

May
Mei 2018

Olakino

Newsletter



Established May 1991

HUI MĀLAMA OLA NĀ 'ŌIWI

Serving Hawai'i Island for 27 Years



A message from our Board of Directors



Aloha kākou,

To Hui Mālama Ola Nā 'Ōiwi Board members and staff, a big Mahalo for all the hard work you do for Hui Mālama. To our keiki and kūpuna who took part in our Merrie Monarch events, thank you for letting the people of our island and visitors know what Aloha and Mahalo means to take care of our 'āina. Keiki, be proud of who you are and what you are doing to keep healthy. It was wonderful to see our people sharing, giving back to the community, and celebrating our culture.

We continue celebrating this month at Hui Mālama Ola Nā 'Ōiwi as May marks 27 years providing health education and services to our Hawai'i Island community. Mahalo for welcoming us into your homes, for your time in joining our classes, and for your efforts to live longer and feel better, together. We hope to continue serving you for many more years. As always, I invite you to come talk story. Our doors are always open to you.

A special message to the late Senator Akaka's family: Thank you for sharing him with the people of Hawai'i.

With Aloha, Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

This month we celebrate 27 years serving Hawai'i Island. I was blessed to know Hui Mālama Ola Nā 'Ōiwi from its beginning. Hui Mālama was part of a bigger effort in the 1980s to address the health needs of Native Hawaiians across the state. Senator Daniel K. Inouye acknowledged this need and was able to pass congressional legislation resulting in the Native Hawaiian Health Care Act of 1988. This act formed health care systems across the islands with Hui Mālama Ola Nā 'Ōiwi serving as the system on Hawai'i Island.

Over the past 27 years, we have worked to improve the health challenges of the Hawaiian people and all of the Hawai'i Island community. There is still so much more to do.

The future of Hui Mālama Ola Nā 'Ōiwi includes the expansion of programs to support the continuous focus on preventative health efforts. I believe we have a bright future as we carry on our work to improve the health of our community. While we are primarily federally funded, we are working to be more self-sustainable. This allows us to continue expanding services and address our people's problems with less regulation, enhancing our ability to respond to your needs. Our vision of a healthy community is one that takes care of its people, fosters economic development, has less social issues, and in general is happier and lives longer. Healthier communities happen by us, the people, making a commitment. I invite you to get involved and consider contributing. You can read more about our history and efforts on pages 7 & 8. On behalf of Hui Mālama Ola Nā 'Ōiwi, mahalo to each of you for your support of us over the years.

1 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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Become a member today!

Take advantage of
Hui Mālama Ola Nā 'Ōiwi's
health services. Just visit:
HMONO.org/register

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Kamehameha Schools East Hawai'i Region*

What's Happening Around Hawai'i Island?

La'au Lapa'au Workshop - Waimea

Saturday, May 5, 9am-3pm

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

Diabetes Support Group

Tuesday May 1, 5:30-7:00pm, Hui Mālama Office
 Tuesday May 15, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group

Tuesdays May 8 & May 22, 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 & 4th Friday, 10am, Hui Mālama Office
New times added for May! Tuesdays, 4:45pm
 May 1, 8, 15, 22, 29
 75 Aupuni St. Hilo - Makai Courtroom

Therapeutic Yoga with Kat

Tuesdays, 5pm, Malia Puka O Kalani Church Gym
New location added for May! Thursdays, 4:45pm
 May 3, 10, 17, 24, 31
 75 Aupuni St. Hilo - Makai Courtroom



Hui Mālama
 Ola Nā 'Ōiwi

SCHEDULE OF CLASSES

	MAY	JUNE	JULY
HILO			
DIABETES	Thur 5/3 - 5/17		
HYPERTENSION		Thurs 6/7, 6/14, 6/21	
HEALTHY HĀPAI	Wed 5/9, 5/16, 5/30, 6/13, 6/20		
HELE MAI'AI (nutrition)			Wed 7/11 - 7/25
KA'Ū			
DIABETES	Mon 5/7 - 5/21		
HYPERTENSION		Mon 6/4, 6/18, 6/25	
HELE MAI'AI (nutrition)			Mon 7/9 - 7/23
PUNA			
DIABETES	Wed 5/23 - 6/6		
HYPERTENSION			Wed 7/11 - 7/25
HELE MAI'AI (nutrition)		Thurs 6/14 - 6/28	
HAMAKUA & KONA			
HYPERTENSION			Tues 7/10 - 7/24 (Waimea)
Grow Your Own La'au	Sat 5/19 (Kona)	Sat 6/9 (Honoka'a)	
Schedule subject to change. To sign-up, please call or visit us online today! hmono.org/classes			

Visit our website and follow us for more information on services!

