

January
Ianuali 2019



Olakino

Newsletter

**2019: A Healthy Lifestyle for
You and Your 'Ohana**

Look Inside for:

- *Updates on medical program services*
- *Cervical health advice from Dr. Akiona*
- *Tips on soil for your home garden*



From left to right: Board members Robert Yamada, Mabel De Silva, Robert Shimamoto, Noelani Ho'opai, Michael Sonoda Dias, and Ronald Kodani

A message from our Board of Directors

Aloha kākou,

2018 was a year of many blessings. Big mahalo to our Hui Mālama Ola Nā 'Ōiwi staff for providing wonderful care, spending time in the community, and most of all for the love shown to our patients and volunteers. Much mahalo.

Uncle Louis and his staff, thank you for your hard work to keep our doors open. To my Board of Directors and family, thank you so much for your time. Mahalo nui loa to all of you for your time and care for our people.

To all of you who are patients, clients, and volunteers, mahalo for being part of our 'ohana. Together, we're making our home a healthier place.

May the year 2019 be just as wonderful or even better. May God's blessings be with all of you. Hau'oli Makahiki Hou.



Mabel De Silva - Chair

A message from our Executive Director

Aloha mai kākou,

Mele Kalikimaka a me Hau'oli Makahiki Hou! Mahalo ke akua for a great year and for a new season in 2019. In the spirit of the new year, all of us at Hui Mālama Ola Nā 'Ōiwi would like to encourage you to make a fresh healthy start of the new year. It's a great time to schedule your check-up appointments and to start some healthier habits. It is time to take a lead and set a good example for your 'ohana.

While you may have started with new year's resolutions in the past and kept for only some time, the point is that you started. Make an attempt. If you keep it for only three months or six months, you're still improving your health and working toward being healthier. Living a healthy lifestyle often includes failed attempts, but if you keep at it, one small step at a time, the efforts make a difference.

Now is your chance to try something good for yourself. Maybe it's walking in the park or taking a yoga class. For some of you, it could be learning to cook healthier meals. Challenge yourself to be healthier. Eat healthier. Drink water. Get lots of rest. It's about balance and moderation.

In order to enjoy life, you have to be healthy in all areas: physically, mentally, and socially. Hui Mālama is here to support you in that. We have our medical and behavioral health team, our education classes, support groups, and exercise... all of this in a supportive and encouraging setting where we can learn together.

So, take control of your life. Mālama pono. If not you, then who? Make some resolutions and set some healthier goals. Do what you say you're going to do. I know it can be difficult, but your health is extremely important and worth the effort.

The theme of "ho'i ho'i" remains a guiding force for me and our family at Hui Mālama; a season to restore and renew. So join us today in living healthier. We can do it together. 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, January 15
1:00pm-2:30pm
Hui Mālama Office

Cancer Support Group

Tuesdays, January 8 & 22
5:30pm-7:00pm
Hui Mālama Office

Exercise & Fitness

(classes resume January 7!)

Basic Stretch & Strengthening in Hilo

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

Basic Stretch & Strengthening in Ka'ū!

Wednesdays, January 9, 16, 30
9:30am-10:30am
Na'ālehu Community Center

Thursdays, January 10, 17, 31

9:30am-10:30am
Pāhala Hawai'i County Nutrition Center

Zumba

Fridays, January 11 & 25
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**

	JANUARY	FEBRUARY	MARCH
HILO			
DIABETES MANAGEMENT		Wed 2/13 - 2/27	
HEALTHY HĀPAI		Mon 2/11 - 3/18	
HEALTHY AT ANY SIZE	Thurs 1/31 - 3/7		
PUNA			
DIABETES MANAGEMENT		Wed 2/6 - 2/20	
HYPERTENSION			Wed 3/6 - 3/20
KA'Ū			
DIABETES MANAGEMENT		Mon 2/4 - 2/25	
EXPANDED FOOD & NUTRITION EDUCATION	Wed 1/16 - 2/19		
KONA			
DIABETES MANAGEMENT			Tues 3/5 - 3/19
HEALTHY HĀPAI	Wed 1/9 - 2/13		
NORTH HAWAI'I			
DIABETES MANAGEMENT	Mon 1/14 - 2/4		
HEALTHY HĀPAI	Wed 1/9 - 2/6		

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!



