

February  
Pepeluali 2019



# Ola kino

## Newsletter

# HEART HEALTHY: What You Can Do to Mālama Your Heart

### Look Inside for:

- *Upcoming Lā'au Lapa'au Workshop schedule*
- *Living with Diabetes: A Personal Story*
- *Information on New Patient Registrations for Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic*



## A message from our Board of Directors



**Aloha kākou,**

I hope this month finds you doing well and staying true to the healthy resolutions you made last month. I am so thankful for our Hui Mālama Ola Nā 'Ōiwi 'ohana across the island: staff, clients, partners, and supporters. And now our family is expanding to include patients for the Family Medicine Clinic. If you need a doctor, come see us! My doctor recently moved to the mainland, so I registered to be a new patient right away. I am excited that Hui Mālama is able to offer more services and in the Hui Mālama way that is caring, supportive, and with aloha. The medical professionals on our team aim to really mālama our community. I highly recommend if you're looking for family medicine, behavioral health, nutrition counseling, or diabetes education, come visit us. You are always welcome.

**Mabel De Silva - Chair**

## A message from our Executive Director



**Aloha mai kākou,**

February is Heart Health Month. There are many steps we can take to be proactive in keeping our hearts healthy. One of the most important things you can do is get your regular medical check-ups. Unchecked blood pressure, blood cholesterol, and blood sugar can impact your heart health and if too high or too low, can lead to other health issues. It is recommended to have a health assessment at least twice a year, and for some of us as we get older, it's at least once a quarter. If there's a health concern, there are not always obvious symptoms, so regular check-ups with a medical professional are crucial. If your body is giving you signals that something is not right, see a medical professional right away. In addition to check-ups, maintaining a healthy lifestyle at home with good nutrition and physical activity will help with heart health. To learn more about living healthy, come talk story with us about our education programs covering hypertension, diabetes, nutrition, and more.

In addition to our education programs, I am pleased to announce the February 11 opening of the Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic. For 27 years, we have focused on prevention, education, and empowering our island to take control of their health. With the opening of the medical clinic, we can now offer more services to the community. Our team of health professionals is here when you need a doctor, to help with your health assessments and give you medical advice. This includes family medicine, behavioral health, and nutrition and diabetes education counseling.

What we can promise is that we will bring the same level of care for our medical patients as we have for those in our education programs. At Hui Mālama, we strive to help the total individual, meaning a focus on the physical, mental, and spiritual well-being. We understand that many factors contribute to wellness in addition to physical health. Having a job, a place to live, and being in a good mental state can significantly impact overall health. We aim to assist in as many areas as possible, and if we cannot offer a direct service, we want to refer you to someone in the community who can help. We are blessed to live on an island where we can partner with other agencies and all work together to help where needed.

For those of you who walk through our doors, we want you to leave feeling helped, supported, and healthier. Health is a continuous effort. Bringing a spirit of aloha to that journey can make a big difference. I am pleased that the Family Medicine Clinic is an added piece of the puzzle in our mission to care for the health of our people. We're all connected. We all live in the same county, same island, same state. If one of us needs help, it can impact us all. It's important to us to be a part of the hui that comes together to mālama each other. One for all and all for one. If you have health concerns or questions, come see us today. Mahalo nui loa,

**Louis Hao - Executive Director**



**Hui Mālama Ola Nā 'Ōiwi**  
Hawai'i Island Health Care System

*Live Longer & Feel Better, Together*

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**Become a member today!**

Take advantage of

Hui Mālama Ola Nā 'Ōiwi  
health services. Just visit:

HMONO.org/register

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# What's Happening Around Hawai'i Island?

