



Newsletter

# Healthy Māmā, Healthy Keiki

August-October 2022  
*`Aukake - `Okakopa 2022*

## Look Inside For:

- Healthy Hāpai Program
- Keiki Obesity Awareness
- Pregnancy and Infant Loss Awareness
- Info on our 22nd Annual Ladies' Night Out Event



# Hui Mālama Ola Nā 'Ōiwi

## CONTACT US

+1 (808) 969-9220  
[contact@hmono.org](mailto:contact@hmono.org)

 /HMONO.org  
 hui\_malama\_

### HILO OFFICE

Open by appointment only.  
Please call to make an  
appointment.  
+1 (808) 969-9220  
1438 Kilauea Ave.  
Hilo, HI 96720

### FAMILY MEDICINE CLINIC

+1 (808) 796-3125  
[familymedicine@hmono.org](mailto: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](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  
Michael Sonoda Dias, Director  
Kale Gumapac, Director  
Deirdre Imagine, 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

## SUPPORT GROUPS

## OTHER SERVICES

# HOLIDAY OFFICE CLOSURES

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

**Friday, August 19, 2022**

**Monday, September 5, 2022**

**Monday, October 10, 2022**

# What We Offer

## Family Medicine Clinic

- Family Medicine
- Behavioral Health
- Nutritional Counseling and Diabetes Education

Accepting  
new patients!

## Traditional Hawaiian Healing

- La`au Lapa`au:
  - Workshops and classes
  - Grow Your Own La`au/Mala 101 (Beginners' Gardening)
  - Community Garden Workshops (as requested)
- Ho`oponopono:
  - One-to-one consultations
- Hawaiian Massage
- Healthy Hāpai Prenatal Program
- Mama to Mama Breastfeeding Support 1:1 consultations
- Makahiki Games

## Health Enhancement

- Community Wellness:
  - Health presentations
  - Health screenings
  - Resource referrals
- Wellness Wednesdays Class:
  - Diabetes self management, heart health, and chronic kidney disease education
- Nutrition Class:
  - Basic nutrition, plant based foods, enhancing food enjoyment and nutritional benefits
- Exercise and Fitness Classes:
  - Basic Stretch & Strengthening
  - Therapeutic Yoga
  - Ola Hou I Ka Hula: Hula for Health
- Immunization Program:
  - For keiki aged 2
- Support Groups:
  - Cancer
  - Diabetes, for both youth and adults
- Kōkua Hali Transportation:
  - Transportation to medical appointments
- Special Events:
  - Ladies' Night Out
  - Mālama Nā Keiki Event

Hele mai!



**Hui Mālama  
Ola Nā 'Ōiwi**

# **FAMILY MEDICINE CLINIC**

**ACCEPTING NEW PATIENTS  
AND OFFERING TELEVISITS!**



Please join us in welcoming  
Dr. Peter Donnelly!

He is making healthcare more  
accessible than ever through  
our new Home Medical Visit  
Program.\*

## **SERVICES**

**Family Medicine  
Behavioral Health  
Nutrition Counseling  
Diabetes Education  
Home Medical Visits\***

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\*  
**\*Additional criteria must be met in  
order to utilize this service. Please  
contact us for more information.**



# Cycling for Smoothies



As part of Hui Mālama Ola Nā `Ōiwi's 2022 Pahoa Summer Mobile Learning Lab, students used special Hui Mālama Ola Nā `Ōiwi stationary bikes to make their own fruit smoothies using fresh ingredients. This one-of-a-kind, hands-on learning experience was aimed at helping to create healthy habits.

The event took place at the Pahoa Neighborhood Facility on July 6th, 2022 from 9:00 to 10:00 a.m.



