

June
June 2019



Olakino

Newsletter



Keiki Health

A message from our Board of Directors

Aloha kākou,

We are focusing on keiki health and services this month. To show keiki we care and to show them the value of life, we need to support them as best as we can. It starts by breathing the breath of hā into our keiki to give them life and strength. We need to work hard to strengthen their sense of belonging to love one another, responsibility to work together as one, excellence and pride in what they do, involvement in the well-being of their kūpuna and community, and their sense of aloha. Hawai'i is unlike anywhere else in the world, where the unique values of the indigenous language, culture, our keiki and kūpuna are perpetuated throughout the Hawaiian islands. As children of Hawai'i ourselves, we need to teach others our ways of love and aloha. In these ways, we can support our keiki and secure the future of Hawai'i.

Mahalo nui loa,
Mabel De Silva - Chair



A message from our Executive Director

Aloha mai kākou,

Hui Mālama Ola Nā 'Ōiwi is happy to serve all ages of our Hawai'i island community, from keiki to kūpuna. In recent years, we have increased services that address the need for improved keiki health including our Healthy Hāpai prenatal program, immunization program, and most recently, our E Mālama I Ke Olakino O Nā Keiki program focused on nutrition and physical health in schools.

It is evident that the early stages of one's life are important in healthy development for the years to come. We want to help our keiki be healthy with proper nutrition, physical fitness, preventive health, and opportunities for education. Parents and guardians play a key part with the kuleana to provide keiki with a good start in life.

Our job isn't done as keiki get older. As we know, everyone is different and our youth need support at all stages of their development. Sometimes our keiki fall to the wayside and find themselves in difficult situations. This is when we need to provide even more support. I'm blessed to be involved with the Youth Challenge Academy here in Hilo. This program teaches our keiki discipline and respect. It shows them that they can achieve their dreams and motivates them to fulfill their potential. Without these types of programs and investment in our youth, what would happen?

I am thankful to see a variety of programs across our island that aim to help our keiki be healthy and successful in life. On June 29, we're hosting the Third Annual Mālama Nā Keiki Festival in Ka'ū. Call us to learn more about the festival and our keiki health programs. Our keiki are our future. Let us continue to hui to provide them with a healthy start and opportunities for growth throughout their youth. I mua!

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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Facebook: /HMONO.org
Instagram: hui_malama_

Join us today!

Visit HMONO.org/register to sign up as a client for our health education programs.

Visit HMONO.org/family-medicine for information on becoming a patient at our Family Medicine Clinic.

*Printing of Olakino provided by the
Kamehameha Schools East Hawai'i Region*

What's Happening Around Hawai'i Island?

Diabetes Support Group

Tuesday, June 4
 5:30pm-7:00pm
 Hui Mālama Office
 1438 Kīlauea Ave, Hilo

Tuesday, June 18
 1:00pm-2:30pm
 Hui Mālama Office

Exercise & Fitness

Basic Stretch & Strengthening in Hilo

Tuesdays & Thursdays
 10:30am-11:30am
 Malia Puka O Kalani Church Gym
 326 Desha Avenue, Keaukaha

Basic Stretch & Strengthening in Ka'ū

Wednesdays, June 12 - 26
 9:30am-10:30am
 Nā'ālehu Community Center
 95-5635 Māmalahoa Hwy,
 Nā'ālehu

Fridays, June 14 - 28
 9:30am-10:30am
 Pāhala Hawai'i County
 Nutrition Center
 96-1169 Holei Street,
 Pāhala

Zumba

Fridays, June 14 & 28
 10:00am-11:00am
 Hui Mālama Office

June 17, 19, 24, & 26
 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		
	JUNE	JULY
PUNA		
LĀ'AU LAPA'AU WORKSHOP		Sat 7/13
LĀ'AU LAPA'AU CLASS		Sat 7/22 - 8/5
KA'Ū		
LĀ'AU LAPA'AU WORKSHOP	Sat 6/1	
LĀ'AU LAPA'AU CLASS	Sat 6/8 - 6/22	
GROW YOUR OWN LĀ'AU	Sat 6/22	
KONA		
DIABETES MANAGEMENT	Tues 6/25 - 7/9	
NORTH HAWAI'I		
DIABETES MANAGEMENT	Mon 6/3 - 6/17	
NEW SERVICE!		
LOMILOMI SERVICES See page 9 for more information on this service.	Mon 6/3 and 6/17 - 6/24	Mon 7/1 and 7/15 - 7/29
Schedule subject to change. To sign up, please call or visit us online today!		