Hula Hypertension
The Ola Hou I Ka Hula Hypertension class performed at the Hawai'i County Building for "Magic of the Season" on Friday, December 14.

Tobacco Cessation Class
In collaboration with Bay Clinic Inc, two tobacco cessation classes were held this fall in Hilo and Ka'ū. Pictured here is Judy Beaver, Bay Clinic tobacco cessation class facilitator, with participants of the Hilo class at Hui Mālama on December 7.



Grow Your Own Lā'au
Left: Grow Your Own Lā'au class facilitator Matthew Kaho'ohanohano and aunty Midge Kahe'e with the Diabetes Support Group on Tuesday, December 4.
Right: Matthew and the Grow Your Own Lā'au class on December 8 learning about plants in Hilo at Hui Mālama.

Mahalo Dr. Preston-Pita!
The Hawaii Psychological Association awarded Dr. Hannah Preston-Pita the award for Provisions of Psychological Services to Rural Communities in October 2018 in recognition of her lifetime of dedicated behavioral health service to rural communities. Dr. Preston-Pita is the CEO of Big Island Substance Abuse Council and a member of the Hui Mālama Ola Nā 'Ōiwi Board of Directors.



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

Hui Mālama Ola Nā 'Ōiwi Medical and Behavioral Health Services

Nutrition Counseling and Diabetes Education

Dr. Stacy Haumea is accepting patients for nutrition counseling and diabetes education. Dr. Haumea offers nutrition lifestyle behavior education, training, and support with a specialty in diabetes. Services include preventive and therapeutic nutrition and behavior including but not limited to: obesity (weight), hypertension (high blood pressure), hyperlipidemia (high cholesterol / triglycerides / LDL), diabetes, fatty liver, and eating disorders.



To schedule an appointment, please call the Hui Mālama office at (808) 969-9220. Patients must have a referral from a Primary Care Provider (PCP) and health insurance. Appointments are held Tuesday and Thursday in Hilo.

Stacy Haumea, RDN, CDE

Dr. Stacy Haumea, DBH, MPH, RDN, CDE is a passionate educator. She provides preventive and therapeutic nutrition and lifestyle education sensitive to the depth of local Hawai'i cultures. Stacy has a bachelor's in nutrition, a master's in public health, and mostly recently a doctoral degree in behavioral health focusing on integrated and integrative primary care behavioral health. Stacy holds clinical licenses as a Registered Dietitian Nutritionist (RDN) and a Certified Diabetes Educator (CDE).



"I look forward to sharing with you and your 'ohana my "Eat All Day, Everyday, and Move" approach integrating both ancestral health practices with modern primary care practices."

New Medical Site

On December 7, Po'okela Ikaika Dombrigues led a blessing ceremony with Louis Hao, Mabel De Silva, and Edna Baldado being the first to welcome the 'ohana into the new medical office space at 73 Pu'uohonu Place in Hilo. The space is being prepared for opening this spring. We look forward to serving our community here and throughout the island.



Free Health Screenings

Free health screenings will be offered through January at the Hui Mālama 1438 Kilauea Avenue office in Hilo Monday, Wednesday, and Friday mornings 8:30am-12:00pm. Adults 18 years and older can schedule an appointment to see a medical professional. Screenings are offered for both medical and behavioral health services. Insurance not required. Health screenings are free, donations are accepted. To make an appointment, please call (808) 969-9220.

Mana'o Ho'oulu with Matthew

This month, Matthew shares his mana'o about soil.



“Soil is more than just the thing to hold the plant. In conventional farming, that’s how it’s looked at: an inert growing medium, but soil is made of organic and inorganic material. A well-balanced soil is the most ideal. Soil with a lot of organic matter holds more water. Usually darker soils have higher fertility.”



Matthew goes on to say that there are two kinds of farmers, “...ones that cultivate plants and ones that cultivate soil.” He shares that healthy soil gives plants more resistance to

pest and diseases, thus reducing the need for pesticides. Soil regulates water and sustains the productivity of living organisms. It filters pollutants, it cycles nutrients, as well as provides the physical support for the plant.