## Diabetes Support Group

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

Tuesday, February 19  
1:00pm-2:30pm  
Hui Mālama Office

## Cancer Support Group

Tuesdays, February 12 & 26  
5:30pm-7:00pm  
Hui Mālama Office

## Exercise & Fitness

### Basic Stretch & Strengthening in Hilo

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

### Zumba

Fridays, February 8 & 22  
10:00am-11:00am  
Hui Mālama Office

### Mondays & Wednesdays

5:30pm-6:30pm  
Malia Puka O Kalani Church Gym

### Therapeutic Yoga

Tuesdays & Thursdays  
5:00pm-6:00pm  
Malia Puka O Kalani Church Gym

## SCHEDULE OF CLASSES



**Hui Mālama  
Ola Nā 'Ōiwi**

	FEBRUARY	MARCH	APRIL
<b>HILO</b>			
<b>DIABETES MANAGEMENT</b>	Wed 2/13 - 2/27		
<b>HEALTHY HĀPAI</b>	Mon 2/11 - 3/18		
<b>HEALTHY AT ANY SIZE</b>	Thurs 1/31 - 3/7		
<b>PUNA</b>			
<b>DIABETES MANAGEMENT</b>	Wed 2/6 - 2/20		
<b>HYPERTENSION</b>		Wed 3/6 - 3/20	
<b>KA'Ū</b>			
<b>DIABETES MANAGEMENT</b>	Mon 2/4 - 2/25		
<b>HYPERTENSION</b>			Mon 4/8 - 4/22
<b>KONA</b>			
<b>DIABETES MANAGEMENT</b>		Tues 3/5 - 3/19	
<b>HEALTHY AT ANY SIZE</b>			Wed 4/3 - 5/1
<b>HYPERTENSION</b>			Tues 4/9 - 4/23
<b>NORTH HAWAI'I</b>			
<b>DIABETES MANAGEMENT</b>		Mon 3/4 - 3/18	
<b>HYPERTENSION</b>			Mon 4/8 - 4/22

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

[hmono.org/classes](http://hmono.org/classes)

Visit our website for information on more services! [HMONO.org](http://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!



## Grow Your Own Lā'au

The Hui Mālama Grow Your Own Lā'au class learning how to grow their own plants in Waimea on January 12. For upcoming class dates, take a look at page 5.

## Light Up a Life

Hui Mālama Cancer Support Group Mālama Ka Pili Pa'a volunteering with Hawai'i Care Choices Light Up a Life in December.



## Save the Date!

3rd Annual Mālama Nā Keiki Festival  
Saturday, June 29, 2019  
Pāhala Community Center in Ka'ū  
9:00am-1:00pm

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](http://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](http://hmono.org/volunteer)



# Hui Mālama Ola Nā 'Ōiwi Medical and Behavioral Health Services

## Family Medicine Clinic Opening

The Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic is set to open February 11, 2019 with medical services available to the Hawai'i island community. Behavioral Health, Nutrition Counseling, and Diabetes Education services began in December 2018. Free health screenings were also offered in December and January, leading up to the opening of the Family Medicine Clinic.

Noe Scott, Medical Program Manager for Hui Mālama shares, "We are excited to welcome the community as patients to our new medical clinic. For 27 years, we have worked closely with families across the island, helping improve quality of life through health education classes and consultations with health professionals. With the addition of medical and behavioral health services, we can do even more for our community. We encourage all who are interested in being a patient to apply today."



Gaku Yamaguchi, MD; Ka'ohimanu Dang Akiona, MD; Donna Dennerlein, LCSW; Stacy Haumea, DBH, RDN, CDE; Ikaika Moreno, MSN, NP-C

## Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic

73 Pu'uhonu Place, Suite 101

Hilo, Hawaii 96720

Phone: (808) 796-3125

Fax: (808) 796-3128

## New Patient Registration

New Patient Registration packets can be picked up starting February 1 from the Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic located in Hilo at 73 Pu'uhonu Place, Suite 101. Packets are also available online at [www.HMONO.org](http://www.HMONO.org).

We will try our best to accept all patients who apply. Please complete the patient registration packet including health history so that we can assess your health care needs. At times, it may be necessary to hold applications, and we will try our best to communicate any delays to you should there be any concerns or issues. We will review your application and if you are accepted, we will request your medical records from your previous provider(s) within the last 7 years and contact you to schedule your first appointment.



## Medical Team



Stacy Haumea  
DBH, RDN, CDE



Gaku Yamaguchi  
MD



Donna Dennerlein  
LCSW



Ka'ohimanu Dang Akiona  
MD



Ikaika Moreno  
MSN, NP-C



Noelani Scott  
Medical Program Manager



Shelby Lankford  
CMA



Stephanie Kung  
CMA



Tiare Ortega  
CMA



# La'au Lapa'au Workshops

The Hui Mālama Ola Nā 'Ōiwi La'au Lapa'au workshops will be in full swing starting next month with the first one scheduled for March 9! The theme of this year's workshops, Ho'omana Ke Ola Na Kanaka 'Oiwi translates to "empowering the health of the Hawaiian people". This is the goal of Po'okela Ikaika Dombrignes who leads the workshops. In this day and age, many people experience illnesses that stem from stress, depression, lifestyle choices, and even cultural conflict. Po'okela Ikaika shares, "These la'au lapa'au workshops are about empowering the people to take care of their mind, body, and spirit." The workshops are also meant to remind people of the resources we can find in our own backyard instead of relying solely on foreign import for sustenance. There are a total of five workshops that will be offered throughout the island of Hawai'i. Want to learn about the different plants that were used in traditional Hawaiian healing? Join us for any of the upcoming La'au Lapa'au workshops across the island!



