

July
Iulai 2018

Olakino

Newsletter



SUMMER LIVING

Look Inside for:

- *July & August class schedule*
- *Tips on avoiding keiki summer learning loss*
- *2018 Ladies Night Out information!*

A message from our Board of Directors



Aloha kākou,

To our people of the Big Island, much Aloha. We are going through hard times with the eruption in Puna. To our family ('ohana), we have learned to live through many eruptions, not only in Puna, but across the island. We continue to mālama each other and our community. We have to show ALOHA and respect to our State and County officials who see that we are kept safe.

To our Hui Mālama Ola Nā 'Ōiwi family, take care of yourself. For our keiki, but most of all our kupuna, this can be a very difficult time. For people that are sick or impacted by air quality, make sure that you stay indoors and do take your medicine. Also drink and eat healthy. Do keep your family close. Our doors at Hui Mālama Ola Nā 'Ōiwi are always open.

**Aloha and mahalo nui loa,
Mabel De Silva - Chair**

A message from our Executive Director



Aloha mai kākou,

We are in the third month following the initial lava flow in Puna. I continue to give my thanks to our community for its unity and kōkua during this time. We at Hui Mālama Ola Nā 'Ōiwi continue to keep a close eye on health impact of the lava flow and eruptions from Halema'uma'u Crater. For our young keiki and elderly kupuna, and especially for those with respiratory issues, air quality and ashfall is a danger. For those displaced by the lava, access to medications and medical supplies may be a challenge. For the entire community, the unpredictability of the current situation and changes to our routine way of life may cause stress and higher anxiety levels. Yes, it is an unsettling time. We are here to mālama our community. We continue to offer transportation services to medical appointments for those displaced by the lava flow. We are holding a food and water drive at our office for those wanting to contribute. All proceeds go to the The Food Basket. We also continue to offer our programs island-wide for the community. Keeping safety as our first priority, we are still coming to all areas of the island to offer health education programs and community events. For our 'ohana in Ka'ū, join us Saturday, July 28 at Na'ālehu Park for the Second Annual Mālama Nā Keiki Festival. This family-fun event is focused on prenatal care and keiki health, free and open to the public.

For our wonderful women of the island, September 28 will be our 18th Annual Ladies Night Out... something many of you look forward to each year!

We are sending our aloha and prayers to our community. Each day brings changes, both challenges and opportunities. There is no sign of when the lava flow may stop, but I know we will adapt and recover. As we care for each other and our health, we will move forward together.

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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Editor-In-Chief

Jasmine LeFever

jasmine@HMONO.org

Content Writer: Marguerite Stith

HMONO.org

(808) 969-9220

1438 Kīlauea Ave., Hilo, HI 96720

Facebook: /HMONO.org

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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?

Please note, all classes and events will continue as scheduled with regular assessment of volcano activity. If determined unsafe, programs will be cancelled or relocated. Visit our online calendar for most up-to-date schedule.

American Cancer Society Relay for Life: Hilo

Saturday, July 21, 4PM - midnight, Francis Wong Stadium Track. Join the team!

<http://main.acsevents.org/goto/huimalama>

Second Annual Mālama Nā Keiki Festival

Saturday, July 28, 9am - 1pm, Na'ālehu Park

La'au Lapa'au Class - Kona

Saturday, July 7 & July 21, 10am-1pm

Diabetes Support Group

Tuesday, July 3, 5:30-7:00pm, Hui Mālama Office
 Tuesday, July 17, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group

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

Exercise & Fitness

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
Added For July! Tuesdays, 4:45pm, 75 Aupuni St.
 Hilo - Makai Courtroom

Therapeutic Yoga with Kat

Tuesdays, 5pm, Malia Puka O Kalani Church Gym
Added For July! Thursdays, 4:45pm, 75 Aupuni St.
 Hilo - Makai Courtroom



**Hui Mālama
 Ola Nā 'Ōiwi**

SCHEDULE OF CLASSES

	JULY	AUGUST
HILO		
DIABETES MANAGEMENT		Wed 8/8 - 8/22
HEALTHY HĀPAI		Mon 8/6 - 9/24
HELE MAI'AI (nutrition)	Wed 7/11 - 7/25	
KA'Ū		
HELE MAI'AI (nutrition)	Mon 7/9 - 7/23	
PUNA		
HYPERTENSION	Wed 7/11 - 7/25	
KONA		
DIABETES MANAGEMENT		Mon 8/13 - 8/27
EFNEP (Expanded Food & Nutrition Education Program)		Wed 8/15 - 9/5
LA'AU LAPA'AU CLASS	Sat 7/7 & 7/21	
NORTH HAWAI'I		
HEALTHY HĀPAI	Mon 6/4, 6/18, 6/25, 7/2 & 7/9 (Waimea)	
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!