Maintaining healthy soil reduces the need for additional fertilizers, irrigation, pesticides - all things that incur additional costs. Soil can be improved through composting, mulching, cover cropping, crop rotation, and no-till practices.



Matthew Kaho'ohanohano

To learn more about starting your own garden, join us for Grow Your Own Lā'au classes, offered throughout the year and island-wide! Call us at (808) 969-9220 or visit www.hmono.org/classes to sign-up today.

Next class:
WAIMEA - Saturday, January 12, 2019
● Tutu's House ● 10am - 12pm



**Hui Mālama
Ola Nā 'Ōiwi**

**2019
FREE
ISLAND-WIDE**

**HAWAIIAN TRADITIONAL
LA'AU LAPA'AU WORKSHOPS**

Presented by Po'okela Ikaika Dombrigues

“Ho'omana Ke Ola Na Kanaka 'Oiwī”

**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.

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

☎ (808) 969-9220 • HMONO.org



/HMONO.org



hui_malama_

Hui Mālama Ola Nā 'Ōiwi Services

In the spirit of welcoming the new year and encouraging the renewing of healthy lifestyle choices, we at Hui Mālama Ola Nā 'Ōiwi want you to know what services are available to you to help in your health journey! If interested, call us today at (808) 969-9220 to sign-up!



Diabetes Management

- Classes
- Support Group
- Let's Talk Story with Aunty Edna

Medical and Behavioral Health

- Free health screenings for the month of January! Meet with a medical professional to discuss your health (Ka'ohimānu Dang Akiona, MD; Gaku Yamaguchi, MD; or Ikaika Moreno, MSN, NP-C). Behavioral health appointments are also available with Donna Dennerlein, LCSW.
- Nutrition counseling and diabetes education with Stacy Haumea, RDN, CDE
- More services coming soon!



Traditional Hawaiian Health

- Lā'au Lapa'au Workshops
- Grow Your Own Lā'au Classes



Specialty Transportation



Cancer Support Group and assistance

Immunization Program



Hui Mālama staff 'ohana



Exercise and Fitness

- Zumba
- Yoga
- Basic Stretch & Strengthening



Healthy Hāpai Prenatal Program



Nutrition Classes

- Expanded Food & Nutrition Education Program (EFNEP)
- Hele Mai 'Ai
- Healthy At Any Size



Hypertension

- Hypertension classes
- Ola Hou I Ka Hula class

Stay connected!



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



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

Eating Healthy on a Budget

What does it mean to “eat healthy”? It is recommended to have a balance of food groups in the daily diet; a balance of protein, grains, dairy, fruits, and vegetables. According to the Office of Disease Prevention and Health Promotion, the average consumption of vegetables and fruits across genders and age groups is lower than the recommended daily intake. What does that mean? It means that most people in the U.S. should be eating more fruits and vegetables. Are you and your family included? What’s stopping you from eating healthier?

It’s often stated that eating healthier can be more expensive. Yes, eating healthy can be difficult when it seems more expensive to buy produce, and especially if you choose organic or locally grown foods. The good news is that there are ways to buy nutritious food on a budget! If planned well, cooking at home instead of eating out is one way to save money. Some tips include:



- *Plan your meals ahead of time. What ingredients do you already have? Which do you need? This will help you form your grocery list and can help you use some of the food already in your home!*
- *Tip: Use **choosemyplate.gov** to get healthy and balanced meal ideas.*
- *When you go shopping, stick to your grocery list. It can be the little additions in your cart that raise your bill higher than intended.*
- *Shop for produce that is in season. It tends to be cheaper.*
- *Look for sale prices at the store and in advance - weekly ads have many good deals. For example, many grocery stores have certain apples that are on sale that week... go for those to save some money.*
- *While fresh is great, frozen vegetables and fruits can still offer many nutrients to your meals. Canned items can as well, but make sure to look at labels for added salt and sugar!*
- *Use leftovers to pack your lunch for work. Buying lunch every day can add up in cost.*



- *Visit local farmers markets for good deals on locally grown produce. Supporting local is always great!*
- *Growing your own food is also a great way to save money!*