Out in the Community

Here is some of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i Island 'ohana Live Longer and Feel Better, Together. Come join us for upcoming events and classes!

Hypertension Class

Registered Nurse Sheryl Carriaga sharing during Hypertension class on April 4.



Cancer Support Event

A night of painting and talk story at the Cancer Support Event in Puna on April 18.

Mālama Ka Pili Pa'a

On March 27, Uncle Herbert Moniz came to speak with our cancer support group, Mālama Ka Pili Pa'a, about the healing powers of noni.



Yoga

Therapeutic Yoga class in action. Breathe in... breathe out.



Healthy at Any Size

And that's a wrap! The first class series for Healthy At Any Size finished April 12. Congratulations to the participants!



Zumba

Dancing the night away with Zumba! See calendar for May classes!



Basic Stretch & Strengthening

Basic Stretch & Strengthening class is offered every Tuesday & Thursday in Hilo. Come join us!



La'au Lapa'au Workshops



Join Po'okela Ikaika Dombrignes and Hui Mālama Ola Nā 'Ōiwi to learn about the ancient Hawaiian healing practices of La'au Lapa'au, Ho'oponopono, Lomi-lomi Ha Ha, and La'au Kahea.

Upcoming La'au Lapa'au Workshops

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

Join us for these upcoming classes! Participants will learn about propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants: kaukama, ko'oko'olau, 'olena, māmaki, and lūkini.

Kona - Saturday, May 19, Maona Community Garden • 10am - 12pm

Honoka'a - Saturday, June 9, Kohala Center • 10am - 12pm



Mana'o from Uncle

Uncle Ikaika shares about three different types of ko'oko'olau:

1. Yellow flower with yellow petals
2. Yellow flower with no petals
3. Yellow flower with white petals

Different environments, such as lowland and highland, dictate where each type of plant grows. While the flowers can grow differently, the seeds are the same, no matter the color of the plant. It is a thin black seed that opens up into many other clusters. Ko'oko'olau can be made into a tea and is used to strengthen the immune system, help high blood pressure, and detoxify the blood cells. Join us for our La'au Lapa'au sessions to learn about how ancient Native Hawaiians used herbs, plants, and mana to heal wounds and diseases.

Second Annual Mālama Nā Keiki Festival

Saturday, July 28, 2018

9:00am-1:00pm

Na'ālehu Park

Hui Mālama Ola Nā 'Ōiwi will host our second annual Mālama Nā Keiki Festival at Na'ālehu Park on Saturday, July 28, 2018. The Mālama Nā Keiki Festival promotes prenatal, children's, and family health by providing a festival of health education, community resources, and interactive keiki activities. The festival is FREE and open to the public, aiming to serve expecting and first-time mothers, women considering pregnancy, young families, and supporting 'ohana from across the county.

Hawai'i Island family health agencies will participate in the event to share about their services, giving participants the chance to learn about local prenatal, postnatal, and keiki health services available to their families. Free clinical health screenings will also be offered for expectant mothers, keiki, and 'ohana. Save the date as it is sure to be a family fun day for all!

Calling all volunteers! Interested in volunteering or sharing health information from your organization at the Mālama Nā Keiki Festival? Call us at (808) 969-9220.

Healthy Hāpai

Last August, Hui Mālama held our First Annual Mālama Nā Keiki Festival that launched our island-wide Healthy Hāpai prenatal education program. The program focuses on prenatal education and infant care, helping women to have a healthy pregnancy, and preparing parents with the tools needed for parenthood. 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!

Upcoming Healthy Hāpai Class

Dates: May 9, 16, 30, and June 13, 20

Time: 4:00pm-6:00pm

Location: Hilo

Please call or sign-up online today!

hmono.org/classes



MEET BENJAMIN & SHIRLEY BROWN!

If you have participated in Hui Mālama Ola Nā 'Ōiwi classes, there's a good chance you may have met Shirley and Benjamin Brown. Shirley and Benjamin have been attending Hui Mālama classes for six years following Shirley's type 2 diabetes diagnosis in 2012.

