



Olakino

Newsletter

April
'Apelila 2021

La'au Lapa'au

*Healing Through The Pandemic With Our
Traditional Hawaiian Healing Services*

Look Inside For:

- *Upcoming Diabetes Self Management Education Program*
- *COVID-19 Vaccination Location & Registration Details*



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

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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!

4,000 Vaccinated at Edith Kanaka'ole Stadium



On Saturday, March 13, Hui Mālama employees assisted in providing a safe and sanitized environment as Hilo Medical Center (HMC) distributed 4,000 vaccinations to the Hilo community.

This well-organized event was made possible by community organizations such as HMC, University of Hawai'i at Hilo College of Pharmacy and School of Nursing, Hawai'i National Guard, and other volunteers. Mahalo to these organizations and the community members for helping our Hawai'i island stay healthy and strong.

Wondering if you qualify for or want to learn more about the vaccination distribution? See page 9 for location details and registration information near you!

Connecting With Our North Hawai'i Community

Adele Dela Rosa, Community Health Worker of North Hawai'i, designed a colorful display (pictured top right) at Thelma Parker Library in March to highlight a few of our upcoming services, including:

Hele Mai 'Ai

Mindful Eating Lab Level 1

Diabetes Self Management Education Program (see page 7!)

Chronic Kidney Disease

For more information on upcoming classes, see our calendar on the back page or visit hmono.org/calendar.

Adele also visited Hāmākua Harvest to distribute health resources and plant an 'ulu (breadfruit) tree in honor of Hui Mālama at the Huli Ka Lima I Lalo: Kū Ka 'Ulu. The project was hosted by the Hawaiian Cultural Center of Hāmākua. We look forward to continued collaboration in connecting with our island's communities!





**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 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

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La'au Lapa'au

Healing Through The Pandemic With Our Traditional Hawaiian Healing Services

After one year of navigating a global pandemic, we examine how La'au Lapa'au (*using herbs to heal*) has helped individuals and our community with living a healthy life, physically, mentally, and spiritually.

Transitioning to Online Classes

One natural challenge of the past year has been transitioning these services to an online setting. Although in traditional healing practices an online setting is neither expected nor ideal, the benefits of providing this service enormously outweigh the disadvantages. In fact, this time is when traditional services perhaps have been the most needed.

Po'okela Ikaika Dombrigues points out that the services are, "guiding them [participants] to put positive in their life. Everyone is going through this. So looking at it from a cultural aspect, we don't have to be like the world, we can be better."

Carly Wyman expresses that although it was hard to imagine hands-on gardening classes being translated into an online environment, it actually has yielded some amazing results.

One of the benefits has been a wider reach and an increase in Native Hawaiian participants, presumably because classes are accessible

without needing to travel long distances. Another benefit is that with the Mala (*garden*) 101: Beginners Gardening Class, most participants directly receive garden boxes and plants (*while supply lasts*) from Hui Mālama Ola Nā 'Ōiwi so they can grow their own gardens in their yards.



Top left and right: Po'okela Ikaika Dombrigues demonstrating la'au lapa'au practices.

Bottom: Po'okela teaching an online La'au Lapa'au class with gathered la'au (plants) showcased behind him.

What We Offer

La'au Lapa'au Program



Po'okela Ikaika Dombrigues (pictured), who is a Hawai'i island-based Native Hawaiian Kahuna Lapa'au, facilitates the services in the La'au Lapa'au program. The services include:

- **La'au Lapa'au Workshops:** an overview of La'au Lapa'au, Ho'oponopono (*to make right*), La'au Kahea (*faith healing*), and Lomilomi Ha Ha (*spiritual healing*)
- **La'au Lapa'au Level 1 Classes:** a view at specific la'au (*plants*) that can prevent and treat ailments
- **La'au Lapa'au Level 2 Classes:** a more in-depth class, focused on connecting with the land, protocol, and the power of pule (*prayer*)
- **One-to-one Consultations:** by appointment

The Impact

According to Po'okela Ikaika, learning about the la'au requires a spiritual connection. As he explains, "without the spiritual, it's not going to work," and emphasizes that his teachings "combine la'au with the spiritual aspect. They can't be separated." Consequently, spiritual wellbeing is a major takeaway of these services.

Carly has witnessed that participants seem more interested in learning how to grow food at home during the pandemic, and she adds, "it's helping people to have community despite being at home and isolated."

Together, these services offer something remarkable: traditional knowledge from an experienced Kahuna and resources to sustainably grow many of these la'au at home. In other words, healing knowledge from our past to incorporate in our homes and community.

