



Olaakino

Newsletter

August
'Aukake 2020

Keiki Health

*Preparing for
Back-To-School*

Look Inside For:

Mālama Ke Ola Program

Traditional Hawaiian Healing Services

Kōkua Hali Specialty Transportation

CONTACT US

(808) 969-9220

contact@hmono.org

 /HMONO.org

 hui_malama_

HILO OFFICE

Open by appointment only. Please call
(808) 969-9220 to make an appointment.
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

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.

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
Leilani Kerr, APRN, Vice Chair
Robert Yamada II, Treasurer & Secretary
Michael Sonoda Dias, Director
Moana Ulu Ching, Director

OLAKINO CONTENTS

AUGUST FEATURES

page 4

Traditional Hawaiian Healing Services

centerspread pages 5 - 6

Keiki Health

Preparing for Back-to-School

page 8

Kōkua Hali Specialty Transportation

back page

August Calendar

MONTHLY FEATURES

page 3

Out in the Community
Mālama Ke Ola Program

page 8

Aunty Edna's Health Message

page 9

Health Updates
Visiting Pools & Beaches Safely

page 10

Keiki Coloring Corner

ONGOING SERVICES

In light of COVID-19, Hui Mālama is now offering many regular services online.

For updates, visit hmono.org/calendar.

**To sign up, visit hmono.org/services.*

EXERCISE & FITNESS

Basic Stretch & Strengthening Exercise

Tuesdays & Thursdays, 9:30am - 10:15am
*online**

Therapeutic Yoga

Tuesdays & Thursdays, 5:00pm - 6:00pm
*online**

SUPPORT GROUPS

Breastfeeding Support Group

Fourth Wednesdays, 10:00am - 11:30am
*online**

Cancer Support Group

Second & Fourth Tuesdays, 5:00pm - 6:30pm
*online**

Cultural Wellness Support Group

Mondays, 5:30pm - 6:30pm
*online**

Diabetes Support Group

First Tuesdays, 5:00pm - 6:30pm
Third Tuesdays, 1:00pm - 2:30pm
*online**

Health and Wellness Support Group

Second & Fourth Fridays, 10:00am - 11:30am
*online**

out in the Community!

Mālama Ke Ola

Care Package Distribution Program - Phase 3

In the early weeks of July, Hui Mālama Ola Nā 'Ōiwi launched the third and final phase of the Mālama Ke Ola care package distribution program.

Community members patiently waited in line (top photo) to receive their care packages, which included several lā'au (plant) cuttings, soil, masks, and more! Community members were able to connect with Hui Mālama staff and receive their care packages from the safety of their vehicles (middle photo).

The Mālama Ke Ola program ran from May through July, and Hui Mālama staff distributed 1,500 care packages to Hilo, Puna, Ka'ū, Kona, and North Hawai'i clients. Mahalo to the community organizations and individuals who donated goods and services to this program!



Ka'ū Community Meeting

COVID-19 Update

Hui Mālama assisted Ka'ū Rural Health Community Association Inc. and the Ka'ū community on July 13 with the Ka'ū COVID-19 Update Community Meeting. Community members were able to safely ask questions and hear from Lt. Governor Josh Green, Mayor Harry Kim, Dr. Ka'ohimanu Dang-Akiona, and other health care professionals!



TRADITIONAL HAWAIIAN HEALING

Grow Your Own La'au
Healthy Hapai
Ho'oponopono
La'au Lapa'au

Lomilomi
Lomilomi Ha Ha
Makahiki Games

NEW training and informational videos now available!
To access the videos, sign up at hmono.org/services.



Keiki Health

Preparing for Back-To-School



Are you missing the Mālama Nā Keiki Festival this year? We are too!

In 2017, Hui Mālama Ola Nā 'Ōiwi began its annual Mālama Nā Keiki Festival, a free event that aims to improve prenatal care, improve health outcomes, and enrich parenting skills for Hawai'i island 'ohana. Although the event is postponed this year, we are still striving to provide care for keiki (*children*) and 'ohana (*families*) across Hawai'i island.

This year, plans look different for everyone, and one of the biggest questions for parents is: *What will back-to-school look like?* Although we can't answer that question exactly, here are some suggestions to help prepare for any situation!