Previous to that, Ben was diagnosed with hypertension in 2010 after he had his second heart attack. He was outside working in the garden one late afternoon when he began to feel very nauseous. Shirley recalls bringing him to the emergency room at Hilo Medical Center and the moment the nurses hooked Ben up to the monitoring equipment, it started beeping intensely. The nurses were shocked and immediately moved into action, moving Ben into a private room for urgent care. They had to use a defibrillator twice to shock Ben's heart into a normal heart pattern and stabilize his vitals. The doctor told Shirley that Ben would have to be medevaced to Queens Hospital in



Oahu. It was in Oahu that Ben was told of his hypertension diagnosis and had to undergo surgery for a double heart bypass and pacemaker implant.

While Ben and Shirley had been mindful of health, after that experience, they focused even more on healthy habits. This is why her diabetes diagnosis two years later came as a surprise. With Ben's health concerns and Shirley's family history of diabetes and hypertension, she was big on taking preventive measures. She was great at modifying recipes to reduce sugar in order to keep her A1C level down and made sure to do her regular checkups with the doctor. It was during one of these checkups that Shirley was diagnosed with type 2 diabetes.

They both were determined to live the healthiest lives possible, first taking the Hui Mālama Ola Nā 'Ōiwi Mai Ka Mala 'Ai class. In this class, they learned about nutrition, diabetes, and even planted their own vegetables. They implemented much of what they learned into their daily lifestyles. Despite their health efforts, Ben was diagnosed with type 2 diabetes in 2015. The gravity of his dual diagnoses reinforced their determination to continue making healthy choices and learning all they could to best man-

age their health. Today, they continue to eat healthy and stay active. They also attend Hui Mālama classes and programs including Diabetes Management Class, Hypertension Class, and the new Healthy at Any Size class. The Browns said that the biggest thing they get from the classes is learning about different ways of eating healthy.

Even though they have attended many nutritional classes with Hui Mālama, they say they still continue to learn so much from each session and that it has helped to reinforce their own healthy habits. Through life's many ups and downs with diabetes, the Browns want to share the motto they live by as encouragement to all: "Don't let it control you and don't give up. You're gonna have bad days and good days, but just hang in there."

Diabetes in Hawai'i

Did you know that 1 in 9 keiki and adults in the state of Hawai'i are affected by diabetes? Another 460,000 Hawai'i residents are considered to have prediabetes. Did you also know that Native Hawaiians and other Pacific Islanders are 3 times more likely to be diagnosed with diabetes than other ethnic groups in Hawai'i? We need to take care of our community and that starts with education.

Hui Mālama Ola Nā 'Ōiwi Diabetes Program

Hui Mālama Ola Nā 'Ōiwi offers diabetes management classes island-wide for those with a diabetes diagnosis and Let's Talk Story sessions open to everyone throughout the year. We also offer a diabetes support group for those diagnosed with diabetes, caregivers, and those seeking to learn more to reduce their diabetes risk. Hui Mālama works with local agencies to provide screening tests, educational information, and referrals to needed resources.

Diabetes Support Group Times:

1st Tuesday of the month, 5:30PM-7:00PM

3rd Tuesday of the month, 1:00PM-2:30PM

Upcoming Diabetes Management Classes:

Hilo: Thursdays, May 3-17

Ka'ū: Mondays, May 7-21

Puna: Wednesdays, May 23 - June 6

Let's Talk Story:

See page 12 for more information on LTS



Hui Mālama Ola Nā 'Ōiwi



We are celebrating this month as May marks 27 years of service for Hui Mālama Ola Nā 'Ōiwi.

We are grateful to the Hawai'i Island community for all the years of support and engagement. As we reflect on another year, it is always important to remember our roots and reconnect to our purpose.