Resources & Places to Shop

- *Hilo Farmers Market: corner of Kamehameha Avenue and Mamo Street*
- *Kino'ole Farmers Market: 1990 Kinoole Street, Hilo*
- *Hawai'i Food Basket, Inc.: 40 Holomua Street, Hilo*
- *Waimea Homestead Farmers Market: 67-1229 Mamalahoa Hwy., Waimea*
- *Kamuela Farmers Market: 67 Pukalani Road, Waimea*
- *Uncle Robert's Farmers Market: 12-5038 Kapoho Beach Road, Pāhoa*
- *Maku'u Farmers Market: 15-2131 Kea'au-Pāhoa Road, Pāhoa*
- *Kona Farmers Market: 75-5767 Ali'i Drive, Kailua-Kona*

If you need temporary assistance in getting food for yourself and your family, there are resources in the community to assist you. The Department of Human Services has a Supplemental Nutrition Assistance Program (SNAP) that you may qualify for. To learn more about this program and to see if you qualify, contact the Department of Human Services at (808) 933-0331. If you are awarded with SNAP benefits, you may redeem a portion of your benefits to spend at the Hilo Farmers Market.

Learn More

Hui Mālama can help you plan for a healthy lifestyle! Eating healthy isn't always the easiest thing to do, especially if you're not sure what to do to eat healthier. We can help you learn about food groups, sugar, fat, and more to help you make healthier decisions when it comes to buying groceries and even eating out at restaurants. Join us for the upcoming Expanded Food and Nutrition Program (EFNEP) and Healthy at Any Size classes to learn more about healthy foods and being mindful of the foods we eat. These classes are free and open to the public. Donations accepted. To sign-up, call us at (808) 969-9220.

Expanded Food and Nutrition Program

Ka'ū - Wednesdays, January 16 - February 19

Healthy at Any Size

Hilo - Thursdays, January 31 - March 7

January is Cervical Health Awareness Month

About 13,000 women are diagnosed with cervical cancer each year in the United States. January aims to raise awareness about cervical health as cervical cancer is preventable with vaccinations and screenings.

What Is Cervical Cancer?

Cervical cancer is a type of cancer that occurs in the cells of the cervix — the lower part of the uterus that connects to the vagina. Like breast cancer, it can invade surrounding tissues and metastasize to other parts of the body. The cervix has two different parts and is covered with two different types of cells: the endocervix is covered with glandular cells and the exocervix is covered in squamous cells. Where these two cell types meet is called the transformation zone. Most cervical cancers begin in cells located in the transformation zone. The cell changes are caused by human papillomavirus (HPV). Cervical cancer does not typically develop rapidly. The normal cells of the cervix change gradually with pre-cancerous changes. It can take several years for these pre-cancerous cells to develop into cervical cancer. And these cell changes can be detected early on with proper screening. While rare, cancer can develop in less than a year so it is important to do regular screenings as recommended (see Screen Regularly section below). Cervical cancer can be prevented in most cases with early detection and treatment of abnormal cells.



Hui Mālama Ola Nā 'Ōiwi physician Dr. Akiona shares, *"We do know that some population groups have higher rates of cancer than others. For example, Native Hawaiian women have higher rates of breast and cervical cancer than other populations. Death from breast or cervical cancer is most common among women of racial and ethnic minority and low-income groups. Many of these deaths can be avoided by making cancer screening services available to all women at risk and by making sure appropriate preventive health topics are discussed such as HPV vaccination and regular women's health checks. Additionally recent data analysis showed that Hawai'i county had the lowest rates of cervical cancer screening when compared to the other counties in the state."*



Ka'ohimanu Dang Akiona, MD

Several risk factors increase your chance of developing cervical cancer including human papilloma virus (HPV) infection, smoking, immunosuppression, chlamydia infection, not eating enough fruits and vegetables, being overweight, taking oral contraceptives (birth control pills), and having

a family history of cervical cancer. It is important to get regular women's health exams including pap tests to detect cervical cancer early."