## Hui Mālama Ola Nā `Ōiwi

With donations  
from:



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

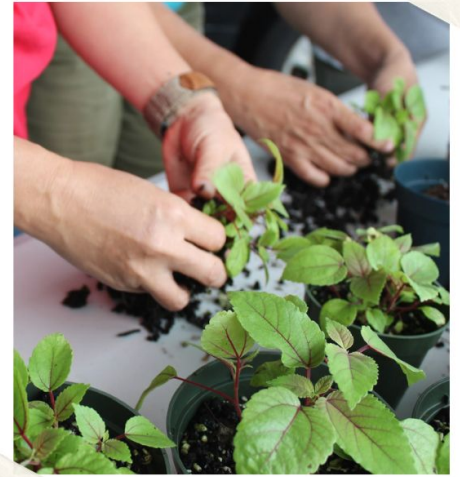
# GROW YOUR OWN LA'AU/MALA 101 CLASSES

Hui Mālama Ola Nā 'Ōiwi's three-hour Mala 101 classes, led by instructor Keahi Tajon, are offered island-wide!

Join us for our next two-class series and learn how to start your very own garden! Some classes are hands-on and some are provided through Zoom. Upon completion of the course, receive your very own garden box consisting of young plants and soil!

We will even deliver your supplies if you live outside of Hilo.

For more information on upcoming classes, please call (808) 969-9220 or sign up at: [hmono.org/services](http://hmono.org/services).



## FREE GARDEN BOXES\*

**\*While supplies last. Must be registered, complete both classes, and submit pre- and post-surveys to get garden boxes. 1 per household, 1 time only.**



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 \$1,387,836.00 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.

*Aloha and a hui hou, Aunty Sweetie!*

**We bid you a fond farewell. Mahalo for your years of service.  
Best wishes in all your future endeavors!**

# Childhood Obesity Awareness Month



1 in 5 children in the US are OBESE

**SEPTEMBER** is Child Obesity Awareness Month. **1 in every 5** children and adolescents in the USA has obesity, according to the Centers for Disease Control and Prevention (CDC). The CDC also states that obesity is linked to lower than normal health.

For more information, visit <https://www.cdc.gov/obesity/data/childhood.html> or contact us to find more resources.



## Ways to Prevent Childhood Obesity

There are several things we can all do as an 'ohana to help prevent childhood obesity.

Find four tips from Hawaii5210 below.

**5** Five - Fruits & Vegetables

It is important to get at least 5 servings of fruits, vegetables, and roots a day. Re-introducing foods to keiki that were previously turned down is vital.

**2** Two - Hours of Screentime

In addition to increasing the amount of healthy food in your keiki's diet, decreasing overall screen time is a good idea. Try to keep screen time to under 2 hours a day. A large amount of screen time has been linked to being overweight.

**1** One - Hour of Physical Activity

Instead of too much screen time, encourage your keiki to be active for at least an hour a day! Setting the habit of exercise when keiki are young helps them to be active adults.

**0** Zero - Sugary Drinks

Aim for a complete reduction in your keiki's diet of sugary drinks. This includes soda, sports drinks, and fruit-flavored beverages. These drinks have a high amount of added sugar, which has little nutritional value and adds calories.

For more information, visit [hawaii5210.com](http://hawaii5210.com) or connect with us to find more resources.



*October is*

# ***Pregnancy and Infant Loss Awareness Month***



Every October, our nation recognizes those who have suffered the loss of an infant through miscarriage or while the child is still a baby.

This devastating loss does not need to be suffered alone, and, according to [helpguide.org](http://helpguide.org), obtaining help from those who love you is a crucial part of the process of healing.

According to Help Guide, it is also crucial to:

- Accept your pain
- Expect a variety of feelings
- Know that your grief will be different from others' grief
- Maintain healthy habits for physical well-being
- Know that depression is different from grief

For more information, visit [helpguide.org](http://helpguide.org) or connect with us to find more resources.

**To find a support group near you, visit:**  
<https://www.compassionatefriends.org/find-support/chapters/chapter-locator/>

**For resources and a free pamphlet, visit:**  
<https://www.marchofdimes.org/complications/loss-and-grief.aspx>



# OCTOBER

# Breast Cancer

## Awareness Month

### What is Breast Cancer?

According to the Centers for Disease Control and Prevention (CDC) there are multiple types of breast cancer, a condition where cells in the breast grow uncontrollably. The different types of breast cancer are determined by which cells are cancerous.

### What are the Symptoms?

The CDC includes the following symptoms:

- A change in the breast
- Soreness in the breast
- A lump in the breast/underarm
- Leaking liquid from the breast (not breastmilk)

Speak with your doctor if you have any of these symptoms.

