

# *Kūpuna Health*






# Hui Mālama Ola Nā 'Ōiwi

## CONTACT US

(808) 969-9220

[contact@hmono.org](mailto: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

82Pu'uhonu Place, Suite 209  
Hilo, Hawai'i 96720

Phone: (808) 796-3125

Fax: 1-866-372-2766

Hours, Mon - Fri: 8:00am - 5:00pm

\*Closed from 12:00pm - 1:00pm\*

Please call before visiting

## 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.

### 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 our regular ongoing services online!

For updates, visit [hmono.org/calendar](https://hmono.org/calendar).

\*To sign up, visit [hmono.org/services](https://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!



## Hilo Lions Club Donations

The Hilo Lions Club visited the Hui Mālama office on October 30 to donate 45 face shields to our staff who consistently meet with community members and clients. Mahalo nui to Hilo Lions Club!

To learn about donating, call us at (808) 969-9220 or visit [hmono.org/donate](https://hmono.org/donate) for monetary donations.



## 2020 Relay For Life Opening Mālama Ka Pili Pa'a Cancer Support Group

Mālama Ka Pili Pa'a, Cancer Support Group of Hui Mālama, conducted the opening protocol for the 2020 Relay for Life. The event, hosted by American Cancer Society, was aired on November 14 on Nā Leo TV.

To learn more about joining our Cancer Support Group, visit [hmono.org/services](https://hmono.org/services).




## La'au Lapa'au Presentation

Po'okela Ikaika Dombrigues presented about la'au lapa'au virtually to Big Island Farms internship students on November 12. This presentation, which was the final of four presentations, gave interns from across the United States an opportunity to learn about Hawaiian culture and agriculture.

To learn more about la'au lapa'au presentations, classes, and workshops, visit [hmono.org/traditional-healing](https://hmono.org/traditional-healing).



# Happy Holidays



From your  
Hui Mālama Ola Nā 'Ōiwi  
'ohana

Wishing everyone a safe and happy holiday season.  
We look forward to serving you in 2021 and beyond!





# Kūpuna Health

## HEALTHY AGING

As we gear up for the holiday season and new year, it is important now more than ever to come together to care for and support our kūpuna in healthy aging. Here are some tips for healthy aging by the Centers for Disease Control and Prevention (CDC):

**Get moving** - Daily physical activity can help prevent, delay, and manage chronic disease, improve balance and flexibility, and improve brain health. CDC professionals recommend aiming for moderate exercise for 30 minutes a day, and muscle strengthening at least two days a week. This of course depends on your ability, but don't be afraid to get creative with how you move!

**Regular Check-ups** - This is especially important as we get older. Visiting your doctor, even through tele-visits (read about our Family Medicine Clinic services on page 6!) may seem like a drag or even scary, but regular visits can prevent disease and make potential treatment more effective.

**Brain Health** - Our brains change as we age. To improve brain health and reduce risk, the CDC recommends quitting smoking, sufficient

sleep, and maintaining healthy blood pressure, blood sugar, cholesterol, and weight. Most important is to stay engaged with family, friends, community activities (online or safely in person), puzzles, games, and other hobbies.

## KŪPUNA RESOURCES

There are amazing resources in our community that are tailored just for the needs of kūpuna! Among them are the Hawai'i County Office on Aging, Aging and Disability Resource Center (ADRC), with offices in West and East Hawai'i open by appointment.

The ADRC can help to assess your needs for housing, daily living assistance, food and meals, nursing care, long term illness, social activity, caregiver relief, and more. The ADRC also has an online inventory of organizations and services near you specific to your needs.

**Hawai'i County Office of Aging  
Aging & Disability Resource Center**

[www.hcoahawaii.org](http://www.hcoahawaii.org)

East Hawai'i Office: (808) 961-8600

West Hawai'i Office: (808) 323-4398

# HOW HUI MĀLAMA CAN HELP

Need help finding resources through the CDC, ADRC, or other organizations?