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!



Rainbow Run

Keaukaha students and teachers raced in the Hui Mālama Rainbow Run at Keaukaha Elementary School on May 17. The Rainbow Run celebrated the culmination of the E Mālama I Ke Olakino O Nā Keiki Makahiki program. Learn more about this program on page 10!

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

Lā'au Lapa'au Workshop

Community members gathered in Kona on May 4 to learn about traditional Native Hawaiian healing practices, such as ho'oponopono. There are two more workshops. See page 5 for dates and locations!



Merrie Monarch

Ola Hou I Ka Hula Hypertension class participants performed during Merrie Monarch week at the Afook-Chinen Civic Auditorium on Easter Sunday, April 27. Learn more on page 11.

**FAMILY MEDICINE CLINIC
CURRENTLY
ACCEPTING
NEW PATIENTS**

AVAILABLE SERVICES:

Family Medicine

Behavioral Health

Nutrition Counseling

Diabetes Education

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 are available at the Family Medicine Clinic in Hilo. Packets are also available online at



www.HMONO.org/family-medicine

Most major insurances accepted.

PROVIDERS



Stacy Haumea
DBH, RDN, CDE



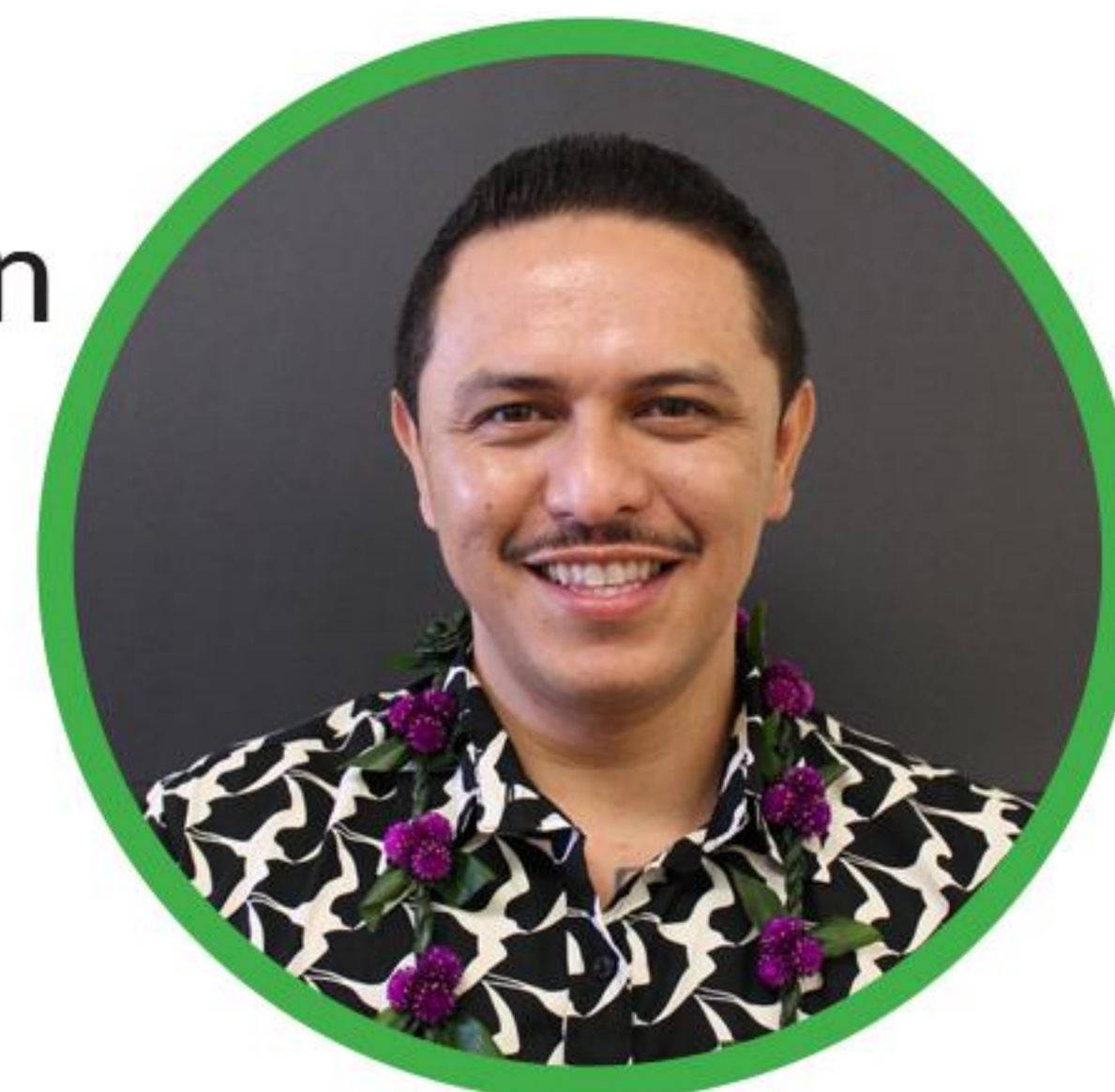
Gaku Yamaguchi
MD



Ka'ohimanu Dang Akiona
MD



Donna Dennerlein
LCSW



Ikaika Moreno
APRN



**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 'Oiwi”

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



KA'Ū - Saturday, June 1, 2019

Ka'ū District Gym • 10am - 3pm

PUNA - Saturday, July 13, 2019

Pāhoa Gym Patio Area • 9am - 3pm

Light refreshments provided. Please bring your lunch.

Support Provided by:

Health
Resources &
Services
Administration

HAWAII TOURISM

Support provided by Hawai'i Tourism
through the Kūkulu Ola Program

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

(808) 969-9220 • HMONO.org **/HMONO.org** **hui_malama_**

Cancer Kine Tings

Cancer Prevention and Education

Reducing your risk of cancer and other health complications begins with education. In addition to regular screenings and health check-ups, it's also imperative to learn about how household items, household products, tobacco, vaping devices, and e-cigarettes can negatively impact our health.