Vaccinate Early

The human papillomavirus is a common virus in the U.S., with about one in four people infected. HPV usually does not develop into health problems and HPV infections most often go away by themselves within two years. However, about 1 in 10 may lead to a longer infection and health complications. *"HPV infection can cause cancers of the cervix, vagina, and vulva in women; cancers of the penis in men; and cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men"* (source: <https://www.cdc.gov/hpv/>)



To prevent cancers caused by human papillomavirus infection, the Centers for Disease Control and Prevention recommend that boys and girls receive the HPV vaccine at age 11 or 12. Dr. Akiona explains, *"Not to be overlooked is the HPV vaccination, which in essence is cancer prevention. This vaccine protects against cancer causing types of human papillomavirus and is recommended to both boys and girls around age 11 or 12. HPV is most commonly transmitted through sexual contact. HPV vaccines are highly effective in preventing infection with the types of HPV they target when given before initial exposure to the virus, which means before individuals begin to engage in sexual activity. There is evidence supporting vaccine administration to individuals between the ages of 9 and 21 for males and 26 for females. For more information, please consider discussing with your health provider or with one of the members of our Hui Mālama medical team!"*

Screen Regularly

The most common test for early detection of cell changes is the Pap test. In this test, cells are collected and examined for any abnormal or precancerous changes in the cells on the cervix. If the results show abnormal changes, the physician may follow up with additional tests to see state of the cells and determine if treatment and further steps are necessary. Women should start screening with the Pap test at age 21. For women age 30 and over, an HPV test is also recommended to test for high-risk types of HPV linked to cervical cancer.



Sources:

<https://www.cdc.gov/hpv/>
<https://www.cancer.org/cancer/cervical-cancer.html>
<http://www.nccc-online.org/hpvcervical-cancer/>

Diabetes Management

Taking Action with Healthy Foot Care



The new year offers a time for reflection, goal setting, and changes toward healthier habits. For those living with diabetes, there are many actions you can take to manage your condition and live your healthiest life.



For the new year, make a resolution to focus on an aspect of taking control of your diabetes. One example is being more proactive in your foot care. This may not sound like an important self-care habit, but for those living with diabetes, foot care is serious. Diabetic nerve damage can lessen your ability to feel pain if you have any injuries on your feet. It also lessens your ability to feel the heat and cold. Poor blood circulation may also contribute to health complications with feet. In extreme cases, amputation of the feet may be needed if cuts or sores become infected. Scheduling time in the day to do routine foot care checks can reduce the chance of diabetes complications. Here are some health tips for taking care of your feet:

- Check your bare feet for red spots, cuts, swelling, and blisters. Use a small mirror to view the bottom of your feet or ask someone for help to check your feet.
- Wash your feet everyday and make sure to dry them carefully, especially between the toes.

- Protect your feet from hot and cold.
- Keep the blood flowing to your feet. Put your feet up when you're sitting.
- Wear shoes and socks at all times.
- Trim your toenails.
- Keep a foot care kit at home that includes nail clippers, nail file, and a mirror to view the bottom of your feet.
- Inform your doctor as soon as possible if your foot changes color, shape, or feels less sensitive or if it hurts. Also let them know if you find cuts or breaks in the skin, or have an ingrown nail.



Jump into the new year with a healthy you. Taking care of your feet can seem like a small task, but it is an important part of taking care of yourself and being in control of your diabetes. For more information, check out diabetes.org and speak with your doctors about your care plan.

Hui Mālama Ola Nā 'Ōiwi Diabetes Resources

Want to learn more about how to manage your diabetes? Join us for our upcoming **Diabetes Management classes!**

Waimea: Mondays, January 14 - February 4, 4:30pm

Ka'ū: Mondays, February 4 - February 25

Puna: Wednesdays, February 6 - February 20

Hilo: Wednesdays, February 13 - February 27

We also offer **Diabetes Support Group** for those living with prediabetes, type 1, or type 2 diabetes, as well as family and friend supporters. Join the Hui Mālama Diabetes Support Group to share about your journey, build 'ohana, receive education information, and get answers to your health questions. Meetings are held every first and third Tuesday of the month. Upcoming meeting:

Tuesday, January 15, 2019

1:00pm - 2:30pm

Hui Mālama Office

Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and I want to say mahalo nui loa to all of you who have been part of another year of living longer, healthier, and positively. It's a new year and, together, we

can make it a healthy one!

Part of choosing a healthier lifestyle is the ability to assess and reflect on our choices. If you don't already know, it is not just the food we eat that helps us stay healthy, but it is

also how we manage the stresses and trials that we are faced with throughout our daily lives. Being healthy means having a balance of nutritional foods, physical activity, and stress management.

