



Newsletter

November 2021 - January 2022
Novemapa 2021 - Ianuali 2022

Having a Safe, Healthy Holiday Season

LOOK INSIDE FOR:

- Upcoming health services to help you with your holiday and New Year's goals!
- Holiday office closures
- 21st Annual Ladies' Night Out Recap and Mahalo




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

(808) 796-3125

familymedicine@hmono.org

See page 4 for more information

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

CONTENTS

Out in the Community <i>Sarah Josef Joins "Walk With a Doc"</i> <i>Sharing Stories Virtually with Kamehameha Schools</i>	3
Family Medicine Clinic <i>Women's Health Mana'o From Our Provider Lauren Butcher, ANP-C</i>	4
Having a Safe, Healthy Holiday Season	5-6
21st Annual Ladies' Night Out <i>Recap and Mahalo!</i>	7-8
Immunization Program	9
Health Updates <i>COVID-19 Information</i>	10
How to Sign Up Today!	back

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

SUPPORT GROUPS

OTHER SERVICES

HOLIDAY OFFICE CLOSURES

In observance of the upcoming holidays, Hui Mālama offices will be closed on the following days:

Thursday, November 11, 2021

Thursday, November 25, 2021

Friday, November 26, 2021

Friday, December 24, 2021

Friday, December 31, 2021

Monday, January 17, 2022

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!



Sarah Josef Joins "Walk With a Doc"

Sarah Josef, MC, RDN, LD joined the community and Dr. Craig Kadooka as a guest speaker for Walk With A Doc on Sunday, August 22. She shared about nutrition and overall healthy living before joining the community in a walk around Queen Lili'uokalani Park & Gardens.

Sharing Stories Virtually with Kamehameha Schools

Kamehameha Schools invited Hui Mālama to share about its Traditional Hawaiian Healing and Health Enhancement services virtually on September 17.

Po'okela Ikaika Dombrigues (*photo 1*) shared the art and traditional Hawaiian knowledge and wisdom of La'au Lapa'au. Later, Health Enhancement team members shared about their programs, services, and stories. Health Enhancement Director and Registered Dietitian, Stacy Haumea (*photo 2*), shared about nutrition services with a short demonstration.

Learn more about these services on pages 5 and 6!



photo 1



photo 2



Hui Mālama
Ola Nā 'Ōiwi

FAMILY MEDICINE CLINIC

WOMEN'S HEALTH MANA'O

from our provider:



LAUREN BUTCHER, ANP-C

"Adult nurse practitioners are advanced practice nurses who specialize in providing primary care to adults in a variety of settings, such as hospitals, outpatient clinics, ambulatory care settings, physicians' offices, community-based clinics, and health care agencies.

Detecting cervical cancer early with a pap smear gives you a greater chance at a cure. A pap smear can also detect changes in your cervical cells that suggest cancer may develop in the future. From an annual pap smear a sample is taken and these cells can show abnormalities that indicate an increased risk of developing cervical cancer as well as breast cancer.

A breast self-exam that you do for breast awareness helps you understand the normal look and feel of your breasts. If you notice a change in your breasts that seems abnormal or if you notice one breast is different when compared with the other, you can report it to your doctor.

Both mammograms and pap tests can detect breast cancer risk before a woman notices any symptoms."

Contact our Family Medicine Clinic today to make an appointment with Lauren or our other providers, so we can assist with your health needs!

Please call before visiting: 82 Pu'uhonu Place, Suite 209 | Hilo, HI 96720

Phone: (808) 796-3125 | **Fax:** 1-866-372-2766

Hours: Monday-Friday, 8:00am-5:00pm | *closed from 12:00pm-1:00pm*

Having a Safe, Healthy Holiday Season

Have a healthy holiday season and get a jump start on your New Year's goals with our upcoming services! Your health and safety is our priority, so these services are all offered online.* Sign up at hmono.org/services.

La'au Lapa'au Services

Led by the idea that "the past will heal our future," our La'au Lapa'au services offer Traditional Hawaiian Healing wisdom and spiritual knowledge. We offer three La'au Lapa'au services:

Workshops: One day session

Level 1 Classes: Two, 3-hour sessions

Level 2 Classes: Two, 3-hour sessions



Mala 101: Beginner's Gardening Class

In this introductory class, learn the basics of selecting plants, building healthy soil, and growing on a budget. Participants on Hawai'i island will receive supplies, a garden bed, plants, and more while supplies last.

Community Garden Workshop

Learn about Hawaiian healing plants while installing a community garden! Other components of this workshop are propagation, cultivation, harvesting, and proper protocol.

*In-person location to be determined.





Plant Based Nutrition

Have you heard about plant-based nutrition, but not sure what it all means? Join this online nutrition class where Registered Dietitian Nutritionists teach about plant-based recipes and its benefits.

Hele Mai 'Ai

In this basic nutrition class you can learn about nutrition, label reading, recipe modification, and other ways to improve your overall health.

Chronic Kidney Disease Class

If you've been diagnosed with Chronic Kidney Disease (CKD) and would like to learn how to stop its progression to avoid dialysis, join us for this course! This course is presented by two Dietitians with experience in the dialysis setting and covers topics like the basics of kidney functioning, underlying health conditions, nutrition, understanding medications, and more.



Diabetes Education

Are you living with a diabetes diagnosis? Join us for this service offered at our very own Family Medicine Clinic. Get your questions answered and learn more about diabetes management including nutrition, exercise, and medication with a certified diabetes educator.