Presented by **Po'okela Ikaika Dombrignes**  
**"Ho'omana Ke Ola Na Kanaka 'Oiwi"**

**HO'OPONOPONO • LA'AU LAPA'AU  
 LOMILOMI HA HA • LA'AU KAHEA**

**HILO - Saturday, March 9, 2019**  
**Aunty Sally's Luau Hale • 9am - 3pm**

**WAIMEA - 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 District Gym • 10am - 3pm**

**PUNA - Saturday, July 13, 2019**  
**Pahoa Gym Patio Area • 9am - 3pm**

*Light refreshments provided. Please bring your lunch.*

Funded by:



## Upcoming Grow Your Own Lā'au Classes

**Kona** - February 16, 2019 • Ma'ona Gardens  
 • 10:00am-12:00pm

**Honoka'a** - March 30, 2019 • Kohala Center Honoka'a Demonstration Farm • 10:00am-12:00pm

**Pāhala** - June 22, 2019 • Ka'ū Community Center  
 • 1:00pm-3:00pm

Call (808) 969-9220 for more information!

Funded by:



Health Resources and Services Administration



# Our Hawai'i Island Youth: Moving and Thriving with Hui Mālama Ola Nā 'Ōiwi

## Afe Filemoni

E Mālama I Ke  
Olakino 'Ō Nā  
Keiki Makahiki  
Program



Afeafeaupitoaluga (Afe) Filemoni is the program facilitator for the Hui Mālama Ola Nā 'Ōiwi "E Mālama I Ke Olakino 'Ō Nā Keiki" program. The program brings youth physical activity lessons through the teaching of Makahiki games in schools. The program was designed to address the increasing rates of child obesity by making exercise fun for the children. During this program, Afe teaches the kids about the exercises and ancient games that were played during the Makahiki season. First, they learn about the different muscle groups that are used for a certain game. Then, they are taught how to use the muscles they just learned about and challenge their classmates by enacting the Makahiki games. Many different skills are learned through the program such as hand-eye coordination, precision, and strategic planning. The importance of stretching before and after exercise is also shared with the students. The program is currently being offered at three schools throughout the island, but the goal is to expand the program to include more schools by the end of the year.

Afe graduated from the University of Hawai'i at Hilo in 2017 with his bachelors degree in Kinesiology. He shared, "I really enjoyed learning because I saw how beneficial this information was when applied to myself and others." His ultimate goal is to bring this knowledge back to Samoa as an athletic trainer at a public school.



## Rosilyn Handy

Kea'au High School  
Girl's Soccer Coach



Rosi is the Special Programs and Events Coordinator at Hui Mālama, and also wears the coach's cap after work as head coach of the Kea'au High School girl's soccer team. Throughout her childhood, Rosi played many sports including basketball, volleyball, and softball, but soccer was her favorite. After graduating from Grand Canyon University in 2016, she returned home to Hawai'i island to serve her community and joined the Hui Mālama team. She knew that she also wanted to serve by coaching soccer at her alma mater. Rosi shares her belief about sports, "Playing sports helps teach important life skills like how to strive to better yourself, how to communicate effectively, and how to work as a team." She hopes more of our youth join sports and, personally, she hopes to make a positive impact on her community as a soccer coach for years to come.



Hui Mālama offers several youth-focused programs to promote healthy keiki. Contact us today to learn more about the Makahiki Program, Immunization program, and our presentations for schools and community groups. (808) 969-9220



# Heart Health with Dr. Akiona



**Proverb:** *I ola no ke kino i ka mā'ona o ka 'ōpū.*

**Translation:** *The body enjoys health when the stomach is well-filled.*

**Meaning:** *A healthy diet is essential to good health.*

February is Heart Health Month so it may seem odd to start with a proverb that mentions the 'ōpū, but Native Hawaiians believe our health comes from our na'au, loosely translated to refer to our "gut". When one looks at cardiovascular diseases as a whole, it is not a stretch to consider "gut" health as an important part of heart health. This might refer to eating healthier, exercising to maintain your core strength and muscles, or even emotionally feeling right and balanced in your life. All of these factors are important when considering your heart health.