How are you and your 'ohana living healthier this year? Have you made some goals to try this new year? Some changes to try include more cooking at home and using more greens and vegetables in your meals. You can also try making walks or fun games outside as part of your family routine for more physical activity.



Making the right choices and decisions can impact our lives, our minds, and our bodies. So mālama pono. Do what is best for you and your 'ohana

to the best of your ability and remember Hui Mālama Ola Nā 'Ōiwi is here as part of your 'ohana to help you with making wise decisions and choices. We do want to encourage and support you as we enter into another new year.

If you want to learn more about your health and making healthy lifestyle choices, our programs may be the right fit for you. 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!

Hepatitis B

Hepatitis B is an infection of the liver caused by the Hepatitis B virus. This virus is contracted from transmission of blood or another bodily fluid from an infected person to an uninfected person. There are two “types” of Hepatitis B: acute and chronic. Acute Hepatitis B infection applies to those who experience illness within the first 6 months after being exposed to the virus. Chronic Hepatitis B infection is a long-term illness that lasts longer than 6 months due to the virus remaining in a person’s body. Hepatitis B can be spread through unsanitary needles or syringes, sharing razors or toothbrushes, direct contact with the blood or open sores of an infected person, or from mother to baby during birth. Symptoms of Hepatitis B include:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Joint pain
- Jaundice (yellow color in the skin or the eyes)
- Clay-colored bowel movements

The good news is that Hepatitis B can be prevented through a series of 3 to 4 shots over a six month period. It is recommended that the first dose of the Hepatitis B vaccination be administered at birth and that the series of shots be completed by 6 to 18 months of age, but older children and adults may still receive the vaccination series. If you suspect that you have a Hepatitis B virus infection, speak with your doctor or primary care physician about being tested.

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.

