



# Olakino

Newsletter

May  
Mei 2020



Serving Hawai'i Island for

# 29 YEARS

**Look Inside For:**

May Services

Dedicated Volunteer Spotlight

COVID-19 & Health Updates

# CONTACT US

[contact@hmono.rgo](mailto:contact@hmono.rgo)

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

 [hui\\_malama\\_](https://www.instagram.com/hui_malama_)

## HILO OFFICE

Closed until further notice  
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:

[contact@hmono.org](mailto: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 Dombrignes.

## 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

C. Noelani Ho'opai, Chair  
Robert Yamada II, Treasurer & Secretary  
Leilani Kerr, APRN, Director  
Michael Sonoda Dias, Director  
Moana Ulu Ching, Director  
Kealohanuiopuna Kinney, Ph.D., Director

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,384,836.00 with 20% financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

# OLAKINO CONTENTS

## MONTHLY FEATURES

---

page 3

Out in the Community

page 4

Family Medicine Clinic

page 8

Aunty Edna's Health Message

page 10

Keiki Coloring Corner

## MAY FEATURES

---

pages 5-6

Celebrating 29 Years

page 7

Dedicated Volunteer Spotlight

page 8

Free Diabetes Services

page 9

COVID-19 & Health Updates

back page

Nurses Week 2020

# MAY SERVICES

*In light of COVID-19, Hui Mālama is now offering many regular services online. We have also developed new services to better serve you during this time!*

*Please visit [hmono.org/calendar](https://hmono.org/calendar) for updates.*

## EXERCISE & FITNESS

---

### Basic Dynamic Stretching & Exercise

Available any time at [hmono.org/exercise-fitness](https://hmono.org/exercise-fitness)

### Therapeutic Yoga

Tuesdays & Thursdays

5:00pm - 6:00pm

online (visit [hmono.org/services](https://hmono.org/services) for link)

## SUPPORT GROUPS

---

### Breastfeeding Support Group

TBD: Find out dates and times by signing up at

[hmono.org/services](https://hmono.org/services)

### Cancer Support Group

Second & Fourth Tuesdays

5:00pm - 6:30pm

online (visit [hmono.org/services](https://hmono.org/services) for link)

### Cultural Wellness Support Group

Mondays

5:30pm - 6:30pm

online (visit [hmono.org/services](https://hmono.org/services) for link)

### Diabetes Support Group

First Tuesdays

5:00pm - 6:30pm

Third Tuesdays

1:00pm - 3:30pm

online (visit [hmono.org/services](https://hmono.org/services) for link)

### Health and Wellness Support Group

Fridays

10:00am - 11:30am

online (visit [hmono.org/services](https://hmono.org/services) for link)

# 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 during this crucial time.



## Donations at Any Time of Day!

Hui Mālama and community leaders put timelines aside and rallied together to donate first aid kits, blankets, and other health supplies for Miloli'i 'ohana in need of supplies.

## Mālama Food Drive Donations

BISAC teamed up with community organizers for the Mālama Food Drive to provide food donations for Hui Mālama Ola Nā 'Ōiwi kūpuna clients.



## Interested in Contributing?

If you're interested in helping contribute to a healthy Hawai'i island, contact us at [contact@hmono.org](mailto:contact@hmono.org) to learn what items we currently need and are accepting.

We also graciously accept monetary donations at [hmono.org/donate](https://hmono.org/donate).



**Hui Mālama  
Ola Nā 'Ōiwi**

## **FAMILY MEDICINE CLINIC**

**ACCEPTING NEW PATIENTS  
AND OFFERING TELEVISITS!**



### **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](https://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\*

# Celebrating 29 years

OF SERVING HAWAI'I ISLAND

May marks 29 years of Hui Mālama Ola Nā 'Ōiwi serving as the Native Hawaiian Health Care System of Hawai'i island! In 29 years, Hui Mālama went from a small grassroots organization whose staff walked door-to-door, to an island-wide non-profit offering a multitude of health services for keiki through kūpuna. With time, we have expanded, but just as important as 29 years ago, we aim to mālama our people through sincere care and support in their health journey.

Hui Mālama has worked diligently to fulfill our mission and vision, and expand our services to reach all of our community, especially during these times when the needs of Hawai'i island are changing every day.

