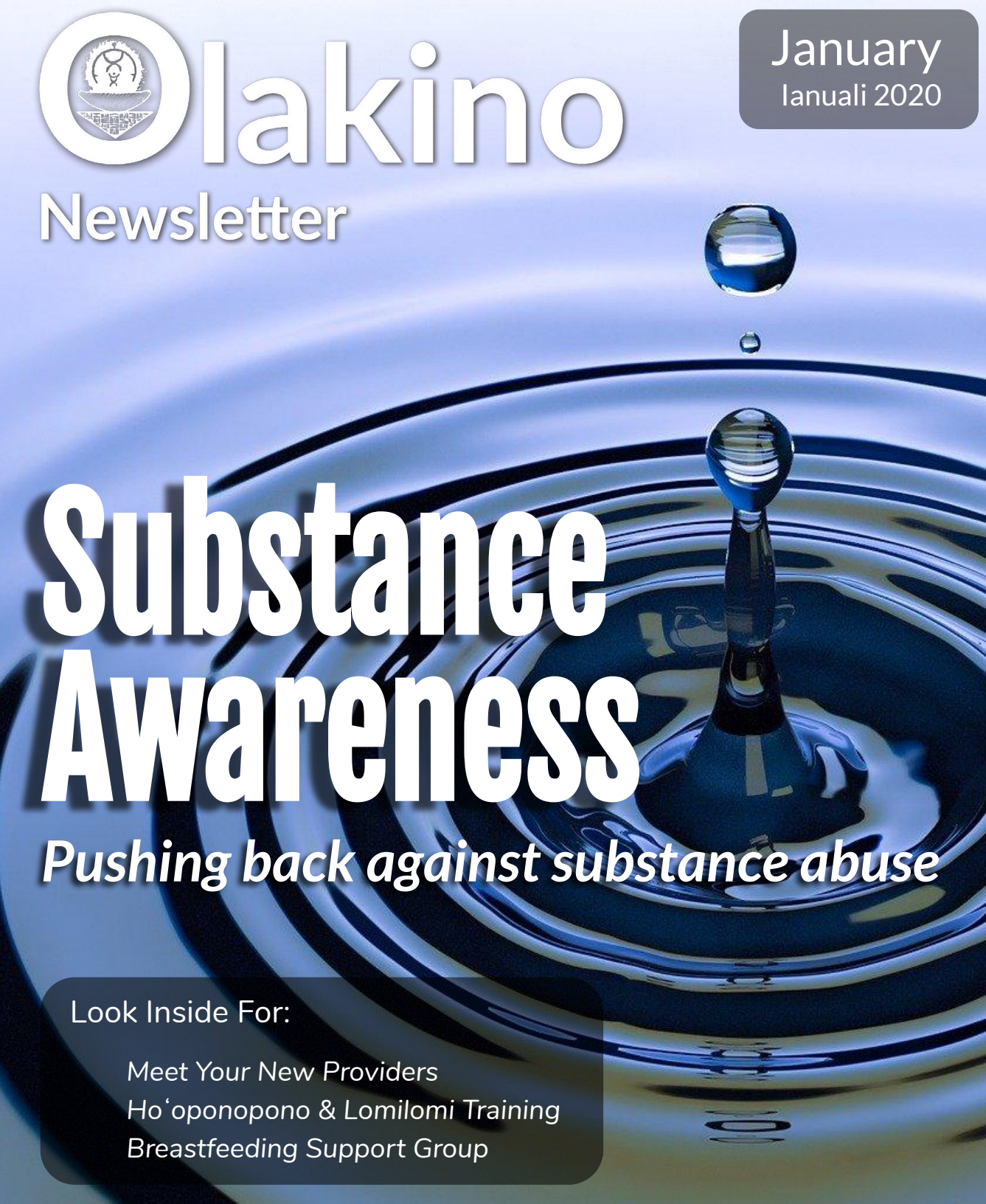




Ulakino

Newsletter

January
Ianuali 2020



Substance Awareness

Pushing back against substance abuse

Look Inside For:

Meet Your New Providers
Ho'oponopono & Lomilomi Training
Breastfeeding Support Group