Aunty Edna Baldado has been with Hui Mālama for over 25 years, involved in community health efforts from the beginning. We sat down with aunty to talk story about our history, our inception, and our role in addressing the health concerns of Hawai'i Island. In the 1980s, research was done across the State of Hawai'i to identify health issues and needs. It was found that Hawai'i had alarmingly high rates of diabetes and hypertension, among other health concerns. These findings led to the Native Hawaiian Health Care Act of 1988 (later renewed in 1992 as the Native Hawaiian Health Care Improvement Act) and the establishment of Native Hawaiian Health Care Systems across the state. Hui Mālama Ola Nā 'Ōiwi serves as the system for Hawai'i Island. Our Articles of Incorporation, signed May 1, 1991 by Everett "Sonny" Kinney, state our purpose "to assist Native Hawaiians in restoring a high health care system by delivering services that aim to improve the health of Native Hawaiians on the island of Hawaii, according to the requirements of the Native Hawaiian Health Care Act of 1988, OL 100-579." Hui Mālama has worked diligently to fulfill this purpose, as well as expanded our services to reach all of the Hawai'i Island community.

Aunty Edna recalls the early years, explaining that the efforts to reach the community were challenging at first. Hui Mālama needed to earn the trust of the people and overcome the cultural tendency to avoid discussing one's health

and body. Staff went door to door visiting families across the island and sharing about free available services. Doctors, too, were skeptical at first. But people began to grow more comfortable and to join our classes. They learned about health conditions and healthy choices. Doctors began to see improvement in some of their patients. Aunty Edna recalls, "Doctors were amazed at the knowledge that our clients were getting. A patient and client of Hui Mālama spoke to their doctor about their A1C level and the doctor was surprised that the patient knew about that. Doctors started recommending our classes."

Those first years marked the beginning of a long and strong relationship with the people of Hawai'i Island. Word spread through talk story and the programs grew to reach across the island, sparking healthy change across Kona, Waimea, Ka'ū, Puna, and Hilo.

After 27 years, many of the island people have participated themselves or had a family member participate in Hui Mālama programs. We are honored to be part of the community 'ohana. Aunty Edna shares, "I hear a lot of people in the community thanking us. They don't see us as just helping them be healthy, but they see us as more supportive and the end result is that they become healthy. The name itself: hui (a body of people) mālama (care for) ola nā 'ōiwi (to help to care for and keep our people a healthy people). That is what we aim to do each day."

While Hui Mālama services continue to grow and expand to meet the needs of the community, our heart and purpose remain the same. Executive Director Louis Hao invites the community to be a part of the health efforts, "Take care of yourself. Come join us to learn more about healthy choices. Each change, no matter how small, is a step toward a healthier life. I truly believe that, together, we can make Hawai'i Island and our people a healthier people. Mahalo Hawai'i. We look forward to serving Hawai'i Island for many more years to come."



Skin Cancer Awareness Month

Did you know that about 1 in 5 people in the United States will develop skin cancer?

The good news is that skin cancer is highly treatable when detected early!

There are three different types of skin cancer: melanoma, basal cell carcinoma (BCC), and squamous cell carcinoma (SCC). The most common type of skin cancer is **basal cell carcinoma (BCC)** and can occur in both dark-skinned and fair-skinned people. BCC manifests in a "flesh-colored, pearl-like bump or a pinkish patch of skin" and can form anywhere on the body. Years of frequent exposure to the sun or indoor tanning can result in BCC so make sure to protect your skin!

Squamous cell carcinoma (SCC) is the second most common type of skin cancer and is most commonly seen in people with light skin. Don't let that fool you because dark-skinned people can still get SCC! This type of skin cancer usually looks like a firm, red bump, scaly patch, or a sore that heals and then reopens. SCC is contracted by frequent exposure to the sun.

Last, but certainly not least, is **melanoma**. This type of skin cancer is considered to be the most serious out of the three due to the exorbitant number of lives it has claimed. It is estimated that melanoma kills 10,130 people in the U.S. annually. Like BCC and SCC, melanoma is contracted through frequent sun or ultraviolet (UV) ray exposure, and is seen in both light and dark-skinned people.



Taking Care of Your Skin

Your skin is the largest organ on your body and is the first line of protection so it is important to take care of it! The Skin Cancer Foundation has given some great tips to help protect us from too much sun exposure.

- Seek the shade, especially between 10AM and 4PM when the sun is the strongest.
- Do not burn.
- Avoid tanning and UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply sunscreen as directed 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.

For more information on skin cancer, visit skincancer.org

Mālama 'Āina: Avoid using sunscreens that contain reef-damaging substances like oxybenzone, butylparaben, octinoxate, and 4-methylbenzylidene camphor that have been shown to cause coral bleaching.



