



National Kidney Health Month

Look Inside For:

Kidney Health From Our Professionals
Upcoming Chronic Kidney Disease Class





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 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

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 Feed The Community



After receiving a generous food donation, our Hilo and Puna Community Health Workers (CHWs) had another successful distribution to our community members and clients in need. Kirra Tomori, CHW of Hilo, and Leo Bitte, CHW of Puna, partnered with community organizations such as:

- Hope Services who offer Street Outreach, Emergency Shelter, Transitional and Permanent Supportive Housing, Rapid Rehousing, Rental Assistance, Disaster Relief Services, and more to those experiencing homelessness and those in imminent danger of becoming homeless.
- Going Home Hawai'i who assist with justice-involved Hawai'i Island men, women, and youth with reintegration into community life through employment, education, training, and appropriate services.
- Men of Pa'a (*middle photo with Iopa and Carlos*) who provide services in our community with intent and purpose.

Through these partnerships, food donations were distributed throughout the island to local shelters, kūpuna, and others in need of food. Hui Mālama Ola Nā 'Ōiwi extends our warmest appreciation to our partners and community members for allowing us to work together in helping our Hawai'i Island Live Longer and Feel Better, Together!

For more information on Hui Mālama Ola Nā 'Ōiwi, visit hmono.org or call our office at (808) 969-9220.





**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.

National Kidney Health Month

March is National Kidney Health month, a time when communities raise awareness about kidney health and focus on preventing and managing kidney disease. Join us in showing support this month by wearing green ribbons for Kidney Disease awareness!



This month, our very own Sarah Josef and Po'okela Ikaika Dombrigues also share some helpful knowledge about kidney health for everyone.

From Our Provider, Sarah Josef, MA, RDN, LD

Everyone should know how your kidneys are functioning today. That means knowing what your glomerular filtration rate or GFR value is and understanding if it is functioning normally or abnormally.

What is GFR?

GFR is usually a standard blood test your primary care provider (PCP) orders annually to measure your level of kidney function and determine your risk of kidney disease.

If you do not know your numbers, ask your PCP for the information and continue to track and monitor your numbers for prevention and/or management.

Caring For Your Kidneys

When it comes to the food we eat, the mineral that is important to kidney health is sodium. A low sodium intake of a variety of foods is ideal. Protein is an important macronutrient and the goal is to eat adequate and not excessive amounts of protein. Excessive amounts of protein damage the kidney.



Your personal and family health history matters too. If you or anyone in your immediate family has been diagnosed with diabetes, kidney disease, hypertension, or heart disease, you are at higher risk for abnormal kidney health. This means you will



really want to focus on maintaining a healthy diet. A healthy diet means choosing foods low in sodium, low in fat, and high in fiber with an emphasis on plant-based foods. If a family member has been on dialysis, then it is even more important for you to take your kidney health seriously.

Here to Help!

If you need help understanding your labs or your nutrition, Hui Mālama Ola Nā 'Ōiwi offers several nutrition classes as well as individual appointments with a Registered Dietitian Nutritionist (RDN). Most major health insurance providers offer this as a

benefit, and a referral from your PCP is requested.

We are here to support you having aloha for your kidneys and overall health.

Sarah Josef, MA,
RDN, LD



Sarah is a Registered Dietitian Nutritionist and Licensed Dietitian with abundant experience in the dialysis setting. She co-facilitates our Chronic Kidney Disease class as well as nutrition and diabetes services.



'Ike Kupuna Tip!

Fortunately, coconuts can be found all over through the Pacific, since their water is not only delicious and refreshing, but it also has loads of health benefits! Here's a tip from Po'okela Ikaika Dombrigues:

Fresh coconut water is good for kidney health.

Drink the wai (water) of one whole niu (coconut) 3 times a month to help flush out the kidneys.



Do you or someone you know have Chronic Kidney Disease? See page 7 for more information on our upcoming Chronic Kidney Disease class.

To make an appointment with any of our providers and to attend classes, sign up at hmono.org/services or connect with us at (808) 969-9220.





CHRONIC KIDNEY DISEASE CLASS



If you have been diagnosed with **CHRONIC KIDNEY DISEASE (CKD)** and would like to learn how to stop its progression to avoid dialysis, join us for our upcoming course!

Presented by two Dietitians with experience in the dialysis setting:
Cara Vande Berg, MS, RDN, LD AND Sarah Josef, MA, RDN, LD

In this 3 week course, we will learn:

- Basics of kidney functioning
- Managing underlying health conditions such as diabetes & hypertension
- Eating a kidney friendly diet
- Understanding medications and/or dietary supplements prescribed by renal MD
- Cooking foods that are healthy & tasty
- Eating foods you love that promote weight loss, energy gain, and feeling good



Sign up for class dates and times at
HMONO.ORG/SERVICES or call (808) 969-9220



 (808) 969-9220

HMONO.org

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

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Aunty's Health Message



how stress affects your body

Aloha mai kākou,

I am Aunty Edna and welcome to Aunty Edna's Health Message brought to you by Hui Mālama Ola Nā 'Ōiwi.

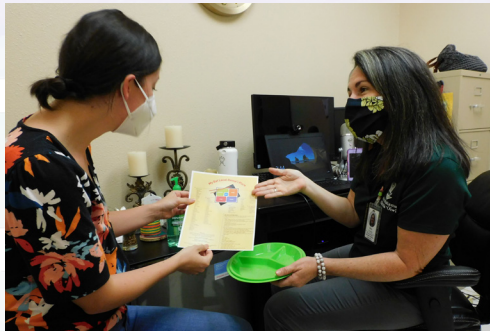
Stress is probably one of the most contributing factors as it affects every single part of our body by increasing our blood sugars and blood pressure which then affects everything else from head to toes. And what we have been going through over the last few months with the coronavirus has affected all of us in one way or another.