Help us continue meeting the ever-changing needs of our Hawai'i island by completing our Community Needs Questionnaire at [hmono.org/community-needs-questionnaire](https://hmono.org/community-needs-questionnaire). For more information about our services, visit [hmono.org/services](https://hmono.org/services).



## Our Roots

### ● October 1987

Staff from community health organizations gather to address the health of Native Hawaiians in Hawai'i county. They form the Native Hawaiian Community Caring Health Task Force.

### ● October 1988

U.S. Congress enacts the Native Hawaiian Health Care Act to improve the health status of Native Hawaiians. Papa Ola Lōkahi is formed.

### ● March 1991

The Task Force begins receiving Native Hawaiian Health Care Act funds from Papa Ola Lōkahi to develop a nonprofit organization.

### ● May 1991

The Task Force forms Hui Mālama Ola Nā 'Ōiwi, an incorporated non profit organization.

## Mission and Vision

**'O Hui Mālama Ola Nā 'Ōiwi mākou.**

*We are the group that takes care of the health of the people of Hawai'i.*

**Eia ke kuleana: Ho'oulu ola ka lāhui Hawai'i.**

*Our mission is to uplift the health of the Hawaiian nation.*

**Mālama iā Moku o Keawe,**

*We will take care of Hawai'i island,*

**Mālama i nā kua'āina,**  
*Country and rural areas,*

**Mālama i kou olakino,**

*Your physical, spiritual, and mental body,*

**Mālama i nā mea Hawai'i.**

*And Hawaiian culture and practices.*

**E ho'oikaika a ola ka lāhui Hawai'i.**

*We envision a strong and healthy Hawaiian nation.*

# Hearing from Clients

CLIENTS SHARE THEIR EXPERIENCES ABOUT  
HUI MĀLAMA OLA NĀ 'ŌIWI SERVICES

"Hui Mālama services and classes made me a better supporter to my family members with Diabetes, and I found myself adopting the lifestyle changes that Hui Mālama taught, which has positively benefited my health."

*-Heidi*

"I am very happy and thankful that I registered for Hui Mālama services. I have learned a lot on how to manage my health conditions. The health education classes are presented very well. Thank you so much Hui Mālama!"

*-Lapaz*

"Hui Mālama health education classes are great! Topics are well discussed and participants were able to share their experience and knowledge about health in general."

*-Jeana*



"They made me feel valued and they sincerely care about my well-being. Since my participation, I have adopted healthier lifestyle choices. Thank you Hui Mālama for your commitment to uplift the health of the Hawaiian Nation."

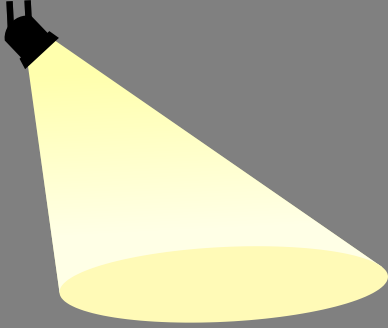
*-Malcolm*

"Mahalo to Hui Mālama for all that they are doing for our communities. I would definitely recommend this class to anyone who needs the extra encouragement, education, and support. My health is improved and I know that Hui Mālama has helped me get there."

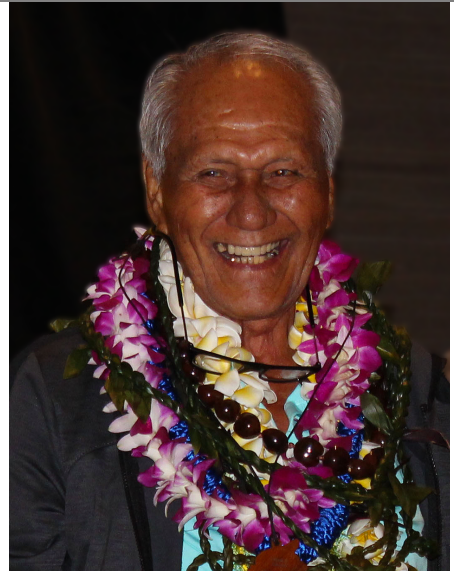
*-Donna*

"I am a Native Hawaiian woman born and raised in Waipi'o Valley. It was always a struggle to understand the recommendations made by my doctor. Due to Hui Mālama, I now feel empowered and capable of managing my health."