La'au Lapa'au Workshop

Po'okela Ikaika Dombrigues demonstrating the practice of lomilomi ha ha, an ancient native Hawaiian healing practice, during the La'au Lapa'au workshop in Ka'ū on June 2.

Hypertension Management

RN Sheryl and RN Sheila Cariaga (twin sisters!) helping facilitate the Hypertension Management class on June 7 in Hilo.



Grow Your Own Lā'au

Matthew Kaho'ohanohano explaining how to grow your own lā'au (plants) at the Kohala Center Demonstration Farm on June 9.



Cancer Support Group

Mālama Ka Pili Pa'a having fun learning how to plant 'olena, māmakī, and other lā'au during Cancer Support Group on June 12.



Be part of a healthy Hawai'i Island!



Support Hui Mālama Ola Nā 'Ōiwi health services and education today!

Monetary Donations

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

Volunteer

Volunteer opportunities range from helping with educational classes, to office tasks, to assisting at community health fairs. Call or visit us online to learn how you can help!
hmono.org/volunteer



2018 La'au Lapa'au Workshop Series Comes to a Close - What's Happening Next?

Hui Mālama Ola Nā 'Ōiwi hosted two La'au Lapa'au workshops last month in Hilo and Ka'ū. The workshops were the last in the series of five workshops held in 2018 focusing on La'au Lapa'au and other ancient native Hawaiian healing practices. Each year, we offer a spring series of La'au Lapa'au workshops led by Po'okela Ikaika Dombrigues. Did you miss it? Make sure to keep an eye out for next year's workshop schedule starting March 2019!

There are still opportunities to learn! Interested? Sign up for upcoming La'au Lapa'au classes, a series of two to three sessions offering the opportunity to learn about la'au and uses for healing. These beginner level classes are free and open to the public. Space is limited, so be sure to reserve a seat today by calling us at (808) 969-9220! The next beginner level La'au Lapa'au class is in Kona this month!

Upcoming La'au Lapa'au Class
 Kona - Saturday, July 7 & 21 • 10am-1pm • West Hawai'i Community College Palamanui Campus



Po'okela Ikaika Dombrigues

Mana'o from Uncle

Seawater and sea salt, or Pa'akai, has been used for traditional lapa'au purposes by Native Hawaiians for decades. The salt from the seawater is gathered from rock deposits or salt beds after the seawater has been evaporated from sun exposure. The salt is then used in cooking, food preservation, and lapa'au. Pa'akai has been used to treat swollen ankles, to flush out the body, to relax tensed muscles, and much more. Additionally, pa'akai is used for spiritual blessings and protection.



Grow Your Own Lā'au

For those of you wanting to nourish a green thumb, join us for Grow Your Own Lā'au (GYOL) classes throughout the year where you will learn to cultivate different lā'au!

In June, GYOL classes were held in Hilo, Honoka'a, and Miloli'i. This month, GYOL is coming to the Second Annual Mālama Nā Keiki Festival on July 28 in Na'alehu. Bring your keiki for some gardening fun! More information can be found on page 6.

SPREAD ALOHA



“The most rewarding part of what I get to do is helping people in need. I know everyone that comes in the vehicle needs transportation. If it wasn't for our transportation services, they wouldn't have any other means to get to where they need or they would have to pay a lot of money to get there. For some people, it can cost about \$100 one-way from their house to their appointment. Who can afford that especially if they have an appointment 3-times a week? I am glad we can help get people needing specialty transportation to their medical appointments.”

-Natasha Hughes, Health Resource Specialist - Transportation



The Kōkua Hali Specialty Transportation Program

provides transportation services on Hawai'i Island specifically for people with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes) or visually impaired clients requiring a blind walking stick.

In response to emergency needs, the DME restriction has been lifted. For the months of June and July, we are offering transportation to medical appointments from the disaster relief shelters to serve all those impacted by the lava flow.

Transportation is restricted to **medical appointments** including: physician visits, hospitals, dental appointments, x-ray, laboratory, physical & occupational therapy, and traditional healing practitioners.

The Specialty Transportation Program is available Monday through Friday by appointment only. To schedule a ride appointment, please call our office at (808) 969-9220.



Food & Water Drive

Hui Mālama Ola Nā 'Ōiwi is holding a food and water drive at our office in Hilo. All items will go to The Food Basket who is helping those displaced by the lava flow.