## Cardiovascular Disease

Cardiovascular disease is a leading cause of morbidity and mortality in the United States. There are many important health behaviors like smoking or tobacco use, exercise, nutrition and maintaining healthy weight as well as health factors like hypertension (high blood pressure), hyperlipidemia (high cholesterol), diabetes mellitus, and kidney disease that contribute to an individual's risk for cardiovascular disease.

Cardiovascular disease can refer to a number of conditions, many related in some way to something called atherosclerosis. **Atherosclerosis** is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows and hardens the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow which then causes further problems including heart attack, stroke, heart failure, arrhythmia, and heart valve problems.

**Heart attack** - This occurs when the blood flow to a part of the heart is blocked by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Sometimes this is referred to as a myocardial infarction or MI.

**Stroke** - There are two main types of stroke: **ischemic** stroke (the most common type) which occurs when a blood vessel that feeds the brain gets blocked by a clot, and **hemorrhagic** stroke which occurs when a blood vessel within the brain bursts, often caused by uncontrolled hypertension.

When the blood supply to a part of the brain or heart is cut off, brain or heart muscle cells will begin to die. This can result in the loss of functions controlled by that part of the brain, such as walking or talking. Some effects of stroke or heart attack are permanent if too many cells die after being starved of oxygen. It is thus very important to get help quickly to minimize long term damage.

**Heart failure** means the heart is not pumping blood as well as it should. Often times, the heart is working very hard, but the body's oxygen needs are not being met. This is often accompanied by swelling or fluid buildup where it doesn't belong. It will get worse if untreated.

**Arrhythmia** refers to an abnormal heart rhythm. There are various types of arrhythmias. The heart can beat too slow (bradycardia), too fast (tachycardia), or simply irregularly. Arrhythmias affect how well your heart works and may cause your heart to not be able to meet your body's needs.

**Heart valve problems** - Heart valves can become stiff and not open as well; they may not close properly and allow blood to leak through; or they may bulge and prolapse, or push backwards and also affect the way your blood pumps in your heart. All of this affects your heart's ability to meet your body's oxygen needs.

## What Can You Do to Improve Your Heart Health?

The good news is that there are ways to address your cardiovascular health by being more aware of Modifiable Health Behaviors and Health Factors for Heart Disease.

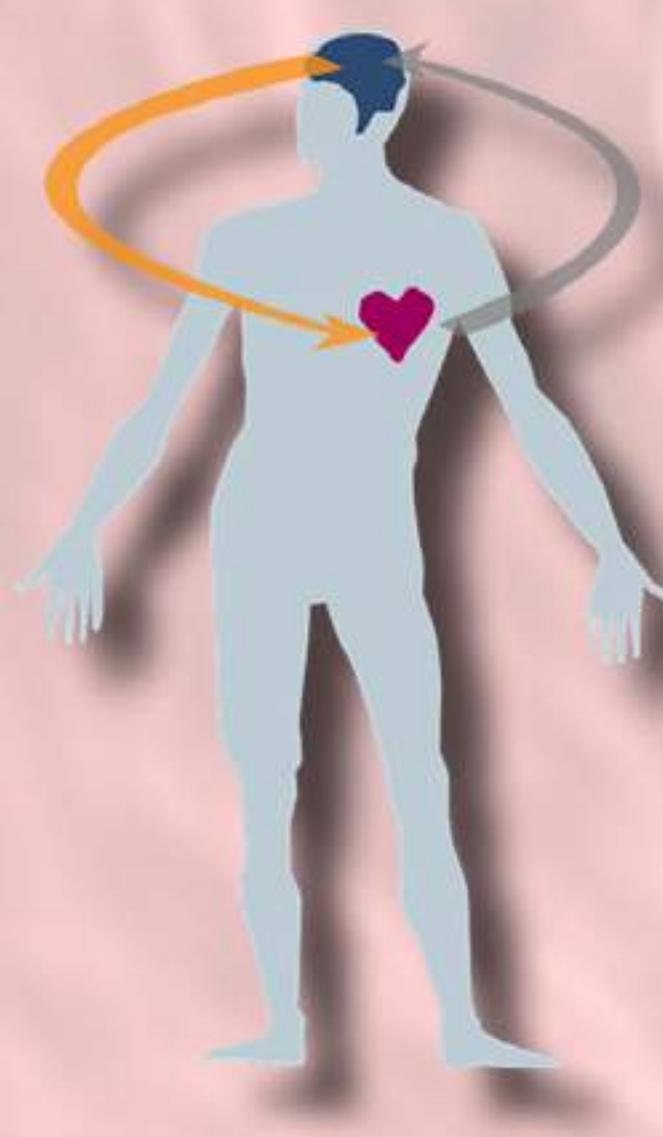
- **Know your blood pressure numbers!** Hypertension (high blood pressure) is the number one modifiable risk factor for stroke, and also contributes to heart attacks, heart failure, kidney failure and coronary artery disease. High blood pressure is often referred to as a "silent killer" as nearly 1/3



