



Olakino

Newsletter

September
Kepakemapa 2018

Look Inside for:

- *September - November class schedule*
- *Update on new exercise and fitness classes*
- *2018 Ladies' Night Out ticket information*

Women's Health
Caring for our Wahine

A message from our Board of Directors



Aloha kākou,

To our team and staff, much mahalo for all the good works that you give to Hui Mālama Ola Nā 'Ōiwi and our community.

To the women of our island, Ladies' Night Out is September 28. I hope you ladies will come out and join us to have fun and learn to keep healthy! Also, a big mahalo for all the help, prayers, and love shown to the people in Puna. Following the lava, fires, and storms, more prayers are needed for our people as we go through the clean-up and repairs of our island.

Aloha and mahalo nui loa, Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

This month we are hosting our 18th Annual Ladies' Night Out event. This event is devoted to the women of our community, to honor and celebrate them. The event promotes women's health and offers an enjoyable evening for the deserving women of our island. Mahalo nui loa to all our mothers, sisters, daughters, and aunties. The evening of pampering and free health screenings is made possible by the hundreds of volunteers and services providers who donate their time. Mahalo to each of you!

Growing up in my lifetime, the focus for health was usually on the men. In most things, men were given more attention and more opportunity. I am thankful to have seen this shift over time, with women now given more equal chances. Patsy Mink is a name all should know, especially in Hawai'i. She was the first Asian American to serve on the United States Congress. She overcame many adversities to serve our Hawai'i community and became a guiding force behind the Title IX legislature that passed in 1972, ensuring people are protected from discrimination based on sex in education programs or activities that receive Federal financial assistance.

Congresswoman Mink and Title IX have had a tremendous impact in our schools which echoed across society. As a father of four daughters, I am grateful there is more support and opportunity for them. I was raised by a Hawaiian mom who was present, caring, strong and strict, yet had the loving "women's touch". For our community, I am thankful to see women who remind me of my mom, inspiring women who are prospering in school, at work, and in our homes.

Women's rights and women's health is crucial. We at Hui Mālama Ola Nā 'Ōiwi will continue to strive to do our part in health efforts. Ladies, this month (and everyday) we appreciate you and celebrate you. Mahalo nui loa for all you do for our community and our future.

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

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Kamehameha Schools East Hawai'i Region*

What's Happening Around Hawai'i Island?

Diabetes Support Group
 Tuesday, September 4, 5:30-7:00pm
 Hui Mālama Office

Cancer Support Group
 Tuesday, September 11, 5:30-7:30pm
 Hui Mālama Office


Exercise & Fitness
Basic Stretch & Strengthening
 Tuesdays & Thursdays*, 10:30am
 Malia Puka O Kalani Church Gym in Keaukaha
 *No class September 27

NEW! - Basic Stretch & Strengthening in Ka'ū!
 Wednesdays, September 5, 12, 26, 9:00am
 Na'ālehu Community Center
 Read more on page 9.

Zumba
 Friday, September 14, 10:00am
 Hui Mālama Office
 Mondays & Wednesdays*, 5:30pm
 Malia Puka O Kalani Church Gym
 *No class September 26

Therapeutic Yoga
 Tuesdays & Thursdays*, 5:00pm
 Malia Puka O Kalani Church Gym
 *No class September 27

Ladies' Night Out 2018
 Friday, September 28,
 Afook-Chinen Civic Auditorium
 Entry by ticket only.
 More information on page 11.

SCHEDULE OF CLASSES			
 Hui Mālama Ola Nā 'Ōiwi	SEPTEMBER	OCTOBER	NOVEMBER
HILO			
DIABETES MANAGEMENT			Thurs 11/1 - 11/15
HEALTHY HĀPAI		Mon 10/22 - 11/26	
HYPERTENSION		Thurs 10/11 - 10/25	
PUNA			
DIABETES MANAGEMENT		Wed 10/10 - 10/24	
KA'Ū			
DIABETES MANAGEMENT	Mon 9/10 - 9/24		Mon 11/19 - 12/3
HYPERTENSION		Thurs 10/11 - 10/25	
KONA			
DIABETES MANAGEMENT	Tues 9/4 - 9/18		
HEALTHY HĀPAI	Wed 9/26 - 10/31		
HYPERTENSION			Tues 11/6 - 11/20
NORTH HAWAI'I			
DIABETES MANAGEMENT		Mon 10/15 - 10/29	
EXPANDED FOOD & NUTRITION EDUCATION			Wed 11/7 - 12/6
HEALTHY HĀPAI	Mon 8/27 - 9/24		
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

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!



Zumba Fun

Zumba instructor Rhonda celebrating with the zumba participants following a class at the Department of Health building on July 31.

Healthy Hāpai Sharing

Members from the Hilo August Healthy Hāpai prenatal class having fun with their healthy moisturizer. One member shared her passion for natural body products and made moisturizer for the whole class using natural ingredients!