EVERY DAY

USE SUNSCREEN



EVERY MONTH

CHECK YOUR SKIN



EVERY YEAR

VISIT A DERMATOLOGIST
IF YOU'RE AT HIGHER RISK

WWW.CUREMELANOMA.ORG

Hui Mālama Ola Nā 'Ōiwi Cancer Support

Are you a cancer patient, survivor, or caregiver? Come talk story with us at our cancer support group **Mālama Ka Pili Pa'a** meetings. 2nd & 4th Tuesday: 5:30PM - 7:30PM

Save the Dates!

Cancer Support Event: Kona - Hale Halawai Park,
Sunday, June 17 • 9AM - 11AM

Come join us for gentle yoga on the beach and talk story!

American Cancer Society Relay for Life: Hilo - Francis Wong Stadium Track, Friday, July 20 • 4PM - Midnight
Join the team! <http://main.acsevents.org/goto/huimalama>



Congratulations Katie!

Katherine Susan Post is a breast cancer survivor and part of the cancer support group. She is graduating this month with her B.A. in Pharmaceutical Science & Doctor of Pharmacy from UH Hilo.

PREVENT



Rat Lungworm Disease

Rat Lungworm Disease



Rat lungworm disease is caused by a parasite, *Angiostrongylus cantonensis*, which is spread by rats. People can get rat lungworm disease by accidentally eating slugs and snails infected with the parasite found on unrinsed, raw produce. People can also get sick by eating undercooked snails, freshwater crabs, prawns, frogs, or crayfish that are infected.



You can help prevent rat lungworm disease by doing the following:



WASH PRODUCE: Thoroughly inspect and rinse all fruits and vegetables under running water. For leafy greens, check each leaf carefully for slugs and snails, and wash carefully.



CONTROL RATS: Use bait and traps to catch rats. Follow label directions. Keep pets and children away from the poison.



KILL SLUGS & SNAILS: Apply slug bait according to label directions. Keep pets and children away from the poison. Throw away dead slugs and snails. Do not touch them with your bare hands; use gloves.



COOK FOOD: Boil snails, freshwater crabs, prawns, frogs, and crayfish for at least 3-5 minutes before eating.



COVER TANKS & CONTAINERS: Cover and protect your catchment tank. Always cover your drink containers to prevent slugs and snails from crawling inside. Avoid drinking from your garden watering hose.

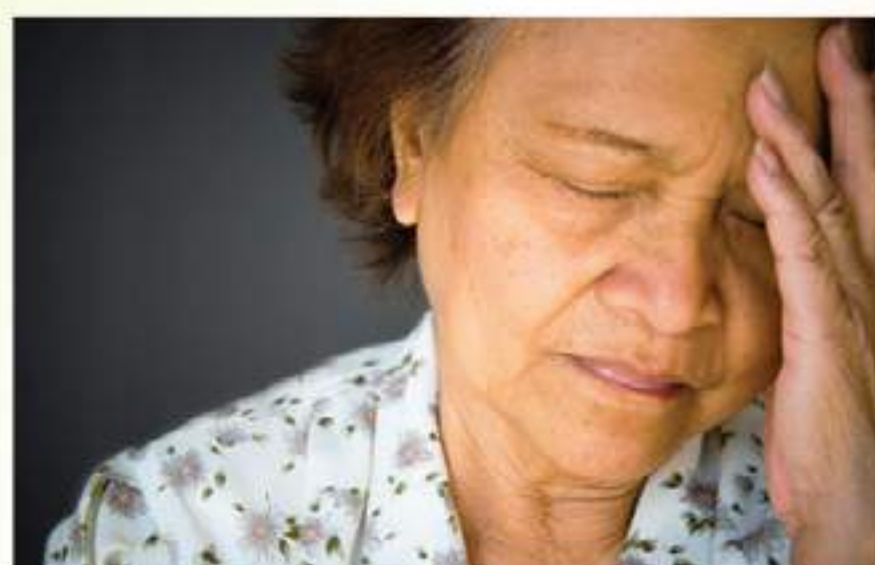
Hawai'i residents continue to be concerned about rat lungworm disease. What is rat lungworm disease? This disease is an endemic illness to Hawai'i that affects the brain and spinal cord. There were 18 confirmed cases in 2017 and 3 confirmed cases so far in 2018 of rat lungworm disease throughout the state. Because there is no specific treatment for the disease, prevention is extremely important. Read more about rat lungworm disease and what you can do to prevent it in the infographic from the Department of Health. For more information about rat lungworm disease in Hawai'i, go to health.hawaii.gov

SIGNS & SYMPTOMS

Not everyone will have the same symptoms. Symptoms usually start 1 to 3 weeks after infection. Illness can last for 2 to 8 weeks or longer.

