but here at Hui Mālama, we believe you're able to enjoy ono food and be healthy at the same time!

According to the American Heart Association, the top six foods high in sodium content include: bread, processed meats, sandwiches, pizza, soup, and chicken. While sodium is an essential nutrient that helps to regulate your blood pressure, too much of it can be harmful. Sodium works by pulling water into your blood vessels which increases the level of blood and pressure in your blood vessels. This added pressure in the blood vessels can stretch and injure the blood vessel walls and force your heart to work harder to pump blood throughout the body. The good news is that there are many alternatives to a high sodium diet! Because the majority of sodium comes from processed and packaged foods, learning how to read food nutrition labels is important and will play a big role in your sodium reduction. Keep an eye out for the nutrition label on condiments that can be high in sodium content like soy sauce (shoyu), relish, salsa, and ketchup. Comparing and choosing the brand of condiment with less sodium will benefit your health in the long run. When preparing your own food, use onions, citrus juices, herbs, garlic, and vinegar to replace some or all of the salt while still keeping ono flavor!



No Added Salt Chili

- ½ pound lean ground turkey or chicken
- 1 clove garlic (or more!), minced
- 1 small onion, chopped
- 1 can (8 ounce) tomato sauce
- 1 can (12 ½ oz) whole tomatoes, drained, rinsed, and chopped
- 1 can (15 oz) kidney or small red beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 tablespoon or more chili powder
- ¼ teaspoon pepper
- 1 bunch Chinese parsley, chopped



Crumble ground meat in cold pan, heat slowly and brown.

Add garlic and onion to meat, cook until tender.

Stir in tomato sauce, rinsed tomatoes, rinsed beans, rinsed corn, chili powder and pepper.

Add 16 oz water or more if you want more liquid.

Add Chinese parsley and stir.

Simmer uncovered for 20-30 minutes until thickened to desired consistency.

To learn more about recipe modification and managing your hypertension, join us for the free Hui Mālama hypertension classes.

Upcoming Hypertension Classes:

Hilo: Wednesdays April 4-18, 5pm

Puna: Wednesdays April 18 - May 2, 9:30am

Waimea: Tuesdays April 17 - May 1, time TBA

Ka'ū: Mondays June 4, 18, & 25, time TBA

Hilo: Wednesdays June 6 -20, time TBA

Open to those with a hypertension diagnosis, classes consist of 2.5 hour sessions once a week for three weeks and are offered in Hilo, Waimea, Kona, Ka'ū, and Puna areas throughout the year. Classes are led by a Registered Nurse (RN) and other medical professionals. Sign-up online at hmono.org/classes or call (808) 969-9220.

Diabetes Management, Prevention, & Education

Let's Talk Story



Aunty Edna Baldado has been a health educator at Hui Mālama for over 25 years. The Let's Talk Story program was sparked by her passion to educate the community about the impact of diabetes in Hawai'i. During these sessions, Aunty Edna discusses diabetes, how to reduce risk, sugar content in popular foods and drinks, and overall tips on what we can do as a community to live healthier lifestyles. Want Aunty Edna to come talk story with your community? Contact Rosi at (808) 969-9220 to schedule a Let's Talk Story session today!

Diabetes Support Group

The Diabetes Support Group offers a chance for people to come together to share their journeys, learn from healthcare professionals, and build a support network for living with diabetes. The group is open to those with type 1 and type 2 diabetes, as well as caregivers and anyone wanting to learn more about diabetes management and risk reduction. Friends, family, and supporters are welcome to attend and learn more about how they can best support their loved ones.

Diabetes Support Group Times
1st Tuesday of the month, 5:30PM
3rd Tuesday of the month, 1:00PM

Diabetes Management Class

Hui Mālama Ola Nā 'Ōiwi offers diabetes classes island-wide! Learn basic information about diabetes, nutrition, exercise, medication, and tools needed for continued management of self-health while living with diabetes. These classes are instructed by a Registered Nurse (RN) and other medical professionals. Those interested in attending must have a diabetes diagnosis.

Upcoming Diabetes Management Classes:
Hilo: Wednesdays, May 2-16
Ka'ū: Mondays, May 7-21
Waimea: Tuesdays, May 22 - June 5
Puna: Wednesdays, May 23 - June 6