American Cancer Society Relay for Life - Hilo

Mālama Ka Pili Pa'a Cancer Support Group gathered at the American Cancer Society's Relay for Life on Saturday, July 21. Our very own Debbie Kenui was honored as Ms. Relay this year.

Second Annual Mālama Nā Keiki Festival

Keiki, pregnant moms, and families gathered for a fun day of healthy activities at the Second Annual Mālama Nā Keiki Festival on Saturday, July 28 at the Na'ālehu Park. Keiki is seen here planting her own lā'au.



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



Mana'o from Uncle

Different types of limu (seaweed and freshwater algae) have been used as lapa'au for thousands of years by Native Hawaiians. To name a few uses, limu kala, limu kohu, and 'ele'ele were used to heal physical and spiritual wounds.

They were also used to supplement diets with a source of iron. Physical wounds such as cuts could be healed by applying limu directly on the cut after chewing it into a poultice. The iodine in the limu helps to boost the immune system while the saltwater from the limu helps to strengthen the muscles. Minerals from both the limu and the saltwater work together to heal the body when it is deficient in nutrients.



Po'okela Ikaika Dombrigues



Save the Date 2019 Traditional Health Workshops

Hui Mālama Ola Nā 'Ōiwi is excited to share dates set for the next series of la'au lapa'au workshops that start March 2019. Mark your calendars!

Hilo - Saturday, March 9, 2019
● Auntie Sally's Luau Hale ● 9AM-3PM

North Hawai'i - Saturday, April 6, 2019
● Waimea Park Community Center ● 10AM-3PM

Kona - Saturday, May 4, 2019
● Old Kona Airport Special Events Pavilion
● 10AM-3PM

Ka'ū - Saturday, June 1, 2019
● Ka'ū Gym Community MPR ● 10AM-3PM

Puna - Saturday, July 13, 2019
● TBD ● 9AM-3PM



Grow Your Own Lā'au

The Grow Your Own Lā'au (GYOL) program was launched in June 2017 in an effort to teach community members how to grow lā'au (plants) at home. Participants are provided with a Plant Resource Guide that covers propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants:

- 'Ōlena
- Ka'ukama 'awa'awa
- Ko'oko'olau
- Lūkini
- Māmaki



Matthew Kaho'ohanahano

Classes are led by Matthew Kaho'ohanahano, a Maui-born native who moved to Hawai'i Island to attend college. Matthew is currently working on the expansion of the resource guide to include guiding details of how to grow five more plants. Stay tuned!

Interested in learning how to grow your own lā'au? Call (808) 969-9220 for more information on upcoming class dates and locations!

The Second Annual Mālama Nā Keiki Festival

July 28, 2018

9:00am-1:00pm

Na'ālehu Park

95-5635 Mamalahoa Hwy, Na'ālehu, HI 96776

Hui Mālama Ola Nā 'Ōiwi hosted the Second Annual Mālama Nā Keiki Festival at Na'ālehu Park on Saturday, July 28. Over 100 participants and 24 representatives from 16 agencies joined for a day of prenatal and keiki health, entertainment, and games!

- Ka'ū Rural Health Community Association INC
- Lili'uokalani Trust
- Nā Hoa O Puna Soccer
- North Hawaii Community Hospital - Women's Center
- O Ka'ū Kakou
- P.A.R.E.N.T.S., Inc.
- Project Vision Hawai'i
- The Food Basket, Inc.
- Tutu & Me
- West Hawai'i Community Health Center



Families spun the wheel throughout the day, landing on one of eight different exercises. These two landed on "Run in place and count to 20"!



Keiki learning how to balance food and physical activity with Kahea

Keiki and parents were encouraged to explore the various tents, meeting and learning about the numerous resources. Participants were provided with a festival passport that guided them through the health and wellness services. Once the passport was complete with stamps from each tent, participants had their choice of keiki backpacks. They also were entered into a raffle with over 29 prizes including diapers, wipes, onesies, bibs, food, clothes, keiki backpacks, gift cards, and two grand prizes of infant car seats!

2017 was the first year for the event, with the Office of Hawaiian Affairs funding both the inaugural year and the Second Annual Mālama Nā Keiki Festival. The Mālama Nā Keiki Festival was planned in response to a need for more prenatal and young keiki health education. The festival aims to serve expecting and first-time mothers, women considering pregnancy, and young families. Vision tests and hearing screenings were offered for keiki along with immunization information and prenatal care education. Food baskets, dental kits, and more were available for families to take home.



Mahalo to our contributors for their generosity.

Mahalo to the agencies for attending and sharing their resources!