Hui Mālama Ola Nā 'Ōiwi

**NATIVE HAWAIIAN
HEALTH CARE SYSTEM**
Live Longer & Feel Better, Together

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(808) 969-9220
1438 Kīlauea Ave., Hilo, HI 96720

FAMILY MEDICINE CLINIC

Phone: (808) 796-3125
Fax: 1-866-372-2766
82 Pu'uhonu Way, Ste 209, Hilo, HI 96720

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contact@HMONO.org
www.HMONO.org/olakino

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Aloha,

As we enter into 2020, we are in the middle of Makahiki, which is the time when our people would traditionally digress from conflict (war) and promote the season of peace, harmony, and the promise of healthy crops in honor of Lono who represents many traits that are inclusive of those just mentioned.

The common practice for this time of the year is to reflect on the previous year to honor the successes, identify lessons learned from the challenges, and implement measures to prevent the same challenges from repeating themselves. The process of reflection allows for a fresh start, a sense of empowerment, and an annual reestablishment of a balanced lifestyle. It is a pleasant coincidence that the New Year and Makahiki are aligned with Drug and Alcohol Awareness Month.

In my opinion, Makahiki's process of reflection is very similar to the self-evaluation process needed to commit to living a healthy and happy lifestyle. This is a time to empower oneself and identify the issue(s) that is the root cause of substance abuse. One must find the strength to reach into his or her core, pull out the potent issue(s), come to terms with it, and release it.

If you are struggling with the effects of drug and alcohol abuse or other challenges, consider what I just shared out as food for thought. To heal oneself and our community, we should be willing and ready to make the life-altering change. Have solace that there is always next year, and when you're ready, we at Hui Mālama Ola Nā 'Ōiwi are here to help!

Mālama yourself and each other,

Kamuela L. Bannister
Executive Director

ONGOING SERVICES

EXERCISE & FITNESS CLASSES

Basic Stretch & Strengthening in Ka'ū

Wednesdays, January 8 - January 29

9:30am-10:30am

Nā'ālehu Community Center

95-5635 Māmalahoa Hwy, Nā'ālehu

Thursdays, January 9 - January 30

9:30am-10:30am

Hawai'i County Nutrition Program

96-1169 Holei Street, Pāhala

Basic Stretch & Strengthening in Hilo

Tuesdays & Thursdays (except January 2)

10:30am-11:30am

Malia Puka O Kalani Church Gym

326 Desha Avenue, Keaukaha

Zumba

Mondays & Wednesdays (except January 20)

5:30pm-6:30pm

Malia Puka O Kalani Church Gym

Therapeutic Yoga

Tuesdays & Thursdays

5:00pm-6:00pm

Malia Puka O Kalani Church Gym

LOMILOMI SERVICES

Mondays, January 6, 13, 27

Call for appointment

Hawai'i County Economic Opportunity Council

95-5635 Māmalahoa Hwy, Nā'ālehu

SUPPORT GROUPS

Diabetes Support Group

Tuesday, January 7

5:30pm-7:00pm

Hui Mālama Office

1438 Kīlauea Ave, Hilo

Tuesday, January 21

1:00pm-2:30pm

Hui Mālama Office

Cancer Support Group

Tuesdays, January 14 & 28

5:30pm-7:30pm

Hui Mālama Office

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OUT IN THE COMMUNITY!

Here is a glimpse of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i island 'ohana Live Longer and Feel Better. Come join us for upcoming events and classes!



2019 Hawai'i Comprehensive Cancer Coalition Summit

Hui Mālama cancer support group Mālama Ka Pili Pa'a engaged with community organizations, physicians, and Lt. Governor Josh Green at the Summit on December 11th.

Hawai'i Diaper Bank

Hui Mālama received an early Christmas present on December 11th from the Hawai'i Diaper Bank!

Mahalo to our amazing partners for always contributing to the community!



Community Garden Workshop

Hui Mālama installed a community garden at the Keaukaha Pana'ewa Farmers Market on December 15th, just before the Winter Solstice!

Community members of all ages practiced Aloha 'Āina and planted six different types of lā'au lapa'au (*traditional healing plants*). To learn more about other Community Garden Workshops, contact Carly Wyman at (808) 969-9220.