of those who have it are not aware they have high blood pressure.

- **Test your blood cholesterol levels.** When cholesterol builds up in the arteries, less blood is able to pass through. The prevalence of high blood cholesterol increases with age, but is common across ethnicities, counties, and people of all educational and household income categories.
- **Do you blood sugar screenings:** Diabetes is a disease defined by high blood sugar that results from improper production or use of the hormone insulin. High blood sugar can lead to hardening or leaking of the blood vessels and is also linked to increases in blood pressure.
- **Avoid Smoking:** Smoking speeds up the process of atherosclerosis and increases the likelihood of a blood clot by causing platelets to clump together.
- **Exercise:** Not getting regular physical activity is a risk factor for high blood pressure, high cholesterol, and diabetes, all of which are the primary risk factors for coronary heart disease (CHD).
- **Maintain a healthy weight:** Body Mass Index (BMI), a surrogate indicator of body fat, is often used as a measure of overweight and obesity. There is some research that suggests other measures of fat distribution, such as waist circumference and waist-to-hip ratio, may be more closely associated with increased risk of poor health outcomes.
- **Eat your fruits and vegetables!** Diets rich in fruits, vegetables, whole grains, fat free or 1% milk, lean meats, poultry, fish, beans, eggs, and nuts, and diets low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars are optimal for maintaining a healthy weight.

Through better management of health factors like blood pressure, cholesterol, blood glucose, and BMI as well as proactive healthy behaviors like quitting tobacco, exercising daily and eating a well balanced diet, patients can take control of their heart health in a positive way. We do know that the state of Hawai'i is unique in geography and ethnic diversity. Health information is available by county, age, and ethnicity to look at particularly vulnerable populations. For example, rates of smoking, obesity and prevalence of hypertension and diabetes is higher in Native Hawaiians, and rates of smoking were higher in Hawai'i county when compared to Honolulu county. As our population ages, the burden of heart disease is expected to increase.



Maui, Kaua'i and Hawai'i counties all had higher cardiovascular disease mortality rates than the state average. And, with nearly one-third the state population, neighbor island counties will need to address unique issues of access to and quality of care. A first step you can take is discussing your heart health with your primary care team. Each of us can strive for "he 'ōpū ali'i" or the heart of a chief.

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## Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
<b>NORMAL</b>	<b>LESS THAN 120</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>ELEVATED</b>	<b>120 – 129</b>	<b>and</b>	<b>LESS THAN 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 – 139</b>	<b>or</b>	<b>80 – 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 OR HIGHER</b>	<b>or</b>	<b>90 OR HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER THAN 180</b>	<b>and/or</b>	<b>HIGHER THAN 120</b>

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[heart.org/bplevels](http://heart.org/bplevels)





# 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





# Volunteer Spotlight

## Kahele Joaquin

Kahele Joaquin, one of the volunteers at Hui Mālama Ola Nā 'Ōiwi, is a current student at the University of Hawai'i at Hilo. She is majoring in Kinesiology and minoring in Hawaiian Studies. While volunteering with Hui Mālama, Kahele has created visual presentations showing the muscle groups that are used for certain youth Makahiki games and exercises. These presentations will be used to teach keiki from different schools about cultural practices while promoting a healthy lifestyle. Kahele is passionate about serving the community and wants to open a lā'au lapa'au dispensary where people can purchase natural remedies.



