



# Alakino

Newsletter

June  
June 2021

# THE HEALTH OF OUR KĀNE

LOOK INSIDE TO LEARN MORE ABOUT  
Our Community Needs Survey

Alzheimer's & Brain Awareness Month by the Alzheimer's Association Hawai'i Chapter



# 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

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## 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  
Dr. Malia Tallett, PT, DPT, Secretary  
Michael Sonoda Dias, 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 & Exercise Class  
Tuesdays & Thursdays, 9:30am - 10:30am

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

## SUPPORT GROUPS (\*ALL ONLINE)

MOMs to MOMs Breastfeeding Support Group  
Every Wednesday, 11:00am - 12:00pm

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

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# 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!

## Getting Vaccines to Rural Areas



To bring COVID-19 vaccinations to all 'āpana (*districts*) on Hawai'i island, our Community Health Workers and support staff joined Bay Clinic, Inc. to assist with distributing vaccines to the lower Puna community at Maku'u Farmer's Market.

We started off the day with Maku'u Market and Community Center in Puna as they gave us a

private tour of their community garden program: Mālama Hāloa. It was a great opportunity to learn more about this program and we look forward to future collaborations.



## HiEHiE Shower Truck in Hilo

Our Community Health Worker of Hilo, Kirra Tomori, joined efforts with the Project HiEHiE shower truck in Hilo on May 5. Kirra shared health resources, class and registration information, and community needs surveys, in addition to helping with the HiEHiE shower truck.

## Outreach in Waikōloa

Adele Dela Rosa, Community Health Worker of North Hawai'i, teamed up with West Hawai'i Community Health Center for outreach in Waikōloa, reaching all corners of our North Hawai'i community.

To learn more about Community Health Worker outreach and vaccination efforts, visit [hmono.org/vaccination-pod](https://hmono.org/vaccination-pod).





**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](https://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\*

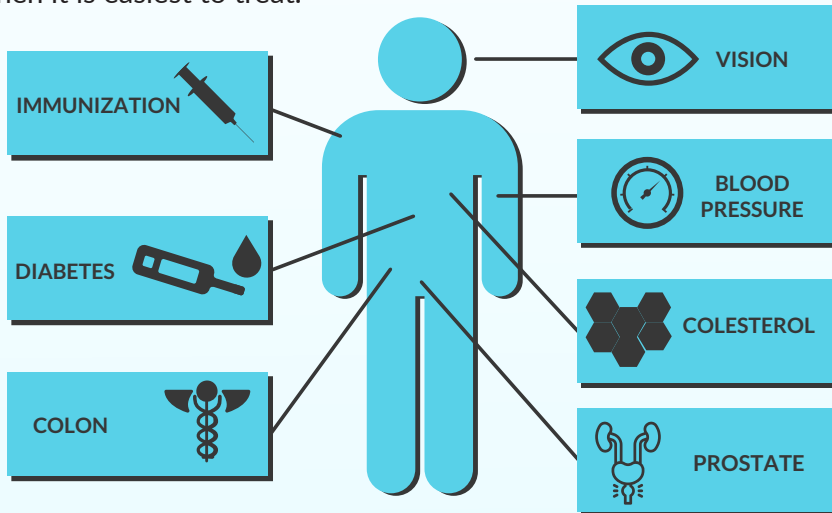
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# THE HEALTH OF OUR KĀNE



Community Health Worker Supervisor Chauncey Hatico, pictured above, and Po'okela Ikaika Dombrignes, pictured on page 6, are two of fewer than ten kâne (men) working at Hui Mālama Ola Nā 'Ōiwi. In recognition of June being Men's Health Awareness Month, they share their mana'o (thoughts) about what kâne health means to them and we highlight how we all can better care for the health of our kâne.

"The average kâne pays less attention to his health than the average wahine. Compared to wāhine, kâne are more likely to drink alcohol and use tobacco, make risky choices and not see a doctor for regular checkups. Although kâne are faced with diseases that can affect everyone, we also have unique challenges such as prostate cancer and benign prostate enlargement. Many of the health risks that kâne face can be prevented with a healthy lifestyle and regular checkups. Screening tests can detect disease early when it is easiest to treat.



To learn more about the preventative screenings for men, consult with your provider today!

So, what does men's health look like to me? Men's health to me is a healthy lifestyle:

- Regular exercise, whether it's going on a hike, farming, or fishing, staying active while enjoying the outdoors helps us to stay connected with 'āina (land)
- A healthy diet, including not smoking, and alcohol consumption in the moderate range (no more

than two drinks a day) if at all

- Stress reduction, like grabbing our 'ukulele and playing Hawaiian music helps us stay connected with our culture
- And regular checkups and screening (see page 5 for suggested screenings)

So don't be an average kāne — Because every kāne deserves to Live Longer and Feel Better!"