Useful items include:

- Bottled Water
- Canned goods
- Instant Foods
- Boxed Juices

Items can be dropped off at our office Monday - Friday, 8am-4:30pm.

1438 Kilauea Avenue
Hilo, HI 96720





**Hui Mālama
Ola Nā 'Ōiwi**

The Second Annual

Mālama Nā Keiki Festival

The Second Annual Mālama Nā Keiki Festival will be held at Na'ālehu Park in Ka'ū on Saturday, July 28, 2018, from 9:00am to 1:00pm. Expecting mothers, women considering pregnancy, young families, and supporting 'ohana are invited for a day of health education, community resources, and interactive keiki activities. Local health agencies will be in attendance to share about health services available to families. Some highlights include early head start enrollment assistance with Family Support Hawai'i, dental health education with Bay Clinic, keiki car seat facts with Hawaii Child Passenger Safety Program, and electrical safety with Hawai'i Electric Light. Free health screenings for participants include vision exams with Project Vision Hawai'i, hearing screenings, and immunization information. The event also offers locally-sourced healthy food, music, keiki performances, zumba, and more. Last summer's First Annual Mālama Nā Keiki Festival launched the Hui Mālama Ola Nā 'Ōiwi Healthy Hāpai prenatal program that provides expecting parents with hands-on learning about maternity health and wellness practices. The free five-session program is offered island-wide in Hilo, North Hawai'i, Kona, Ka'ū, and Puna areas throughout the year. At this year's Mālama Nā Keiki Festival, the Healthy Hāpai program facilitator, Leila Ryusaki, will lead a breastfeeding mini-class and host a prenatal panel with specialists in lactation and breastfeeding, birthing strategies, and women's health.



**Saturday
July 28, 2018
9:00a.m.-1:00p.m.
Na'ālehu Park**

Health Screenings:

- Hearing Screenings
- Vision Exams
- Height & Weight
- Body Mass Index (BMI)

Event Education & Activities:

- Prenatal Panel
- Breastfeeding class
- Grow Your Own Plant!

The event is FREE and open to the public. Expecting and first-time mothers, women considering pregnancy, young families, and supporting 'ohana from across the county - come join the fun!

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.

FUNDED BY



KEIKI SUMMER LIVING

It's summertime again! Keiki are out of school and full of energy. Did you know the summer months are crucial in your child's continued development? We encourage a balance of physical activity (run, jump, play!) and mental stimulation (read, write, and do math!)



LEAP INTO LEARNING!

Even though the school year is over, it is important to stimulate the mind throughout the summer. Summer learning loss can occur if children don't engage in mentally challenging activities. What does that mean? Summer learning loss, also referred to as summer setback or summer slide, is the experience of children regressing in knowledge and academic ability after summer months. The following summer learning loss statistics are eye-opening!

- *The equivalent of one month of learning is lost after summer vacation.*
- *It can take up to two months from the first day of school for a student's brain development to get back on track.*
- *By the end of grade six, students who have experienced summer learning loss over the years are an average of two years behind their peers.*

The good news is that there are many ways to promote learning during the summer break. Only two to three hours per week during summer vacation is needed to prevent any learning loss! Oxford Learning gives a few tips for keeping up academic engagement including:

- *Take a trip to the local library*
- *Bring a book to read at the park or the beach*
- *Challenge your child to a new high score on an educational app*
- *Teach kids through fun tasks like baking a cake or fixing a bicycle*

Source: Oxford Learning, <https://www.oxfordlearning.com/summer-learning-loss-statistics/>



SUMMER INDOOR AND OUTDOOR FUN!

Usually summer is a time for playing, swimming, and enjoying family time outdoors. This year, it's a little different on the island with the lava flow, ashfall, and significant vog, making us prioritize safety before jumping into a carefree summer life. The Hawai'i Civil Defense has advised the community to monitor air quality and limit activities outside and stay indoors if you have breathing issues. By keeping these guidelines in mind, we can have a great time this summer while staying safe. If air quality is good, enjoy a beach day, play outside, and soak up the sunshine. If the air quality is not safe enough to play outside, be creative with fun activities indoors!