## Practicum and Internships

Hui Mālama Ola Nā 'Ōiwi has partnered with many organizations to offer people the professional experience they need for their future careers. We have worked with many students from different colleges such as Stanford University, University of Hawai'i at Hilo, and University of Hawai'i at Mānoa to facilitate their learning and passion for community health education.

### Past projects include:

- Makahiki program
- Kimo and Kahea
- Taking vitals at community events and health education classes
- Coping Skills Assessment and Stress Awareness
- Cancer Education

We want to express our gratitude and say thank you to all the students who have worked with Hui Mālama to make a positive impact in the community. Are you interested in community health? Want to make a difference in your community? Join Hui Mālama for your practicum or internship, or as a volunteer! Call us at (808) 969-9220.





# Managing Diabetes: Aileen's Story

According to the American Diabetes Association, about 154,365 people in Hawai'i have diabetes. Aileen Alvarez is living with type 2 diabetes. She sat down to talk story with us and share her journey to a healthy A1C.

Aileen was diagnosed about 20 years ago. Initially, she tried to manage her diabetes on her own. She was a Hui Mālama Ola Nā 'Ōiwi client, but primarily used the transportation services until one day she saw Auntie Edna Baldado teaching a Hele Mai 'Ai nutrition class. When she asked, she learned that Hui Mālama also offered Diabetes Management classes. Aileen decided to sign up for the class. Additionally, she came in for one-on-one consultations with Registered Nurse Wanda Louis.



With the information learned in the classes and advice from auntie Wanda, Aileen learned to track her blood pressure, daily blood sugar levels, and the foods she ate in a journal. She learned these changes could significantly help in managing her diabetes.

While Aileen was making progress, she couldn't help but compare herself to

the progress of others in the Diabetes Management classes. She saw that others had lower blood sugar levels that were more steady. She was disheartened and wanted to make more progress more quickly. Knowing that carbohydrates can cause increase in blood sugar, she thought that cutting carbohydrates completely out of her diet would help her reduce her blood sugar levels. She soon started experiencing symptoms of hypoglycemia, low blood sugar. She felt extremely tired all the time and, one day, she began to see spots in her vision. Aileen knew something was wrong so she called the ambulance and was rushed to the emergency room at Hilo Medical Center. Her doctor said



that she was on the verge of going into a diabetic coma and needed to make a change in lifestyle. As Aileen was tracking her blood sugar and food, the doctor was able to look over her logs and food journal to discover that she was not eating any carbohydrates. After making modifications to her diet recommended by her doctor, Aileen began to feel and do better. The doctor also advised that she continue seeking support at Hui Mālama and learning more about managing diabetes.

Aileen has come a long way from the hospital incident of 2016. She is happy to share that as of November 2018, she has succeeded in decreasing her blood sugar levels and recently got her A1C level down to 6.5. A sought after goal for those living with diabetes is to achieve an A1C lower than 7 percent. Aileen has surpassed this through steady progress, healthy changes, and increased knowledge about her condition!



Aileen has surpassed this through steady progress, healthy changes, and increased knowledge about her condition!

Living with diabetes can be a difficult journey, but Aileen has some advice for those diagnosed with diabetes: "First, take care of yourself right away. Don't procrastinate and wait until you lose your eyesight or have to go to dialysis. Also, find out more information about your diagnosis. Read up as much as you can about diabetes. That will educate you about your disease. If you don't know about your disease, you can't help yourself live a healthy life. Sharing and talking to other people about your diabetes is a very good way to help yourself. The more you share, the more you will try to work on it. This will help motivate you. When it comes to meals, be mindful of your portions and eat more veggies! And lastly, get rid of stress as much as you can or find healthy ways to cope with stressors."

Hui Mālama Ola Nā 'Ōiwi offers free Diabetes Management classes to those diagnosed with type 1 or type 2 diabetes. Participants learn about how to manage their diagnosis through proper nutrition, exercise, and monitoring of their blood glucose levels. A Diabetes Support Group is also available with meetings twice a month in Hilo. To learn more about our classes or support group meeting, call us at (808) 969-9220 or sign up online at [hmono.org/classes](http://hmono.org/classes).

