



Olakino

Newsletter

January
Ianuali 2021



New Year, New Services

Hau'oli



Makahiki

Hou




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

82 Pu'uhonu Place, Suite 209
Hilo, HI 96720

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Fax: 1-866-372-2766

Hours: Monday-Friday, 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

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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EVERY MONTH

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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.

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

EXERCISE & FITNESS (*ALL ONLINE)

Basic Stretch & Strengthening Exercise
Every Tuesday & Thursday
9:30am - 10:15am

Basic Therapeutic Yoga
Every Tuesday & Thursday
5:00pm - 6:00pm

SUPPORT GROUPS (*ALL ONLINE)

MOMs to MOMs Breastfeeding Support Group
4th Wednesdays of Each Month
2:00pm - 3:30pm

Cancer Support Group
2nd & 4th Tuesdays of Each Month
5:00pm - 6:30pm

Cultural Wellness Support Group
2nd, 3rd, & 4th Mondays of Each Month
5:00pm - 6:00pm

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

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!



photo 1

Meet Your New Community Health Workers

The Hui Mālama Community Health Worker (CHW) team added two new CHW's to the 'ohana to serve the Puna and North Hawai'i communities.

Leo Bitte (*photo 1, left*) is the CHW of Puna district. In addition to his other outreach, he joined Kirra Tomori, our CHW of Hilo (*not pictured*), to distribute produce, health information, and Baby Kits to Big Island Substance Abuse Council (BISAC), Hale Hanakahi shelter in Hilo, and Hale 'Iki Center in Kea'au.



photo 2

Adele Dela Rosa (*photo 2*) serves as the CHW of North Hawai'i. She has partnered up with Chauncey Hatico, our CHW Supervisor, to do abundant outreach around North Hawai'i, including tabling at North Hawai'i Salvation Army to distribute health information and help clients register for Hui Mālama services.



Getting the Word Out at The Wave

Hui Mālama Information Coordinator, Lindsay Terkelsen, recorded in The Wave@92FM studio to help get the word out about all that Hui Mālama has to offer. Tune in to The Wave, The Beach, and Koa County to hear our 2021 radio message!



**Hui Mālama
Ola Nā 'Ōiwi**

FAMILY MEDICINE CLINIC

Accepting New Patients & Offering Televisits!



Gaku Yamaguchi, MD
Family Medicine



Susan Cauley, MD
Family Medicine



Donna Dennerlein, LCSW
Behavioral Health



Stacy Haumea, DBH, RDN, CDE
Nutrition & Health Education



Sarah Josef, MA, RDN, LD
Nutrition & Health Education

Contact Us

Please call before visiting: 82 Pu'uhonu Place, Suite 209 | Hilo, HI 96720

Phone: (808) 796-3125 | **Fax:** 1-866-372-2766

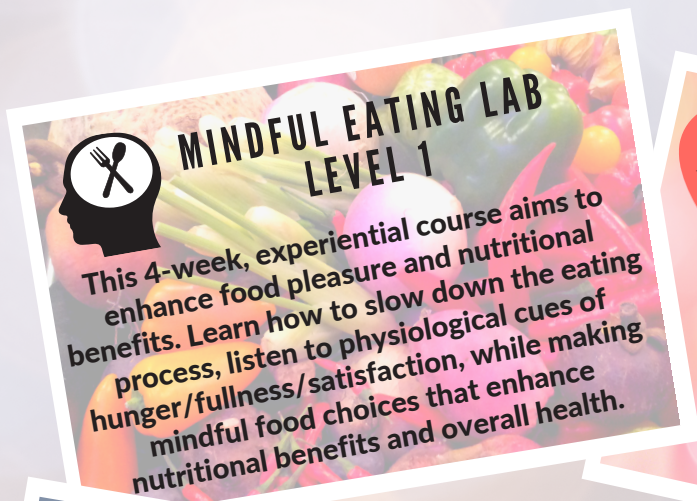
Hours: Monday-Friday, 8:00am-5:00pm | *closed from 12:00pm-1:00pm*

New Patient Registration is available at the Family Medicine Clinic
and online at HMONO.org/family-medicine.