So learning to manage your lifestyle, stress and health issues may be challenging but it has been proven to be very possible. As we have been teaching and sharing over the many years we are still here to help support and encourage you.

And mahalo nui loa or thank you very much for

allowing us to help and support you through the trials and the testings. We are here as Hui Mālama working and helping to keep our Hawaii Island strong and healthy.



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!



Answers to Page 10

Keiki Heroes True or False

1. True - Wearing your mask protects you and your friends.
2. False - You should wash your hands for at least 20 seconds.
3. False - You should keep 6 feet distance with anyone who does not live in your home.
4. False - Six feet or one surfboard distance is what keeps us safe.
5. True - The virus can hop up to 6 feet.
6. False - Wearing a mask is a good idea when meeting people outside your home.

CHALLENGE

There are 9 green ribbons.



HEALTH UPDATES

COVID-19 Protection If You're Vaccinated

Vaccines are one of the most effective ways to prevent disease. While many essential workers and kūpuna have begun receiving their COVID-19 vaccines, not everyone will be able to get vaccinated right away.

Even after you get your vaccine however, the CDC still suggests to do the following. Before the majority of people get vaccinated, these measures can give yourself and others the best protection from COVID-19:

- Keep wearing a mask that covers your nose and mouth
- Wash your hands often
- Stay at least 6 feet away from other people you do not live with



Photo sourced from [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

The CDC provides some quick information according to studies of COVID-19 vaccines.

- They can not give you the disease itself
- They are very effective at keeping you from getting COVID-19
- They can keep you from getting severely ill even if you do get COVID-19
- They work with your body's natural defenses so your body will be able to fight the virus if ever exposed
- Some people who get the vaccine may experience side effects, such as fatigue, mild fever, and soreness for up to two days

For more information, visit [cdc.gov](https://www.cdc.gov) or connect with us to find more 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:

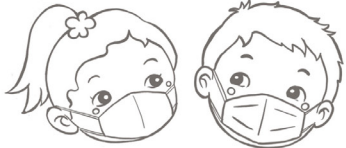
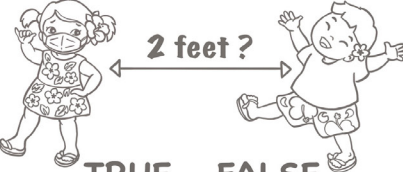

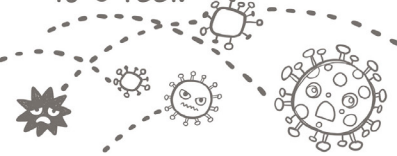

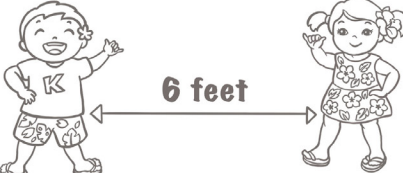
- | | |
|------------------|---------------|
| • DTP/Dtap 1 | • Hib 1 |
| • DTP/Dtap 2 | • Hib 2 |
| • DTP/Dtap 3 | • Hib 3 |
| • DTP/Dtap 4 | • HepB 1 |
| • IPV 1 | • HepB 2 |
| • IPV 2 | • HepB 3 |
| • IPV 3 | • HepA |
| • Pneumococcal 1 | • MMR |
| • Pneumococcal 2 | • Influenza 1 |
| • Pneumococcal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

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

Keiki Coloring Corner

Help Hōkū and Kai 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)

Keiki Heroes True or False

<p>1. Wearing your mask protects you and your friends.</p>  <p>TRUE FALSE</p>	<p>4. You should stay 2 feet away from your friends.</p>  <p>TRUE FALSE</p>
<p>2. You should count to 10 to wash your hands.</p>  <p>TRUE FALSE</p>	<p>5. The virus can hop up to 6 feet.</p>  <p>TRUE FALSE</p>
<p>3. You don't need to keep 6 feet away from your best friends.</p>  <p>TRUE FALSE</p>	<p>6. If you stay 6 feet away, you don't need to wear a mask.</p>  <p>TRUE FALSE</p>

March 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."

CHALLENGE

This green ribbons means Kidney Disease awareness. How many green ribbons can you find in this Olakino newsletter? (Don't include this one.)

I found ___ green ribbons!





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 5PM Hula for Health <i>(online)</i>	⁴ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i>	⁵ <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> BS&SEC Basic Stretch & Strengthening Exercise Class </div>	⁶ 9AM Ho'oponopono <i>(online)</i>
⁸ 4:30PM La'au Lapa'au Level 1 <i>(online)</i> 5PM Cultural Wellness Support Group <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 Diabetes Self Management Education Program <i>(online)</i>	¹¹ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i> 5PM Beginners Gardening Class <i>(online)</i>	¹²	¹³ 9AM Ho'oponopono <i>(online)</i>
¹⁵ 4:30PM La'au Lapa'au Level 1 <i>(online)</i> 5PM Cultural Wellness Support Group <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 Diabetes Self Management Education Program <i>(online)</i>	¹⁸ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i>	¹⁹	²⁰ 9AM La'au Lapa'au Workshop <i>(online)</i>
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 Diabetes Self Management Education Program <i>(online)</i>	²⁵ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i>	²⁶ OFFICE CLOSED	²⁷
²⁹ 5PM Cultural Wellness Support Group <i>(online)</i>	³⁰ 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	³¹ 2PM Healthy Hapai <i>(online)</i> 5PM Hula for Health <i>(online)</i>	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!		