**Hui Mālama
Ola Nā 'Ōiwi**

FAMILY MEDICINE CLINIC

ACCEPTING NEW PATIENTS!



SERVICES

Family Medicine
Behavioral Health
Nutrition Counseling
Diabetes Education

New Patient Registration is available at the Family Medicine Clinic in Hilo and online at HMONO.org/family-medicine.

CONTACT US

Hui Mālama Ola Nā 'Ōiwi
Family Medicine Clinic

82 Pu'uhonu Way, Suite 209
Hilo, HI 96720

Phone: (808) 796-3125
Fax: 1-866-372-2766

Hours: Mon - Fri 8:00am - 5:00pm
closed from 12:00pm - 1:00pm

MEET YOUR NEW PROVIDERS



Susan Cauley, M.D.

California State University Long Beach
B.S. in Clinical Dietetics, minors in
Physiology and Chemistry

Baylor College of Medicine
M.D., residency for Family Medicine

ABOUT DR. CAULEY

Growing up as the middle sibling in a large family, Susan Cauley was accustomed to caring for those around her. When asked what motivated her to become a doctor, she described, “Becoming a physician evolved over the course of time from first wanting to be a nun, then a teacher, then a social worker, then

a dietician, and then the M.D.” Her vast career aspirations demonstrate that her ambition and motivation has always been to help people in various ways.

Dr. Cauley recognizes that her background in nutrition and dietetics has greatly influenced her interest in natural therapies. She illustrates, “I loved nutrition (and still do) but wanted to have a more complete picture of the patient.” Since moving to Hawai‘i island in 1993, she sought out to dive deeper into alternative therapies for self-healing and Energy Medicine, including traditional Hawaiian practices.

Since being with Hui Mālama Ola Nā ‘Ōiwi, Dr. Cauley has been active in the community and proven her drive to learn and perpetuate traditional healing practices such as Ho‘oponopono, Lā‘au Lapa‘au, and Lomilomi.

MANA‘O FROM DR. CAULEY

“ I have been blessed with a love of learning and can think of nothing more satisfying than helping someone feel better physically, mentally, and spiritually. I want to be able to help the individual and population rebuild and maintain their own health. Which is why Hui Mālama Ola Nā ‘Ōiwi is so pivotal to the success of our patients’ care with the education and outreach services. ”



K.C. Kapa'akea Pua'a, M.D.

Washington State University
B.S. in Materials Science

University of Washington
M.S. in Medical Engineering

Eastern Virginia Medical Schools
M.P.H. in Epidemiology, M.D.

ABOUT DR. PUA'A

K.C. Pua'a was born in Hawai'i and raised in Seattle, Washington. Like Dr. Cauley, Dr. Pua'a has also had vast life and career experiences that have inevitably and purposefully led him back to Hawai'i.

Dr. Pua'a began gaining hands-on experience caring for patients while he was part of Mountaineering Search and Rescue teams and as an EMT/Firefighter. He continued his journey

working in Global Health as a medical engineer. Dr. Pua'a describes that these experiences helped him "better understand how the lack of access to medical care contributes to an increase in disease burden in a community."

When asked about what inspired him to become a doctor, he recounted how each of his areas of interest (materials science, medical engineering, and epidemiology) have enabled him to implement solutions to improve individual patient health and the health of the community. Furthermore, he recognizes the importance of providing care for underserved, often neglected, populations of Hawai'i island.

MANA'O FROM DR. PUA'A

“ The mission of Hui Mālama Ola Nā 'Ōiwi is directly in line with my values, as well as my personal and professional goals: to provide medical care and education to underserved and neglected communities in Hawai'i, focused on Native Hawaiians, and including all that need care in our community. ”

We are grateful for the opportunity to welcome Dr. Cauley and Dr. Pua'a to the Hui Mālama team. Their leadership, experience, and willingness to serve Hawai'i island will contribute immensely to the health of our community!

For more information on the providers and appointments, please call our Family Medicine Clinic at (808) 796-3125.