For more information, visit [cdc.gov](http://cdc.gov) or connect with us!

### More Resources:

**Hui Mālama Ola Nā ‘Ōiwi** provides a cancer support group available to patients, survivors and caregivers.

**Mālama Ka Pili Pa‘a** is a safe space to connect with others. We meet twice a month. See the **calendar** for more details or call (808)969-9220.



### Reduce Your Risk



Don't Smoke



Less Alcohol



Eat Healthy



Keep Active



See a doctor regularly & ask about mammograms



Hui Mālama  
Ola Nā 'Ōiwi

# Healthy Hāpai Program

Visit [hmono.org/services](http://hmono.org/services)  
or call for more information

The **FREE** five-session program is offered island-wide in Hilo, Waimea, Kona, Ka'ū, and Puna areas. The engaging and educational curriculum is designed to help mothers throughout pregnancy and after birth.

**Session 1 Mālama Ola Kino Hāpai**, focuses on “Taking Care of my Pregnant Body,” and ways to cope and stay healthy during pregnancy

**Session 2 Mālama 'Ohana**, focuses on “Taking Care of my Family,” discussing positive parenting, managing stress, preterm labor, and an introduction to breastfeeding.

**Session 3 Ho'omākaukau No Ka Hānau 'Ana**, focuses on “Getting Ready for Birth,” teaching participants about preparing for labor and birth.

**Session 4 Ho'omākaukau No Ka Pēpē**, focuses on “Preparing for Baby,” reviewing basic baby necessities, creating a postpartum plan, and discussing postpartum depression.

**Session 5 Mālama Keiki**, focuses on “Caring for my Child,” providing newborn care, safety, and infant massage information. All program participants receive a free pregnancy journal and calendar as well as an opportunity to win an infant car seat or breastfeeding pillow.

**Enroll Today!**  
**Phone: (808)969-9220**



The Healthy Hāpai classes are facilitated by Leila Ryusaki, who joined Hui Mālama in July 2017 to develop the Healthy Hāpai prenatal program initiative.

Leila started her career in the healthcare field 20 years ago as a Pharmacy Technician in Hilo. In 2007, she accepted a position at North Hawai'i Community Hospital where she worked for 10 years. It was her work at the Waimea Women's Center that piqued her interest in prenatal care. Leila worked with four Certified Nurse Midwives to conceptualize and start a prenatal care group called Centering Pregnancy. She worked as Program Coordinator and Facilitator for Centering Pregnancy for five years.

During her time as Program Coordinator, she furthered her training and knowledge by becoming a Certified Lactation Counselor (CLC), Childbirth Educator (CBE), Indigenous Breastfeeding Counselor (IBC), and Licensed Massage Therapist (LMT).

Leila's dedication and passion for prenatal and postnatal education has been integral in planning the Healthy Hāpai program. She explains, “Pregnancy is not only about the birth of the baby. It's also about the birth of the parents. We're here to help with that transition.”



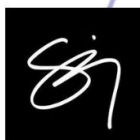
Hui Mālama  
Ola Nā 'Ōiwi

5th Annual

# Mālama Nā Keiki Event

*Mahalo nui loa*

to all of our wonderful sponsors for this event!





**Hui Mālama  
Ola Nā 'Ōiwi**

**22ND ANNUAL**

# Ladies' Night Out

IN MEMORY OF AUNTY EDNA BALDADO

A FREE AND FUN DRIVE THROUGH  
EVENT!

**Friday, September 23rd**

**\*Drive Through Event\***

**3:30pm-6:30pm**

Edith Kanaka'ole Stadium  
350 Kalanikoa St. Hilo, HI 96720  
**ADMISSION BY TICKET ONLY**

**\*WOMEN 18  
YEARS AND  
OLDER ONLY**

**\*REGISTRATION REQUIRED\***

Tickets are **FREE** and available  
at Hui Mālama Ola Nā 'Ōiwi  
**1438 Kilauea Ave, Hilo HI 96720**

**ONE ticket per person while  
supplies last.**

Last day for ticket pick up is  
Friday, September 16th.


**Ticket Pick Up**

**Starting Monday, August 15th**

Mondays 3:30 p.m.-6:30 p.m.

Thursdays 11:00 a.m.-2:00 p.m.