Face Masks

The Hawai'i Department of Education plans to have students wear face coverings outside of the classroom, when physical distancing is difficult, and at certain times in the classroom. There can be a lot of anxiety regarding face coverings, so here are some steps that can help reduce anxiety for you and your keiki:

- Start having keiki wear masks for 15-30 minute periods before school starts. Start small and practice how to put on, remove, and wear a mask safely. (*Pro tip: make it playful by having young keiki pretend to be "doctor" with their mask and taking care of a stuffed animal!*)
- Talk to your children about the purpose of wearing a mask. Not sure how to start that conversation? Try trusted keiki-friendly resources like [kidshealth.org](https://www.kidshealth.org).
- Decorate masks or have keiki make their own! This can help your keiki stay involved, get creative, and make it a positive experience.
- Prepare to pack an extra face covering in your child's backpack in case they lose one during the school day.

Hand Washing

Although soap doesn't kill viruses, it removes viruses and germs from skin (which germs LOVE to stick to) and flushes them down the drain! This is why handwashing is one of the most important and simple habits to prevent the spread of viruses and germs.

Help your keiki by practicing proper handwashing daily, so they are ready to show their kumu (*teacher*) how much they know

about handwashing! Especially for keiki, the most important times to wash your hands are:

- After using the bathroom
- Before and after eating or drinking
- After coughing, sneezing, or blowing your nose

Nutrition & Immune Support

Whether your keiki or 'ōpio (*youth*) is eating lunch at school bringing bag lunch, prioritizing these things into their daily food routine can help with their immune support:

- Colors! Encourage keiki to eat their colors, meaning colorful fruits and vegetables.
- Drink less sugar and more water. Drinks with high sugar content can decrease keiki focus and do not benefit their immune system substantially, whereas water does!
- Vitamin ABC's! We all know vitamin C helps our immune system. But did you know that vitamin D is also important for immune support? Luckily, the main source of vitamin D is from the sun!

Because everyone is different, it's always important to discuss individual nutritional needs with a qualified nutritionist. To set up an appointment with one of our nutritionists and get the process started early in the school year, visit hmono.org/services.



Emotional & Mental Health

Coping with school in addition to coping with a global pandemic can be confusing and stressful for anyone, including keiki.

Hui Mālama Behavioral Health Specialist Donna Dennerlien provides some suggestions for coping with stress during this time:

- “ Take breaks from watching media coverage about the pandemic.
- Take care of your body (hula, dancing, exercise, stretching, deep breaths).
- Create an artistic space for music, art or crafts. ”

Communicate daily with your keiki about how they're feeling, no matter how young or old they are, and encourage them to express themselves positively and honestly. As always, but especially now, if keiki aren't feeling well they should stay home from school.

The health of our keiki determines the future health of our community. As we navigate this new school year, and without Mālama Nā Keiki Festival this year, we can still strive to mālama nā keiki (*take care of the children*) so we can all live longer and feel better, together.

Hawai'i Department of Education Guidance For Reopening Schools

hawaiipublicschools.org

Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic

(808) 796-3125

hmono.org/family-medicine

Kōkua Hali Specialty Transportation



Hui Mālama
Ola Nā 'Ōiwi



The Kōkua Hali Specialty Transportation Program provides transportation services to **medical and health-related appointments** on Hawai'i island for Hui Mālama Ola Nā 'Ōiwi clients:

- with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes)
- who are visually impaired, requiring a blind walking stick



Support provided by: County of Hawai'i



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 \$2,820,697.00 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.

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and today I want to share with you the importance of keiki health when returning back-to-school. Keiki are our future. We must mālama them, give them support, and be good role models for them.

While we want to celebrate and enjoy our moments together, we also need to take care of ourselves and our 'ohana. Here are some tips to take care of yourself and your 'ohana:

- Prepare healthy meals with fruits, vegetables, and whole grains
- Let kids help prepare meals at least once a week
- Get them involved with proper hand washing and cleaning processes
- Play and do activities together throughout the week
- Get regular check-ups with your healthcare provider



As keiki begin another school year, remember mālama pono. Enjoy these moments, because they're fun! But also take time to take care of your body, mind, and spirit.



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.