Hui Mālama Ola Nā 'Ōiwi has Community Health Workers around Hawai'i island whose priority is to connect you to resources for your health and wellbeing. Our Community Health Workers are located in Puna, Hilo, North Hawai'i, Kona, and Ka'ū and are skilled in cultural competencies and navigating health care resources.

At Hui Mālama, we offer many services that can help keep you and your kūpuna healthy, including some of these below that we think you might like:



## Family Medicine Clinic

Our Family Medicine Clinic is currently accepting new patients, and now offering tele-visits. Our clinic has five healthcare providers and offers Family Medicine services, Behavioral Health, and Nutrition Counseling services.

## Basic Stretch & Exercise Class

This class is offered on Tuesdays and Thursdays from 9:15am - 10:45am. It's great for all ages and abilities, and can be tailored to your needs. The best part? You can do it from home! The class is now offered online, and we have designated staff to help participants log on.



See something that interests you or want to learn about our other free services? Talk to a Community Health Worker or team member today!

**CALL (808) 969-9220 OR SIGN UP AT [HMONO.ORG/SERVICES](https://hmono.org/services)**



**Hui Mālama  
Ola Nā ‘Ōiwi**



TRADITIONAL HAWAIIAN  
HEALING

# Lomilomi Class

FREE 4-SESSION ONLINE CLASS


LEARN THE SPIRITUAL HEALING ART OF  
LOMILOMI, PULE, AND PROTOCOL WITH  
INSTRUCTOR LEHUA HOBBS.

December 4 & 11 at 5:00pm - 7:30pm  
December 5 & 12 at 9:00am - 11:30am

SIGN UP AT  
[HMONO.ORG/SERVICES](https://hmono.org/services)

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

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

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

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# Aunty's Health Message

*Aloha mai kākou,*

I am Aunty Edna and this month we are in the midst of celebrating the holidays from Thanksgiving to Christmas and New Years, which means, while it is fun times, it can also be stressful times... getting ready for everything, having enough money, and trying to balance our indulgences.

Remember, stress affects our blood pressure, blood sugar, emotions, and how we deal with everything in life. So how do we manage stress?

- Mālama pono.
- Start by being positive.
- Exercise regularly.
- Eat healthy, well-balanced meals.
- Manage your time and set boundaries.
- Make time for hobbies and relaxation.
- Go easy on the alcohol intake and stay away from the drugs.
- Get enough rest and sleep.
- Surround yourself with support - talk story with family and friends!
- If needed, speak with a counselor or other mental health professional.

Managing stress is part of living a healthy lifestyle. 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](http://hmono.org)



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

# HEALTH UPDATES

## COVID-19 AND OLDER ADULTS

As we know now, COVID-19 can affect anyone. However, among adults, older adults as well as those with underlying medical conditions are at a higher risk of severe illness due to COVID-19. The highest risk being among those who are 85 years and older. By understanding the risk for you or your 'ohana, you can take proper precautions in your daily life.

During the holiday season, many of us are looking forward to visiting our families, whether near or far. If you're considering in-person visits with 'ohana, especially kūpuna, here are some things to consider:

- Cancel or delay the visit if you or a visitor has COVID-19 symptoms
- Anyone who has had close contact with someone with COVID-19 symptoms should get tested and stay home to self-monitor
- Encourage social distancing by spacing out tables and chairs
- Try activities that enable social distancing
- If possible, encourage face coverings
- Wash hands with soap and warm water often
- Clean and disinfect eating areas and commonly touched surfaces
- Encourage visitors to bring their own food and drinks
- Ensure the space is well-ventilated, such as an outdoor setting or open windows indoors
- Get tested and self-monitor after inter-island or trans-pacific travel

For more information about COVID-19 and older adults, 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](mailto:contact@hmono.org) to submit your child's immunization card, register your child, and receive their makana!

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### 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://hmono.org/immunization-program).

