



Olakino

Newsletter

April
'Apelila 2020



Healthcare for Hawai'i


Knowing What's Available to You

Look inside for:

Investing in the Next Generation
COVID-19 Health Updates
Youth Diabetes Support Group

CONTACT US

 /HMONO.org

 hui_malama_

HILO OFFICE

Closed until further notice
1438 Kīlauea Avenue
Hilo, HI 96720

FAMILY MEDICINE CLINIC

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OLAKINO CONTACT

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

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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Hannah Preston-Pita, PsyD. CSAC, Director
Moana Ulu Ching, Director
Kealohanuiopuna Kinney, Ph.D., Director

MONTHLY SERVICES

Hui Mālama offers these services regularly every month. Please see the back cover for more information and visit hmono.org/events for updates.

SUPPORT GROUPS

Diabetes Support Group POSTPONED

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 POSTPONED

First Fridays

3:00pm - 4:00pm

Hui Mālama Office

Cancer Support Group POSTPONED

Second & Fourth Tuesdays

5:30pm - 7:30pm

Hui Mālama Office

Breastfeeding Support Group POSTPONED

Second Wednesday

1:00pm - 2:00pm

Tutu's House, 64-1032 Māmalahoa Hwy #305, Waimea

EXERCISE & FITNESS

Basic Stretch & Strengthening in Hilo POSTPONED

Tuesdays & Thursdays

10:30am - 11:30am

Malia Puka O Kalani Church Gym

326 Desha Ave, Keaukaha

Basic Stretch & Strengthening in Ka'ū POSTPONED

Tuesdays & Thursdays

9:30am - 10:30am

Nā'ālehu Community Center

95-5635 Māmalahoa Hwy, Nā'ālehu

Zumba POSTPONED

Mondays & Wednesdays

5:30pm - 6:30pm

Malia Puka O Kalani Church Gym

Therapeutic Yoga POSTPONED

Tuesdays & Thursdays

5:00pm - 6:00pm

Malia Puka O Kalani Church Gym

LOMILOMI SERVICES POSTPONED

Mondays (by appointment only)

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!



2020 UH-Hilo Relay for Life

Hui Mālama cancer support group, Mālama Ka Pili Pa'a honored its mission by taking part in the 2020 UH-Hilo Relay for Life on March 6.

The Relay for Life honors cancer survivors, caregivers, and those affected by cancer.

La'au Lapa'au Workshop

Hui Mālama commenced its 2020 free island-wide La'au Lapa'au workshops at Auntie Sally's Lū'au Hale in Hilo on March 14.

Participants learned about how la'au (*plants*), ho'oponopono (*reconciliation*), and lomilomi techniques (*massage, as pictured right*) benefit health and wellbeing.



La'au Lapa'au at Kamehameha Schools

Po'okela Ikaika Dombrignes (*pictured left*) taught Kamehameha Schools Hawai'i Campus students how to gather and use la'au (*plants*) for healing purposes on February 25.



**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



Healthcare for Hawai'i

Knowing What's Available to You

April is national Minority Health Awareness Month, which aims to bring awareness to the unique health challenges that minority groups across the United States face, such as lack of access to health care, cultural differences, affordability and other socioeconomic factors.

Minority Health Awareness Month

GOAL: “..to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications.”

Living in Hawai'i, especially on Hawai'i island, it can seem even more difficult. Minority groups in Hawai'i have been particularly at risk for many health complications, such as the Native Hawaiians and Pacific Islanders (NHPI) population, which was found to have many leading causes of death that may be linked to the lack of health care accessibility. Being an incredibly diverse island, we have incredibly diverse health needs that can be eased through local community effort.

One unique challenge on Hawai'i island is its size and high number of rural communities. Many Native Hawaiians, for instance, live in rural and secluded areas which makes it hard to get to places that offer health services. To alleviate this burden on rural communities, local organizations including Hui Mālama Ola Nā

‘Ōiwi offer free transportation services around Hawai‘i island.