To promote cancer prevention and education, Hui Mālama Ola Nā 'Ōiwi is launching Cancer Kine Tings, a campaign that aims to educate the community about toxins within household items. Cancer Kine Tings includes education about removing toxins from your home and how to incorporate healthier alternatives to keep your 'ohana healthy.

Home Kits

The Cancer Kine Tings Home Kit is a tote that contains educational material as well as supplies to help you make progressive, healthy changes in your home.

Recipe Cards

Included in the Home Kit are Recipe Cards, which have recipes for non-toxic DIY alternative cleaning products. Here is an example:



Recipe: All Purpose Cleaner

Ingredients:
2 tsp baking soda
4 TBSP white vinegar
1 ½ cups water

Directions:
place ingredients in a squirt bottle
shake to mix well

Ingredients Lists

Also included in the Home Kit are two checklists: the "Hale Checklist" and "Toxic Ingredients" list. These two lists are used side-by-side, so you can go to each room in your house and determine which products have toxic ingredients and need to be replaced or properly stored.



Laurel Ledward and Jerold Cabel of the University of Hawai'i at Hilo School of Nursing presenting Cancer Kine Tings education.

Take charge of reducing your cancer risk! There are quick and easy things you can do today. For more information about Cancer Kine Tings, call us at (808) 969-9220.

3rd Annual Mālama Nā Keiki Festival

Saturday, June 29, 2019
9:00a.m. - 1:00p.m.
Pāhala Community Center

KEIKI ACTIVITIES



PRIZES



ENTERTAINMENT

FREE FOOD

Community excitement grows every summer as festivals, holidays, and events take place around the island. This year, the 3rd Annual Mālama Nā Keiki Festival will take place in the middle of summer, on Saturday, June 29 at Pāhala Community Center.



and wellness services. Along the map trail there are surprises, and once the map is completed, each keiki wins a backpack with school supplies! And if that's not enough excitement, each participant is also entered into a raffle for more prizes, including grand prizes of car seats, diapers, and more from the following donors:

- KTA Super Stores
- ACE Hardware
- Mizuno Superette
- Hana Hou Restaurant
- Punalu'u Bake Shop

At Mālama Nā Keiki Festival each year, hundreds of participants experience family activities, music, 'ono food, health screenings, education, and prizes. Approximately thirteen local agencies attend the festival each year to share health resources with the community. The festival is a day of exploration for keiki and 'ohana who are issued a passport that contains a map. The map guides explorers from agency to agency to learn about health



BACKPACKS

EDUCATION



SCHOOL SUPPLIES

HEALTH SCREENINGS

GAMES



- Family Support Hawai'i
- Partners in Development Foundation
- Tūtū and Me
- Hawai'i Diaper Bank
- The Food Basket, Inc.
- Project Vision Hawai'i
- More!

While Mālama Nā Keiki Festival is a lot of fun, it was developed to address the need for more prenatal and young keiki health education on Hawai'i island. The festival aims to serve expecting and first-time mothers, women considering pregnancy, young families, and supporting 'ohana. In addition to all the fun, participants have the opportunity to complete free health screenings, such as height, weight, vision tests and hearing tests.

Join us and gain knowledge from the following agencies that will provide services and resources for this year's festival:



We at Hui Mālama Ola Nā 'Ōiwi look forward to serving you and your 'ohana at this festival. We look forward to offering more keiki and prenatal programs across the island and throughout the year. For more information, call us at (808) 969-9220 or visit hmono.org/events.

Lomilomi Services

Hui Mālama Ola Nā 'Ōiwi is now offering lomilomi services in Nā'ālehu. These services are provided by an experienced lomilomi practitioner and Licensed Massage Therapist.



What is lomilomi?

Massage is one of the oldest forms of muscle therapy in the world. In Hawai'i, massage is known as lomilomi and is a unique form of traditional healing that was passed down from master healers, kahuna, and cultural practitioners.

Lomilomi can benefit your physical health by alleviating muscle pain, improving circulation, and restoring digestive health. Lomilomi

practitioners are particularly focused on restorative healing, such as balancing the energy of the body, mind, and spirit. With that focus, traditional lomilomi can benefit more than your physical health; it can also enhance your mental well-being and overall health.



Interested in lomilomi massage and its health benefits?

Services are offered during business hours on the following Mondays in Nā'ālehu:

- June 3, 17 and 24
- July 1, 15, 22 and 29

Openings are limited, so please call our office at (808) 969-9220 to set up an appointment and to learn more about this service.



“E Mālama I Ke Olakino O Nā Keiki” Makahiki Program

The Hui Mālama Ola Nā ‘Ōiwi E Mālama I Ke Olakino O Nā Keiki program was created to raise awareness of the importance of fitness and wellness for youth. As Hawai‘i has seen rising rates of childhood obesity, this program aims to decrease the risks of obesity in an engaging, fun, and cultural approach.

The program occurs during Makahiki season, so its cultural significance makes it particularly unique. E Mālama I Ke Olakino O Nā Keiki allows keiki and ‘ōpio (youth) an opportunity to experience and perpetuate the traditional Makahiki games.



Afeafeaupitoaluga (Afe) Filemoni, is the program facilitator and instructor for E Mālama I Ke Olakino O Nā Keiki. During the program, the students first learn about the different muscle groups they use for particular movements. Then, the students utilize those muscles by competing in Makahiki games with their classmates. While the students enjoy Makahiki games, they also learn to strengthen physical skills, such as hand-eye coordination, body awareness, and

stretching. The combination of cultural and physical education the program offers is vital for Hawai‘i’s youth to understand and maintain their overall health.



The program is currently offered at three different schools on the east side of Hawai‘i island, serving approximately 3,300 students from 3rd grade to 12th grade. To learn more about our Makahiki program and to see if it will be offered at your child’s school, please call (808) 969-9220.





Ola Hou I Ka Hula Hypertension Class

Ola Hou I Ka Hula Hypertension Class is a class where participants learn to manage and prevent hypertension through hula. The class, taught by kumu hula Lori Lei Shirakawa and Wanda Louis, RN, is offered twice per year at the Hui Mālama Ola Nā 'Ōiwi office in Hilo. Each class begins with hypertension education with Wanda, who discusses medication, exercise, nutrition, and other health issues related to hypertension. After, haumāna stretch and begin hula exercises with the kumu.