**Visit [HMONO.org/ladiesnightout](http://HMONO.org/ladiesnightout) for  
more information.**

 **(808) 969-9220 • [HMONO.org](http://HMONO.org)**

 **/HMONO.org**  **hui\_malama**

This event 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 \$3,334,982.00.

# AUGUST 2022

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

*Sign up at [hmono.org/services](https://hmono.org/services)*



## **Basic Stretch & Strengthening Exercise Class (Online)**

Basic stretches and muscular endurance exercises that will help improve your flexibility and strength. Designed for all ages; geared toward those needing to maintain or increase mobility, and those wanting a gentle stretch.

**Tuesdays & Thursdays  
9:30AM-10:30AM**

## **Basic Therapeutic Yoga Exercise Class (Online)**

Get active, increase flexibility, and improve your overall health at our yoga classes! Beginners and experienced are welcome. Enjoy a free class that is sure to make you feel relaxed. All in the comfort of your home!

**Tuesdays & Thursdays  
5:00PM-6:00PM**

**Ola Hou I Ka Hula  
(Online)**

Join us for our Hula classes!  
This weekly class incorporates health and nutrition.

**Wednesdays  
5:00PM-6:30PM**

**Diabetes Support Group  
(Online)**

Get your questions answered and learn about diabetes management including nutrition, exercise, and medication.

**Tuesday, August 2nd  
5:00PM-6:30PM**

**Healthy Hāpai  
(Online)**

This course explores prenatal health, childbirth preparation, and positive parenting! Find more information about it on page 10.

**Tuesdays & Thursdays  
6:00PM-8:00PM**

**Cancer Support Group  
(Online & In-person)**

A space to connect for current cancer patients, survivors, and caregivers.

**Tuesday, August 9th - Online  
Tuesday, August 23rd - In-person  
5:00PM-7:00PM**

**Youth Diabetes Support Group  
(Online)**

A safe place to learn about diabetes, share stories, have fun, and connect.

**Tuesday, August 16th  
3:30PM-4:30PM**

**Wellness Wednesdays  
(Online)**

A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management.

**Wednesday, August 24th &  
Wednesday, August 31st  
5:00PM-7:00PM**

**Māmā to Māmā Support Group  
(Online)**

We will discuss breastfeeding and parenting topics in this support group. A great place to connect with other women experiencing similar things!

**Wednesday, August 31st  
11:00AM-12:00PM**

# SEPTEMBER 2022

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25	26	27	28	29	30	

*Sign up at [hmono.org/services](https://hmono.org/services)*

## **Basic Stretch & Strengthening Exercise Class (Online)**

Basic stretches and exercise.

**Tuesdays & Thursdays**

\*No class September 20th & 22nd  
**9:30AM-10:30AM**

## **Basic Therapeutic Yoga Exercise Class (Online)**

Get active and increase flexibility!

**Tuesdays & Thursdays**

\*No class September 20th & 22nd  
**5:00PM-6:00PM**

## **Grow Your Own La`au/Mala 101 (Online)**

Learn to garden in this 2-part series!

**Friday, September 2nd**

**4:30PM-7:30PM**

**Saturday, September 3rd**

**9:00AM-12PM**

## **Healthy Hāpai:**

### **Infant Massage (Online)**

Learn how to promote bonding and body awareness between yourself and your baby.

**Tuesday, September 6th**

**6:00PM-8:00PM**



# SAVE THE DATE

# 22nd Annual Ladies' Night Out

**Drive Through Event**, Friday, September 23, 2022  
Visit [www.hmono.org](http://www.hmono.org) or call (808)969-9220 for more information.

## Diabetes Support Group (Online)

Get your questions answered and learn about diabetes management: nutrition, exercise, and medication.

**Tuesday, September 6th**  
**5:00PM-6:30PM**

## La`au Lapa`au Level 1 (Online)

Traditional Hawaiian Healing wisdom and spiritual knowledge.

**Monday, September 12th &**  
**Monday, September 19th**  
**4:30PM-7:30PM**

## Ola Hou I Ka Hula (Online)

This weekly class incorporates health and nutrition.