New Year, **NEW SERVICES!**

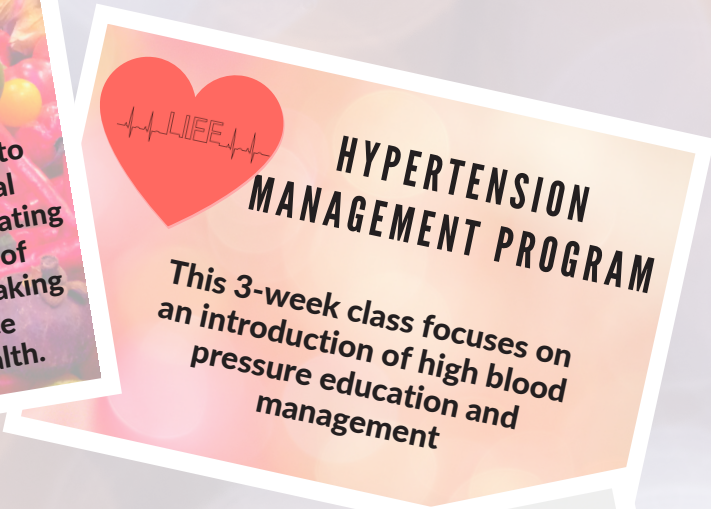
Hui Mālama Ola Nā 'Ōiwi is here to help you achieve your New Year goals. Check out our new and upcoming services to get you started with your 2021 health and wellness goals! All of these classes are free and online, so you can join from any part of the island.

UPCOMING HEALTH EDUCATION SERVICES



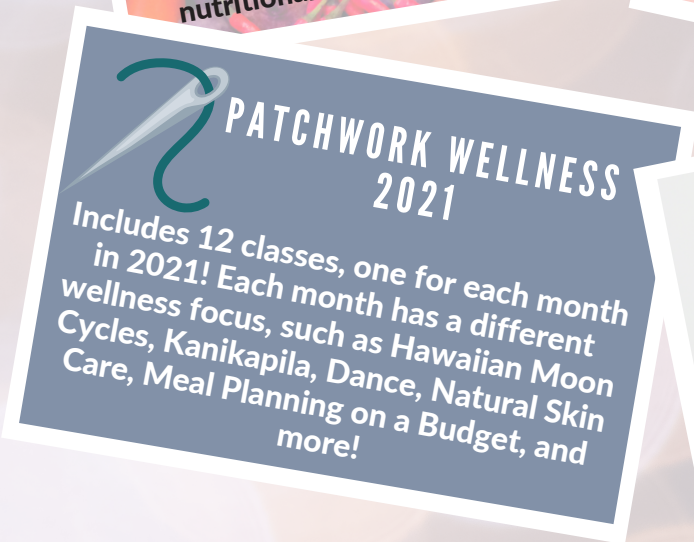
**MINDFUL EATING LAB
LEVEL 1**

This 4-week, experiential course aims to enhance food pleasure and nutritional benefits. Learn how to slow down the eating process, listen to physiological cues of hunger/fullness/satisfaction, while making mindful food choices that enhance nutritional benefits and overall health.



**HYPERTENSION
MANAGEMENT PROGRAM**

This 3-week class focuses on an introduction of high blood pressure education and management



**PATCHWORK WELLNESS
2021**

Includes 12 classes, one for each month in 2021! Each month has a different wellness focus, such as Hawaiian Moon Cycles, Kanikapila, Dance, Natural Skin Care, Meal Planning on a Budget, and more!



**DIABETES SELF MANAGEMENT
EDUCATION PROGRAM**

Learn more about diabetes management, including nutrition, exercise, and medication in this service directed by a Registered Nurse and other healthcare professionals. Must have a diabetes diagnosis.

UPCOMING TRADITIONAL HAWAIIAN HEALING SERVICES

MALA 101 BEGINNERS GARDENING CLASS

Learn to garden at home in this 4-session series! Learn the basics of selecting plants to grow, building healthy soil, and growing on a budget. Participants will receive a raised garden bed, several plants, a Grow Your Own La'au Guidebook, plus other gardening supplies.



HEALTHY HAPAI PERINATAL CLASSES

This 5-week class series focuses on prenatal, postpartum, and parenting for expecting families! Spouses, parents, and support persons are welcomed!

HO'OPONOPONO TRAINING O 'OE

In this 2-session training, Kumu Howard Pe'a will teach a spiritual perspective of Ho'oponopono, the Hawaiian healing practice of reconciliation and forgiveness.

LA'AU LAPA'AU WORKSHOP & LEVEL 1 CLASS

Po'okela Ikaika Dombrigues presents La'au Lapa'au workshops and Level 1 classes about traditional Hawaiian healing wisdom and spiritual knowledge.

The workshop includes an introduction to La'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and La'au Kahea.

