



Ulakino

Newsletter

March
Malaki 2020

La'au Lapa'au

*Perpetuating Traditional
Hawaiian Healing*

Look inside for:

Transforming Communities with Aloha
Mālama Ka Pili Pa'a Huaka'i
Monthly Services

*All Hawaiian language in the Traditional
Hawaiian Healing department is
translated by Po'okela Ikaika Dombrigues.*

CONTACT US

 /HMONO.org

 hui_malama_

HILO OFFICE

Monday - Friday, 8:00am - 4:30pm
(808) 969-9220
1438 Kīlauea Avenue
Hilo, HI 96720

FAMILY MEDICINE CLINIC

See page 4

OLAKINO CONTACT

To submit feedback, subscribe to our electronic newsletter, or inquire about Olakino, please contact us at:

(808) 969-9220
contact@hmono.org

ABOUT US

OLAKINO

Olakino is a newsletter written, designed, and edited in-house by Hui Mālama Ola Nā 'Ōiwi staff members. Printing of Olakino is provided by Kamehameha Schools East Hawai'i Region.

All Hawaiian language in the Traditional Hawaiian Healing department is translated by Po'okela Ikaika Dombrigues.

WHO WE ARE

Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nā 'Ōiwi serves as the Native Hawaiian Health Care System for Hawai'i island, providing traditional Hawaiian healing, medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i.

BOARD OF DIRECTORS

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Robert Shimamoto, Vice Chair
Robert Yamada II, Treasurer & Secretary
Mabel De Silva, Director
Leilani Kerr, APRN, Director
Michael Sonoda Dias, Director
Hannah Preston-Pita, PsyD. CSAC, Director
Moana Ulu Ching, Director
Kealohanuiopuna Kinney, Ph.D., Director

MONTHLY SERVICES

Check out some of our ongoing health care services that are offered every month. See the back calendar for more events and classes!

SUPPORT GROUPS

Diabetes Support Group

First Tuesdays
5:30pm - 7:00pm
Hui Mālama Office
1438 Kīlauea Ave, Hilo

Third Tuesdays
1:00pm-2:30pm
Hui Mālama Office

Youth Diabetes Support Group

First Fridays
3:00pm - 4:00pm
Hui Mālama Office

Cancer Support Group

Second and Fourth Tuesdays
5:30pm - 7:30pm
Hui Mālama Office

EXERCISE & FITNESS CLASSES

Basic Stretch & Strengthening in Hilo

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

Zumba

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

LOMILOMI SERVICES

Mondays (Call for appointment)
Hawai'i County Economic Opportunity Council
95-5635 Māmalahoa Hwy, Nā'ālehu

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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!



Kamehameha Schools Lā 'īini Career Fair

Hui Mālama providers joined Kamehameha Schools at their annual Lā 'Iini career fair on January 29.

Dr. Pua'a (pictured left) and Po'okela Ikaika Dombrignes (not pictured) talked with the students about the importance of healthcare providers in Hawai'i.

UH-Hilo School of Nursing Interns

Did you know that UH-Hilo School of Nursing students intern at Hui Mālama? BSN students help Hui Mālama positively impact the community while gaining hands-on experience.

The students pictured at the right helped check vitals and facilitate the Diabetes Management Class in January and February!



About Aunty Edna

Many people know Aunty Edna Baldado from her involvement in the community, hearing her voice on the radio, or reading her monthly message in the Olakino newsletter. Those who have talked story with her know she is always spreading messages of aloha, healthy living, and a positive attitude!

This month, we want to recognize Aunty Edna for her dedication to making Hawai'i island a happy and healthy place. Aunty Edna is a long-time employee at Hui Mālama Ola Nā 'Ōiwi and a Registered Nurse with experience working in community health, health education, and cultural education. From volunteering in the community to helping identify and reduce health challenges for Native Hawaiians, Aunty Edna has contributed to community health in large and small ways!



**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

La'au Lapa'au

Perpetuating Traditional Hawaiian Healing



Although the practice of la'au lapa'au (*healing*) has been a traditional practice for thousands of years, the ancient knowledge was at risk of disappearing in the last century. With a commitment to sharing and revitalizing this knowledge, Hui Mālama Ola Nā 'Ōiwi is offering free La'au Lapa'au workshops available island-wide.

The workshops provide a first-hand opportunity to learn about traditional Hawaiian healing practices, including an introduction into la'au lapa'au, ho'oponopono, lomilomi ha ha, and la'au kahea. Workshops are presented by Po'okela Ikaika Dombrigues who emphasizes the importance of traditional wisdom as a way to uplift and heal people of Hawai'i.



Po'okela Ikaika began learning about the healing powers of La'au Lapa'au from a young age, with knowledge passed on from his kahuna and ancestors. He explains, "La'au lapa'au is a practice that's been in the Hawaiian islands for thousands of years. It has to do with natural herbs from the land, plants, animals, and minerals from the ocean. Through the power of pule (*prayer*), we apply

Po'okela Ikaika Dombrigues engages workshop participants (top), and participants practice hands-on la'au lapa'au techniques (bottom left and right).

it to our bodies. It's a very spiritual connection that falls upon the person who needs help."