- Severe ongoing headache
- Nausea and vomiting
- Neck and back stiffness
- Tingling or painful skin
- Low-grade fever
- Although rare, coma and death

Children may have behavioral changes such as unusually bad temper, mood changes, or extreme tiredness.



See your doctor as soon as possible if you think you may have been infected.



For more information call the Disease Reporting Line (808) 586-4586 or visit: www.health.hawaii.gov



Hui Mālama Ola Nā 'Ōiwi

Kōkua Hali Specialty Transportation Program



The Kōkua Hali Specialty Transportation Program provides transportation services on Hawai'i Island specifically for Hui Mālama Ola Nā 'Ōiwi clients:

- with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes)
- visually impaired clients requiring a blind walking stick

Transportation is restricted to **medical and health related appointments** including: physician visits, hospitals, dental appointments, x-ray, laboratory, physical & occupational therapy, traditional healing practitioners, and approved Hui Mālama Ola Nā 'Ōiwi health classes.

The Specialty Transportation Program is available Monday through Friday by appointment only. To access this service, clients must make requests directly to Hui Mālama Hilo Office Monday through Friday from 8:00 am - 4:30 pm. Specialty transportation is provided to clients upon availability. All requests need to be made at least 3 business days prior to appointments.

Please call our office if you would like more information or to register for our Kōkua Hali Specialty Transportation program.

To sign-up or learn more, contact us today!

☎ (808) 969-9220 • HMONO.org



Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and I want to start by thanking all of you. May marks 27 years of Hui Mālama Ola Nā 'Ōiwi serving our Hawai'i Island. Mahalo for allowing us the privilege to join your 'ohana, teach about health, and share in creating a community that aims to live healthy together.



Being healthy is a journey that requires us to work together and to support each other along the way. Being healthy is a balance of physical and mental wellness. Eating well, getting enough rest and enough physical activity, managing stress, and supporting one another all contribute to better health.



Over the past 27 years, major health concerns on Hawai'i Island continue to include heart disease, diabetes, cancer, and obesity. We must continue to educate ourselves on ways to be healthy and make changes in our habits. Being healthy is more than just eating healthy. However, as eating together is

an important factor in our cultural lifestyles, we do want to support each other by eating healthy foods in healthy amounts and in an environment that supports and enables each of us to do so with a positive spirit.

We need to be here for our keiki and our future generations. Improving your health can start today. One small change is a step toward better health.

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!



Let's Talk Story:

Join us for Let's Talk Story, a diabetes education program focused on providing basic knowledge about this disease, what we can do to prevent it, and great health tips on how to live a healthier lifestyle. Want Aunty Edna to come talk story with your community? Call Rosi at (808) 969-9220 to schedule a Let's Talk Story session today!



IPV Vaccine

The Inactivated Polio Vaccine (IPV) is the vaccine used to prevent polio. Polio is a virus-based disease that is spread through contact with the stool (feces) of an infected person or droplets from a sneeze or cough. This can include spread of the disease by eating food or drinks that contain trace amounts of feces from an infected person. While there is currently no cure for polio, the good news is that the disease can be prevented by a series of vaccinations called the Inactivated Polio Vaccine. Recommended vaccination schedule for IPV includes 4 vaccinations at the following ages:

- 2 months old
- 4 months old
- 6 to 18 months
- 4 to 6 years old

If an adult has missed the vaccination series as a child, they are still able to receive the IPV series. While the United States has been polio-free for more than 30 years, the disease still occurs in other countries and can be brought back to the U.S. Polio is taken seriously because of its debilitating and pervasive nature. While many who contract polio do not show symptoms, when symptoms do show, they can be severe including paralysis in arms and legs, resulting in permanent disability. Learn more about polio and the Inactivated Polio Vaccine at www.cdc.gov



Hui Mālama Ola Nā 'Ōiwi 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! The 19 required immunizations include:

- | | |
|--------------|------------------|
| • DTP/DTap 1 | • HepB 1 |
| • DTP/DTap 2 | • HepB 2 |
| • DTP/DTap 3 | • HepB 3 |
| • DTP/DTap 4 | • VZV |
| • IPV 1 | • Pneumococcal 1 |
| • IPV 2 | • Pneumococcal 2 |
| • IPV 3 | • Pneumococcal 3 |
| • MMR | • Pneumococcal 4 |
| • Hib 1 | |
| • Hib 2 | |
| • Hib 3 | |



For more information about our Immunization Program, call us at (808) 969-9220.

