



Olakino

Newsletter

February
Pepeluali 2021

Be Heart Smart!

Look Inside For:

A Message From Our New
Executive Director!




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 7

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

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

SUPPORT GROUPS (*ALL ONLINE)

MOMs to MOMs Breastfeeding Support Group
Fourth Wednesdays, 2:00pm - 3:30pm

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

Cultural Wellness Support Group
Second, Third & Fourth Mondays,
5:00pm-6:00pm

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

Patchwork Wellness
First Mondays, 5:00pm - 6:30pm

A MESSAGE FROM OUR NEW EXECUTIVE DIRECTOR

Introducing the newest member to our team: Lehua Andrade. She humbly returns to Hui Mālama Ola Nā 'Ōiwi as the organization's Executive Director. Let's join together in welcoming her back on board and reading her special Executive Director message below:

Aloha mai kākou!

As the new Executive Director, I understand the responsibility and recognize the work involved in moving Hui Mālama Ola Nā 'Ōiwi forward. Our mission in uplifting the health of the people of Hawai'i and of our Hawaiian Nation is foremost. We will continue to be of service and provide for the needs of our Hawai'i Island community.

This is an interesting time we live in and it provides us with a great opportunity to innovate and transform how we do business. As the Native Hawaiian Health Care System for Hawai'i Island, we will work together with other health systems, community organizations and business leaders to care for the Hawai'i Island community. We are resilient and collectively, Hawai'i will HOLOMUA!

*Please be safe, take care of yourself, and aloha kekahi i kekahi.
Me ka 'oia'i'o,*

Lehua Andrade



LEHUA ANDRADE, RN

**GET AUTOMATIC
UPDATES FROM US!**

Stay up-to-date with all our upcoming services and the happenings of our organization by subscribing at

HMONO.ORG



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!

Coming Together to Mālama Survivors

Donna Dennerlein, our Licensed Social Worker, and Chauncey Hatico, our Community Health Worker Supervisor, attended the North Hawai'i Domestic Violence meeting on January 9 to learn more about connecting with and caring for our community members surviving domestic violence.



Creative Outreach at Waimea Midweek Market

In her first independent outreach since recently becoming part of the Hui Mālama 'ohana, Adele Dela Rosa, who is now our Community Health Worker of North Hawai'i, reached out to Waimea Midweek Market to connect with community members, offer our services, and register clients.

Cancer Support Group Celebrates 10 Years of Aloha

Mālama Ka Pili Pa'a, the Cancer Support Group of Hui Mālama, celebrated their 10th anniversary as a group on January 11. The group has been providing support, aloha, and guidance to those affected by cancer since 2011. The group celebrated with a drive-thru featuring live music, food, photos, and a memory board honoring their 'ohana who have passed on.

Are you or someone you love fighting cancer? Come talk story with us by signing up at hmono.org/services.



Be Heart Smart

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

heart.org/bplevels

What is Heart Disease?

Heart (or cardiovascular) disease can refer to a number of conditions, many of which are related to something called atherosclerosis.

Atherosclerosis is when plaque builds up in the walls of arteries.

Reducing our risk of heart disease can reduce our risk of the conditions related to it, including:

Heart failure - One of the most common complications of heart disease. Heart failure occurs when your heart can't pump enough blood to meet your body's needs

Heart attack - A blood clot blocking the blood flow through a blood vessel that feeds the heart

Stroke - When the arteries to your brain are narrowed or blocked so that too little blood reaches your brain

Aneurysm - A serious complication that can occur anywhere in your body. An aneurysm is a bulge in the wall of your artery

Peripheral artery disease - When extremities (usually your legs) don't receive enough blood flow

Sudden cardiac arrest - The sudden, unexpected loss of heart function, breathing and consciousness

Know Your Risk

Certain health conditions increase the risk of heart disease, such as these:

- High blood pressure - also known as Hypertension. Check the table above to learn what your numbers might mean.
- Unhealthy blood cholesterol levels
- Diabetes mellitus
- Obesity

Reducing Your Risk

There are important lifestyle changes you can take to be heart smart this year, but it's important to ask your health care team about these changes:

- Keep a healthy weight
- Reduce sodium (salt); read food labels
- Eat plenty of fresh veggies and fruits and limit saturated fats
- Limit alcohol (no more than 2 drinks/day for men, 1 drink/day for women)
- Get regular physical activity (at least 30 minutes/day on most days)
- Manage other health conditions (e.g., diabetes)
- Take medicine as directed

Not sure where to start? Need some guidance? Join our free Hypertension Management classes.