Some ideas include:

- Making forts out of blankets and pillows
- Arts and crafts
- Playing board games
- Learning how to play an instrument
- Writing your own stories and then acting them out



STAYING ACTIVE

Physical activity is important for children because it impacts their physical AND mental well-being. You can sign your child up for a team sport, go on walks with them, race each other swimming at the beach... be creative with your exercise time! While there may be times when children won't be able to spend time outdoors, there are ways to spend all that pent up energy. Try a home workout with your keiki! Here's a workout that will get the whole family sweating:

- 20 Jumping Jacks
- 20 Squats
- 20 Crunches
- 20 Mountain Climbers
- 20 Seconds of Crab Walking
- 1 Minute Water Break
- 20 Jumping Jacks
- 20 Alternating Lunges
- 10 Arm Circles (Forward)
- 10 Arm Circles (Backward)
- 20 Frog Jumps
- 10 Push-Ups
- 1 Minute of Downward Dog (yoga pose for "Cool Down")

A game of Red Light, Green Light can be adapted to any exercise routine for the kids. When you say "Red Light," stop whatever exercise you are doing and freeze. When you say "Green light," go right back into the exercise. Another game you can incorporate into kid's exercise is Jump or Drop. When you say "Jump," everyone has to stop what they are doing and jump up as high as they can and then get back to the exercise. When you say "Drop," everyone has to drop

to the floor into a high plank for five seconds, then resume the exercise routine.

Family Health Challenge!

Do one circuit of the exercise routine above each day with your family AND incorporate both the Red Light, Green Light and Jump or Drop games! You can also add more or substitute some of the exercises for your favorites. Make sure to switch it up or modify your routine during the summer to maximize the effectiveness of your workouts.



HAVE A SAFE SUMMER!

Learn, play, and have a great time. Stay safe, keep updated on volcanic activity and air quality by visiting the below sources.

- Civil Defense updates:**
(808) 935-0031
www.hawaiicounty.gov/active-alerts
- Hawaii Volcano Observatory updates:**
<https://volcanoes.usgs.gov/volcanoes/kilauea/status.html>
- Vog and air quality updates:**
mkwc.ifa.hawaii.edu/vmap/

Join Hui Mālama Ola Nā 'Ōiwi for these family fun events this summer!

American Cancer Society Relay for Life: Hilo
Saturday, July 21 • 4PM - midnight,
Francis Wong Stadium Track
Join the team! <http://main.acsevents.org/goto/huimalama>

Second Annual Mālama Nā Keiki Festival
Saturday, July 28 • 9am - 1pm, Na'ālehu Park



BATting OUT CANCER SOFTBALL TOURNAMENT

August 25 - 26, 2018

A message from Mālama Ka Pili Pa'a:

For the past 8 years, Vanita Kaleo, better known as “Aunty Nene” brought laughter to everyone she knew especially with the cancer support group, “Mālama Ka Pili Pa'a” which she co-founded with her sister Sandra “Aunti Sandi” Claveria. They saw the importance for cancer warriors like themselves to have a place they can go to share not only their struggles but each victory. Their perseverance led to a partnership that began in 2010 with Hui Mālama Ola Nā 'Ōiwi that continues til this very day. The group continues to grow together and remains active in many community events on Hawai'i Island. We are so blessed to have been in the presence of a very special lady like Aunty Nene who was a shining example of a woman of faith who taught others how to not lose hope even when faced with adversity. She taught us the importance of laughter and how it is a part of our healing process. Her favorite line, “love you moa” truly exemplifies her love for everyone.

After being in remission for 5 years, new cancers had been found; And she had undergone multiple surgeries and received immunotherapy.

Sadly, in December 2017, we lost our dear Aunty Nene.

Her 'ohana wishes to pay a special tribute to honor her memory at this year's “Batting Out Cancer” Softball Tournament being held on August 25-26, 2018 at Walter Victor Stadium. Thanks to the creator of the tournament, her husband, Charles Kaleo and the hard work of their daughter Sancivee Ahulau-Kaleo, this tournament is a fundraiser for the Mālama Ka Pili Pa'a cancer group that will kokua to the needs of the members.

Aunty Nene, you are greatly missed by many and will never be forgotten. Love you moa, Aunty Nene! A hui hou.



Please come and support the Mālama Ka Pili Pa'a mix softball tournament.

Get a team together!

The mix team needs to have at least two women on the roster. It is a time for fun, laughter, comradery and gentle competition.

To sign up please contact Sancivee Ahulau-Kaleo at 557-7116, Charley Kaleo at 990-9729 / 959-9729, or Lester Estrella 397-0257.

Hui Mālama Ola Nā 'Ōiwi offers 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 food choices and how they impact health. Read below for delicious healthy recipes!