# Keiki Coloring Corner

In December, we celebrate keeping our kūpuna healthy. Can you unscramble the words about kūpuna health and the holidays? Don't forget to color the pictures!

anoah ' \_ \_ a \_ \_

lehtahy h \_ \_ \_ t \_ \_

mifyal \_ \_ m \_ \_ \_

idsyahol h \_ l \_ \_ \_ \_

ūupakn k \_ \_ \_ \_ a

tigf \_ \_ f \_

yjo \_ \_ \_



## Answers

'ohana  
family  
kūpuna

healthy  
holidays  
gift  
joy



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5PM Cultural Wellness Support Group (online) <sup>30</sup> 5PM Chronic Kidney Disease Class (online) <div style="border: 1px solid green; padding: 5px; display: inline-block; margin-top: 10px;"> <b>BS&amp;SEC</b>              Basic Stretch &amp; Strengthening Exercise Class           </div>	9:30AM BS&SEC (online) <sup>1</sup> 5PM Basic Therapeutic Yoga (online) 5PM Diabetes Support Group (online)	5PM Hula for Health (online) <sup>2</sup>	9:30AM BS&SEC (online) <sup>3</sup> 5PM Basic Therapeutic Yoga (online)	5PM Lomilomi (online) <sup>4</sup>	9AM Lomilomi (online) <sup>5</sup>
5PM Cultural Wellness Support Group (online) <sup>7</sup> 5PM Chronic Kidney Disease Class (online)	9:30AM BS&SEC (online) <sup>8</sup> 5PM Basic Therapeutic Yoga (online) 5PM Beginners Gardening Class (call for information) 5PM Cancer Support Group (online)	5PM Hula for Health (online) <sup>9</sup>	9:30AM BS&SEC (online) <sup>10</sup> 5PM Basic Therapeutic Yoga (online)	10AM Health and Wellness Support Group (online) <sup>11</sup> 5PM Lomilomi (online)	9AM Lomilomi (online) <sup>12</sup>
5PM Cultural Wellness Support Group (online) <sup>14</sup>	9:30AM BS&SEC (online) <sup>15</sup> 1PM Diabetes Support Group (online) 5PM Basic Therapeutic Yoga (online)	5PM Hula for Health (online) <sup>16</sup>	9:30AM BS&SEC (online) <sup>17</sup> 5PM Basic Therapeutic Yoga (online)	<sup>18</sup>	<sup>19</sup>
5PM Cultural Wellness Support Group (online) <sup>21</sup>	9:30AM BS&SEC (online) <sup>22</sup> 5PM Basic Therapeutic Yoga (online) 5PM Cancer Support Group (online)	5PM Hula for Health (online) <sup>23</sup>	9:30AM BS&SEC (online) <sup>24</sup>	<sup>25</sup> <b>OFFICE CLOSED</b>	<sup>26</sup>
5PM Cultural Wellness Support Group (online) <sup>28</sup>	9:30AM BS&SEC (online) <sup>29</sup> 5PM Basic Therapeutic Yoga (online)	<sup>30</sup>	9:30AM BS&SEC (online) <sup>31</sup>	<div style="border: 1px solid green; padding: 10px; background-color: #e0f2f1;"> <p align="center"><b>SIGN-UP TODAY!</b></p> <p align="center">To sign-up for our classes, visit  <a href="https://hmono.org/services"><b>hmono.org/services</b></a></p> <p align="center"><b>SUBSCRIBE TO OUR EMAIL LIST TO GET            AUTOMATIC UPDATES:</b>  <a href="mailto:contact@hmono.org"><b>contact@hmono.org</b></a> or  <a href="https://hmono.org/olakino"><b>hmono.org/olakino</b></a></p> <p align="center"><b>Live Longer &amp; Feel Better, Together!</b></p> </div>	
5PM Cultural Wellness Support Group (online) <sup>28</sup>	9:30AM BS&SEC (online) <sup>29</sup> 5PM Basic Therapeutic Yoga (online)	<sup>30</sup>	9:30AM BS&SEC (online) <sup>31</sup>		