The most recent course ran from March to May. When reminiscing, one haumāna said, “Dancing with this group, I’m learning new songs, learning how to care for my hypertension, as well as having fun and laughing through it all. The time goes by so quick that you don’t even think that you’re exercising.” Other haumāna expressed that the health education, cultural education, and community support that the class provided helped them thrive in setting goals for a healthy lifestyle.



During this spring course, haumāna had the opportunity to participate in the largest hula festival in Hawai'i and, arguably, the world: Merrie Monarch Festival. For kumu hula Lori Lei, this is the busiest and most exciting week of the year. For the haumāna, many of whom had no prior hula experience, the event was as exciting as it was nerve-racking. According to haumāna, despite the nerves, their performance was a way to share what they had learned and celebrate their health.

Interested in setting goals to a healthier lifestyle through hula? Learn about upcoming Ola Hou I Ka Hula Hypertension classes by calling us at (808) 969-9220 or visiting hmono.org/classes.



Aloha mai kākou,

I am Aunty Edna and recently I was reminded of a quote I grew up with: “Time flies when you’re having fun.” We are already halfway through the year and celebrating big holidays like Mother’s Day, Father’s Day, and Mālama Nā Keiki Festival! These celebrations are reminders of the things that we are blessed with as time moves on.

While we want to celebrate and enjoy these moments, we also need to take care of ourselves and our ‘ohana, so we can keep up with the busyness of life. Here are some tips to take care of yourself and your ‘ohana:

- Prepare healthy meals with fruits, vegetables, and whole grains
- Let the kids help prepare meals at least once a week
- Play and do activities together throughout the week
- Attend family-friendly events during the summer
- Get regular check-ups with your healthcare provider



As we celebrate life over the next few weeks, remember mālama pono. Enjoy these moments, because they’re fun! But also take time to take care of your body, mind, and spirit.

Want or need to talk story? Come see us at Hui Mālama Ola Nā ‘Ōiwi, working 28 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 A Vaccine (Hep A)

Hepatitis A is a serious liver disease caused by the hepatitis A virus (HAV) which causes inflammation of the liver. Hepatitis A can be caused by ingesting heavy amounts of toxins into the body, such as from alcohol and drug abuse. Hepatitis A can also be contracted when a person ingests the virus from contaminated objects, food, or the feces of an infected person. Good personal hygiene and proper sanitation can help prevent the spread of hepatitis A.

The best way to protect against hepatitis A is by receiving the vaccines. The hepatitis A vaccine is inactive (killed) and often given in two doses at least six months apart. Both shots are needed for long-term prevention of HAV infection. Children and adolescents older than 23 months can receive the vaccine, as well as adults of any age.

Symptoms of HAV may include:

- Fever, fatigue, loss of appetite, nausea, vomiting, and/or joint pain
- Severe stomach pains and diarrhea (mainly in children)
- Jaundice

Symptoms usually appear two to six weeks after exposure and usually last less than two months, although some people have symptoms for as long as six months. If a person is not vaccinated and contracts HAV, a doctor may recommend vaccination to help prevent severe illness.

To learn more about HAV and the Hepatitis A vaccine, visit www.cdc.gov

Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 2 years old between August 2018 and July 2019?
- Has he or she completed all CDC Recommended vaccinations (24-25)?



Did you know if your child meets the requirements above, he or she can receive a **FREE** backpack or sleeping bag? Visit our Hilo office to submit your child's immunization records, register, and choose a makana!

The 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
- Hep A
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- RV1 or RV5

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



Keiki Coloring Corner

In June, we celebrate keiki health! Color each picture below and circle the word that matches the picture.

The first one is done for you.