Upcoming Hele Mai 'Ai Nutrition Classes:

- **Ka'ū - Mondays, July 9-23 • 9am-11am**
- **Hilo - Wednesdays, July 11-25 5pm-7pm**

Food for Thought: The Importance of Nutrition



Nutrition is vital in our lives because it supports the growth and development of the body and brain. Not enough of the right nutrients can result in health issues such as:

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

The benefits of developing healthy eating habits include:

- Stable energy level
- Improvement in concentration
- Maintain a healthy weight
- Maintain even moods

Slow Cooker Portuguese Bean Soup



INGREDIENTS

- 1 cup dried kidney beans
- 8 oz. Portuguese sausage, sliced in small pieces
- 1 large onion, chopped
- 3 celery stalks, sliced
- 3 carrots, halved lengthwise then sliced
- 1 large potato, chopped
- 2 cups chopped cabbage or kale
- 2 tbsp. chopped parsley
- 1 8 oz. can tomato sauce
- 2 quarts water
- ½ cup elbow macaroni pasta, small (for a healthier version, choose whole wheat or grain pasta)

DIRECTIONS

1. In a small pot, bring 2 quarts of water to a boil.
2. Add kidney beans. Return to a boil, turn off heat & cover with lid.
3. Let sit for about ½ an hour, then drain and remove to a bowl.
4. Sauté Portuguese sausage & onion until onion is tender.
5. Place all ingredients (except macaroni) into a 4 quart slow cooker.
6. Cook on low for 10 hours or until vegetables are tender.
7. Skim fat.
8. Add macaroni and allow about 12 minutes to cook.
9. Top with more chopped parsley for flavor.

18th Annual Ladies' Night Out

In Memory of Nancy Everett, RN

A **FREE** evening of fun, pampering, and health awareness for women!

- | | | |
|---|--|--|
|  Make and Take Craft |  Hair Trim |  Refreshments |
|  Unique Boutique |  Mini Manicures |  DOOR PRIZES! |
|  Entertainment |  Massages |  And Much MORE... |

Hui Mālama Ola Nā 'Ōiwi is hosting our **18th Annual Ladies Night Out (LNO)** event Friday, September 28, 2018. Ladies Night Out promotes health awareness and appreciation for the women of our Hawai'i Island community by providing an evening of free pampering and health services. This special women's health event is a tribute to Ms. Nancy Everett, a registered nurse who worked closely alongside Hui Mālama Ola Nā 'Ōiwi until her untimely passing in 2000. Memorial funds gifted to the agency by Nancy's family helped launch the event that continues to express her aloha and vision for women and children's health.



Friday, September 28, 2018

6:00 PM - 9:00 PM

Afook-Chinen Civic Auditorium

ADMISSION BY TICKET ONLY

Tickets will be available August 2018.

Please visit **HMONO.org** for updates.

Volunteers, service providers, and donors!

Can you help with set-up, make decorations, activities at the event, and more?!

Are you a hair stylist, massage therapist, or can you offer a pampering service to women?

If you are able to give, material donations and monetary donations are also greatly appreciated.

Each year, LNO provides the health-focused evening of pampering to the much deserving women of our island. We are only successful due to the community coming together to make it happen! Last year's event had over 350 volunteers and service providers. Interested in helping this year? Call us at (808) 969-9220 or email ladiesnightout@hmono.org. Mahalo in advance for your support!

***WOMEN 18 YEARS AND OLDER ONLY. PLEASE NO CHILDREN OR PETS**

***ALCOHOL, DRUG, TOBACCO/E CIG FREE EVENT.**

FUNDED BY

HRSA
Health Resources & Services Administration



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Aunty's Health Message



OR



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Aloha mai kākou,

I am Aunty Edna and today I want to share about sugar. While we have often heard that sugar is not good for you, your body does need a certain amount to provide you with energy. However, where we get the sugar is very important. I want to encourage us all to choose more fruits and less candy and desserts. Yes, they both have sugar, but how our bodies process these two common sugar sources is different. Sugar is processed by the body into glucose that gives you energy. Our bodies use insulin to use this energy or store it for later.

Fruits contain natural sugars and they also fuel your body with dietary fiber and nutrients that your body needs. Some key nutrients from fruit include:

- Calcium
- Iron
- Magnesium
- Potassium
- Vitamin A
- Vitamin C



Fruit provides natural sugar, fiber, vitamins, antioxidants and water. Fruit also tends to have less sugar by volume. There's usually far less sugar in a cup of strawberries than a cup of ice cream.

The fiber in fruit slows the natural absorption of sugar and helps to fill us up.

Candy and many desserts lack adequate nutrients and vitamins. Your body processes the refined sugars much more quickly leading to higher sugar levels which may cause an insulin spike leading to a glucose crash. Ever wonder where the phrase "sugar crash" comes from?!