**-Chauncey Hatico, Community Health Worker Supervisor**



"When the capabilities of physical work become limited and you're not able to go holoholo like usual, can no longer walk on the rocks and take out your boat, all due to the factors of aging. That becomes the fear, the fear of not being in control of your life any more.

I often think of the many men my age that

are facing this fear. For those of you who are still physically active but are concerned over what will happen when you are no longer able to care for yourself: living in stress and doubt is not good for the body and can cause other illnesses. Aging is a part of living and we must do the best we can to keep ourselves healthy and active while we are still young, to enjoy longevity.

Life teaches you to overcome these doubts, so if you are still mentally and physically fit don't forget to thank God for being fortunate enough to be active and living a normal life. Enjoy your productive years and keep yourselves as healthy as possible, so you will be able to someday say *I am satisfied with my life and all my accomplishments* and can face the future with grace, wisdom and dignity."

**-Po'okela Ikaika Dombrigues**

## HOW CAN WE LIVE LONGER & FEEL BETTER, TOGETHER? JOIN OUR UPCOMING JUNE SERVICES!

Ho'oponopono Training  
Saturdays, June 19 & 26, 2021  
9:00am - 12:00pm

### HO'OPONOPONO TRAINING

O 'OE

SATURDAYS  
JUNE 19 & 26, 2021  
9:00AM - 12:00PM

Haku Howard Pe'a will be presenting on  
Ho'oponopono (*to make things right*)

### Diabetes Self Management Education Program

PRE-SCREENING: June 16

CLASS: June 23, 30 & July 7

10:00am - 12:00pm OR 5:00pm - 7:00pm

### Diabetes Self Management Education Program

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

Must have a diabetes diagnosis.



Sign up at:

**HMONO.ORG/SERVICES  
OR CALL (808) 969-9220**

**SEE OUR FULL LIST OF CURRENT SERVICES  
AND SIGN UP AT HMONO.ORG/SERVICES!**

# JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Nicolas K. Los Baños, the Hawai'i Island Regional Coordinator of the Alzheimer's Association, Hawai'i Chapter, shares with us about the Association, their plans for the month, and their current services!



## Tell us about the Alzheimer's Association for Hawai'i island.

"The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support, and research. The Alzheimer's Association, Hawai'i Chapter (subsequently referred to as the Hawai'i Chapter) was established locally in 1982, and has served as the leading source of information on Alzheimer's disease and related dementia (ADRD) and provider of dementia support services in Hawai'i for nearly 40 years. The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. **Our vision is a world without Alzheimer's disease and all other dementia.**"

## What are your plans for Alzheimer's and Brain Awareness month?

"The Alzheimer's Association is **'going purple'** and raising awareness in June! We are offering a full schedule of online education programs and caregiver support groups in addition to our supportive counseling and 24/7 Helpline services.

On **June 20th** — the summer solstice — people across Hawai'i Island (and across the world) will participate in The Longest Day, a fundraising and awareness event aimed at fighting the darkness of Alzheimer's through at-home or online activities of their choice. Then, on Wednesday, **June 23rd**, we will culminate Alzheimer's and Brain Awareness month with a free virtual Caregiver Conference. Learn more about all of our exciting June events by checking out our website and following us on social media!"

## What are the current services available to Hawai'i island residents?

"For the safety of our community and team members, the Alzheimer's Association continues to provide the following services through Zoom and telephone calls:

- Education Programs
- Caregiver Support Groups
- Information & Referral
- Care Consultations
- Online resources at [alz.org/Hawaii](http://alz.org/Hawaii)
- 24/7 Helpline 800-272-3900"

## How to connect!

Website: [alz.org/Hawaii](http://alz.org/Hawaii)

Instagram: [@alzhawaii](https://www.instagram.com/alzhawaii)

Facebook: [www.facebook.com/alzhawaii](https://www.facebook.com/alzhawaii)

Twitter: [@alzhawaii](https://twitter.com/alzhawaii)

"You can contact me by email at [nklosbanos@alz.org](mailto:nklosbanos@alz.org) or via phone or text at 808-518-6649. Anyone seeking support can also contact our Helpline at 800-272-3900 at any hour of the day, 365 days a year!"





Hui Mālama  
Ola Nā ‘Ōiwi

# COMMUNITY NEEDS SURVEY



SCAN ME!