Meet Aunty Midge

Aunty Midge Kahe'e is a long-time Hui Mālama client who regularly attends both the diabetes and cancer support groups. She was diagnosed with type 2 diabetes in 2012. Aunty Midge has graciously offered to share her story with us along with some words of wisdom for our community. She explained that her diabetes diagnosis seemed to happen almost overnight. She was working with Arc of Hilo when, following some tests, her doctor warned her that she was borderline diabetic. Aunty Midge said that she did not pay much attention to the doctor's warning. That same day, her coworkers asked if she could make her infamous avocado spread. Her coworkers had gathered all the avocado from a tree and, in return, Aunty Midge made avocado spread for her coworkers the next day. They all enjoyed the ono food, but when Aunty Midge went in to see the doctor after work for some additional tests, he told her that she finally met the criteria for being diagnosed with diabetes. She was devastated and felt that, through her negligence, she got diabetes. She says, "It wasn't the cancer that got me down, it was the diabetes." While Aunty Midge came to Hui Mālama for the cancer support, she soon discovered that Hui Mālama also offered a Diabetes Support Group. She chose to attend and found that it was a really beneficial program for her. She was able to learn what to do, what to eat, and how to take care of yourself when you have diabetes. "You get to learn what to eat and how to portion. It's not what you want, but it's what you need to do." One of the great things that Aunty Midge discovered in the Diabetes Support Group is that everyone supports each other. Aunty Midge states that while you may be attending the support group for yourself, you don't stand alone, "That's the best thing that I find is the sharing and caring."



Aunty's Health Message

Aloha mai kākou,
I am Aunty Edna and today I want to share with you about the importance of leading by example. When we look at the world we live in today, we have access to so many things that we did not before. In some ways, it is wonderful. But in other ways, it has caused an unhealthy change in us as a people.



Today, we are seeing some of the most unhealthy statistics ever with high incidences of cancer, diabetes, and heart disease. Much of this can be attributed to changes in our food sources

and decrease in physical activity. This has led to unhealthy lifestyles of poor food choices, not enough physical activity, and too much television. The consequence of this is that some of us are role modeling poor habits for our children. We see the proof of this in higher rates of childhood obesity and early onset of type 2 diabetes. We need to change for the benefit of our children and their role as our future generation. I encourage us all to make healthier choices and be healthier role models.

Want to learn more about healthy choices? Come see us at Hui Mālama Ola Nā 'Ōiwi, working over 26 years to help our Hawai'i Island be a healthy and happy place. Call us at 969-9220.

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



CHILDHOOD OBESITY

1/3 of all children and adolescents are overweight or obese.

Overweight adolescents have a **70 PERCENT** chance of becoming overweight adults.

3x Childhood obesity has more than tripled in the past 30 years.

INCREASED RISK OF
Heart Disease
Diabetes
Stroke
Cancer

2/3 of high school kids consume soda or sports drinks 1+ times a day.

Children 8 to 18 years old spend an average of **3 Hrs. Per Day** in front of the television.

NEGATIVELY IMPACTS:
Learning
Sleep
Self Esteem



SOLUTIONS



Parents and kids should eat more fruits, veggies and whole grains.

Sit down for **HEALTHY** family meals as often as possible.

EAT BREAKFAST DAILY!

LIMIT THE JUNK!

60 mins. DAILY

Love Them **Unconditionally** and be Supportive!

GET MOVING!

Source: CDC, U.S. Department of Health and Human Services, Mayo Clinic, College of William & Mary, Healthchildren.org

Hepatitis B

Hepatitis B is a contagious liver disease caused by the hepatitis B virus. There are two “types” of hepatitis B: acute and chronic. When a person is first infected, they can develop an “acute” infection in the first six months. While some are able to fight off the infection, for others, the infection becomes “chronic”. Chronic hepatitis B refers to the infection when it remains active instead of getting better after 6 months. Over time, the infection can cause serious health problems, and even liver cancer.

Hepatitis B virus is spread through blood or other body fluids that contain small amounts of blood from an infected person. The virus can be spread even when people are not showing symptoms.

Babies and children can get hepatitis B in the following ways:

- *At birth from their infected mother*
- *Being bitten by an infected person*
- *By touching open cuts or sores of an infected person*
- *Through sharing toothbrushes or other personal items used by an infected person*
- *From food that was chewed (for a baby) by an infected person*

It is important to note that infants and young children usually show no symptoms. But, in adults and older children, hepatitis B infections can cause the following:

- *Loss of appetite (not wanting to eat)*
- *Fever*
- *Tiredness*
- *Pain in muscles, joints, and stomach*
- *Nausea, diarrhea, and vomiting*
- *Dark urine*
- *Yellow skin and eyes*

Hepatitis B can be very serious. While some feel sick, they will have an acute case and get over the illness within 6 months. For others, the virus infection remains active in their bodies for the rest of their life. Even with a lack of symptoms, the virus causes liver damage and could eventually lead to liver cancer.

Doctors recommend that all children receive the hepatitis B vaccine. It can:

- *Protect your child from hepatitis B*
- *Protect other people from the disease by reducing the chance of passing the disease on to others*
- *Prevents your child from developing liver disease and cancer from hepatitis B*
- *Keeps your child from missing school or child care (and keeps you from missing work to care for your sick child)*

It is recommended by doctors that your child receive 3 doses of the hepatitis B shot. Generally, shots are received at the following ages:

- *Shortly after birth*
- *1 through 2 months*
- *6 through 18 months*

For more information, visit [CDC.gov](https://www.cdc.gov).