In Hawai'i, we are blessed to have some of the healthiest fruits like papayas, passion fruit, bananas, persimmons, and kumquats. So today, skip the candy or dessert. Choose fresh fruit and enjoy the sweet and nutritious treat that's good for your body. Remember, your body needs sugar as fuel, but it needs to be used in controlled amounts.

Want to learn more? Come see us at Hui Mālama Ola Nā 'Ōiwi, working 27 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!

Why Should Kids Eat Fruit?

Want a fun way to eat fruits?

Choose a fruit from each color of the rainbow and enjoy all the health benefits during the summer!

A well-balanced diet that incorporates fruit supports brain development!

Fruits are a great source of dietary fiber which is great for our digestive systems!

You can find fruits jam-packed with essential vitamins and minerals that the body needs to function properly!

Did you know that fruits are low in fat and calories?

Eating fresh fruits can reduce a child's lifetime risk of diseases by strengthening the immune system!

Whooping Cough (Pertussis) & DTap Vaccine

Pertussis, or the whooping cough, is a highly contagious respiratory tract infection. Pertussis can cause severe cough, runny nose, apnea, and can lead to pneumonia and death. The best way to prevent pertussis is by getting the diphtheria-tetanus-pertussis shot (also known as DTaP). Children should receive their five doses of the DTaP before the age of seven, with one dose of the vaccination administered at each of the following ages:

- 2 months
- 4 months
- 6 months
- 15-18 months
- 4-6 years

Why should my child get the DTaP shot?
The DTaP shot:

- Helps protect your child from whooping cough, a potentially serious and even deadly disease, as well as diphtheria and tetanus.
- Helps to prevent your child from having violent coughing fits from whooping cough.

Hui Mālama Ola Nā 'Ōiwi Immunization Program

Does your child turn 3 years old between August 2017 and July 2018?

Has he or she completed all 19 vaccinations?