- American Red Cross
- Bay Clinic Dental
- Department of Health - HEER Office
- Doulas of North America (DONA)
- Family Support Hawai'i
- Family Support Hawai'i - NEST Program
- HI Child Passenger Safety Program

- Bay Clinic, Inc. - Dental
- Big Island Candies
- Coco Moon Hawaii
- Family Support Hawai'i NEST Program
- KTA Super Stores
- Meadow Gold Dairies Hawai'i
- P.A.R.E.N.T.S., Inc.
- Project Vision Hawai'i
- Punalu'u Bake Shop
- The Food Basket



Thank you to all families that joined us throughout the day, to the agencies for volunteering their time, and to our generous donors for the wonderful prizes. We thank the Ka'ū community for welcoming us so warmly for the second annual event, the County of Hawai'i Parks and Recreation for use of the park, and Keaiwa Band for the wonderful entertainment. The festival was made possible through funding from HRSA and the Office of Hawaiian Affairs (OHA). Hui Mālama strives to help our communities develop a strong network of prenatal and postnatal support, and learn best practices to prevent potential health problems, raise healthy happy children, strengthen family, and fulfill OHA and Hui Mālama's shared goal of a strong and healthy Hawaiian nation.



Bay Clinic Dental brought the dental dragon to show kids how to brush their teeth properly. Keiki received dental kits with toothpaste, floss, and a toothbrush!



American Red Cross was present to teach about emergency preparedness and show keiki how to be pillow-case ready.



About OHA
The Office of Hawaiian Affairs (OHA) is a unique, independent state agency established through the Hawai'i State Constitution and statutes to advocate for the betterment of conditions of all Native Hawaiians, with a Board of Trustees elected by the voters of Hawai'i. OHA is guided by a vision and mission to ensure the perpetuation of the culture, to protect the entitlements of Native Hawaiians, and to build a strong and healthy Hawaiian people and nation. For more information, visit www.oha.org.

Healthy Hāpai

The First Annual Mālama Nā Keiki Festival launched the island-wide Healthy Hāpai prenatal program. Program facilitator Leila Ryusaki was at the July 28 festival to share about prenatal health, lactation, and infant care.



Pregnant or know someone who is? Learn more in the Healthy Hāpai classes offered across the island since October 2017, providing the community with hands-on learning about maternity health and wellness practices. The next classes will be in Kona starting September and Hilo in October. Read more on page 10 or call Hui Mālama Ola Nā 'Ōiwi today to join! (808) 969-9220.

Women's Health Caring for our Wahine

Why is women's health important?

There are several reasons to discuss women's health. One reason is the fact that health discussions, for a long time in our history, were focused on men. And while men and women experience many of the same health issues, there are gender-based differences in how some issues present in our bodies. There are also several concerns specific to women. It is important to understand these differences and what women should know and do for a healthy lifestyle.

Furthermore, each of us has a story about an incredible woman in our lives, nurturing and putting the needs of others before herself. Women are praised in society for their selflessness and role of caregiver. While this is admirable and appreciated, it is important for women to remember to take care of themselves, too. We discuss women's health to encourage and promote taking care of the women in our community. Additionally, for many places in the world, based on societal norms and women's rights, women may be at a health disadvantage with limited access to resources, education, and care. It is important to continue the conversation on women's health needs and access to healthcare.

Did you know?

According to U.S. National Library of Medicine, [medlineplus.gov](https://pubmed.ncbi.nlm.nih.gov/), women are more likely to show signs of depression and anxiety than men, are affected more by osteoarthritis than men, and are more likely to have urinary tract problems. In addition, there are gynecological, pregnancy, and menopausal health concerns women experience.



Health Screenings

Many of the unique health issues that women face can be screened for in routine checkups and screenings. Make sure to ask your doctor how often and at what age you should receive various health screenings.

The recommended screenings that women should have include:

- Blood pressure screening
- Cholesterol screening
- Diabetes screening
- Dental exam
- Eye exam
- Immunizations
- Physical exam
- Breast self-exam and mammogram
- Pelvic exam
- Cervical cancer screening
- Skin self-exam

After age 50:

- Colon cancer screening
- Osteoporosis screening
- Lung cancer screening

In addition to health screenings, vaccinations are important too. According to the U.S. Office on Women's Health, the Human Papillomavirus (HPV) is the most common sexually transmitted infection (STI) in the United States. HPV can also lead to cervical cancer. Schedule your Pap screening to see if you need the HPV test and get vaccinated against the Human Papillomavirus.

See your doctor for more information on other recommended vaccinations.



The basic nutritional diet needs of men and women are the same, however, there are some vitamins and minerals that are especially important for women to have in their diets. As you read below about important vitamins, remember that everything should be consumed in moderation and appropriate amounts, including vitamins.

Folic acid/folate (Vitamin B9)

This vitamin is needed for your body to create blood cells and DNA for new cells. It also helps to prevent premature births and low birth weight. Vitamin B9 can be found in dark green leafy vegetables like spinach, oranges, nuts, beans, chicken, and cereals with added folic acid.

Vitamin B-12

Vitamin B-12 helps your body to create red blood cells and promotes the healthy functioning of your brain and nervous system's cells. Low-fat or fat-free milk, eggs, nutritional yeast, sardines, and flounder all have Vitamin B-12.

Vitamin D

Vitamin D is important because it works together with calci-

um to build strong bones and prevent bone related health issues. Vitamin D also helps to boost your immune system and reduce inflammation in cells. You can get Vitamin D from eating fish like tuna and salmon or foods fortified with Vitamin D.