Sign up for these free online services at hmono.org/services so we can heal together!

Grow Your Own La'au Program: Mala 101 Beginners Gardening



Carly Wyman (pictured) facilitates the Grow Your Own La'au Program, which currently offers Mala 101: Beginners Gardening Class, a class that focuses on the basics of simple at-home gardening. Describing the program, Carly says, "It's not just gardening, but gardening from a Hawaiian perspective."

In the class, you can learn about the fundamentals of gardening, building healthy soil, composting, companion planting, agroforestry, growing with moon phases, specific Hawaiian plants, and more.

"I am grateful for the energy shared...to make participation in the La'au Lapa'au classes possible even in distance."
-Anonymous Participant

"I learned about self care in relation to knowledge of self, spiritual care, and knowledge of place."
-Anonymous Participant

"I believe our world needs to remember this wisdom to heal ourselves and others. It has exceeded my expectations."
-Anonymous Participant

Diabetes Self Management Education Program

Classes will be online via computer or smartphone.
Call-in option available upon request.

Must have a diabetes diagnosis.



PRE-SCREENING: April 28

CLASS: May 5, 12 & 19 | 5pm - 7pm

Sign up by April 21 at:

HMONO.ORG/SERVICES

 (808) 969-9220

HMONO.org

 /HMONO.org

 hui_malama_



**American
Diabetes
Association®**

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and today I want to share with you the importance of getting vaccinated.

We are aware of the impact of the coronavirus, which can easily spread from person to person. And after one year, we still have to be very careful by:

- Distancing and wearing a face mask when we are out in public or meeting with people
- And most importantly, getting vaccinated when you can.



Always do what you can to protect yourself and follow the rules so we can keep our Hawai'i island a strong and healthy place.

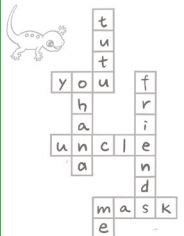
Need help or want to talk story? Connect with us at Hui Mālama Ola Nā 'Ōiwi, working 29 years to help our Hawai'i island be a healthy and happy place. Visit our website at hmono.org.

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



Answers to Page 10

Keiki Heroes Care!



More COVID-19 vaccination location details and registration information on page 9!

HEALTH UPDATES

COVID-19 VACCINATION LOCATIONS & REGISTRATION

Contact each for more information & eligibility

Bay Clinic, Inc.

(808) 934-3278 | Email covidteam@bayclinic.org

CVS/Longs Drugs

Visit cvs.com/immunizations/covid-19-vaccine | Walk-ins available to those who qualify at Downtown Hilo and Kailua-Kona locations

Department of Health

(808) 300-1120 | Online registration with a valid email at health.hawaii.gov/big-island/hawaii-county-covid-19-information

Hāmākua-Kohala Health

Honoka'a: (808) 775-7204 | Kapa'au: (808) 889-6236
Visit hamakua-health.org

Hilo Medical Center

(808) 932-3000 press 8 for help | Visit hilomedicalcenter.org/covid-19-vaccine-sign-up-information

Kaiser Pemanente

Visit healthy.kaiserpermanente.org/hawaii/front-door

Kona Community Hospital

(808) 322-4451 (no voicemails) | Visit kch.hhsc.org/covid-19-hospital-preparedness-message

KTA Super Stores

Visit ktasuperstores.com/pharmacy

Queen's North Hawai'i Community Hospital

(808) 881-4668 | Visit queens.org/north-hawaii/north-hawaii-community-hospital

Stay a step ahead by checking out the CDC's Pre-vaccination Checklist for COVID-19 Vaccines. Visit cdc.gov/vaccines/covid-19/downloads/pre-vaccination-screening-form.

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:

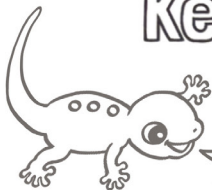
- DTP/Dtap 1
- DTP/Dtap 2
- DTP/Dtap 3
- DTP/Dtap 4
- IPV 1
- IPV 2
- IPV 3
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- VZV
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2

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

Keiki Coloring Corner

Help Hōkū and Kai 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)