E ho‘oikaika a ola ka lāhui Hawai‘i  
*We envision a strong and healthy Hawaiian nation*

HELP US TO MAKE POSITIVE AND SUSTAINABLE CHANGES  
WITHIN OUR ORGANIZATION BY COMPLETING OUR SURVEY AT  
**[HMONO.ORG/COMMUNITY-NEEDS-SURVEY](https://hmono.org/community-needs-survey)**

*Survey available from April 9 through June 30, 2021*



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# HEALTH UPDATES

## COVID-19: TRAVEL INTER-ISLAND SAFELY



Even with the opening of more travel options, we still need to do our part in keeping Hawai'i island safe and healthy. Here are some keep points to note when planning to travel:

1. As of May 11, 2021, you may travel inter-county (inter-island) without pre-travel testing/quarantine if you are fully vaccinated. To be deemed fully vaccinated, you must have completed your vaccination at least 15 days prior to submitting your Safe Travels profile.
2. Be sure to enter your trip information and complete any additional requirements on Safe Travels before your trip. *Note: those traveling to O'ahu do not need to complete a Safe Travels profile or take a pre-travel COVID-19 test.*
3. Arrive on your flight early to give yourself extra time to get through airport security and complete any additional required screenings.
4. During your flight, please follow the guidelines provided by your airlines regarding physical distancing, mask wearing, and sanitation processes.

As always, double check with your airlines to see if there are any additional items they require before your flight. For more information, visit [gohawaii.com/travel-requirements](https://gohawaii.com/travel-requirements) or [hawaiiicovid19.com/travel](https://hawaiiicovid19.com/travel).

## 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!

### 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

Solve the puzzle, color the pictures, and ask a parent to help you take the Keiki Hero Pledge at [KeikiHeroes.org/Keiki-Heroes-Pledge/](https://KeikiHeroes.org/Keiki-Heroes-Pledge/)

Be pono



A =		K =	
B =		L =	
D =		L =	
E =		N =	
G =		O =	
H =		R =	
I =		T =	
		V =	

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Changes are hard.

Laulima

Keiki Heroes are kind to others.

We are all

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   △ △

to keep our community safe.



Answer on Page 2.

June 2021 Keiki Coloring Corner illustration is created and provided by [KeikiHeroes.org](https://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
	<sup>1</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Diabetes Support Group <i>(online)</i>	<sup>2</sup> 5PM Hula for Health <i>(online)</i> 11AM Breastfeeding Support Group <i>(online)</i>	<sup>3</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	<sup>4</sup> <div style="border: 1px solid green; padding: 5px; display: inline-block;"> <b>BS&amp;EC</b>            Basic Stretch &amp;            Exercise Class         </div>	<sup>5</sup>
<sup>7</sup> 5PM Patchwork Wellness <i>(online)</i>	<sup>8</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Cancer Support Group <i>(online)</i>	<sup>9</sup> 5PM Hula for Health <i>(online)</i> 11AM Breastfeeding Support Group <i>(online)</i>	<sup>10</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i>	<sup>11</sup> <b>OFFICE CLOSED</b>	<sup>12</sup>
<sup>14</sup> 4:30PM La'au Lapa'au Level 2 <i>(online)</i> 5PM Cultural Wellness Support Group <i>(online)</i>	<sup>15</sup> 9:30AM BS&EC <i>(online)</i> 1PM Diabetes Support Group <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	<sup>16</sup> 10AM Diabetes Self Management Education Program <i>(online)</i> 11AM Breastfeeding Support Group <i>(online)</i> 5PM Diabetes Self Management Education Program <i>(online)</i> 5PM Hula for Health <i>(online)</i>	<sup>17</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i>	<sup>18</sup>	<sup>19</sup> 9AM Ho'oponopono <i>(online)</i>
<sup>21</sup> 4:30PM La'au Lapa'au Level 2 <i>(online)</i> 5PM Cultural Wellness Support Group <i>(online)</i>	<sup>22</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Cancer Support Group <i>(online)</i>	<sup>23</sup> 10AM Diabetes Self Management Education Program <i>(online)</i> 11AM Breastfeeding Support Group <i>(online)</i> 5PM Diabetes Self Management Education Program <i>(online)</i> 5PM Hula for Health <i>(online)</i>	<sup>24</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i> 5PM Mindful Eating Lab Level 1 <i>(online)</i>	<sup>25</sup>	<sup>26</sup> 9AM Ho'oponopono <i>(online)</i>
<sup>28</sup> 5PM Cultural Wellness Support Group <i>(online)</i>	<sup>29</sup> 9:30AM BS&EC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	<sup>30</sup> 10AM Diabetes Self Management Education Program <i>(online)</i> 11AM Breastfeeding Support Group <i>(online)</i> 5PM Diabetes Self Management Education Program <i>(online)</i> 5PM Hula for Health <i>(online)</i>	<p><b>SIGN-UP TODAY!</b></p> <p>To sign-up for our classes, visit <a href="https://hmono.org/services">hmono.org/services</a></p> <p><b>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:</b></p> <p><a href="mailto:contact@hmono.org">contact@hmono.org</a> or <a href="https://hmono.org/olakino">hmono.org/olakino</a></p> <p><b>Live Longer &amp; Feel Better, Together!</b></p>		