Calcium

Calcium is found in dark green leafy vegetables and fortified foods such as 100% orange juice, milk, tofu, and cereals. Your body needs calcium to build strong bones and reduce the risk of osteoporosis or other bone related issues. When your body doesn't get enough calcium, it takes it from your bones which makes them weak and prone to breaking.

Iron

Your body uses iron to build healthy blood cells that oxygenate your body. Iron is lost during monthly periods which is why it is important to replenish. You can get iron from lean red meats, chicken, seafood, dark chocolate, spinach, beans, and iron-fortified foods.



As caregivers and nurturers, women can carry a heavy load of demands and worries. These pressures can result in stress. While many may not know, stress has a very real impact on our physical and emotional health, sometimes resulting in unhealthy behaviors.

Know the signs of stress including headaches, anxiety, trouble sleeping, and variation in weight (loss or gain). Too much stress can lead to unhealthy behaviors: over or under eating, alcohol abuse, lack of exercise, and more.

Learning to manage your stress is important in maintaining overall health. Managing stress starts with being aware of stressors, reducing stressors, and making time for healthy outlets. For some, outlets can be reading a book, taking a bath, or sitting in a quiet (uninterrupted, kid-free) room for twenty minutes. Some other stress coping techniques include:

- *Stretch*
- *Meditate*
- *Get enough sleep*
- *Exercise*
- *Talk to supportive friends and family members*
- *Get help from a professional if you need it*



In addition to health screenings, proper nutrition, and stress management, these are some general guidelines for anyone for maintaining a healthy lifestyle.

- *Get at least 30 minutes of physical activity every day*
- *Eat healthy (ChooseMyPlate.gov is a great resource)*
- *Avoid smoking, illegal drug use, and misuse of prescription drugs. There is help to quit if you need! Call us for resources (808) 969-9220.*
- *Limit alcohol consumption to one drink or less a week*

When it comes to health, we all should be proactive in taking care of ourselves. Whether a woman, man, or keiki, a healthy community is everyone's responsibility. Encourage your mother, sisters, daughters, and aunties to take care of themselves. Culturally, our women are strong and take care of everyone around them... it's very important to take care of them, too!

Join us for these Hui Mālama Ola Nā 'Ōiwi services for women

Healthy Hāpai Prenatal Program

Know somebody having a baby or thinking about starting a family of your own? Join us for Healthy Hāpai, a prenatal class focused on providing our pregnant women with the support and resources they need before and after baby. See page 10 for more details & upcoming class dates.



18th Annual Ladies' Night Out

A pampering evening devoted to women's health!
Friday, September 28, 2018
6:00PM - 9:00PM
Afook-Chinen Civic Auditorium
Entry by ticket only. See page 11 for more information.

Mākau Kino Exercise & Fitness

The Hui Mālama Ola Nā 'Ōiwi Mākau Kino Exercise & Fitness Program began in late 2016 with zumba and yoga classes in Hilo. Knowing that physical activity is a key to good health, the program was started to provide the community with more opportunity to be active, and to learn how to exercise safely with knowledgeable instructors. The program has seen a continuous positive response, with members of the community joining for classes each week, increasing their physical activity and improving overall health.

The Basic Stretch & Strengthening class in Hilo was added early 2017 with the intention of reaching those needing to work on strength and mobility. It has been popular with the kūpuna. No matter if you're a fit and active adult, someone just getting into exercise, or someone aiming to do some basic stretches, we have a class for you! Join us for Zumba, Yoga, and Basic Stretch happening in Hilo each week!

Mākau Kino - Hilo Classes

Zumba with Keanne!

Mondays & Wednesdays, 5:30-6:30pm
Malia Puka O Kalani Church Gym
326 Desha Ave, Hilo



Zumba with Jennie!

2nd & 4th Friday
10-11am
Hui Mālama office
1438 Kilauea Ave



Yoga

Tuesdays & Thursdays
5-6pm
Malia Puka O Kalani Church



Basic Stretch & Strengthening

Tuesdays & Thursdays
10:30-11:30am
Malia Puka O Kalani Church

Due to Ladies Night Out event, there will be no Hilo exercise classes 9/26-28. Mahalo for your understanding.

We are excited to announce the expansion of the Basic Stretch & Strengthening class to the Ka'ū community with classes starting in September.

Hui! Aloha mai kākou! My name is Pua and I would like to invite you to join us on Wednesdays at the Na'ālehu Community Center - Nutrition Building from 9am-10am for our newest Basic Stretch and Strengthening Exercise Class. We aim to provide the community with opportunities to learn about daily stretching activities, isolate areas of the body, and understand the value of daily physical activities and how stretching is a top priority in safety prevention. No matter what physical level of activity you are currently at, we welcome and encourage all members of the community to come and join us! Let's get healthy and active together! If you have any questions please do not hesitate to give us a call at (808) 969-9220.