*-Iwa*



# DEDICATED VOLUNTEER SPOTLIGHT



## UNCLE SAM BALDADO

Uncle Sam Baldado is well-known in the community for many things, but he is possibly most well-known for his dedication to helping his community. Uncle Sam volunteered with Hui Mālama Ola Nā 'Ōiwi for many years, assisting staff members with tasks large and small. He was particularly active with assisting his wife Edna Baldado, a long-time Hui Mālama employee, in carrying out Diabetes program services and helping develop the Mai Ka Malā 'Ai garden program.

His support and dedication not only helped Hui Mālama carry out the mission of its Diabetes program, but also the mission of the organization. Hui Mālama and the entire Hawai'i island community are beyond grateful for his commitment to keeping Hawai'i island a healthy and happy place.

*IN LOVING MEMORY*



# Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and the month of May marks our 29th anniversary of serving Hawai'i island, so we want to say mahalo for joining us in our journey to a healthy Hawai'i.

During this challenging time, we need to mālama each other and ourselves. This includes making sure that you're still getting the appropriate healthcare services that you need. We are happy to offer new virtual services for you to connect with from the comfort of your own home.

Join us for our online Diabetes Self Management and Support Class. All ages are welcome, and you can choose from morning or evening classes on Wednesdays or Thursdays throughout May.

For more information about our Diabetes Self Management and Support Class, visit [hmono.org/services](https://hmono.org/services) and we will contact you to sign-up!

Need help or want to talk story? Connect with us at Hui Mālama Ola Nā 'Ōiwi, working 29 years to help our Hawai'i island be a healthy and happy place. Visit our website at [hmono.org](https://hmono.org).



*Hele mai, connect with us... and tell them Aunty Edna sent you!*



## Diabetes Support Group

**TWICE A MONTH:**

**1ST TUESDAY 5:00PM - 6:30PM**

**3RD TUESDAY 1:00PM - 2:30PM**

Are you or someone you know affected by prediabetes, type 1 or type 2 diabetes? Join our online, Diabetes Support Group to share about your journey and build 'ohana! Use the link below to sign up!



[hmono.org/services](https://hmono.org/services)

# HEALTH UPDATES

## COVID-19 (2019 Novel Coronavirus)

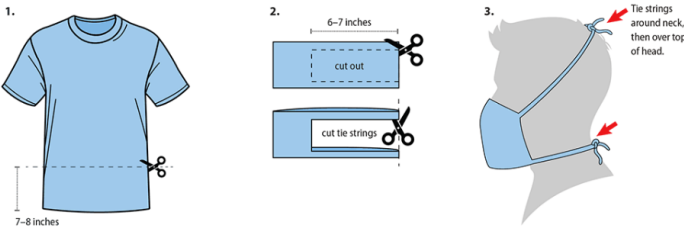
To help prevent the spread of COVID-19, the statewide stay-at-home order has been extended through May 31. This means that customers entering essential businesses should be wearing face coverings as recommended by the CDC. Don't have a face covering? No problem! Here is an easy, no-sew technique to make your own face covering provided by the CDC. For more techniques, visit [cdc.gov](https://www.cdc.gov).

Quick Cut T-shirt Face Covering (no sew method)

### Materials

- T-shirt
- Scissors

### Tutorial



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

To help our Hawai'i island community easily find trusted and current information about COVID-19 resources, we have created a COVID-19 Resource page. The webpage includes:

- County of Hawai'i COVID-19 Updates
- Child and Family Services Resources
- Keiki Lunches
- Hawai'i Food Resources
- Financial Assistance

Visit [hmono.org/covid-19-resources](https://hmono.org/covid-19-resources) to get all the updated information and links.

## 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).

Contact us at [contact@hmono.org](mailto:contact@hmono.org) to submit your child's immunization card, register your child, and receive their makana!