## Upcoming Diabetes Management Classes

Ka'ū - Mondays, February 4 - February 25

Puna - Wednesdays, February 6 - February 20

Hilo - Wednesdays, February 13 - February 27

North Hawai'i - Mondays, March 4 - March 18

Kona - Tuesdays, March 5 - March 19

## Diabetes Support Group Meetings

First Tuesday of the month from 5:30pm - 7:00pm

Third Tuesday of the month from 1:00pm - 2:30pm

Hui Mālama office

Stacy Haumea, Registered Dietician Nutritionist and Certified Diabetes Educator, encourages people to make connections and create a support system to help manage diabetes.



*Dr. Stacy Haumea*  
DBH, RDN, CDE

"My patients are always surprised by how much more they learn in a group setting and they find motivation and support from fellow participants. Lifestyle changes and improved blood glucose values are a common result for group participants and my patients find sticking to health changes is much easier with group support than by themselves."

Dr. Haumea offers nutrition lifestyle behavior education, training, and support with a specialty in diabetes. For a one-on-one appointment, please contact our Hui Mālama Family Medicine Clinic at (808) 796-3125.



# Aunty's Health Message

## *Aloha mai kākou,*

I am Aunty Edna and today I want to talk with you about your heart. February is Heart Health Month. This is a good time to think about how to mālama, or care for, your organ of love - the heart. Fold your hand into a fist and place it over the center of your left breast area. Compare the area to the size of your whole body. That little area is the size of your heart, and the only part of your body that never rests and works every minute of your life from the moment you are born.



The heart fills a very special role. It pumps blood around your body. The blood provides your body with oxygen and nutrients it needs. It also carries away waste.

Knowing how important your heart is, this month we should pay extra close attention to what we need to do or change so that our small, but mighty heart can continue to do its big job of keeping you alive, healthy, and well throughout the year.

Some key tips include exercising, eating plenty of



fruits and vegetables, limiting soda or other sugary drinks, and not smoking. High blood pressure, high blood cholesterol, and high blood sugar can negatively impact your heart health so make sure to do your doctor recommended health screenings!



Questions? Come talk story with 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!***



**Answer Key**  
Keiki Coloring Corner  
crossword on page 14

### **ACROSS**

- 3 - Dentist
- 6 - Toothpaste
- 7 - Toothbrush

### **DOWN**

- 1 - Cavity
- 2 - Mouthwash
- 4 - Tartar
- 5 - Floss



# Diphtheria, Tetanus, and Pertussis

## DTaP - 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 2018 and July 2019?
- Has he or she completed all 19 vaccinations?



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

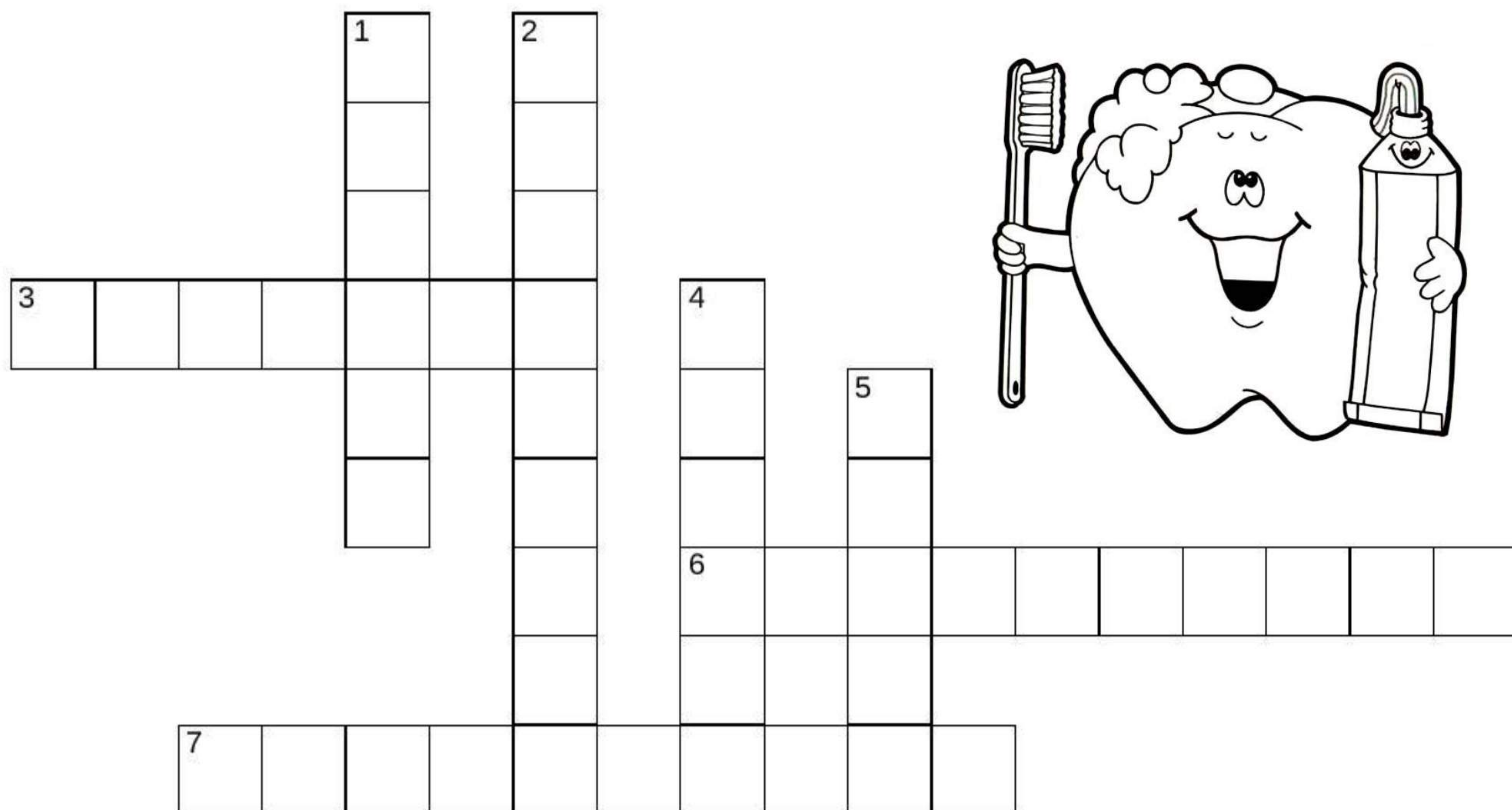
For more information about our Immunization Program, call us at (808) 969-9220.