Pua Puniwai, Health Resource Specialist, Mākau Kino Exercise & Fitness Program

FREE HEALTH CLASSES

Hui Mālama Ola Nā ‘Ōiwi is a 501(c)(3) nonprofit organization dedicated to improving the health & wellness of Hawai‘i island.

Services are offered island-wide and open to the community.

We invite YOU to come join us. Visit us online at HMONO.org/classes or call today to sign-up (808) 969-9220!

Classes are free. Donations accepted.

DIABETES MANAGEMENT

3-week class, 2.5 hour session once a week

Learn basic information on diabetes, nutrition, exercise, medication and tools needed for continued management of self-health while living with diabetes. Instruction provided by a Registered Nurse and other medical professionals. Free. Open to those with a diabetes diagnosis.

Kona: Tuesdays, September 4 - 18

Ka‘ū: Mondays, September 10 - 24. Next class offered November 19 - December 3.

Puna: Wednesdays, October 10 - 24

North Hawai‘i: Mondays, October 15 - 29

Hilo: Thursdays, November 1 - 15

HYPERTENSION

3-week class, 2 hour session once a week

Learn basic information about heart disease: hypertension, nutrition, exercise, medication and tools needed for continued management of self-health while living with hypertension and heart disease. Instruction provided by a Registered Nurse and other medical professionals. Free. Open

to those with a hypertension diagnosis.

Hilo: Thursdays, October 11 - 25

Ka‘ū: Thursdays, October 11 - 25

Kona: Tuesdays, November 6 - 20



EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)

6-week class, 2 hour session once a week

Basic nutrition classes which includes budgeting the food we buy, food safety, recipe modifications, and more! Must have a child under the age of 18 living in the home.

North Hawai‘i: Wednesdays, November 7 - December 6

HEALTHY HĀPAI PRENATAL PROGRAM

5-week class, 2 hour session once a week

Learn about pregnancy, postpartum, & positive parenting education. Free. Open to pregnant women.

Kona: Wednesdays, September 26 - October 31

North Hawai‘i: Mondays, August 27 - September 24



18th Annual Ladies' Night Out

In Memory of Nancy Everett, RN

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

Friday, September 28, 2018

6:00 PM - 9:00 PM

Afook-Chinen Civic Auditorium

ADMISSION BY TICKET ONLY



Make and Take Craft



Unique Boutique



Entertainment



Hair Trim



Mini Manicures



Massages



Refreshments



DOOR PRIZES!



And Much MORE...

Attention ladies of Hawai'i island. Did you get your ticket yet?

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.

Tickets are available while supply lasts!

Tickets are distributed one ticket per person from the Hui Mālama office Mondays 4-6pm and Thursdays 11am-1pm.

Last day for tickets (if still available) is September 24.

Please visit HMONO.org/ladiesnightout for more information.

Free health screenings:

- blood sugar
- blood pressure
- & vision!

