

HUI MĀLAMA OLA NĀ 'ŌIWI

HELPING HAWAI'I ISLAND

LIVE LONGER & FEEL BETTER

March 2016

Merrie Monarch 2016

Hui Mālama Ola Nā 'Ōiwi Board of Directors, Staff, 'ohana, and friends are buzzing with excitement as we prepare for this year's Merrie Monarch events.

Be sure to check us out as we make our way through Hilo Town in the 53rd Annual Merrie Monarch Parade on April 2nd. This is a very special year as we will honor both our beloved King David Kalākaua, and Hui Mālama's 25th Birthday.

Hui Mālama Ola Nā 'Ōiwi has proudly served Hawai'i Island residents since 1991, and we continue to reach out and promote good health and wellness for our future.

Before and after the parade, be sure to check us out at the Prince Kuhio Plaza Merrie Monarch Craft Fair where we will have specialty items for sale. Stop by and pick up our newly designed t-shirts that promote our message of health, respect, and aloha to everyone. You'll also find hand-crafted kitchen items to help you prepare your healthy home-cooked meals in style.

All of our items are made with aloha by our dearest friends and supporters of Hui Mālama Ola Nā 'Ōiwi. Proceeds help support our work in caring for a healthier Hawai'i Island.



Hele mai

Come join us!

*Call us at 969-9220 to
sign up today*

*Join the fun and help
us honor and
celebrate in style !*



Message from our Board Chair



Aloha

To our people, take care, and eat healthy. Live life to its fullest and make every day count!

God Bless!

Mabel De Silva
Chair, Board of Directors



March
is
Colorectal Cancer
Awareness
Month

Check with your doctor or health care provider about the importance of screening

**Check
Take charge
Ask questions
Be informed**

Contact Kristy - Cancer Program Manager at 969-9220

A healthy recipe from Aunty in the Pantry

Chicken Long Rice

2 (1 3/4 ounces) bundles of long rice
2.5 lbs. skinless, boneless chicken breasts, cubed
1 tbsp. canola oil (optional)
1/2 cup onion, chopped
4 cloves garlic, chopped
2 inch piece of ginger, crushed
1 cup dried & sliced shiitake mushrooms
1 cup carrots, sliced
1 cup green beans, sliced
4 cans low fat, low sodium chicken broth
Green onions, sliced for color
1 tsp. Hawaiian salt (optional)



Soak long rice in warm water for 20 minutes and cut into 2 inch lengths
Soak mushrooms in warm water for 5 minutes
Sauté chicken and garlic until browned
Add broth, ginger, and salt and bring to simmer
Add carrots; cook until almost tender. Add green beans; cook until tender
Add long rice and mushrooms; simmer for 5 min. Add more water if needed.
Add green beans just before serving
Serves 12-14

The Picky Eater Twist

As a kid, being called a “picky eater” wasn’t such a great thing. It made me feel like I was a difficult child. Back then, I just hated the green stuff on my plate... no big deal.

Now in my 50s, I view things differently, and I even love being called a “picky eater.” In fact, I consider myself a “picky eater champion” and love it! Here’s the twist.

I am picky about the food I put into my body. I pick healthy food over junk food and fresh food over canned food. Though sometimes tempting, I remind myself to choose the grilled chicken over the fried chicken, and I enjoy non-fat milk over whole milk. I’ve learned to appreciate the green stuff on my plate, and actually like most of it.

So....to all you “picky eaters” out there, be proud of your inner picky-ness... it can make a positive and healthy difference in your life !

Live Longer & Feel Better!

Hui Mālama Ola Nā ‘Ōiwi

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Make Time To Take Care of Yourself

By **Aunty Edna Badado, RN**

Hui Mālama Ola Nā 'Ōiwi
Health Education Specialist



I want to share a concept that relates to a responsibility you and I have to ensure that we stay healthy and live healthy.

A Hawaiian olelo says, “*Puali kalo i ka wai ola. Taro for lack of water grows misshapen. For lack of care one may become ill*”.

In our basic human nature is this concept that I don't need help; I can do everything by myself. Part of the problem with that mentality is that we tend to ignore things in life that may be trying to alert us that we really need to take care of ourselves.