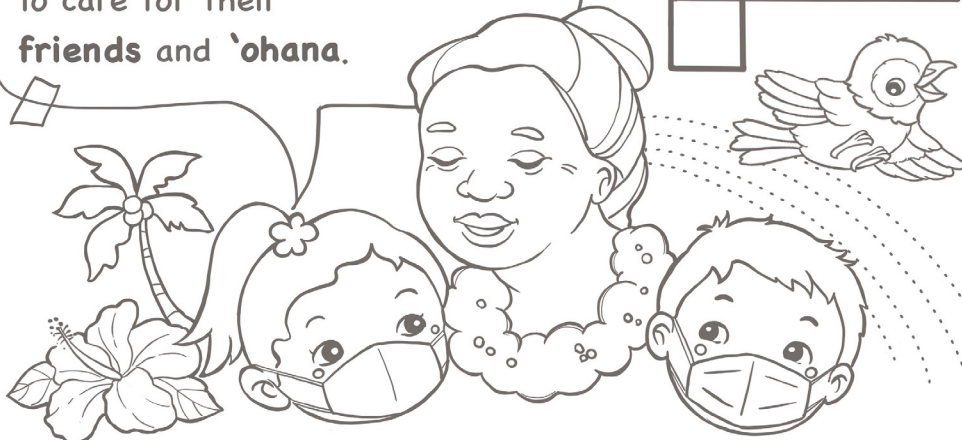
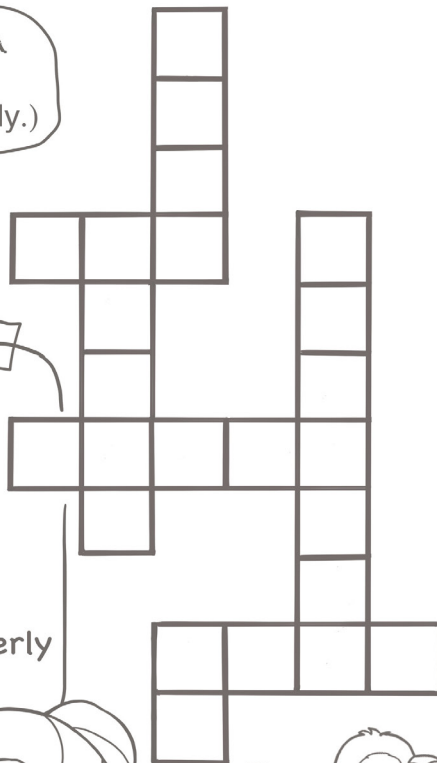
Keiki Heroes



Mālama i ka
'ohana.
(Care for the family.)

Fill in the crossword
with the **bold** words
in the poem.

"You wear your **mask** for me,
I'll wear my mask for **you**.
'Cuz you care about
your **uncle**
and I care about my **tūtū**."
Keiki Heroes wear a mask properly
To care for their
friends and 'ohana.



April 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."



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SIGN-UP TODAY!</p> <p>To sign-up for our classes, visit hmono.org/services</p> <p>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:</p> <p>contact@hmono.org or hmono.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>			<p>1 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>	<p>2 OFFICE CLOSED</p>	<p>3</p>
<p>5 5PM Patchwork Wellness <i>(online)</i></p> <p>4:30PM La'au Lapa'au Level 2 <i>(online)</i></p>	<p>6 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Diabetes Support Group <i>(online)</i></p>	<p>7 4:30PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM Hypertension Management Program <i>(online)</i></p>	<p>8 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Hele Mai 'Ai <i>(online)</i></p>	<p>9 BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>10</p>
<p>12 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>5PM Chronic Kidney Disease Class <i>(online)</i></p> <p>4:30PM La'au Lapa'au Level 2 <i>(online)</i></p>	<p>13 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>14 4:30PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM Hypertension Management Program <i>(online)</i></p>	<p>15 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Hele Mai 'Ai <i>(online)</i></p>	<p>16 5PM Lomilomi Class <i>(online)</i></p>	<p>17 9AM Lomilomi Class <i>(online)</i></p>
<p>19 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>5PM Chronic Kidney Disease Class <i>(online)</i></p>	<p>20 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>21 4:30PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM Hypertension Management Program <i>(online)</i></p>	<p>22 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Hele Mai 'Ai <i>(online)</i></p>	<p>23 5PM Lomilomi Class <i>(online)</i></p>	<p>24 9AM Lomilomi Class <i>(online)</i></p>
<p>26 5PM Cultural Wellness Support Group <i>(online)</i></p> <p>5PM Chronic Kidney Disease Class <i>(online)</i></p>	<p>27 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>28 2PM Breastfeeding Support Group <i>(online)</i></p> <p>4:30PM Healthy Hapai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>29 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>30</p>	