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

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

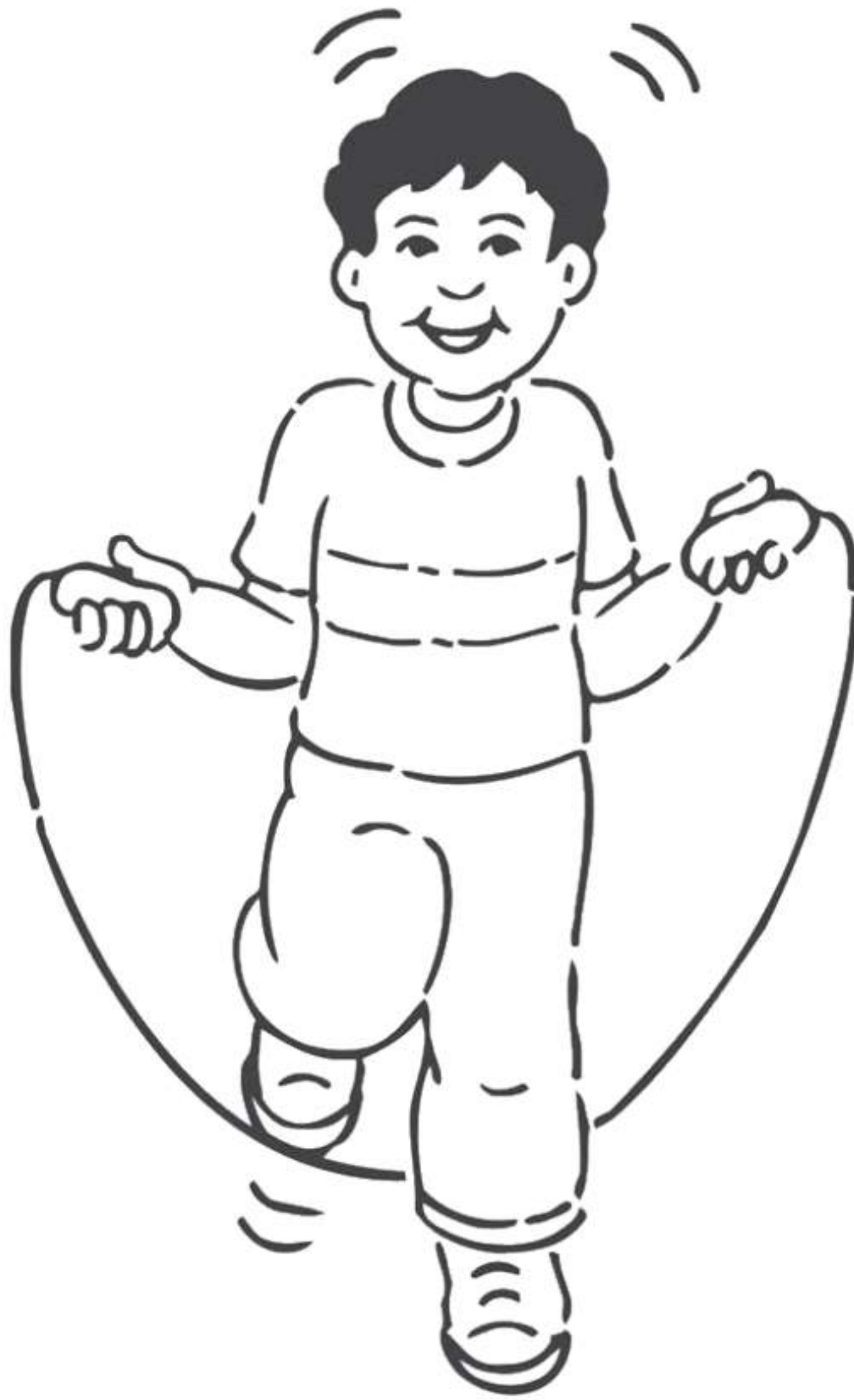
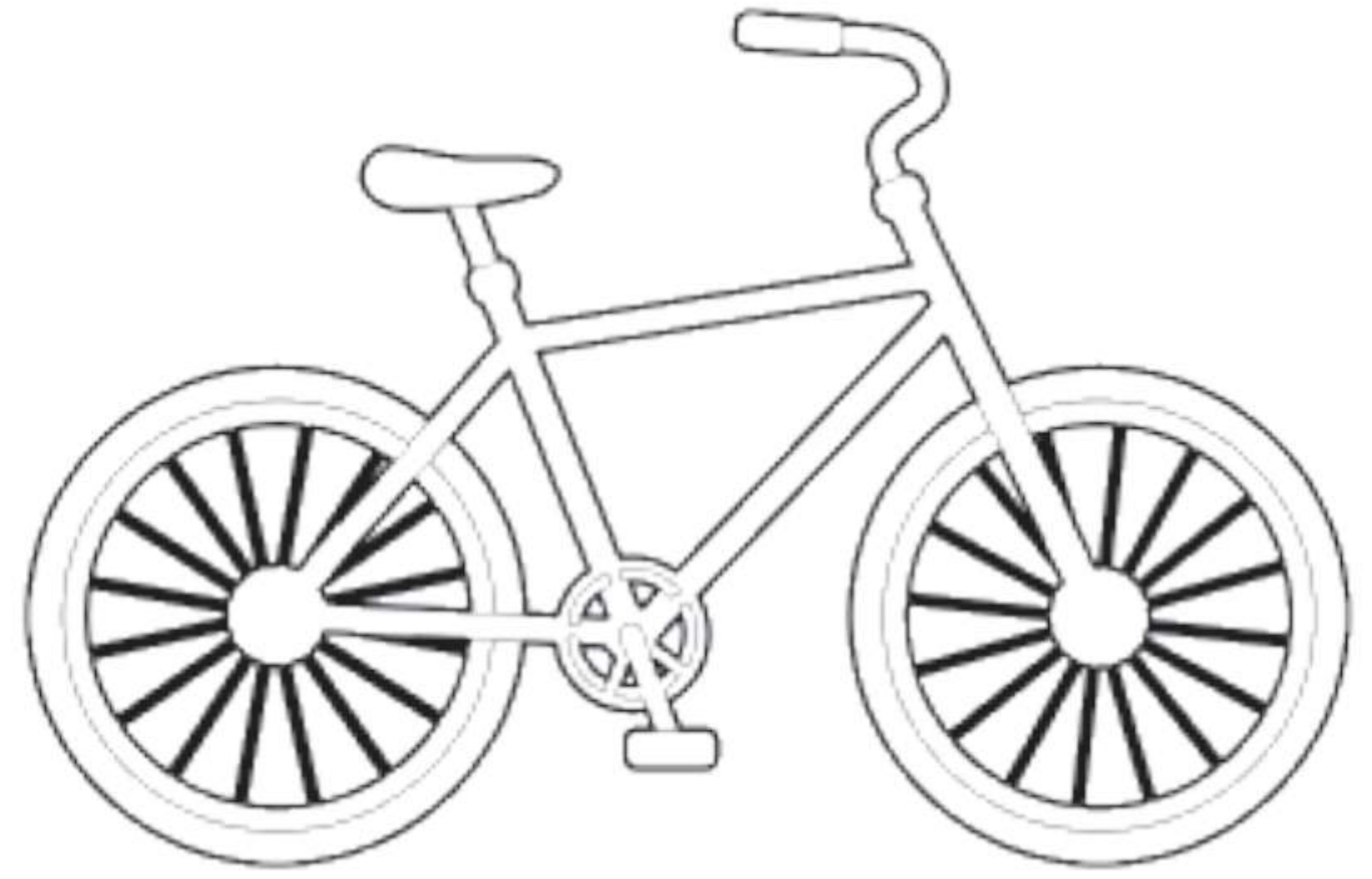