Insurance for minorities is another complex challenge. In a study completed by the Department of Health and Human Services, 12.9% of Native Hawaiians and Pacific Islanders (NHPI) in Hawai‘i were uninsured. When individuals do not have insurance they believe that they cannot seek health care. However, that is not true at all. Hui Mālama Ola Nā ‘Ōiwi offers free health prevention and management options, including: support groups for diabetes, cancer, youth diabetes, and breastfeeding; management classes for diabetes, hypertension, and nutrition; fitness classes and more!

Perhaps most importantly are the cultural factors of accessing healthcare. Because of our cultural and ethnic diversity, our communities need health practices that are inclusive to different ethnic minority needs. This can include alleviating language barriers, including culturally



competent practices into western medicine, and implementing more traditional healing practices.

In addition to our Family Medicine Clinic, Hui Mālama also offers vast Traditional Hawaiian Healing services, including lomilomi, ho‘oponopono, hāpai, and lā‘au lapa‘au which are provided by cultural practitioners. To ensure accessibility, most of these services are free and available to clients island-wide.

Sometimes we may feel that healthcare is not an option because we don’t have insurance, we have a language or cultural barrier, or access is difficult. By applying the goals of Minority Health Awareness Month, we can identify ways to continue strengthening our local communities, so we can all move forward together into a healthier future. When it comes to the health of our community, we at Hui Mālama Ola Nā ‘Ōiwi strive to help everyone live longer & feel better, together. For information on how we can serve you, visit our website at hmono.org.



Investing in the Next Generation

Our goal at Hui Mālama Ola Nā 'Ōiwi is to positively impact the health of our community. In addition to our abundant health services, we also invest in training for student interns from schools around the state. The team of Spring 2020 interns at Hui Mālama are investing 1,600 hours collectively to gain training to be the next generation of health leaders and advocates.



Mahalo and congratulations to our Spring 2020 interns!

John A. Burns School of Medicine students Spencer Calles and Emmeline Friedman, and UH-Hilo BSN students Malina Johnson, Nicole Baker, Chloe Nishioka, and Kayla Tano who engaged in community outreach to provide Community Needs Assessments.

UH-Hilo BSN student Shantel Bolosan who standardized educational material for diabetes, hypertension, and nutrition programs.

UH-Hilo BSN student Chrystal Soares who developed The Journey handbook for cancer support.

UH-Hilo BSN students Tihane Smith and Dana Makida who developed the Color Me Healthy totes for nutrition awareness.

UH-Hilo BSN student Laura Jambura who is organizing and presenting the Cancer Kine Tings program, which was developed by UH-Hilo BSN students Laurel Ledward and Jerold Cabel.

UH-Hilo Kinesiology student Kahele Joaquin who is bridging western and traditional medicine with 'ōlena (turmeric).

UH-Hilo Kinesiology student Keanu Williams who is adding mo'olelo and history to a Makahiki handbook developed by UH-Hilo BSN student Moana Bertlemann.

Waiākea High School student Jaden Padamada who has organized all educational and health makana.



Hui Mālama continues to invest in the next generation of service-oriented individuals who will one day be at the forefront to lead our community to better health and wellbeing.

For more information about internships or volunteering, visit hmono.org/volunteer.

Aunty's Health Message

honoring Aunty Edna's work

This month we want to honor Aunty Edna for all the work she's done and continues to do at Hui Mālama Ola Nā 'Ōiwi and the community.

As a Registered Nurse, Aunty Edna recognizes that "it's our responsibility to help people in our community." Aunty has remained loyal to that responsibility by helping to offer solutions to the unique health challenges of Hawai'i island.

She has spent her career raising awareness about diabetes, educating about nutrition, and supporting

underserved populations. In addition to her career, she has stayed involved with Family and Community Education (FCE), church, and other community groups. Her involvement with Hui Mālama Cancer Support Group, Diabetes Support Group, and other programs has inspired and empowered people to take charge of their health.

Thanks to Aunty Edna's dedication and those who influenced her, we are now at a healthier Hawai'i island.

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 our clinic at (808) 796-3125.

