



Olakino

Newsletter

November
Nowemapa 2020



Diabetes

Awareness, Prevention, and Management

Look Inside For:

Prediabetes Risk Test

COVID-19 and Flu Information

20th Annual Ladies' Night Out Recap



Hui Mālama Ola Nā 'Ōiwi

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
Dr. Malia Tallett, PT, DPT, Director
Kale Gumapac, Director

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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 (*ALL ONLINE)

Basic Stretch & Strengthening Exercise
Tuesdays & Thursdays, 9:30am - 10:15am

Basic Therapeutic Yoga
Tuesdays & Thursdays, 5:00pm - 6:00pm

SUPPORT GROUPS (*ALL ONLINE)

Cancer Support Group
Second & Fourth Tuesdays, 5:00pm - 6:30pm

Cultural Wellness Support Group
Mondays, 5:00pm - 6:00pm

Diabetes Support Group
First Tuesdays, 5:00pm - 6:30pm
Third Tuesdays, 1:00pm - 2:30pm

Health and Wellness Support Group
Second & Fourth Fridays, 10:00am - 11:30am

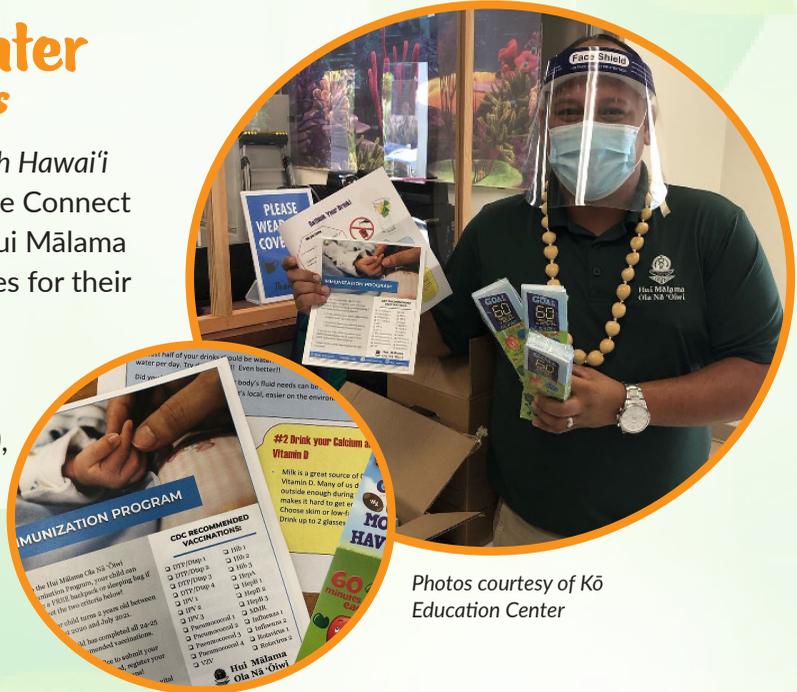
out in the Community!

A glimpse of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i island 'ohana Live Longer and Feel Better, Together!

Kō Education Center Halloween Keiki Care Bags

Kō Education Center (formerly North Hawai'i Education & Resource Center) and the Connect Aloha Community Group invited Hui Mālama and others to help provide resources for their Halloween Keiki Care Bags.

Hui Mālama Community Health Worker, Chauncey Hatico (pictured), joined the community partners in North Hawai'i to help provide resources and giveaways for 1,000 keiki bags!



Photos courtesy of Kō Education Center

Save the Date!



Hui Mālama
Ola Nā 'Ōiwi



Diabetes Support Group

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



**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.

CONTACT US

Please call before visiting
82 Pu'uhonu Place, 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

10.5% of the adult population has diabetes.

~39,000 people have diabetes but don't know it.

37.1% of the adult population has prediabetes.

DIABETES IN HAWAII



WHAT IS IT?

Type 1: body does not produce insulin. Sometimes mislabeled as juvenile diabetes, type 1 can occur at any age, size, or race.

Type 2: body doesn't use insulin properly. This is the most commonly diagnosed form of diabetes.

Gestational: developed in pregnancy. Doesn't always mean there is a diabetes diagnosis before or after pregnancy.

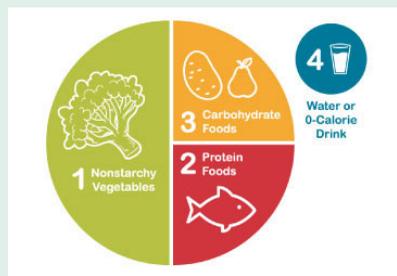
Prediabetes: blood sugar levels are higher than normal. May develop into type 2 diabetes, or can be reversed.

PREVENTION & MANAGEMENT

Whether you're interested in management or prevention, what you eat, drink, and do is key to living a healthy life.

Physical activity: it can be as small as light walking. No matter your level, getting started on a consistent schedule is the most important part.