KEIKI COLORING CORNER

In celebration of our 27th anniversary, learn more about **Hui Mālama Ola Nā 'Ōiwi** by completing the activities below:

A	B	C	D	E	F	G	H	I	J	K	L	M
12	9	3	11	7	6	4	16	23	26	19	20	8
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	15	18	5	26	28	27	2	10	16	24	22	13

Activity 1
Do you know what our slogan is? Decrypt the puzzle below to discover our slogan:

20	23	10	7

20	15	1	4	7	26

&

6	7	7	20

9	7	27	27	7	26

27	15	4	7	27	16	7	26

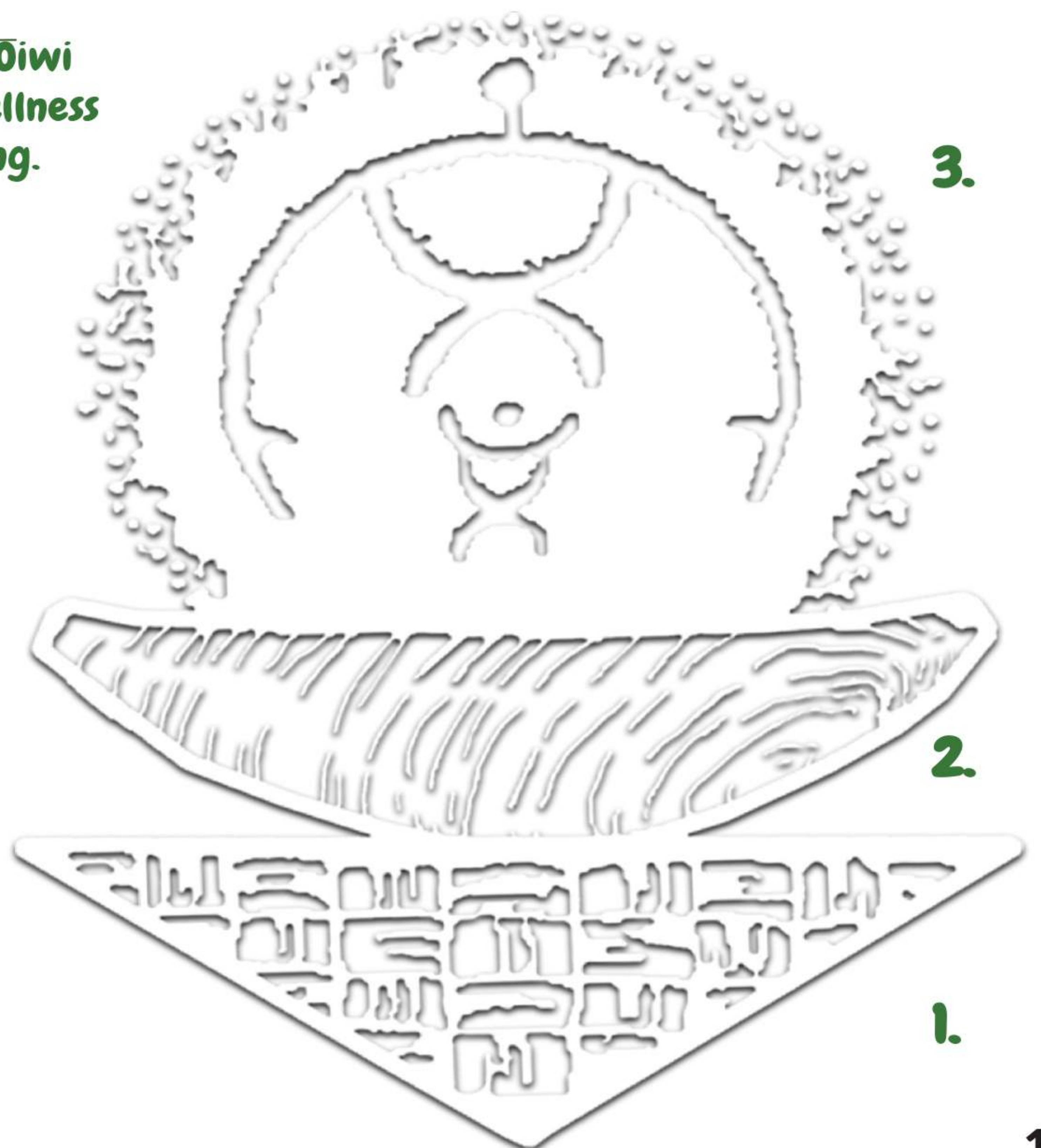
Activity 2

Do you know about the Hui Mālama Ola Nā 'Ōiwi logo? Our logo represents the balance of wellness through both traditional and western healing. Color in the logo with the color GREEN and continue reading to learn how the logo was designed!

1. The lower pattern is the mat or *moena*, representing the foundation of life from which the Kahuna, and the Hawaiian community he represents, offers the tribute of awa.

2. The middle pattern indicates the calabash container holding the awa.

3. The petroglyph depicts *la hui Hawai'i*, the motherland, the world/nation of Hawaiians, as she envelops and extends her "Aloha" and protection as she accepts the tribute of the health and wellness of her people.





Hui Mālama Ola Nā 'Ōiwi

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 *5PM EFNEP Nutrition Program-Hilo 5:30PM Zumba -Keaukaha	1 10:30AM BS&SEC -Keaukaha 4:45PM Zumba -Dept. Of Health 5PM Yoga-Keaukaha 5:30PM Diabetes Support Group-Hilo	2 *9:00AM Hypertension Class -Puna 5:30PM Zumba -Keaukaha	3 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha *5PM Diabetes Class -Hilo	4 BS&SEC Basic Stretch & Strengthening Exercise Class	5 9AM La'au Lapa'au Workshop -Kona Old Airport Special Events Pavilion