FUNDED BY

*Health Resources and Services Administration
and
County of Hawai'i*



(808) 969-9220 • HMONO.org

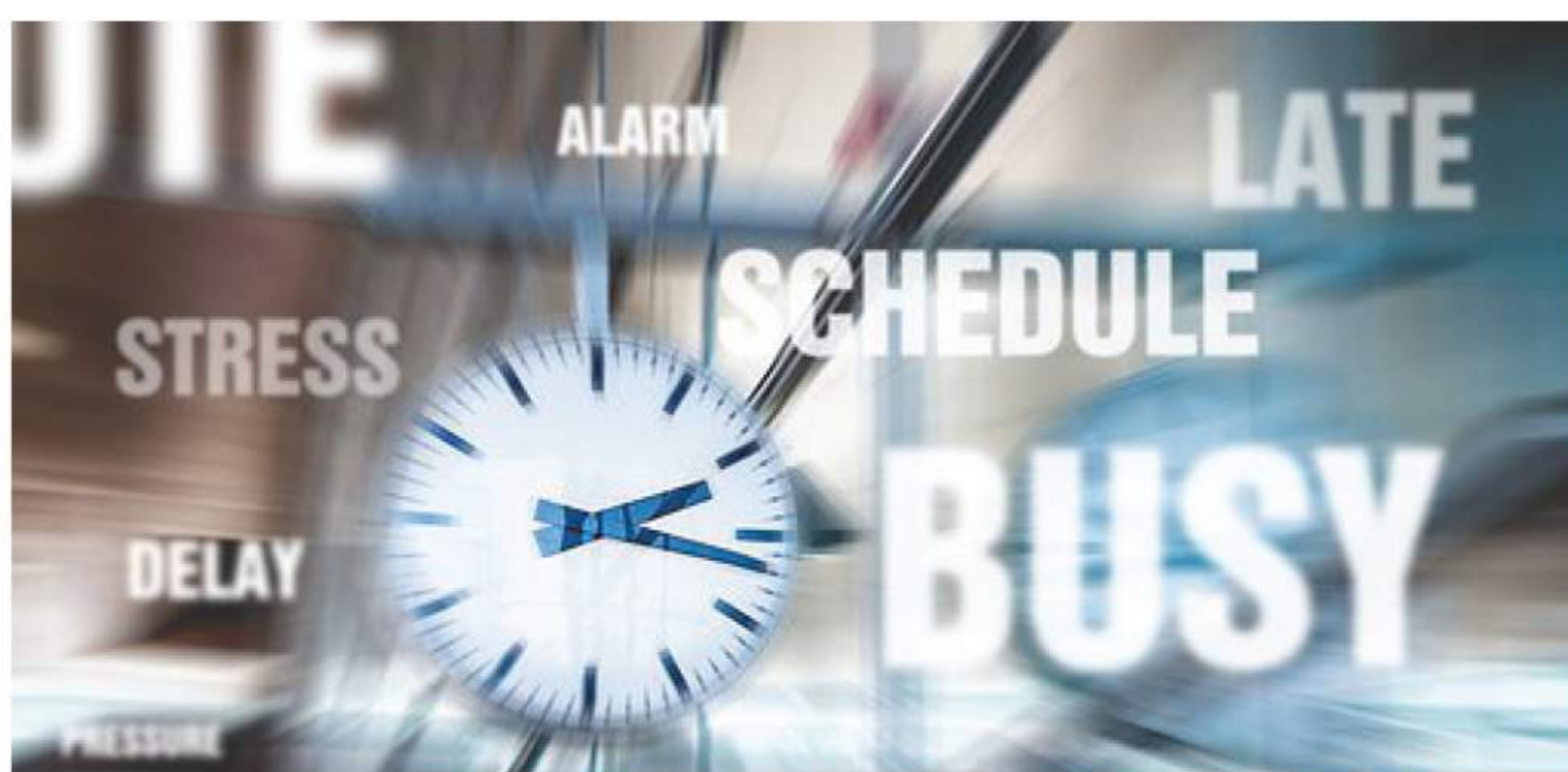


[/HMONO.org](https://www.facebook.com/HMONO.org)



[hui_malama_](https://www.instagram.com/hui_malama_)

Aunty's Health Message



Knowing how to manage stress plays a major part in maintaining a healthy lifestyle. Often, the best way to do that is just to be there for each other. Share a meal, go for a walk together, talk story, and give a hug. Support is key. Eating healthy and thinking healthy also helps us to keep moving forward each day. What else can you do to cope with stress in your life? Maintain balance with nutrition, physical activity, sleep, and having healthy outlets for your stress. We may not have control over the world events, but we can be here to support and love and mālama each other.

Aloha mai kākou,

I am Aunty Edna and in light of all the major events that have occurred on our island the last few months, I'd like to share an encouraging word. With lava flows, forest fires, and major storm warnings, we have all been impacted in some way. Added to our day to day responsibilities like work and school, we may be feeling stressed. All of us at Hui Mālama Ola Nā 'Ōiwi are sending our support and encouragement to you.

It's times like these where response matters. Stress can have a larger impact than many realize. Physically, it can cause headaches, fatigue, upset stomach, chest pains, and sleep problems. Stress has even been linked to heart attack. Emotionally, it can cause anxiety, depression, irritability, and restlessness. These impacts can lead to unhealthy behaviors including overeating, or undereating, drug or alcohol abuse, tobacco use, and less overall life balance.



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!



Varicella Zoster Virus (VZV)