# Keiki Coloring Corner

**February** is National Children's Dental Health month! Complete the crossword puzzle below to learn more about dental care:



## ACROSS

- 3 - The Tooth Doctor
- 6 - Cleanser for teeth
- 7 - Tool used to clean your teeth

## DOWN

- 1 - A hole in a tooth
- 2 - Liquid to rinse mouth and freshen breath
- 4 - Crusty build-up on teeth
- 5 - String used to clean between teeth

Answer Key on page 12





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*CLASS SIGN-UP:</b> Most classes offered are 3-weeks long (one session a week). Please call or visit us online to sign up. <a href="http://hmono.org/classes">hmono.org/classes</a></p> <p><b>RECEIVE THE OLAKINO ELECTRONICALLY EACH MONTH!</b> Email <a href="mailto:contact@hmono.org">contact@hmono.org</a> or visit <a href="http://hmono.org">hmono.org</a> to subscribe.</p> <p><b>1438 Kīlauea Ave, Hilo</b> <b>(808) 969-9220</b> <b>HMONO.org</b></p> <p><b>Live Longer &amp; Feel Better, Together!</b></p>				1	2
<p>4 5PM Diabetes Class -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>5 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>6 9:30AM Healthy Hāpai-Kona</p> <p>3PM Healthy Hāpai -Waimea</p> <p>9AM Diabetes Class -Puna</p> <p>5:30PM Zumba -Keaukaha</p>	<p>7 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>8 10AM Zumba -Hilo</p>	9
<p>11 10AM Healthy Hāpai -Hilo</p> <p>5PM Diabetes Class -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>12 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>13 3PM Healthy Hāpai -Waimea</p> <p>5PM Diabetes Class -Hilo</p> <p>9AM Diabetes Class -Puna</p> <p>5:30PM Zumba -Keaukaha</p>	<p>14 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	15	16
<p>18 <b>OFFICE CLOSED</b></p> <p>Presidents' Day</p>	<p>19 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p>	<p>20 5PM Diabetes Class -Hilo</p> <p>9AM Diabetes Class -Puna</p> <p>5:30PM Zumba -Keaukaha</p>	<p>21 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>22 10AM Zumba -Hilo</p>	23
<p>25 10AM Healthy Hāpai -Hilo</p> <p>5PM Diabetes Class -Ka'ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>26 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>27 5PM Diabetes Class -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>28 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	1	2