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



HEALTH UPDATES

COVID-19 (2019 Novel Coronavirus) VISITING BEACHES & POOLS SAFELY

While restrictions on incoming travel will be in effect until September 1, there are still many daily activities we need to educate ourselves on in order to remain healthy. For instance, the Centers for Disease Control and Prevention (CDC) outlines all the 'need-to-knows' when visiting our local beaches or pools.

BEFORE YOU GO

- Stay home if you are feeling unwell, have been diagnosed with COVID-19, are waiting for test results, or if you were recently exposed to an individual with COVID-19.
- Check local sites to see if guidelines are in place for the area you are visiting.
- Clean and disinfect equipment.
- Bring sanitization supplies, like hand sanitizer, soap, wipes, and tissues. Safely store disinfectant items away from children.

WHEN YOU'RE THERE

- Keep a distance of 6 feet from others when you are in and out of the water.
Studies suggest no new evidence that the virus can spread to people through water. The virus continues to spread through person-to-person, respiratory droplets that are released from an infected person that coughs, and sneezes or talks, and contaminated hands that touch the nose, mouth, or eyes.
- When you are out of the water, wear a cloth face covering. It is recommended that all individuals that are 2 years and over should wear a mask.
- Continue to wash your hands.

For more information, visit [cdc.gov](https://www.cdc.gov) or hmono.org/covid-19-resources.

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 2020 and July 2021.
2. Your child has completed all 24-25 CDC recommended vaccinations (below).

Contact us at contact@hmono.org to submit your child's immunization card, register your child, and receive their makana!

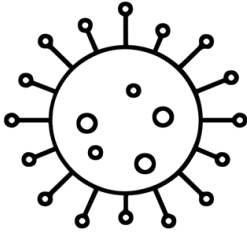
CDC RECOMMENDED VACCINATIONS:

- 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

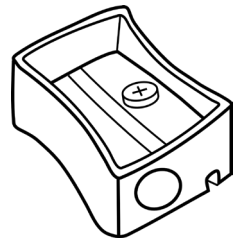
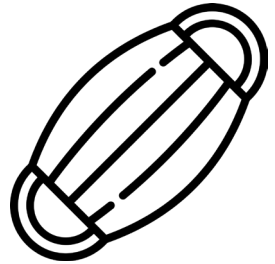
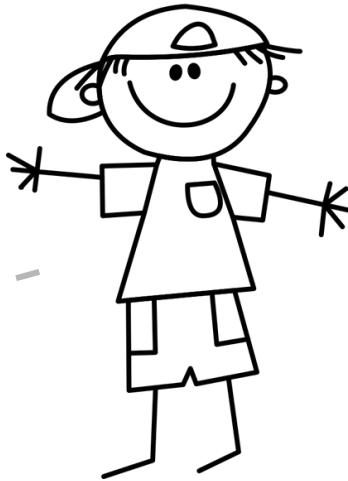
For more information about our immunization program, visit our website at hmono.org/immunization-program.

Keiki Coloring Corner

In August, we celebrate going back to school safely! Draw lines between Kekoa and the items that are safe, then color the pictures!



Kekoa





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>4 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Diabetes Support Group <i>(online)</i></p>	<p>5 5PM Hula for Health <i>(online)</i></p>	<p>6 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mindful Eating Lab Level 1 <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>8</p>
<p>10 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>11 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Cancer Support Group <i>(online)</i></p>	<p>12 5PM Diabetes Self Management <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>13 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mindful Eating Lab Level 1 <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>14 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>15</p>
<p>17 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>18 9:30AM BS&SEC <i>(online)</i></p> <p>1PM Diabetes Support Group <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>19 5PM Diabetes Self Management <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>20 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mindful Eating Lab Level 1 <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>21 OFFICE CLOSED</p>	<p>22</p>
<p>24 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>25 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Cancer Support Group <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>26 10AM MOMS to MOMS Breastfeeding Support Group <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>27 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mindful Eating Lab Level 1 <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>28 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>29</p>
<p>31 5:30PM Cultural Wellness Support Group <i>(online)</i></p>			<p>SIGN-UP TODAY!</p> <p>To sign-up for our classes, visit hmono.org/services</p> <p>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:</p> <p>contact@hmono.org or www.HMONO.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>		