This traditional knowledge about plants and herbs can help to manage a multitude of health conditions, including hypertension, diabetes, cancer, arthritis, and stress. The La'au Lapa'au workshops are offered island-wide.

Upcoming La'au Lapa'au Workshops:

Hilo

Saturday, March 14 | 9:00am - 3:00pm
Aunty Sally'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

The La'au Lapa'au workshops are part of efforts to preserve and share the knowledge of Hawaiian cultural values, beliefs, history, and the practice of traditional kanaka maoli lapa'au (*Hawaiian healing*). To learn more about these upcoming workshops and classes, please contact the Hui Mālama Traditional Hawaiian Healing team at (808) 969-9220.

All Hawaiian language in the Traditional Hawaiian Healing department is translated by Po'okela Ikaika Dombrigues.

Grow Your Own La'au

In addition to La'au Lapa'au workshops, Hui Mālama also offers a free Grow Your Own La'au class. In this class, instructor Carly Wyman teaches about propagating, cultivating, and harvesting six plants that are beneficial for your health.

The best part? You get to take all six plants home with you to grow in your garden!

Upcoming Grow Your Own La'au Class:

Hilo

Saturday, March 28 | 1:00pm - 3:00pm
Hui Mālama Hilo Office



Grow Your Own La'au class participants growing lukini (lemongrass, top), and mamaki (bottom left and right).

TRANSFORMING COMMUNITIES WITH ALOHA

Individuals create families, and families create communities. This means that if we foster individual health, we also foster family and community health! The workers who are at the front and center of this are Community Health Workers.

Community Health Workers, also known as CHWs, are frontline public health workers who serve as the bridge between health services and the community. As the CHWs of Hui Mālama Ola Nā 'Ōiwi service all areas of Hawai'i island, they are equipped with several tools to best care for our community.

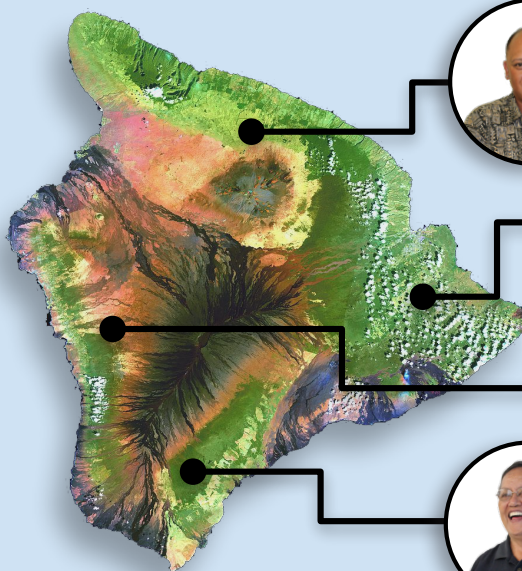
Firstly, they are equipped with healthcare qualifications and experience. Secondly, they are equipped with a firm understanding of Native Hawaiian culture as well as cultural

competence relevant to each moku (district). Thirdly, and maybe most importantly, they are equipped with the foundation of aloha, similar to Aunty Pilahi Paki's "The Aloha Spirit Law," which is guided by these principles:

“

- A** Akahai: kindness, expressed with tenderness
- L** Lōkahi: unity, expressed with harmony
- O** 'Olu'olu: agreeable, expressed with pleasantness
- H** Ha'aha'a: humility, expressed with modesty
- A** Ahonui: patience, expressed with perseverance ”

Community Health Workers are a cornerstone for transforming the health of our communities! Get to know our Community Health Workers by calling us at (808) 969-9220 or visiting our office at 1438 Kīlauea Avenue in Hilo.



*Chauncey Hatico
CHW - North Hawai'i*



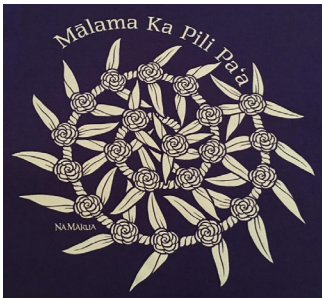
*Kirra Tomori
CHW - Hilo/Puna*



*Jovena Moses
CHW - Kona*



*Keamalu Waltjen
CHW - Ka'ū*



Mālama Ka Pili Pa'a Huaka'i

"To improve the lives of those we touch by offering support, guidance and compassionate care of body, mind, and spirit."

-Hawaii Care Choices

Mālama Ka Pili Pa'a, the cancer support group at Hui Mālama, went on a huaka'i (trip) to tour the Hawai'i Care Choices facility in Hilo on February 11. They gave the support group an amazing and thorough tour throughout the building.

After the tour concluded Lani Weigert, the Community Relations Manager at Hawai'i Care Choices, provided more information about what the organization provided to their patients.

The information was so well received by the support group that many were ready to sign up right then and there! After listening to how much they care for their patients it was clear that the organization truly stood by their mission, "To improve the lives of those we touch by offering support, guidance and compassionate care of body, mind, and spirit."