Nutrition: for those managing diabetes, the American Diabetes Association suggests the diabetes plate method:



Knowing Your Risk: Don't be afraid to ask your healthcare provider! Start by taking this 2-minute Prediabetes Risk Test. >>>

Regular Exams: One of the most important steps for prevention and management is to get your numbers checked by your provider. Diabetes can lead to other conditions, so those with diabetes should have regularly scheduled exams for your eyes, kidneys, feet, and blood pressure.

All above information sourced from diabetes.org.

HUI MĀLAMA IS HERE TO HELP

No matter where you are in your understanding of diabetes, there are tools for you to live your best life. We at Hui Mālama Ola Nā 'Ōiwi have ample services and resources to support you with diabetes management, prevention, and education.

Family Medicine Clinic providers

- Sarah Josef, MA, RDN, LD
- Stacy Haumea, DrBH, MPH, RDN, LD, CDCES
- Susan Cauley, MD - Family Medicine
- Gaku Yamaguchi, MD - Family Medicine

Classes & Support Groups

- Diabetes Self Management & Education Support Class
- Diabetes Support Group
- Traditional Hawaiian Healing classes (see page 8 for some advice about la'au from Po'okela Ikaika Dombrigues!)

Visit hmono.org/services to get started on your diabetes management journey!

Prediabetes Risk Test

1. How old are you?

Younger than 40 years (0 points) _____
 40–49 years (1 point) _____
 50–59 years (2 points) _____
 60 years or older (3 points) _____

Write your score in the boxes below

2. Are you a man or a woman?

Man (1 point) _____ Woman (0 points) _____

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) _____ No (0 points) _____

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) _____ No (0 points) _____

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) _____ No (0 points) _____

6. Are you physically active?

Yes (0 points) _____ No (1 point) _____

7. What is your weight category?

(See chart at right) _____

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



20th Annual

LADIES' NIGHT OUT

In memory of Nancy Everett, RN

Despite the challenges we have all faced this year, the 20th Annual Ladies' Night Out did not disappoint! As the major event hosted by Hui Mālama Ola Nā 'Ōiwi annually for the past two decades, staff members and community donors were dedicated to making this year's event memorable.

In fact, it will go down in history as the first Ladies' Night Out held as a drive-thru and virtual event. The drive-thru included two lanes of traffic, music, lots of shakas, and finally a spot for participants to pick up their free bags.

Each participant received two bags:

- One Meal Kit, which included a nutritious recipe with handmade and hand-measured ingredients packed individually with love by Hui Mālama staff
- One Women's Care Package, which included a breast self-exam pad, facial skin care mask, face shield, and various hygiene products

In addition to the drive-thru event, the virtual feature included four videos:

- Introduction video
- Breast Self-Exam video
- Cooking Demonstration video
- Self Care video with breathing, stretching, and lomilomi exercises

The videos and drive-thru provided women in the community with free services that they would normally experience in person at a Ladies' Night Out event, such

as pampering, health education, cultural protocol, and nutrition.

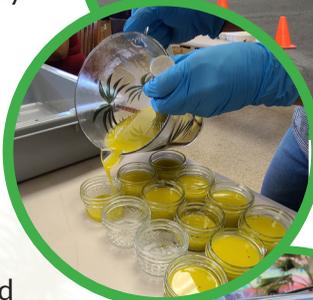
The videos can be viewed and utilized at any time from the comfort of your home at

hmono.org/LNO.

On behalf of Hui Mālama Ola Nā 'Ōiwi, we would like to give a special mahalo to all of those who contributed their services, time, donations, space, and aloha to make this event possible.

In previous years, over 200 service providers and volunteers would attend Ladies' Night Out to contribute their assistance and services. Although in-person volunteers and services

weren't possible this year, we thank everyone who has made Ladies' Night Out possible for 20 years. We look forward to continuing and expanding this annual event and hope you can all join us in the future!



Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and this month I'd like to share about a serious disease that impacts one in eight adults in Hawai'i, diabetes.

Diabetes is a disease where the body does not produce or respond to the hormone insulin correctly, causing sugars to build up in your blood.

Diabetes and high blood sugar levels can lead to serious health problems including heart disease, blindness, and kidney failure.

Early detection and treatment is crucial to decrease the risk of complications. Please have your blood sugar checked to know your numbers.

In both prevention and management of diabetes,

proper physical activity, good nutrition, and stress management are important.

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!



Mana'o from Po'okela *Ikaika Dombrigues*



La'au: Kaukama (*Bittermelon*)

This La'au grows in a vine and has a yellow flower and in this case, used as a tea.

To make the tea add 10 cups of water, bring to a boil and add 1 handful of the la'au. Simmer till you achieve a light yellow color. It is better to consume hot/warm and not cold.

Kaukama is good for diabetes and aids in lowering the sugar count. Kaukama is also good if you feel you are coming down with a cold (if taken right away) will speed up recovery.



HEALTH UPDATES

COVID-19 AND FLU

Flu and COVID-19 share many characteristics, but there are some key differences between the two. It is important to know how they are alike and different, but testing may be needed to confirm a diagnosis.