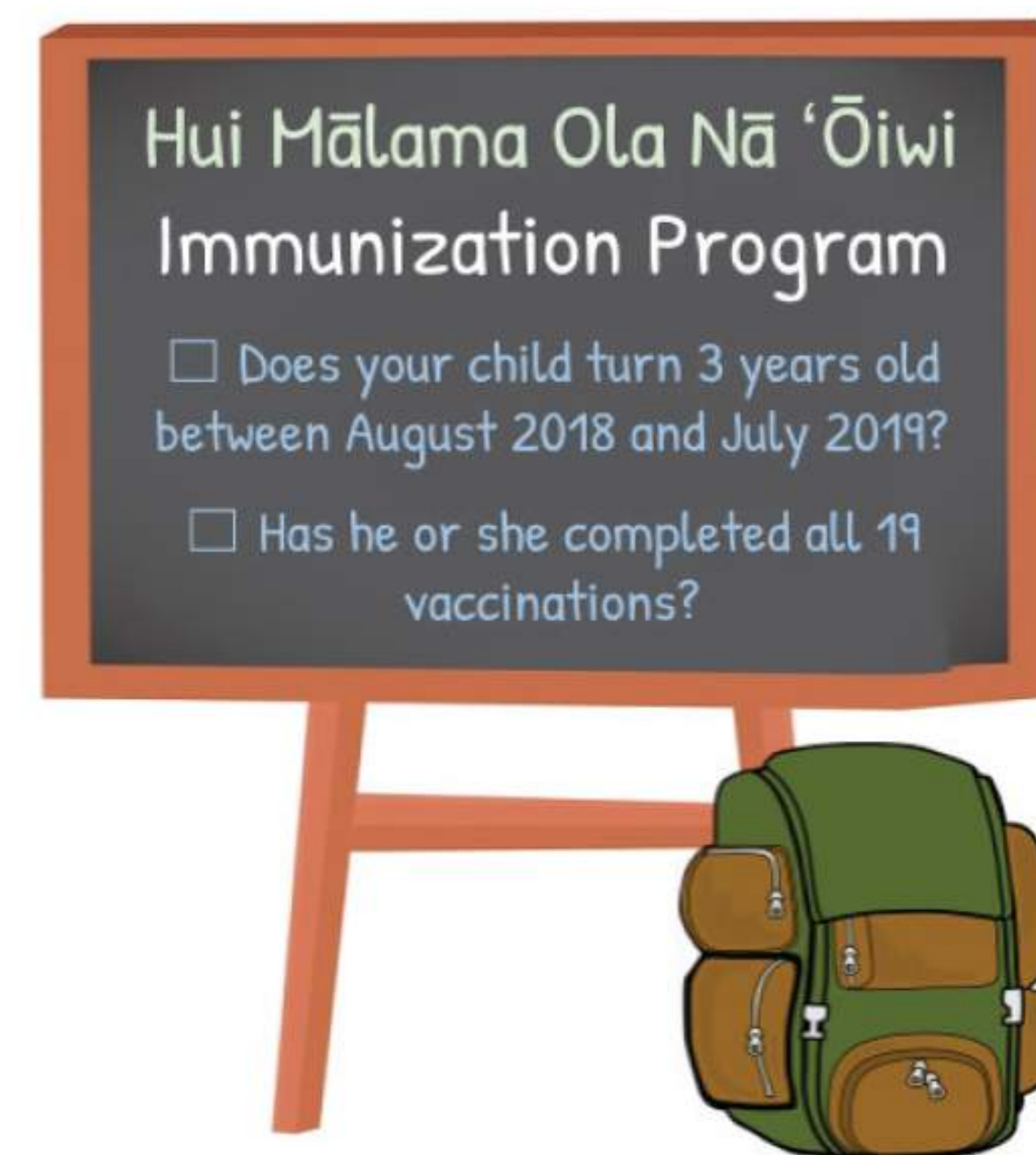
Varicella-zoster virus (VZV) causes chickenpox resulting in a blister-like rash, itching, tiredness, and fever. While chickenpox is usually a mild childhood disease, it can cause serious health issues in young infants, adults, pregnant women, and those with a weakened immune system.

To reduce the chance of chickenpox, two doses of the vaccine are recommended with the first dose at 12 through 15 months and the second dose at 4 through 6 years old. Adolescents and adults can still get the vaccine if not received as a child. Speak with your doctor about options. The vaccine is about 90% effective at preventing chickenpox.

Visit <https://www.cdc.gov/vaccines/> for more information.

Do you know if your child has received all recommended immunizations? Hui Mālama can help!

Call (808) 969-9220 for information on vital vaccines.



Did you know if your child turns 3 years old between August 2018 & July 2019 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