Substance Awareness

Pushing back against substance abuse

State of Hawai'i

Drug and Alcohol Facts

Source: Crime Prevention and Justice Assistance Division

Drunk Driving Fatalities

2001	32%
2010	37%

Young Driver (ages 15-20) Fatalities

1 in 3 had high blood alcohol content (BAC) levels

Illicit Drug Use in Youth

6th grade	1.8%
12th grade	11.4%

The graphic above shows some alarming and shocking statistics. Not only has drug and alcohol use been steadily increasing over the past decade, there is also a tendency for it to begin at a younger age and carry into adulthood. The potential for serious harm is immense, and we as a community need to work together to reevaluate solutions and provide tools to end the cycles of substance use and abuse.

Dangers of Substance Abuse

Drug abuse in all forms can have effects on a person's mind, behavior, and relationships. The long term effects on the body can slowly destroy vital systems and functions, potentially causing permanent damage or even death.



Even legal drugs, when taken in excess, can cause significant issues. The misuse of drugs and alcohol initially impacts the brain. For example, drug use causes large amounts of dopamine (a neurotransmitter that regulates emotions, motivations, and feelings of pleasure) to flood an individual's brain and give them that "high." The flood of dopamine is also what leads to cravings, dependency, and addiction.

Dependency and addiction can lead to many short and long-term issues, such as a weak immune

system, heart conditions (heart attacks, irregular heartbeats, and collapsed veins), liver damage or failure, seizures, strokes, lung disease, and cancers.

Solutions

Hawai'i island has many options that offer treatment and assistance to those experiencing substance abuse disorder or dependency. Local organizations offering assistance include the Big Island Substance Abuse Council (BISAC), Lokahi Treatment Centers, and Kanaka O Puna.



BISAC envisions “a community where everyone can be free to live an enriched life of health, happiness, and overall wellbeing.” They offer services such as mental health programs, a clean and sober program, and so much more!

Lokahi Treatment Centers also offer a wide variety of assistance with locations in Hilo, Waikoloa, Honoka‘a, Kona, and Kohala. Their programs assist with substance abuse, anger management, mental health, domestic violence, and many more.

Kanaka O Puna aims to enable and empower Kanaka Maoli, particularly Native Hawaiian men, by restoring kuleana (*responsibility*) to ‘ohana and community.



Being involved in substance abuse is a very difficult situation for anyone. Starting with small steps can make a huge impact towards living a more balanced lifestyle. There are many community sources that are eager to offer assistance. For more information or assistance, contact any of the organizations below or contact us at (808) 969-9220.

Available Services on Big Island

Big Island Substance Abuse Council (BISAC)

Phone: (808) 969-9994

Kū Aloha Ola Mau

Hilo ~ Phone: (808) 961-6822

Puna ~ Phone: (808) 982-9555

Lokahi Treatment Center

Honoka‘a ~ Phone: (808) 775-7707

Waikoloa ~ Phone: (808) 883-0922

Hilo ~ Phone: (808) 969-9292

Kona ~ Phone: (808) 331-1175

Pāhoa ~ Phone: (808) 965-5535

West Hawaii Alcoholics Anonymous

Phone: (808) 329-1212

Kanaka O Puna

Phone: (808) 960-3893

Mana'ō From Po'okela Ikaika

This month, I'd like to talk about Kīnehe. Kīnehe is a lā'au (*plant*) that is commonly used in traditional Hawaiian healing practices. This lā'au is a cousin of ko'oko'olau and thrives in drier areas. While ko'oko'olau flaunts its characteristic bright yellow petals, kīnehe bears similar flowers but with modest white petals.

Like ko'oko'olau, kīnehe leaves can be cleaned, boiled in water, and ingested as hot tea. Kīnehe tea can help regulate blood pressure, promote a healthy immune system, and help with diabetes management.



For more information about kīnehe and other lā'au lapa'au, join us at our upcoming Lā'au Lapa'au Workshops listed below! Workshops include an introduction to Lā'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and Lā'au Kāhea. Workshops are free and open to the public.

To sign up or learn more, call us at (808) 969-9220 or visit hmono.org/classes.