Sign up at

HMONO.ORG/SERVICES

or call

(808) 969-9220



Hui Mālama
Ola Nā 'Ōiwi

Happy Holidays!



MELE KALIKIMAKA
ME KA
HAU'OLI MAKAHIKI HOU

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna reminding us all that as we come to the end of another year and look ahead at a New Year, we are faced with many challenges.

December, as I recall, was not just about giving and getting presents, but it also was a time of reflecting on the past and resolving for a happier and better New Year.

It is common for people to prepare for the New Year by making New Year Resolutions. In essence, it meant we were facing the new year by resolving to learn from the experiences of the past year and choosing those things that would improve, enrich, and change our lifestyles so that our bodies and our minds would be healthier.

Of course, along with those wonderfully healthy ideas come the reality of life and, as someone coined the phrase, "resolutions are made to be broken."



So, I make a promise, a resolution to myself to eat healthy, think healthy, lose weight, but unless I really make a commitment to do so, I reinforce the saying, "resolutions are made to be broken."

We do have a choice and it can be a reality. So, 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!*



Keiki Coloring Corner

Happy New Year! Meet Kai and Hōkū, two Keiki Heroes!
Color the pictures and ask a parent to help you take the Keiki Hero Pledge
at [KeikiHeroes.org/Keiki-Heroes-Pledge!](https://www.KeikiHeroes.org/Keiki-Heroes-Pledge)



January 2021 Keiki Coloring Corner illustration is created and provided by [KeikiHeroes.org](https://www.KeikiHeroes.org).

“Keiki Heroes is a Hawaii STEM Community Care program that encourages our children to adopt CDC and Hawaii DOH recommended habits that will help them and those around them to stay safe and healthy.”

HEALTH UPDATES

COVID-19

What To Do Until The Vaccine Is Ready For You?

COVID-19 vaccines are being rapidly developed and approved, but they may not be available to everyone right away. Although you might not receive the vaccine right away, there are still effective ways to reduce your risk of getting COVID-19.

Reduce Your Risk

According to the Centers for Disease Control and Prevention (CDC), we should all continue to do the following to reduce our risk of illness:

- Cover your nose and mouth with a mask when around others
- Avoid close contact with people who are sick
- Stay at least 6 feet away from others
- Avoid crowds
- Wash your hands with soap and warm water often
- Stay hydrated and maintain a nutritious diet
- Monitor your health daily

Learn More

For more information about the upcoming vaccine, visit www.cdc.gov/coronavirus/2019-ncov/vaccines.



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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">SIGN-UP TODAY!</p> <p align="center">To sign-up for our classes, visit hmono.org/services</p> <p align="center">SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:</p> <p align="center">contact@hmono.org or hmono.org/olakino</p> <p align="center">Live Longer & Feel Better, Together!</p>				1 OFFICE CLOSED	2
<p align="center">4 5PM Patchwork Wellness <i>(online)</i></p> <p>4:30PM La'au Lapa'au Level 1 <i>(online)</i></p>	<p align="center">5 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 align="center">6 2PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p align="center">7 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Mindful Eating Lab level 1 <i>(online)</i></p>	8	<p align="center">9 9AM Ho'oponopono <i>(online)</i></p>
<p align="center">11 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>4:30PM La'au Lapa'au Level 1 <i>(online)</i></p>	<p align="center">12 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 align="center">13 2PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p align="center">14 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Mindful Eating Lab level 1 <i>(online)</i></p>	15	<p align="center">16 9AM Ho'oponopono <i>(online)</i></p>
18 OFFICE CLOSED	<p align="center">19 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>1PM Diabetes Support Group <i>(online)</i></p>	<p align="center">20 2PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM Diabetes Self Management Education Program <i>(online)</i></p>	<p align="center">21 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mindful Eating Lab level 1 <i>(online)</i></p>	22	<p align="center">23 9AM La'au Lapa'au Workshop <i>(online)</i></p>
<p align="center">25 5PM Cultural Wellness Support Group <i>(online)</i></p>	<p align="center">26 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 align="center">27 2PM Healthy Hapai <i>(online)</i></p> <p>2PM Breastfeeding Support Group <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM Diabetes Self Management Education Program <i>(online)</i></p>	<p align="center">28 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mala 101: Beginners Gardening <i>(online)</i></p> <p>5PM Mindful Eating Lab level 1 <i>(online)</i></p>	29	30

BS&SEC
Basic Stretch &
Strengthening
Exercise Class