21st Annual

LADIES' NIGHT OUT

On Friday, September 24, Hui Mālama Ola Nā 'Ōiwi hosted it's 21st Annual Ladies' Night Out! In conjunction with National Women's Health month, this special event is held annually in memory of the late Nancy Everett. Ms. Everett, a Registered Nurse, Master's of Public Health, and consultant at Hui Mālama, provided women and children the opportunities for health awareness and care as she envisioned it. At her untimely passing in November 2000, her family desired that her love and vision be expressed through our annual Ladies' Night Out health awareness and wellness event and donated her memorial funds for Hui Mālama to continue the event in her honor.

This year, more than 400 women drove through the Civic Auditorium to receive a Women's Care Package and Meal Kit. The Women's Care Package provided health education and promotion items related to women's health such a Self Breast Exam Pad, COVID-19 Care Kit, and resources to other community organizations to help the women of our community live healthy lives. The Meal Kit this year consists of a healthy and filling Quinoa Chili with Black Beans recipe to extend the healthy eating at home with the entire 'ohana. For a Self Breast Exam instructional video and other great quinoa recipes, visit hmono.org/LNO today!



Want to be a part of next year's event? Follow us on Instagram and Facebook or subscribe to our email listing to stay up-to-date on when next year's event will be. And as always, join us at one of our upcoming services by signing up at hmono.org/services so we can all Live Longer and Feel Better Together!



If you are interested in supporting this annual event, you can donate today at hmono.org/donate so we may continue our Ladies' Night Out for years to come.

MAHALO NUI LOA!

On behalf of Hui Mālama Ola Nā 'Ōiwi, we'd like to extend our deepest gratitude to our funders, donors, partnering organizations, and volunteers for their contributions and assistance that have made this year's Ladies' Night Out event possible:



MARY KAY



JOANNA TRUMAN
RIANALYN HANDY

ROBIN KEHAULANI BRYCE
ROSITA TADEO



BACK TO BASICS
CHIROPRACTIC

Join us in thanking our funders, donors, and service providers by sending some aloha with a shaka the next time you see them around the community!



IMMUNIZATION PROGRAM

With 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 2021 and July 2022.
2. Your child has completed all 24-25 CDC recommended vaccinations.

Come to our Hilo office to submit your child’s immunization card, register your child, and receive their makana!

Contact us for more information on vital vaccines!

CDC RECOMMENDED VACCINATIONS:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> DTP/Dtap 1 | <input type="checkbox"/> Hib 1 |
| <input type="checkbox"/> DTP/Dtap 2 | <input type="checkbox"/> Hib 2 |
| <input type="checkbox"/> DTP/Dtap 3 | <input type="checkbox"/> Hib 3 |
| <input type="checkbox"/> DTP/Dtap 4 | <input type="checkbox"/> HepA |
| <input type="checkbox"/> IPV 1 | <input type="checkbox"/> HepB 1 |
| <input type="checkbox"/> IPV 2 | <input type="checkbox"/> HepB 2 |
| <input type="checkbox"/> IPV 3 | <input type="checkbox"/> HepB 3 |
| <input type="checkbox"/> Pneumococcal 1 | <input type="checkbox"/> MMR |
| <input type="checkbox"/> Pneumococcal 2 | <input type="checkbox"/> Influenza 1 |
| <input type="checkbox"/> Pneumococcal 3 | <input type="checkbox"/> Influenza 2 |
| <input type="checkbox"/> Pneumococcal 4 | <input type="checkbox"/> Rotavirus 1 |
| <input type="checkbox"/> VZV | <input type="checkbox"/> Rotavirus 2 |



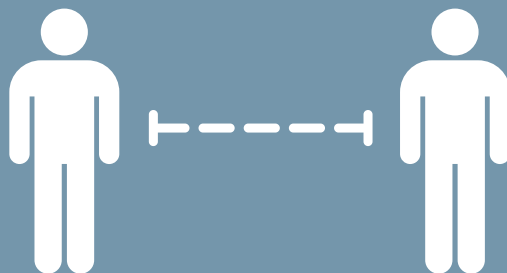
**Hui Mālama
Ola Nā ‘Ōiwi**

HEALTH UPDATES: COVID-19 INFORMATION

As we enter into this holiday season, let's continue to do our part in keeping Hawai'i island a safe and healthy place. The Centers for Disease Control and Prevention (CDC) recommends you take the following steps when you feel ill:



**STAY HOME, EXCEPT
TO GET MEDICAL CARE**



**SEPARATE YOURSELF FROM OTHER
PEOPLE AND ANIMALS IN YOUR HOME**



**CALL AHEAD BEFORE
VISITING A DOCTOR**



**COVER YOUR COUGHS AND
CLEAN YOUR HANDS OFTEN**

To learn more about COVID-19 or for additional local COVID-19 Health Resources, visit the Count of Hawai'i website at www.hawaiicounty.gov.


**FOR UPDATED COVID-19 TESTING & VACCINATION SITES NEAR YOU,
FOLLOW HAWAII COUNTY CIVIL DEFENSE AGENCY ON INSTAGRAM AND
FACEBOOK @HAWAIICOUNTYCIVILDEFENSE OR VISIT VACCINES.GOV.**

SIGN UP TODAY!

Scan the QR code below with your
smart phone:




or visit *HMONO.org/services*.

 (808) 969-9220

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.