LĀ'AU LAPA'AU WORKSHOPS

HILO Saturday, March 14 | 9:00AM - 3:00PM
Aunty Sandy's Lū'au Hale

WAIMEA Saturday, April 4 | 10:00AM - 3:00PM
Waimea Park Community Center

KONA Saturday, May 2 | 10:00AM - 3:00PM
Old Kona Airport Special Events Pavilion

KA'Ū Saturday, June 6 | 10:00AM - 3:00PM
Ka'ū District Gym

PUNA Saturday, July 11 | 9:00AM - 3:00PM
Pāhoa Community Center



New Year, New Skills



**Hui Mālama
Ola Nā 'Ōiwi**

What are your New Year's goals? Are you interested in learning a new skill this year? Connecting deeper to Hawaiian culture or enhancing your overall wellness? We can help you achieve both, and more!

Traditional Hawaiian healing practices, such as Ho'oponopono and Lomilomi, are skills that have been passed down through generations of cultural experts and practitioners. Recognizing the need to preserve and perpetuate these practices, we are now offering free training for community members. See below for upcoming opportunities! For more information and to sign up, please call us at (808) 969-9220 or visit hmono.org/classes.

Ho'oponopono Training

In this two-day training, Kumu Howard Pe'a will introduce the spiritual understanding of Ho'oponopono, the Hawaiian healing practice of reconciliation and forgiveness. Join us at these upcoming classes!

SATURDAY, JANUARY 4 | 9:00AM - 12:00PM

SATURDAY, JANUARY 11 | 9:00AM - 12:00AM

**HUI MĀLAMA OLA NĀ 'ŌIWI OFFICE
1438 KĪLAUEA AVENUE, HILO**



Lomilomi Training

Lehua Hobbs, who is an experienced Lomilomi practitioner and Licensed Massage Therapist, will teach about the significance of pule (prayer), protocol, and lomilomi techniques. Join us at these upcoming classes!

FRIDAY, JANUARY 17 | 5:00PM - 7:30PM

SATURDAY, JANUARY 18 | 9:00AM - 11:30AM

FRIDAY, JANUARY 24 | 5:00PM - 7:30PM

SATURDAY, JANUARY 25 | 9:00AM - 11:30AM

**HUI MĀLAMA OLA NĀ 'ŌIWI OFFICE
1438 KĪLAUEA AVENUE, HILO**



MOMS to MOMS

Breastfeeding Support Group

THE GOAL

Where do new mothers get information about child rearing? The primary source is other mothers! MOMS to MOMS Breastfeeding Support Group aims to provide an encouraging, comfortable space for pregnant and breastfeeding women to share information, advice, and support. This group is for women new to breastfeeding, as well as nursing veterans who want to reach out to those new to breastfeeding. This support group is a safe place to ask questions, share experiences, and build community.

WHEN AND WHERE

Second Wednesdays of Each Month
1:00pm - 2:00pm

January 8 | February 12 | March 11
April 8 | May 13 | June 10 | July 8

Tutu's House
64-1032 Māmalahoa Hwy, Kamuela, HI

For more information, call us at
(808) 969-9220 or visit hmono.org/classes.

PRESENTED AND FACILITATED BY



Leila Ryusaki is the Healthy Hāpai Coordinator at Hui Mālama. She is a Certified Lactation Counselor, Childbirth Educator, and Indigenous Breastfeeding Counselor, specializing in prenatal and postpartum massage.



Kehau Kealoha is the founder of Mother's Milk, LLC. She is also a Registered Nurse, International Board Certified Lactation Consultant, and Indigenous Breastfeeding Counselor, with over 20 years of experience.

Funding provided by:



Health Resources
and Services
Administration

Aunty's Health Message



Aloha Mai Kākou,

I am Aunty Edna and here we are at the beginning of another precious year. As we look at what we have achieved and accomplished in the past year, we can also look at the things that might not have been the healthiest for our minds, bodies, and spirits.

While it is absolutely necessary that we learn to balance what we eat in a healthy way, it is also necessary that we learn to manage all the normal stresses of daily life in a healthy and happy way.



Often times, we may deal with our stresses in an unhealthy manner, either by indulging in too much food or taking out our stresses on our 'ohana and friends. As we enter into the new year, let's work together to support, encourage, and mālama each other, so we can help balance these stresses

together. Let's start off 2020 on a positive note!