IMMUNIZATION PROGRAM



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!

MONTHLY VACCINE FEATURE INACTIVE POLIO VACCINE (IPV)

Polio is a life-threatening disease that is caused by poliovirus. This virus can spread from person to person and can travel to an individual's spinal cord causing paralysis. Most times the virus will not have any visible symptoms, however, it can be mistaken for the flu due to the symptoms it produces.

The only way to protect against the poliovirus is to get the polio vaccine, IPV (Inactive Polio Vaccine). The CDC recommends that children receive four doses of the vaccine at ages 2 months, 4 months, 6 - 18 months, and 4 - 6 years old.

As with any medications, there is a chance of side effects which usually are mild and go away on their own. Some potential side effects include: dizziness, very rare shoulder pain, vision change, or ear ringing.

To learn more about IPV and other vaccines, visit cdc.gov.

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

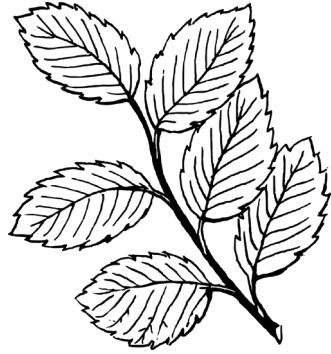
For more information about our immunization program, visit our website at hmono.org/immunization-program or call our office at (808) 969-9220.

Keiki Coloring Corner

In March, we celebrate traditional Hawaiian healing! Find the lā'au below and color in the pictures!



V	Ā	J	P	P	J	I	L
V	A	H	V	'A	H	Ā	Y
V	L	S	A	A	'A	B	I
U	O	'Ō	K	U	L	E	Y
H	E	U	L	'A	W	A	A
N	A	A	B	E	S	M	J
L	Q	R	V	T	N	H	'Ō
M	Ā	M	A	K	I	A	B

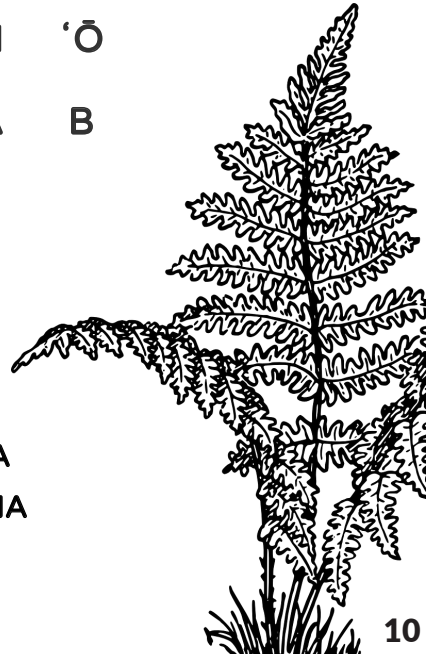


WORD KEY:

ALOHE
LAUKAHI

LĀ'AU
MĀMAKI

'AWA
'ŌLENA





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 *Lomilomi Services -Nā 'ālehu</p> <p>5:30PM Wellness Support Group -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>3 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>4 *9AM Diabetes Management -Puna</p> <p>*5PM Hula for Health -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>5 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>6 3PM Youth Diabetes Support Group -Hilo</p>	<p>7</p>
<p>9 *Lomilomi Services -Nā 'ālehu</p> <p>5:30PM Wellness Support Group -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>10 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>11 9AM Diabetes Management -Puna</p> <p>*5PM Hula for Health -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>12 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>13 BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>14 9AM Lā'au Lapa'au Workshop -Aunty Sally's Lū'au Hale, Hilo</p>
<p>16 *Lomilomi Services -Nā 'ālehu</p> <p>5:30PM Wellness Support Group -Hilo</p> <p>*5:30PM Hypertension Class -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>17 10:30AM BS&SEC -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p> <p>5PM Yoga -Keaukaha</p>	<p>18 9AM Diabetes Management -Puna</p> <p>*5PM Hula for Health -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>19 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>20</p>	<p>21 *9AM Lā'au Lapa'au Class -Hilo</p> <p>*9AM Ho'oponopono Training -Kohala</p>
<p>23 *Lomilomi Services -Nā 'ālehu</p> <p>5:30PM Wellness Support Group -Hilo</p> <p>*5:30PM Hypertension Class -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>24 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>25 *5PM Hula for Health -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>26 OFFICE CLOSED Prince Kūhiō Day</p>	<p>27</p>	<p>28 *9AM Lā'au Lapa'au Class -Hilo</p> <p>*9AM Ho'oponopono Training -Kohala</p> <p>*1PM Grow Your Own Lā'au Class -Hilo</p>
<p>30 *5:30PM Hypertension Class -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>31 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>* SIGN-UP: Please call us for locations and to sign up, or sign up online at hmono.org/classes</p> <p>SUBSCRIBE TO THE ELECTRONIC NEWSLETTER AT: contact@hmono.org or www.HMONO.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>			



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