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



Youth Diabetes Support Group

Aunty Edna's vision and dedication to offer accessible health care to underserved groups has helped us expand and improve our services, such as adding the new Youth Diabetes Support Group.

Youth Diabetes Support Group is for anyone under 18 who is diagnosed with diabetes. The support group offers a safe, comfortable space where you can come with your parent(s) or guardian(s) to receive free information, support, and build community.

Youth Diabetes Support Group meets every first Friday of the month from 3:00pm to 4:00pm at our office at 1438 Kilauea Avenue in Hilo. This service is postponed for the month of April.

HEALTH UPDATES

COVID-19 (2019 NOVEL CORONAVIRUS)

COVID-19 (short for coronavirus disease 2019) is the name of the respiratory illness resulting from the 2019 novel (*new*) coronavirus. The virus can spread through respiratory droplets when an infected person coughs or sneezes. The best ways to prevent illness is to limit or avoid exposure to the virus.

Symptoms:

- Fever
- Cough
- Shortness of breath

Symptoms may appear 2-14 days after exposure. If you are ill or think you may have been exposed to COVID-19, call your healthcare provider so they can advise you on next steps. For *severe* symptoms such as difficulty breathing, pain in chest, new confusion, bluish lips or face, or other severe symptoms, get immediate medical attention.

Help protect yourself and our community:

1. Wash your hands thoroughly and often. If soap and water isn't available, use hand sanitizer that has at least 60% alcohol.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Avoid close contact with sick people and large groups.
4. Stay informed from trusted, credible sources such as the following:

Centers for Disease Control: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Hawai'i Department of Health: health.hawaii.gov

Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic
by calling (808) 796-3125

Aloha United Way by dialing 211

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!

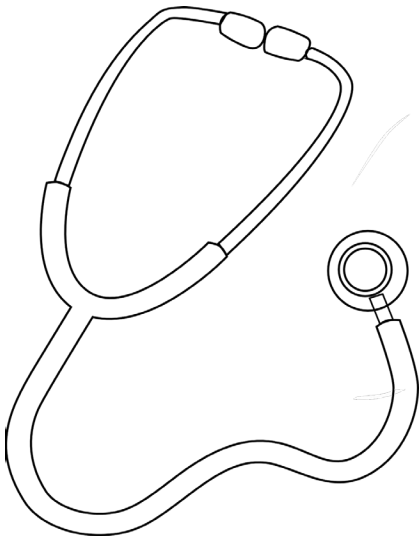
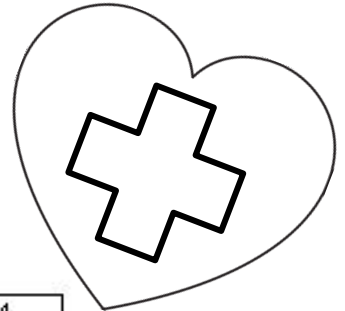
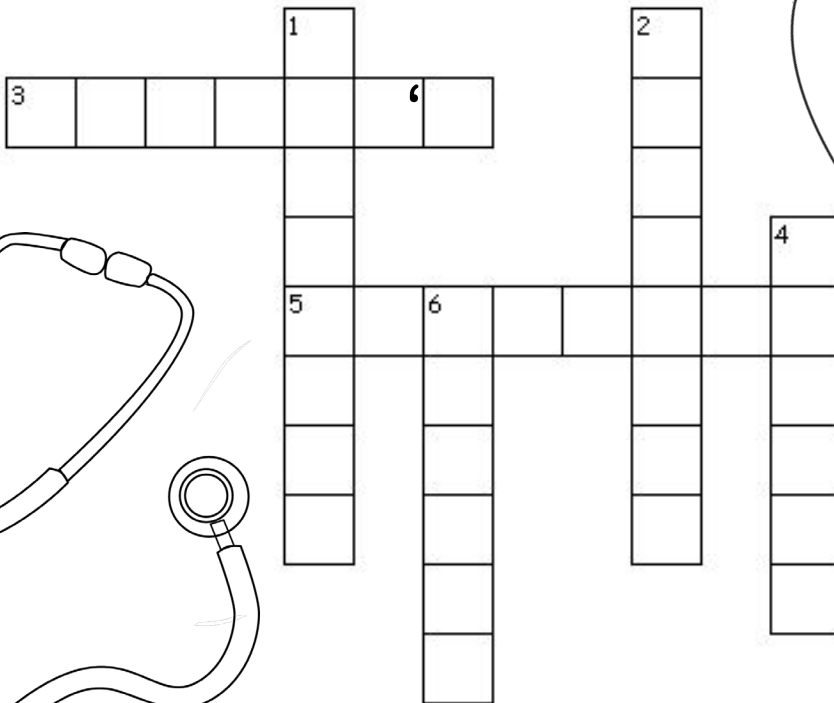
CDC RECOMMENDED VACCINATIONS:

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

For more information about our immunization program, visit our website at hmono.org/immunization-program.

Keiki Coloring Corner

In April, we celebrate everyone having access to health care! Solve the crossword puzzle and color in the pictures!



Down:

1. V__ta__ins help make your body stronger.
2. You go to this place when you don't feel good.
5. Taking care of your h____th is important for your body.

Across:

3. We live in this state.
4. This person heals the sick.
6. You take this when sick.



Hui Mālama Ola Nā 'Ōiwi

Native Hawaiian Health Care System

March 23, 2020

To our Hui Mālama Olā Nā 'Ōiwi 'ohana, friends, and community:

The health and safety of our employees, 'ohana, friends, and community are very important to us. Due to the COVID-19 world wide pandemic and in light of Governor Ige's latest update on March 23, 2020 to ensure the safety of everyone, we are closing our Hilo Administration office effective March 24, 2020 until April 30, 2020. Our re-open date is tentative due to our evolving situation with this crisis. HMONO staff will be working remotely, monitoring emails and messages, and will provide information and updates as soon as it becomes available.

All classes, workshops, support groups and community events have been postponed and/or canceled, but we welcome the opportunity to provide you unique support through the use of technology. Staff are excited and working diligently on having creative virtual activities for you to connect with while you stay safe at home. We hope that you enjoy these forthcoming activities and we will let you know when it is up and running!

Our medical clinic will remain open from 8am to 5pm and closed for lunch from 12pm to 1pm Monday thru Friday. We have procedures in place to keep staff and clients safe and we are also in the process of providing telehealth appointments. We will let you know when telehealth is available. We ask that you please call 796-3125 for assistance first before entering our medical clinic.

As a reminder in keeping safe, please adhere to the following:

1. Wash hands frequently with soap and water for at least 20 seconds – singing the happy birthday song twice is 20 seconds. Sanitizing with an alcohol base of at least 60% is second best if soap and water is unavailable.
2. Cough into elbows
3. Don't touch your face
4. Keep to social distancing at least 6 feet away from each other – smile, give the shaka sign, and say aloha without touching each other for this especially, is what will help to stop the spread of the COVID-19.
5. If feeling ill, please stay home and call your physician/clinic

Additionally, the following will also help in slowing down the spread of the COVID-19:

- Listening to and follow our state and county authorities.
- If you feel sick, stay home. Do not go to work and contact your medical provider.
- If your children are sick, keep them at home. Contact your medical provider.
- If someone in your household tested positive for coronavirus-COVID-19, keep the entire household at home. Contact your medical provider.
- If you are an older person especially with underlying health conditions, please stay home and ask others like family members to assist you with your needs
- If you are a person with serious underlying health conditions that can put you at an increased risk (for example: a condition that impairs your lungs or heart function or weakens your immune system), stay home and adhere to social distancing.
- Avoid social gatherings. If you must, gatherings should not be more than 10 people and please apply social distancing.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.

Your health, well-being, and safety is of utmost important to us! Please stay home and be safe!

Mahalo,
Noe Scott
Interim Executive Director

Administration: 1438 Kilauea Avenue, Hilo, HI 96720 | (808) 969-9220

Family Medicine Clinic: 82 Pu'uhonu Way, Suite 209, Hilo, HI 96720 | (808) 796-3125

www.HMONO.org