7 *5PM Diabetes Class -Ka'u *5PM EFNEP Nutrition Program-Hilo 5:30PM Zumba -Keaukaha	8 10:30AM BS&SEC -Keaukaha 4:45PM Zumba -Dept. Of Health 5PM Yoga-Keaukaha 5:30PM Cancer Support Group-Hilo	9 *4PM Healthy Hāpai -Hilo *5:30PM Zumba -Keaukaha	10 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha *5PM Diabetes Class -Hilo	11 10AM Zumba -Hilo Office	12
14 *5PM Diabetes Class -Ka'u 5:30PM Zumba -Keaukaha	15 10:30AM BS&SEC -Keaukaha 1PM Diabetes Support Group-Hilo 4:45PM Zumba -Dept. Of Health 5PM Yoga-Keaukaha	16 *4PM Healthy Hāpai -Hilo 5:30PM Zumba -Keaukaha	17 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health *5PM Diabetes Class -Hilo	18	19 10AM Grow Your Own La'au Class -Kona Maona Community Gardens
21 *5PM Diabetes Class -Ka'u 5:30PM Zumba -Keaukaha	22 10:30AM BS&SEC -Keaukaha 4:45PM Zumba -Dept. Of Health 5PM Yoga-Keaukaha 5:30PM Cancer Support Group-Hilo	23 *9AM Diabetes Class -Puna 10AM La'au Lapa'au Presentation -Kohala, call us to sign-up! *4PM Healthy Hāpai -Hilo 5:30PM Zumba -Keaukaha	24 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health	25 10AM Zumba -Hilo Office	26
28 Memorial Day OFFICE CLOSED	29 10:30AM BS&SEC -Keaukaha 5PM Yoga-Keaukaha	30 *9AM Diabetes Class -Puna *4PM Healthy Hāpai -Hilo	31 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health		

Live Longer & Feel Better, Together!

JOIN US TODAY
Visit our office or call to learn more.

1438 Kīlauea Ave, Hilo
(808) 969-9220

*Events and classes subject to change. Visit **HMONO.org** for additional events & most updated calendar.*

***Class Sign-up:** Classes are 3-weeks long (one session a week). Seats are limited. Please contact us to sign-up. Mahalo!

Exercise & Fitness Locations

Department of Health - Makai Courtroom- 75 Aupuni St., Hilo
Keaukaha - Malia Puka O Kalani Church Gym-326 Desha Ave., Hilo

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