Common symptoms and other similarities in both flu and COVID-19:

- Fever, chills, feeling feverish
- Cough, sore throat
- Shortness of breath or difficulty breathing
- Fatigue
- Runny or stuffy nose
- Muscle pain, body aches, head aches
- Vomiting and diarrhea (more common in children than adults)
- Both can be spread by asymptomatic people (those not showing symptoms)
- Both pose a higher risk to older adults, pregnant people, people with certain underlying medical conditions

Differences:

- COVID-19 seems to cause more serious illnesses in some people
- COVID-19 may also include change in or loss of taste and smell
- COVID-19 seems to spread more easily than flu
- COVID-19 symptoms could take longer to develop than flu symptoms
- People with COVID-19 can be contagious for longer than those with flu

One of the most important differences is that there are immunizations to protect against flu, but not COVID-19. Getting a yearly flu vaccine can help reduce the burden of flu illness on you, our community, and the health care system. For more information, visit [cdc.gov](https://www.cdc.gov).

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:

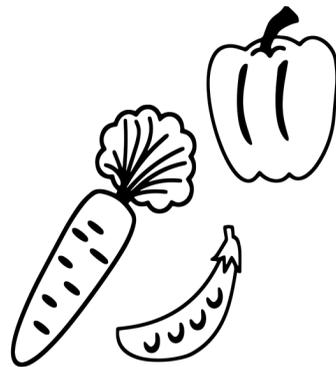
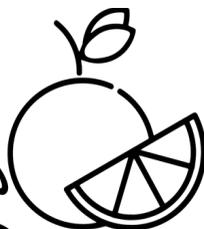
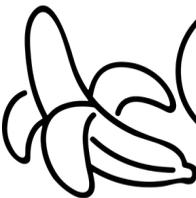
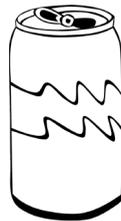
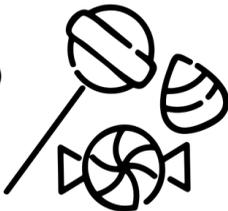
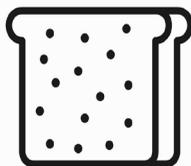
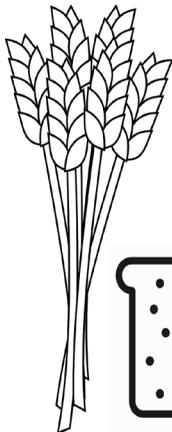
- DTP/Dtap 1
- DTP/Dtap 2
- DTP/Dtap 3
- DTP/Dtap 4
- IPV 1
- IPV 2
- IPV 3
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- VZV
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2

For more information about our immunization program, visit our website at [hmono.org/immunization-program](https://www.hmono.org/immunization-program).

Keiki Coloring Corner

November is Diabetes Awareness Month.

One way to help keep yourself healthy is to eat less sugar and more whole grains, fruits, and vegetables. Color the pictures below and draw a line to which plate they belong on!



Eat more of these



Eat less of these





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 5PM Cultural Wellness Support Group <i>(online)</i></p>	<p>3 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Diabetes Support Group <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>4 5PM Hula for Health <i>(online)</i></p>	<p>5 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Hypertension Class <i>(online)</i></p>	<p>6 BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>7</p>
<p>9 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>4:30PM Chronic Kidney Disease Class <i>(online)</i></p>	<p>10 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Beginners Gardening Class <i>(call for information)</i></p> <p>5PM Cancer Support Group <i>(online)</i></p> <p>Healthy Hāpai <i>(sign-up for time)</i></p>	<p>11 OFFICE CLOSED</p>	<p>12 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Hypertension Class <i>(online)</i></p>	<p>13 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>14 9AM Ho’oponopono <i>(online)</i></p>
<p>16 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>4:30PM Chronic Kidney Disease Class <i>(online)</i></p> <p>5PM La’au Lapa’au Level 2 <i>(online)</i></p>	<p>17 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>Healthy Hāpai <i>(sign-up for time)</i></p>	<p>18 5PM Hula for Health <i>(online)</i></p>	<p>19 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Hypertension Class <i>(online)</i></p>	<p>20</p>	<p>21 9AM Ho’oponopono <i>(online)</i></p>
<p>23 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>4:30PM Chronic Kidney Disease Class <i>(online)</i></p> <p>5PM La’au Lapa’au Level 2 <i>(online)</i></p>	<p>24 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>Healthy Hāpai <i>(sign-up for time)</i></p>	<p>25 5PM Hula for Health <i>(online)</i></p>	<p>26 OFFICE CLOSED</p>	<p>27 OFFICE CLOSED</p>	<p>28</p>
<p>30 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>5PM La’au Lapa’au Level 2 <i>(online)</i></p>			<p>SIGN-UP TODAY! To sign-up for our classes, visit hmono.org/services</p> <p>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES: contact@hmono.org or hmono.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>		