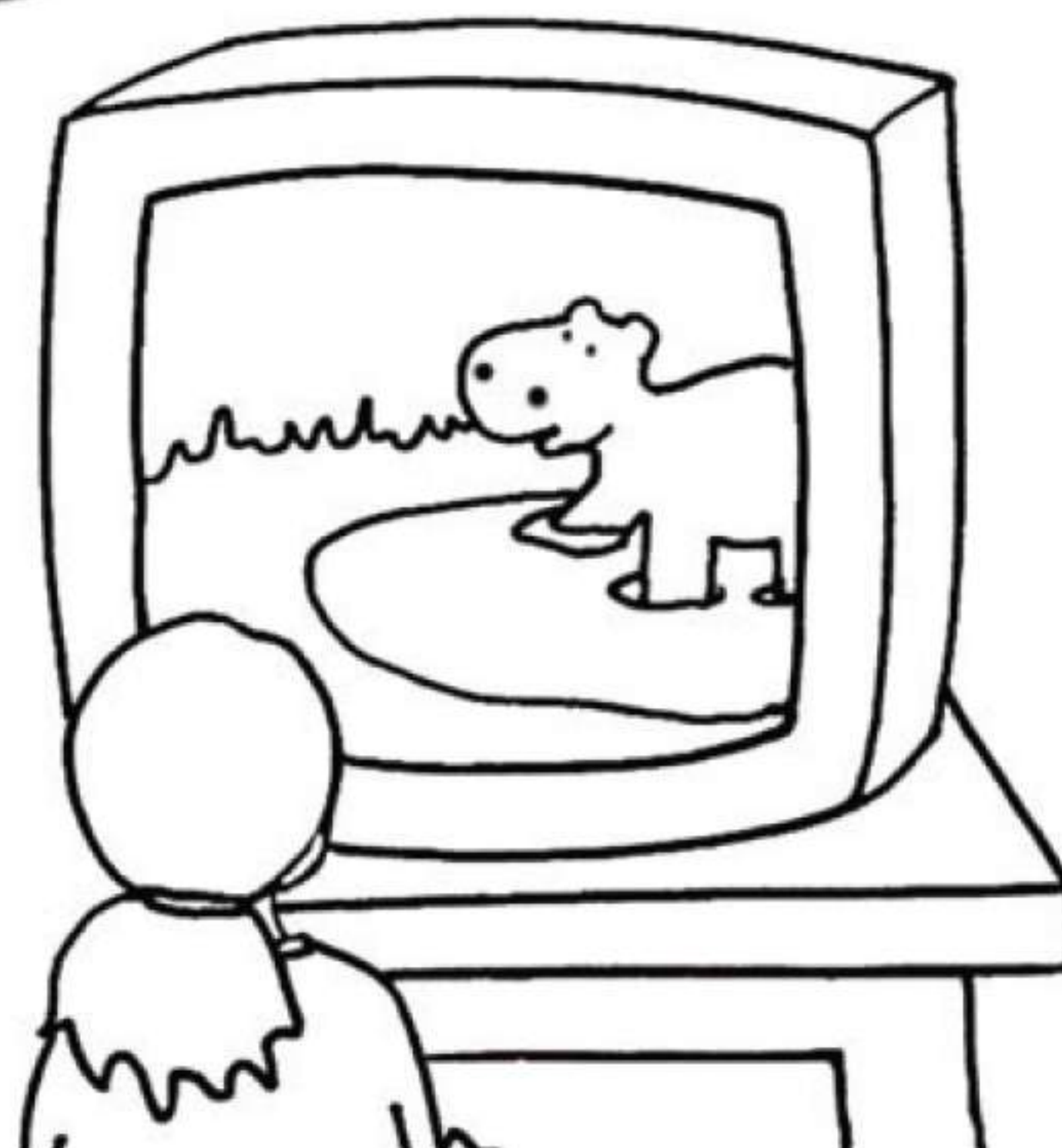
For more information about our Immunization Program, call us at (808) 969-9220.



Keiki Coloring Corner

Did you know that September is Childhood Obesity Awareness Month? Simply put, obese means having more body fat than is healthy. How can you stay healthy? Get enough physical activity and sleep! Balance is key. Complete the activity below to learn what activities can help prevent obesity.

Color in the activities that keep you active.
Mark an X on the activities that **do not** keep you active.
Lastly, **circle** the activities that you like to do. Make sure to keep a balance!





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 Labor Day OFFICE CLOSED</p>	<p>4 10:30AM BS&SEC -Keaukaha</p> <p>*4:30PM Diabetes Management Class-Kona</p> <p>5PM Yoga-Keaukaha</p> <p>5:30 PM Diabetes Support Group-Hilo</p>	<p>5 9AM BS&SEC -Na'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>6 10:30AM BS&SEC -Keaukaha</p> <p>11AM-1PM LNO Ticket Distribution -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>7 BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>8</p>
<p>10 *4PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5PM Diabetes Management Class -Ka'ū</p> <p>4PM-6PM LNO Ticket Distribution -Hilo</p>	<p>11 10:30AM BS&SEC -Keaukaha</p> <p>*4:30PM Diabetes Management Class-Kona</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Cancer Support Group-Hilo</p>	<p>12 9AM BS&SEC -Na'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>13 10:30AM BS&SEC -Keaukaha</p> <p>11AM-1PM LNO Ticket Distribution -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>14 10AM Zumba -Hilo</p>	<p>15</p>
<p>17 *4PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5PM Diabetes Management Class -Ka'ū</p> <p>4PM-6PM LNO Ticket Distribution -Hilo</p>	<p>18 10:30AM BS&SEC -Keaukaha</p> <p>*4:30PM Diabetes Management Class-Kona</p> <p>5PM Yoga-Keaukaha</p>	<p>19 5:30PM Zumba -Keaukaha</p>	<p>20 10:30AM BS&SEC -Keaukaha</p> <p>11AM-1PM LNO Ticket Distribution -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>21</p>	<p>22</p>
<p>24 *4PM Healthy Hāpai -Waimea</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5PM Diabetes Management Class -Ka'ū</p> <p>4PM-6PM LNO Ticket Distribution -Hilo</p>	<p>25 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga-Keaukaha</p>	<p>26 9AM BS&SEC -Na'ālehu</p>	<p>27</p>	<p>28 6PM-9PM 18th Annual Ladies' Night Out -Hilo Ticket required. Call 969-9220 to get yours today!</p>	<p>29</p>
<p>30</p>	<p>*CLASS SIGN-UP: Most classes offered are 3-weeks long (one session a week). Please contact us to sign-up! (808) 969-9220 or hmono.org/classes</p> <p>LADIES' NIGHT OUT (LNO) Ticket Distribution is at Hui Mālama Ola Nā 'Ōiwi office. 1438 Kilauea Ave, Hilo</p>				