Aloha nui loa and Happy New Year. We love and mahalo you all for continuing your journey with Hui Mālama Ola Nā 'Ōiwi, and your help with keeping our Hawai'i island a healthy and happy place.

Need help or want 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. Visit our website at hmono.org or call us at (808) 969-9220.

Hele mai, come see us... and tell them Aunty Edna sent you!



Interested in being part of supporting a healthy Hawai'i island?

Monetary Donations

Visit hmono.org/donate to donate and learn more, or mail your donation to:

Hui Mālama Ola Nā 'Ōiwi
1438 Kīlauea Avenue
Hilo, HI 96720

Non-Monetary Donations

We graciously accept non-monetary donations to be used for programs.

Please contact us at (808) 969-9220 to begin a discussion about your non-monetary contribution.

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

IMMUNIZATION PROGRAM



MONTHLY VACCINE FEATURE HepB VACCINE

Hepatitis B or Hep B is a liver disease that typically is classified as a short-term illness, but can also be a chronic illness. Typically chronic Hepatitis B does not show any symptoms, but can progress into liver disease, liver cancer, and even death. Those diagnosed with chronic Hepatitis B are much more likely to spread the virus to others.

Hep B is spread through infected bodily fluid and can be passed by sharing items such as razors and toothbrushes, exposure to open wounds or sores, or can be passed through birth if the mother has Hep B.

According to the CDC, the best way to protect against the Hep B virus is to get vaccinated. The vaccine is taken either as 2, 3, or 4 shots. Infants should take their first dose of the vaccine at birth and complete the series by 6 months of age. Hepatitis B is also recommended to adults who are unvaccinated and have come into contact with the illness. The vaccine is very safe and has very few side effects, which typically last 1 to 2 days.

To learn more about Hepatitis B vaccine and other vaccines, visit cdc.gov.

As part of the Hui Mālama Ola Nā 'Ōiwi Immunization Program, your child can receive a **FREE** backpack or sleeping bag if they meet the two criteria below:

1. Your child turns 2 years old between August 2019 and July 2020.
2. Your child has completed all 24-25 CDC recommended vaccinations (below).

Come to our Hilo office to submit your child's immunization card, register your child, and receive their makana!

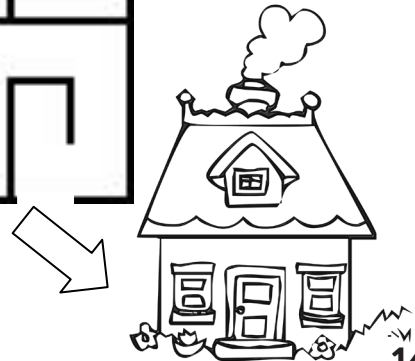
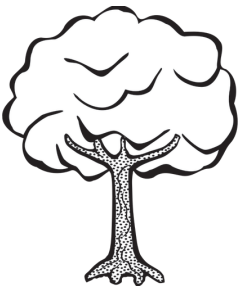
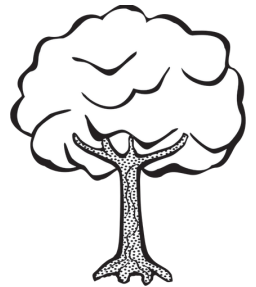
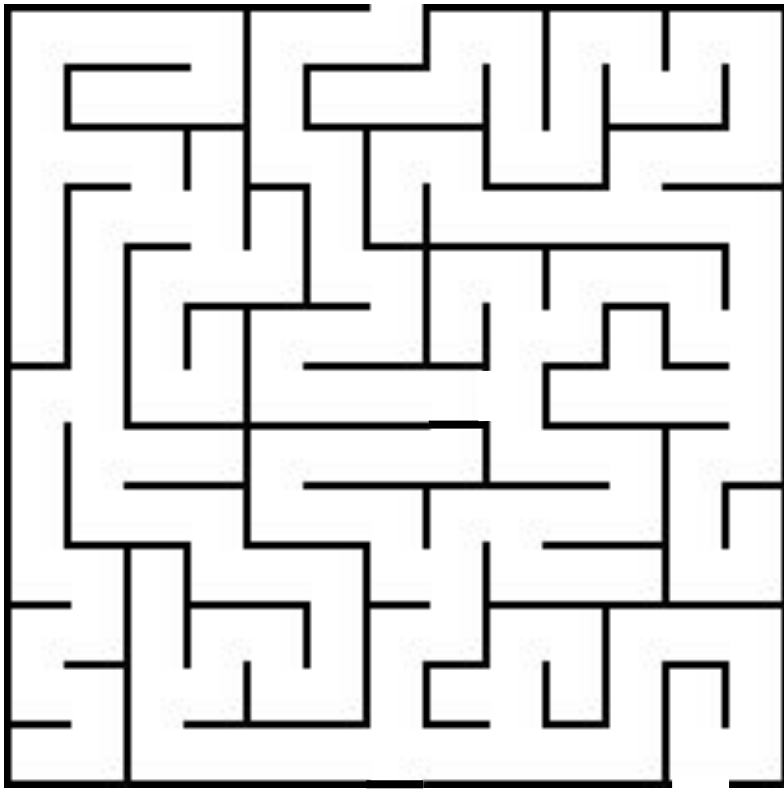
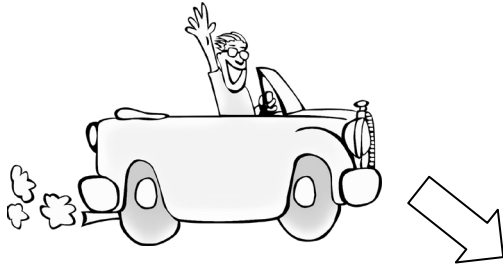
CDC RECOMMENDED VACCINATIONS:

- DTP/Dtap 1
- DTP/Dtap 2
- DTP/Dtap 3
- DTP/Dtap 4
- IPV 1
- IPV 2
- IPV 3
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- VZV
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2

For more information about our immunization program, visit our website at hmono.org/immunization-program or call our office at (808) 969-9220.

Keiki Coloring Corner

In January, we celebrate alcohol and drug awareness! Color in the pictures below and help the driver get home safely!





Hui Mālama Ola Nā 'Ōiwi

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 OFFICE CLOSED	2 5PM Yoga -Keaukaha	3	4 *9AM Ho'oponopono Training -Hilo
6 *Lomilomi Services -Nā'ālehu 5:30PM Zumba -Keaukaha	7 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha 5:30PM Diabetes Support Group -Hilo	8 9:30AM BS&SEC -Nā'ālehu *5PM Diabetes Management Class -Puna 5:30PM Zumba -Keaukaha	9 9:30AM BS&SEC -Pāhala 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha	10	11 *9AM Ho'oponopono Training -Hilo
13 *Lomilomi Services -Nā'ālehu 5:30PM Zumba -Keaukaha	14 10:30AM BS&SEC -Keaukaha *4:30PM Diabetes Management Class -Kona 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo	15 9:30AM BS&SEC -Nā'ālehu *5PM Diabetes Management Class -Puna 5:30PM Zumba -Keaukaha	16 9:30AM BS&SEC -Pāhala 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha	17 *5PM Lomilomi Training -Hilo	18 *9AM Lomilomi Training -Hilo
20 OFFICE CLOSED	21 10:30AM BS&SEC -Keaukaha 1PM Diabetes Support Group -Hilo *4:30PM Diabetes Management Class -Kona 5PM Yoga -Keaukaha	22 9:30AM BS&SEC -Nā'ālehu *5PM Diabetes Management Class -Puna 5:30PM Zumba -Keaukaha	23 9:30AM BS&SEC -Pāhala 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha *5PM Diabetes Management Class -Hilo	24 *5PM Lomilomi Training -Hilo	25 *9AM Lomilomi Training -Hilo
27 *Lomilomi Services -Nā'ālehu 5:30PM Zumba -Keaukaha	28 10:30AM BS&SEC -Keaukaha *4:30PM Diabetes Management Class -Kona 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo	29 9:30AM BS&SEC -Nā'ālehu 5:30PM Zumba -Keaukaha	30 9:30AM BS&SEC -Pāhala 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha *5PM Diabetes Management Class -Hilo	31	1

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