Young Aaleyah Rivera from Kona had her choice of a sleeping bag or a backpack after her mom Alicia Gonzalez submitted a copy of her completed immunizations. Mahalo to the West Hawaii Community Health Center Keiki Health Clinic in Kealahou for spreading the word about the program! We have more to give away so come see us today!

Keiki Coloring Corner

Summer is here! Be sure to stay active this summer!
Find out ways you can stay active by filling in the blanks below:

___ I C ___ C ___ E



J ___ M ___ R ___ P E

S ___ I ___



What will you do to stay active this summer? _____



Hui Mālama Ola Nā 'Ōiwi

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>*4PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>3</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*4:45PM Hele Mai 'Ai-Kona</p> <p>4:45PM Zumba-Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Diabetes Support Group-Hilo</p>	<p>4</p> <p>Independence Day OFFICE CLOSED</p>	<p>5</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>4:45PM Yoga -Dept. Of Health</p>	<p>6</p> <p>BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>7</p> <p>10AM La'au Lapa'au Beginners Class -Kona</p>
<p>*Class Sign-up: Classes are 3-weeks long (one session a week). Seats are limited. Please contact us to sign-up. Mahalo!</p> <p>Exercise & Fitness Locations</p> <p>Department of Health - Makai Courtroom- 75 Aupuni St., Hilo</p> <p>Keaukaha - Malia Puka O Kalani Church Gym-326 Desha Ave., Hilo</p>					
<p>9</p> <p>*4PM Healthy Hāpai -Waimea</p> <p>*4:45PM Hele Mai 'Ai -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>10</p> <p>10:30AM BS&SEC-Keaukaha</p> <p>4:45PM Zumba-Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Cancer Support Group-Hilo</p>	<p>11</p> <p>*10AM Hypertension -Puna</p> <p>*5PM Hele Mai 'Ai -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>12</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>4:45PM Yoga -Dept. Of Health</p>	<p>13</p> <p>10AM Zumba -Hilo Office</p>	<p>14</p>
<p>16</p> <p>*4:45PM Hele Mai 'Ai -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>17</p> <p>10:30AM BS&SEC-Keaukaha</p> <p>1PM Diabetes Support Group-Hilo</p> <p>4:45PM Zumba-Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p>	<p>18</p> <p>*10AM Hypertension -Puna</p> <p>*5PM Hele Mai 'Ai -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>19</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>4:45PM Yoga -Dept. Of Health</p>	<p>20</p>	<p>21</p> <p>10AM La'au Lapa'au Beginners Class -Kona</p> <p>4PM-12AM Relay for Life</p> <p>Join us to relay for a cure with the American Cancer Society!</p> <p>-Francis Wong Stadium, Hilo</p>
<p>23</p> <p>*4:45PM Hele Mai 'Ai -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>24</p> <p>10:30AM BS&SEC-Keaukaha</p> <p>4:45PM Zumba-Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Cancer Support Group-Hilo</p>	<p>25</p> <p>*10AM Hypertension -Puna</p> <p>*5PM Hele Mai 'Ai -Hilo</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-1PM Second Annual Mālama Nā Keiki Festival</p> <p>Join us for prenatal & keiki fun! Free health screenings available!</p> <p>-Na'ālehu Park</p>
<p>30</p> <p>5:30PM Zumba -Keaukaha</p>	<p>31</p> <p>10:30AM BS&SEC-Keaukaha</p> <p>4:45PM Zumba-Dept. Of Health</p> <p>5PM Yoga-Keaukaha</p>				

Live Longer & Feel Better, Together!

JOIN US TODAY
1438 Kīlauea Ave, Hilo
(808) 969-9220

Please note, all classes and events will continue as scheduled with regular assessment of volcano activity. If determined unsafe, programs will be cancelled or relocated. Visit our online calendar for most up-to-date schedule, hmono.org/events.

The Olakino is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H1CCS00013, Native Hawaiian Health Care with grant amount of \$2,377,840.00. 20% of Hui Mālama Ola Nā 'Ōiwi services are financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.