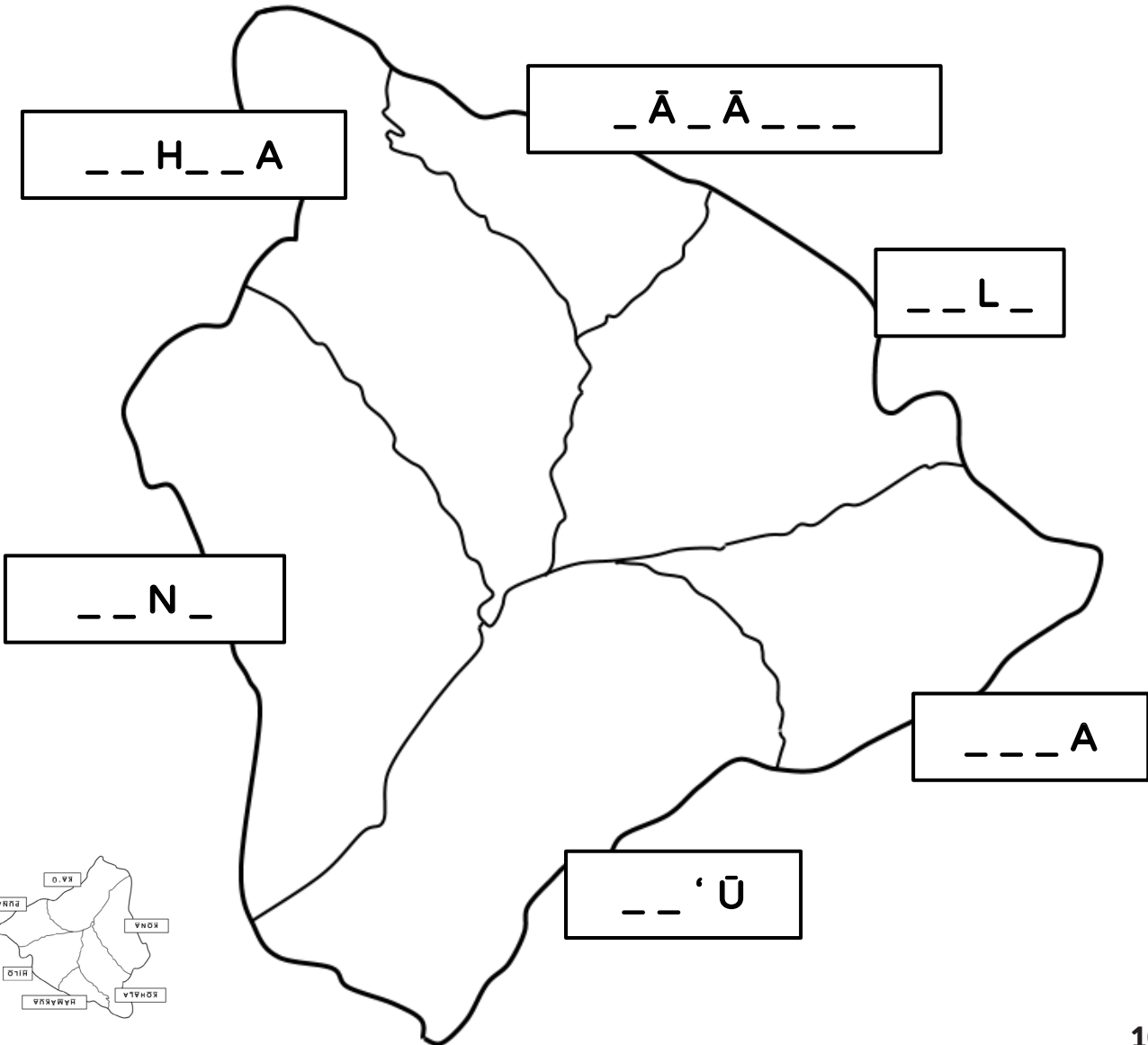
### CDC RECOMMENDED VACCINATIONS:

- |                  |               |
|------------------|---------------|
| • 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](https://hmono.org/immunization-program).

# Keiki Coloring Corner

In May, we celebrate serving Hawai'i island for 29 years!  
Print this page and color the moku (districts) below!  
**CHALLENGE:** Can you name them all?



# *Proudly Celebrating Nurses Week*

## *May 6 - 12, 2020*

*Mahalo, Nurses  
for serving  
our community!*



**Hui Mālama  
Ola Nā 'Ōiwi**

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

### *Honoring our Nurses*

---

Wanda Louis, RN  
Edna Baldado, BSN  
UH-Hilo School of Nursing Interns

### *Honoring our clinic staff*

---

Susan Cauley, MD  
Gaku Yamaguchi, MD  
Stacy Haumea, DrBH, MPH, RDN, LD, CDCES  
Donna Dennerlein, LCSW  
Tiare Ortega, CCMA  
Tammy Domingo  
Momi Leopoldino