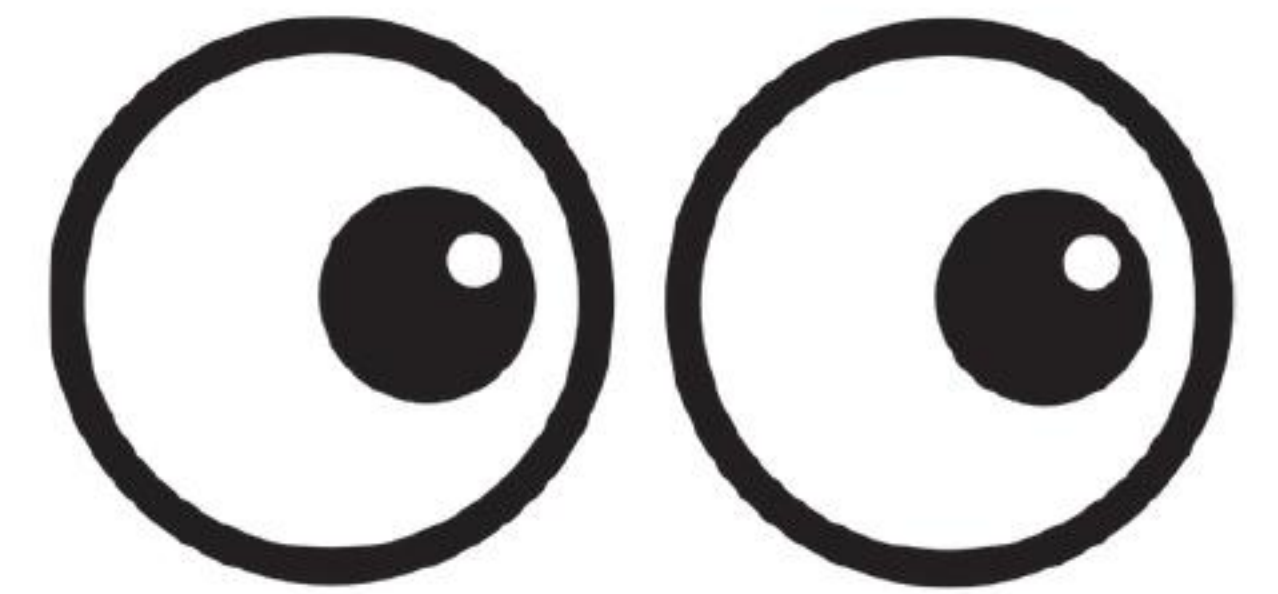
W E P **R U N** Y O D

B J U M P S I L O



H I H E A R L O I

G F E U M A S E E



A S T R E T C H R O

Answers: RUN, JUMP, HEAR, SEE, STRETCH



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*CLASS SIGN-UP: Please call or visit us online to sign up. hmono.org/classes</p> <p>CONTACT US TO SUBSCRIBE TO THE ELECTRONIC NEWSLETTER: contact@hmono.org or www.HMONO.org</p> <p>Live Longer & Feel Better, Together!</p>					<p>1 10AM Lā'au Lapa'au Workshop -Ka'ū</p>
<p>3 *Lomilomi Services -Nā 'ālehu</p> <p>*4:30PM Diabetes Management -Waimea</p>	<p>4 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>5</p>	<p>6 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>7 BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>8 *10AM Lā'au Lapa'au Class -Ka'ū</p>
<p>10 *4:30PM Diabetes Management -Waimea</p>	<p>11 OFFICE CLOSED King Kamehameha Day</p>	<p>12 9:30AM BS&SEC -Nā 'ālehu</p>	<p>13 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>14 9:30AM BS&SEC -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>15 *10AM Lā'au Lapa'au Class -Ka'ū</p>
<p>17 *Lomilomi Services -Nā 'ālehu</p> <p>*4:30PM Diabetes Management -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>18 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p>	<p>19 9:30AM BS&SEC -Nā 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>20 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>21 9:30AM BS&SEC -Pāhala</p>	<p>22 *10AM Lā'au Lapa'au Class -Ka'ū</p> <p>*1PM Grow Your Own Lā'au Class -Ka'ū</p>
<p>24 *Lomilomi Services -Nā 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>25 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>*4PM Diabetes Management -Kona</p>	<p>26 9:30AM BS&SEC -Nā 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>27 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>28 9:30AM BS&SEC -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>29 9AM Mālama Nā Keiki Festival -Pāhala</p> 