**Wednesdays**

**\*No class September 21st**  
**5:00PM-6:30PM**

## Wellness Wednesdays (Online)

This is a course about diabetes, heart health & chronic kidney disease.

**Wednesdays**

**\*No class September 21st**  
**5:00PM-7:00PM**

## Māmā to Māmā Support Group (Online)

We will discuss breastfeeding and parenting topics in this support group. A great place to connect with other women experiencing similar things!

**Wednesday**  
**September 28th**  
**11:00AM-12:00PM**

## Cancer Support Group (In-person & Online)

A space to connect for current cancer patients, survivors, and caregivers.

**Tuesday, September 13th - In person**  
**Tuesday, September 27th - Online**  
**5:00PM-7:00PM**

# OCTOBER 2022

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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](https://hmono.org/services)*

## **Ola Hou I Ka Hula (Online)**

Join us for our hula classes!

This weekly class incorporates health and nutrition.

**Wednesdays**

**5:00PM-6:30PM**

## **La`au Lapa`au Level 2 (Online)**

Traditional Hawaiian Healing Practices.

**Monday, October 17th &**

**Monday, October 24th**

**4:30PM-7:30PM**

## **Diabetes Group (Online)**

Get your questions answered and learn more about diabetes management.

**Tuesday, October 4th**

**5:00PM-6:30PM**

## **Cancer Support Group (In-person and Online)**

A safe space to connect.

**Tuesday, October 11th - In-person**

**Tuesday, October 25th - Online**

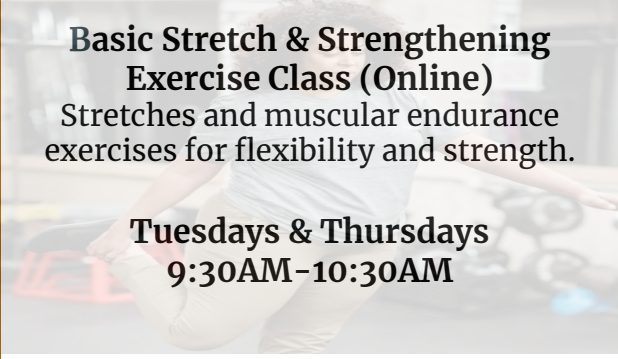
**5:00PM-7:00PM**

## **Māmā to Māmā Support Group (Online)**

Discuss breastfeeding and parenting.

**Wednesday, October 26th**

**11:00AM-12:00PM**



**Basic Stretch & Strengthening  
Exercise Class (Online)**

Stretches and muscular endurance exercises for flexibility and strength.

**Tuesdays & Thursdays  
9:30AM-10:30AM**



**Basic Therapeutic Yoga  
(Online)**

Get active, increase flexibility, and improve your overall health!

**Tuesdays & Thursdays  
5:00PM-6:00PM**



**Grow Your Own La`au/Mala 101  
(Online)**

Learn to garden in this 2-part series!  
Participants receive garden boxes.

**Saturday, October 8th  
9:00AM-3:00PM**



**Wellness Wednesdays  
(Online)**

This course teaches about diabetes, heart health, & chronic kidney disease.

**Wednesday, October 5th  
5:00PM-7:00PM**



**Youth Diabetes Support Group  
(Online)**

A safe place to learn about diabetes, share stories, have fun and connect with others.

**Tuesday, October 18th  
3:30PM-4:30PM**



**Healthy Hāpai  
(Online)**

This 5 week course explores prenatal health, childbirth, and positive parenting.

**Tuesdays & Thursdays  
October 18th-November 15th  
6:00PM-8:00PM**



**Nutrition  
(Online)**

A single course on nutrition, plant based foods, and ways to enhance food pleasure.

**Wednesdays  
October 12th, 19th and 26th  
5:00PM-7:00PM**



**La`au Lapa`au Workshop  
(Online)**

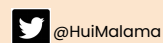
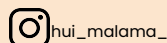
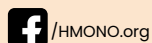
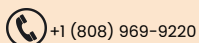
Traditional Hawaiian Healing, including wisdom and spiritual practices.

**Saturday, October 1st  
9:00AM-2:00PM**

SIGN UP TODAY!  
Scan the QR code below with  
your smartphone:



Or visit [HMONO.org/services](https://HMONO.org/services)



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.