



Olakino

Newsletter

August-October
'Aukake-'Okakopa 2021



Live Longer & Feel Better,
Together!

The Olakino newsletter is now quarterly! Look inside for upcoming health services for the whole 'ohana.




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 to make an appointment.

(808) 969-9220

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
Dr. Malia Tallett, PT, DPT, Secretary
Michael Sonoda Dias, Director
Kale Gumapac, Director

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.

CONTENTS

Out in the Community <i>29th Annual Relay For Life</i> <i>Community Health Workers Impacts on</i> <i>Hawaiian Health</i> <i>Makahiki Games in Summer School</i>	3
Family Medicine Clinic	4
August Upcoming Services	5-6
September Upcoming Services	7-8
October Upcoming Services	9-10
How to Sign Up Today!	back

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)

Mama to Mama Breastfeeding Happy Hour
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

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!

29th Annual Relay For Life



Mālama Ka Pili Pa'a, Cancer Support Group of Hui Mālama Ola Nā 'Ōiwi, enjoyed their 10th year of relaying alongside American Cancer Society for their 29th Annual Relay for Life event. It was a breathtaking evening at Lili'oukalanani Park where cancer warriors, survivors, caregivers, and supporters gathered to raise awareness and spread aloha to the cancer community. Interested in joining our Cancer Support Group? Visit hmono.org/cancer-support for more information and to sign up!

Community Health Worker Impacts on Hawaiian Health

In the latest *Ola Nā 'Ōiwi Health Series, I Mau Ke Ea: Community Health Worker (CHW) Impacts on Hawaiian Health*, our very own Hilo and Puna CHW, Kirra Tomori, shared about our CHW efforts with our Native Hawaiian communities throughout Hawai'i island. To learn more, check out the available recording at Native Hawaiian Health Scholarship Program's YouTube page.

OLA NĀ 'ŌIWI
Hawai'i Health Scholar of the Native Hawaiian Health Scholarship Program (HHSN) Series: Book 1, Part 1

I MAU KE EA: CHW IMPACTS ON HAWAIIAN HEALTH

Celebrating our Community Health Workers for the invaluable connections they have with our Native Hawaiian communities.

-  **Atalina Pasi**, O'ahu
Population Specialist, Papa Ola Lōkahi
-  **Kirra Tomori**, Hawai'i Island
Community Health Worker,
Hui Mālama Ola Nā 'Ōiwi
-  **Susan Oshiro-Taogoshi**, Kaua'i
Community Health Worker,
Ho'ola Lāhui Hawai'i



Makahiki Games in Summer School

June 2021 marked the first month our Makahiki program was back in-person throughout various summer school programs. Makahiki Instructor, Afe Filemoni is pictured in the middle as he enjoys teaching the youth about huki huki (tug-of-war) and how to stay active with Hawaiian games. Mahalo to Pāhoia Mobile Learning Lab and Keaukaha Elementary Schools for participating!



**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

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,384,836.00 with 20% financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

AUGUST 2021

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sign up at hmono.org/services

HYPERTENSION MANAGEMENT

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

**Thursdays,
August 12 - 26
10:00AM - 12:00PM**

CHRONIC KIDNEY DISEASE CLASS

*Diagnosed with Chronic Kidney Disease?
Join this upcoming course to learn how to stop its progression to avoid dialysis!*

**Mondays,
August 16 - 30
5:00PM - 7:00PM**

LA'AU LAPA'AU LEVEL 2

This Level 2 class is a deeper look at the healing art of La'au Lapa'au and its uses.

**Mondays,
August 9 and 16
4:30PM - 7:30PM**

HEALTHY HAPAI

This 5 week course explores prenatal health, childbirth prep, positive parenting, and more!

**Wednesdays,
August 4 - September 1
5:30PM - 7:30PM**

MALA 101 BEGINNERS GARDENING CLASS

Learn to garden at home in this 3-week course!

**Thursdays, August 12 - 30
5:00PM - 7:00PM**

DIABETES SELF MANAGEMENT EDUCATION

Join us to learn more about managing diabetes.

**Wednesdays,
August 11 - 25
5:00PM - 7:00PM**

HELE MAI 'AI

Learn about nutrition, label reading, recipe modification, and other ways to improve your health!

**Thursdays, August 19 -
September 2
5:30PM - 7:30PM**

SEPTEMBER 2021

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sign up at hmono.org/services

MINDFUL EATING LAB LEVEL 1

Join us for this online, 4-week, experiential course to enhance food pleasure and nutritional benefits.

**Thursdays,
August 12 - 26
10:00AM - 12:00PM**

DIABETES SELF MANAGEMENT EDUCATION

Learn basic information about diabetes, nutrition, medication & tools needed for continued management of self-health while living with diabetes.

**Mondays,
September 1 - 22
4:30PM - 7:30PM**

LA'AU LAPA'AU WORKSHOP

*Introduction to La'au
Lapa'au, Ho'oponopono,
Lomilomi Ha Ha, & La'au
Kahea*

**Saturday, September 11
9:00AM**

LA'AU LAPA'AU LEVEL 1

*Learn the basics of
Traditional Hawaiian
Healing wisdom and
spiritual knowledge.*

**Mondays,
September 20 & 27
4:30PM - 7:30PM**

MALA 101 BEGINNERS GARDENING CLASS

Learn to garden at home!

**Thursdays,
September 9 - 23
5:00PM - 7:00PM**

GROW YOUR OWN COMMUNITY GARDEN

*Grow a garden in your
community. Call for more
details!*

**Friday, September 25
10:00AM**

21ST ANNUAL LADIES' NIGHT OUT!

SAVE THE DATE

Friday, September 24, 2021
Visit HMONO.ORG/LNO for updates!

OCTOBER 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

HYPERTENSION MANAGEMENT

Join us for this 3 week class that focuses on an introduction of high blood pressure education and management.

**Thursdays,
October 7 - 21
5:00PM - 7:00PM**

MINDFUL EATING LAB LEVEL 2

This online, 3-week experiential course builds on the principles of Level 1, empowering one to better nourish their body, mind and spirit.

**Thursdays,
October 14 - November 4
5:00PM - 7:00PM**



LA'AU LAPA'AU LEVEL 2

Take a deeper look at the healing art of La'au Lapa'au and its uses in this Level 2 class.

**Mondays,
October 18 and 25
4:30PM - 7:30PM**



HEALTHY HAPAI

This 5-week course explores prenatal health, childbirth prep, positive parenting, and more!

**Wednesdays,
October 20 - November 17
5:30PM - 7:30PM**



MALA 101 BEGINNERS GARDENING CLASS

Learn to garden at home in this 3-week course!

Dates and Time TBD

SIGN UP TODAY!

The services listed on these calendars are all free and online, so you can enjoy from the comfort of your home!

Sign up today at HMONO.org/services so we can all Live Longer & Feel Better, Together!


SIGN UP TODAY!

Scan the QR code below with your
smart phone:



or visit *HMONO.org/services*.

Looking to get vaccinated and need more information?
Visit **vaccines.gov** today to find a COVID-19 vaccine near you!

 (808) 969-9220

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

 /HMONO.org

 hui_malama_

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,820,697.00 with 20% financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.