Source: Centers for Disease Control and Prevention, <https://www.cdc.gov/vaccines/index.html>



KEIKI COLORING CORNER

Knowing what is in the food you eat is a great way to stay healthy!
 Do you know how to read your food labels?
 Learn how by completing the activities below:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Start with the serving size. Make sure you eat the necessary serving size for you

This section shows you how many calories are in each serving you eat

Limit your intake of these nutrients (lower percentage)

INCREASE your intake of these nutrients (HIGHER percentage)

Now it's your turn! Grab two food items from your kitchen and compare each label!

	Name the Food Label you are using:
Food Label 1	
Food Label 2	

Circle your Food Label that has the:

1. most Vitamin A
2. least amount of Sodium
3. most Fiber
4. most Calcium
5. least Saturated Fat per serving
6. least amount of Calories per serving
7. most Trans fat
8. most Vitamin D

- | | |
|--------------|--------------|
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |
| Food Label 1 | Food Label 2 |




After completing the activity above, which food item is healthier for you to eat?

Food 1 or Food 2



Hui Mālama Ola Nā 'Ōiwi

April 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>2</p> <p>*5PM EFNEP Nutrition Program-Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>3</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*4:45PM Hele Mai 'Ai -Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Diabetes Support Group-Hilo</p>	<p>4</p> <p>*5PM Hypertension Class -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>5</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>6</p> <p> BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>7</p> <p>10AM La'au Lapa'au Workshop -Hawaiian Home Lands Kuhio Hale, Waimea</p>		
<p>9</p> <p>*5PM EFNEP Nutrition Program-Hilo</p> <p>5:30PM Zumba -Keaukaha</p> <p>*Hele Mai 'Ai-Ka'ū Please call for more info.</p>	<p>10</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*4:45PM Hele Mai 'Ai -Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Cancer Support Group-Hilo</p>	<p>11</p> <p>*5PM Hypertension Class -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>12</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>13</p> <p>10AM Zumba -Hilo Office</p>	<p>14</p> <p>*9AM La'au Lapa'au Beginner Class -Waimea</p>		
<p>16</p> <p>*5PM EFNEP Nutrition Program-Hilo</p> <p>5:30PM Zumba -Keaukaha</p> <p>*Hele Mai 'Ai-Ka'ū Please call for more info.</p>	<p>17</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>1PM Diabetes Support Group-Hilo</p> <p>*4:45PM Hele Mai 'Ai -Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>*Hypertension Class -Waimea Please call for more info.</p> <p>4:45PM Zumba -Dept. Of Health</p>	<p>18</p> <p>*9:30AM Hypertension Class -Puna</p> <p>*5PM Hypertension Class -Hilo</p> <p>5PM Cancer Support Event An evening of painting & talking story! -Neighborhood Place of Puna</p> <p>5:30PM Zumba -Keaukaha</p>	<p>Live Longer & Feel Better, Together!</p> <p>JOIN US TODAY</p> <p>Visit our office or call to learn more. 1438 Kīlauea Ave, Hilo (808) 969-9220</p> <p><i>Events and classes subject to change. Visit HMONO.org for additional events & most updated calendar.</i></p>			<p>20</p>	<p>21</p> <p>*9AM La'au Lapa'au Beginner Class -Waimea</p>
<p>23</p> <p>*5PM EFNEP Nutrition Program-Hilo</p> <p>5:30PM Zumba -Keaukaha</p> <p>*Hele Mai 'Ai-Ka'ū Please call for more info.</p>	<p>24</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*4:45PM Hele Mai 'Ai -Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Cancer Support Group-Hilo</p> <p>*Hypertension Class -Waimea Please call for more info.</p> <p>4:45PM Zumba -Dept. Of Health</p>	<p>25</p> <p>*9:30AM Hypertension Class -Puna</p> <p>*5:30PM Zumba -Keaukaha</p>	<p>26</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>4:45PM Yoga -Dept. Of Health</p>	<p>27</p> <p>10AM Zumba -Hilo Office</p>	<p>28</p> <p>*9AM La'au Lapa'au Beginner Class -Waimea</p> <p>*12:30PM Grow Your Own La'au Class -Waimea</p>		
<p>30</p> <p>*5PM EFNEP Nutrition Program-Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>*Class Sign-up: Classes are 3-weeks long (one session a week). Seats are limited. Please contact us to sign-up. Mahalo! (808) 969-9220 - HMONO.org/classes</p> <p>Updated! Exercise & Fitness Locations Department of Health - Makai Courtroom- 75 Aupuni St., Hilo Keaukaha - Malia Puka O Kalani Church Gym-326 Desha Ave., Hilo</p>						
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