What a Healthy Heart Means To Us



"Heart health is the maintenance or promotion of a healthy heart. To maintain or promote a healthy heart it is crucial to have a healthy lifestyle. Things like not smoking, eating a healthy diet, getting regular exercise, maintaining a healthy weight, and practicing stress management skills (reading, gardening, walking, socializing, and meditation) are some ways to live a healthy lifestyle and to have a HAPPY heart."

-Chauncey Hatico, Community Health Worker



"Heart Health to me is being in touch with your emotional, spiritual and physical health. It's loving yourself, your health, your mind, body and soul. Heart Health is giving yourself space and grace to rest, breathe, drink water, eat nutritious meals, journal, take a walk, do yoga, playing music, dance etc. Remember to celebrate the little things in life. Take time to pour into yourself. It's so easy to empathize with others but can sometimes be a challenge empathizing with ourselves. Let's take on 2021 manifesting healthy habits."

-Kathy Gikbay, Health Resources Specialist - Fitness



"Heart health means to have a strong, healthy heart that will support us throughout our lives with the quality of life we all deserve. Prevention is the key factor. Minimize stressors in your life, monitor your diet and exercise accordingly to keep your heart working at its best and don't forget to take time out for resting. Your heart works twenty four seven, so don't forget to give it time to rest as well."

*-Bernie Freitas, Director of Programs,
Traditional Hawaiian Healing*

Upcoming Hypertension Classes

February 4, 11, and 18 | 5:00pm - 7:00pm

April 7, 14, and 21 | 5:00pm - 7:00pm

Sign up at hmono.org/services or call us at (808) 969-9220 for more information!



**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: Mon - Fri 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.

Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and today I want to talk with you about your heart. February is Heart Health Month. This is a good time to think about how to mālama, or care for, your organ of love - the heart.

Fold your hand into a fist and place it over the center of your left breast area. Compare the area to the size of your whole body. That little area is the size of your heart, and the only part of your body that never rests and works every minute of your life from the moment you are born.



The heart fills a very special role. It pumps blood around your body. The blood provides your body with oxygen and nutrients it needs. It also carries away waste.

Knowing how important your heart is, this month we should pay extra close attention to what we need to do or change so that our small, but mighty heart can continue to do its big job of keeping you alive, healthy, and well throughout the year.



Some key tips include exercising, eating plenty of fruits and vegetables, limiting soda or other sugary drinks, and not smoking. High blood pressure, high blood cholesterol, and high blood sugar can negatively impact your heart health so make sure to do your doctor recommended health screenings!

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.

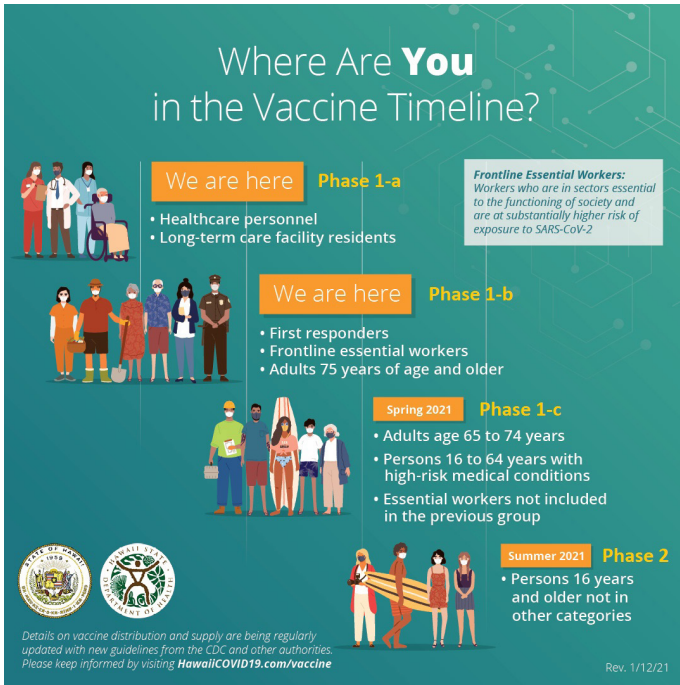
***Hele mai,
connect with
us... and tell
them Aunty
Edna sent
you!***