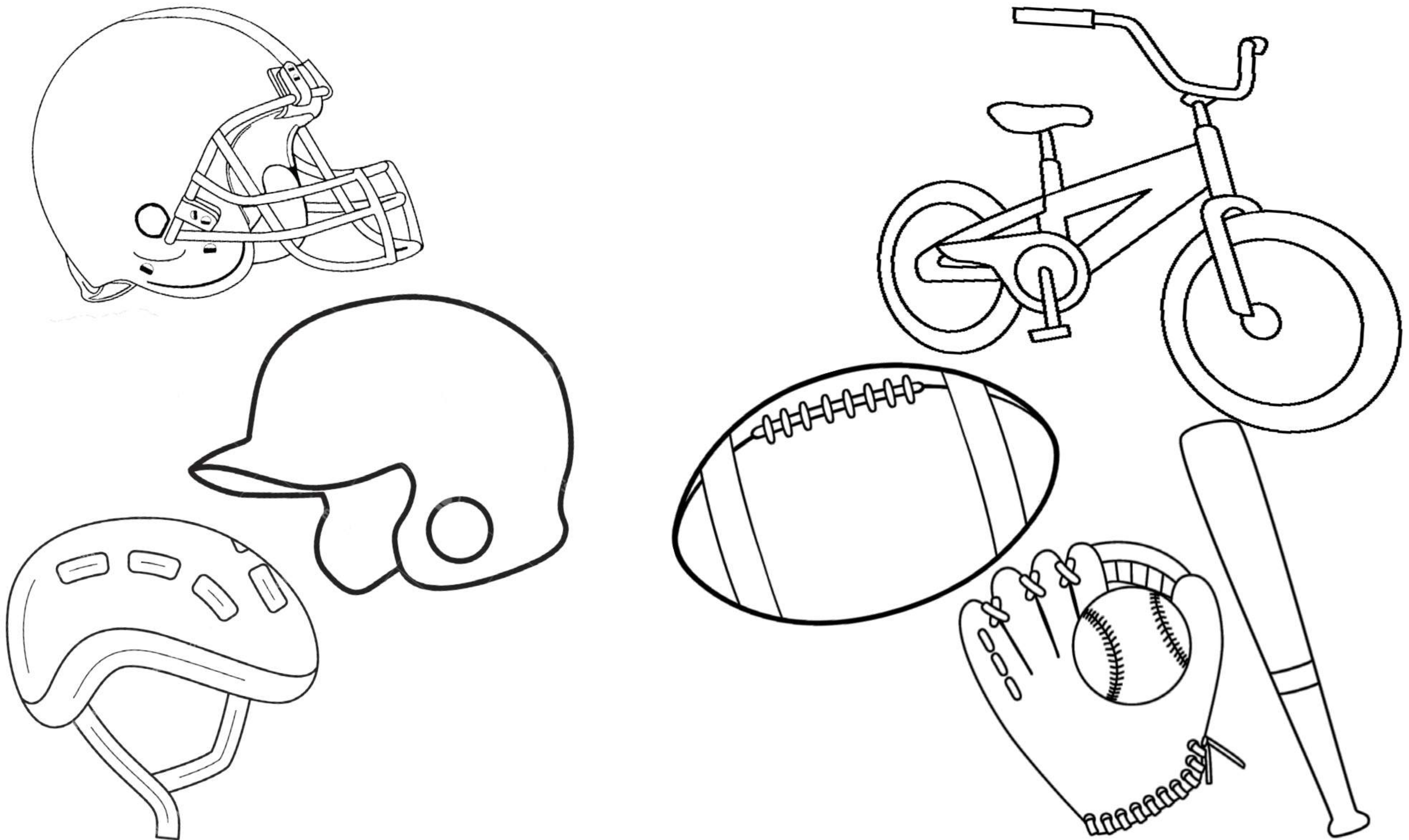


Keiki Coloring Corner

January is National Winter Sports Traumatic Brain Injury (TBI) Awareness Month. As keiki, you should know that safety is always important! Wearing your helmets can help prevent head injuries. Complete the activity below to learn how you can play safely!

GEAR UP!

Make sure you wear the right protective gear for the sport you play. Match up the correct helmet with the sports activity. Don't forget to color in the pictures!





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 OFFICE CLOSED Happy New Year!	2	3	4	5
7 5:30PM Zumba -Keukaha	8 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha 5:30PM Cancer Support Group -Hilo	9 9:30AM Healthy Hāpai-Kona 9:30AM Basic Stretch & Strengthening -Na 'ālehu 3PM Healthy Hāpai -Waimea 5:30PM Zumba -Keukaha	10 9:30AM Basic Stretch & Strengthening -Pāhala 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha	11 10AM Zumba -Hilo	12 10AM Grow Your Lā'au Class -Waimea Call to sign-up today!
14 4:30PM Diabetes Class -Waimea 5:30PM Zumba -Keukaha	15 10:30AM Basic Stretch & Strengthening -Keukaha 1PM Diabetes Support Group -Hilo 5PM Yoga -Keukaha	16 9:30AM Basic Stretch & Strengthening -Na 'ālehu 3PM Healthy Hāpai -Waimea 4PM EFNEP-Ka 'ū 5:30PM Zumba -Keukaha	17 9:30AM Basic Stretch & Strengthening -Pāhala 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha	18	19
21 OFFICE CLOSED Martin Luther King Jr. Day	22 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha 5:30PM Cancer Support Group -Hilo	23 9:30AM Healthy Hāpai-Kona 3PM Healthy Hāpai -Waimea 4PM EFNEP-Ka 'ū 5:30PM Zumba -Keukaha	24 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha	25 10AM Zumba -Hilo	26
28 4:30PM Diabetes Class -Waimea 5:30PM Zumba -Keukaha	29 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha	30 9:30AM Healthy Hāpai-Kona 9:30AM Basic Stretch & Strengthening -Na 'ālehu 3PM Healthy Hāpai -Waimea 4PM EFNEP-Ka 'ū 5:30PM Zumba -Keukaha	31 9:30AM Basic Stretch & Strengthening -Pāhala 10:30AM Basic Stretch & Strengthening -Keukaha 5PM Yoga -Keukaha	<p>Receive the Olakino newsletter electronically each month! Email contact@hmono.org or visit www.HMONO.org to subscribe.</p> <p>1438 Kīlauea Ave, Hilo (808) 969-9220 www.HMONO.org</p> <p>Live Longer & Feel Better, Together!</p>	