HEALTH UPDATES

COVID-19: VACCINATION UPDATES

The number of COVID-19 vaccination doses in the initial phases is limited, but supplies will increase over time. Check out the timeline below to see where you fit:



Those in Phase 1-a and Phase 1-b can schedule appointments at any of the locations below.

Department of Health

Phone: (808) 300-1120

Hours: Mon-Fri, 9:00 am-3:00 pm (except for holidays)

Hilo Medical Center (HMC)

Register at HiloMedicalCenter.org

You will need your own email address. For computer assistance, call 808-932-3000 and press 8 for help.

Queen's North Hawai'i Community Hospital (QNHCH)

Phone: (808) 881-4668

Email: QNHCHVaccine@queens.org

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

Help Hōkū and Kai find the words below!

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)



- Respect Bubble
- Wear Mask
- Compassion
- Wash Hands
- Kindness
- Aloha
- Courage
- Shaka

Answer on page 16

C	V	C	O	U	R	A	G	E	P	L	N	Y
M	F	O	G	C	L	F	K	T	O	I	E	H
D	N	M	G	O	I	H	J	A	W	A	S	T
C	M	P	H	E	C	D	K	R	H	G	B	Y
K	S	A	M	R	A	E	W	S	L	S	Q	W
R	E	S	P	E	C	T	B	U	B	B	L	E
Y	P	S	D	N	A	H	H	S	A	W	S	C
Z	K	I	N	D	N	E	S	S	V	Q	C	I
D	S	O	W	Z	O	P	D	T	J	Z	U	I
M	P	N	J	A	M	J	Y	O	I	W	M	E



SIGN-UP TODAY!

To sign-up for our classes, visit hmono.org/services

SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:

contact@hmono.org or hmono.org/olakino

Live Longer & Feel Better, Together!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
¹ 5PM Patchwork Wellness <i>(online)</i>	² 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Diabetes Support Group <i>(online)</i>	³ 4:30PM Healthy Hapai <i>(online)</i> 5PM Diabetes Self Management Education Program <i>(online)</i>	⁴ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Hypertension Management <i>(online)</i>	⁵ 5PM Lomilomi Class <i>(online)</i> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> BS&SEC Basic Stretch & Strengthening Exercise Class </div>	⁶ 9AM Lomilomi Class <i>(online)</i>
⁸ 5PM Cultural Wellness Support Group <i>(online)</i> 4:30PM La'au Lapa'au Level 2 Class <i>(online)</i>	⁹ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Cancer Support Group <i>(online)</i>	¹⁰ 5PM Hula for Health <i>(online)</i> 5PM Hele Mai 'Ai <i>(online)</i>	¹¹ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Hypertension Management <i>(online)</i> 5PM Beginners Gardening Class <i>(online)</i>	¹² 5PM Lomilomi Class <i>(online)</i>	¹³ 9AM Lomilomi Class <i>(online)</i>
¹⁵ OFFICE CLOSED 4:30PM La'au Lapa'au Level 2 Class <i>(online)</i>	¹⁶ 9:30AM BS&SEC <i>(online)</i> 1PM Diabetes Support Group <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	¹⁷ 5PM Hula for Health <i>(online)</i> 5PM Hele Mai 'Ai <i>(online)</i>	¹⁸ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Hypertension Management <i>(online)</i>	¹⁹	²⁰
²² 5PM Cultural Wellness Support Group <i>(online)</i>	²³ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Cancer Support Group <i>(online)</i>	²⁴ 2PM Breastfeeding Support Group <i>(online)</i> 5PM Hula for Health <i>(online)</i> 5PM Hele Mai 'Ai <i>(online)</i>	²⁵ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Beginners Gardening Class <i>(online)</i>	²⁶	²⁷