The idea of being healthy does not only relate to us not having a health problem or a health need; it is also about taking care of ourselves in a manner that will keep us from becoming sick.

While it may not be easy to take a “time out” or to stop, take a breath and tell yourself, “*Check things out to make sure I am staying healthy*”. Living a healthy life includes taking time to take care of yourself and to address issues that may lead to bigger problems. Living a healthy life also requires your attention in caring for your 'ohana, your job, and everything else that is an important part of your daily living.

To hear more healthful tips, come join Aunty Edna at her “Let's Talk Story” monthly health chats taking place throughout the island. There's always lots of information to help you Live Longer & Feel Better, Call Kalani at 969-9220 to sign up today.

Importance of Colorectal Cancer Screening

Excerpt from cancer.org

Screening is the process of looking for cancer or pre-cancer in people who have no symptoms of the disease. Regular colorectal cancer screening is one of the most powerful weapons against colorectal cancer. Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States.

The death rate (the number of deaths per 100,000 people per year) of colorectal cancer has been dropping for several decades. One reason for this is that today, colorectal polyps are more often found by screening and removed before they can develop into cancers.

It can take as many as 10 to 15 years for a polyp to develop into colorectal cancer. Regular screening can prevent many cases of colorectal cancer altogether by finding and removing certain types of polyps before they have the chance to turn into cancer. Screening can also help find colorectal cancer early, when it's small, hasn't spread and is easier to treat.

When colorectal cancer is found at an early stage before it has spread, the 5-year relative survival rate is about 90%. But only 4 out of 10 colorectal cancers are found at this early stage. When cancer has spread outside the colon or rectum, survival rates are lower.

**Talk to your physician about colorectal screening recommendations & guidelines.
For info on cancer-related issues, contact Kristy Victorino, Cancer Program Manager at 969-9220.**



Hui Mālama: Giving YOU a Voice!

For 25 years, Hui Mālama Ola Nā ‘Ōiwi has served Hawai‘i Island in the areas of health and wellness.

One of the ways we help folks *LIVE LONGER & FEEL BETTER* is by promoting nutrition and exercise. We want to alert you of an exercise that will have great impact on you and your family.

We know that exercise has many health benefits; some people walk a mile a day to keep fit, some engage in yoga, others join a Zumba class; compare a couch potato to a fitness expert and you have to admit, there is a difference. Many of us exercise to stay healthy, fit, and ready for action.

But do you also exercise your voice?

Are you willing to use your voice to improve your health?

In the upcoming months, we will be helping to give a voice to all Hawai‘i Island residents. We will host coffee hour events around the island and provide opportunities for you to meet, greet, and ask our 2016 public service candidates what they plan to do to improve health on Hawai‘i Island.

We encourage you to **Exercise**: **Exercise** your knowledge and understanding of what each candidate stands for (remember, if elected, they will affect change in your community). **Exercise** your right to choose – get to know what makes sense for your community by what each candidate intends to do, especially in your neighborhood. **Exercise** YOUR voice by voting.

Every vote counts and you CAN make a difference. When results are 151 – 150, your vote may be the “one” that made the difference, and behind that “one” vote, is your voice carrying your hopes and dreams for a brighter future. This is for you, your loved ones, and for your community!

YOU have a voice and YOU have a choice.

YOU have the power to impact change for a healthier Hawai‘i Island.

**Stay tuned for more Election Excitement from
Hui Mālama Ola Nā ‘Ōiwi and the creation of the Hawai‘i Island.**

CAN

Community Action Network





Hui Mālama: Giving a Voice to Our Keiki

Parents, caregivers, and just about everyone involved in caring for our beloved keiki (our children), are blessed with one of the most important responsibilities in life. The task of caring, providing for, protecting and nurturing them is a tough one, especially in today's world.

Despite our efforts to take good care of our keiki, we often take charge and make decisions for them that they are capable of making on their own. It makes us feel good when we think and do whatever we can for them, but by doing so, we may hinder their ability to do think and do for themselves.

Give your keiki a voice and the opportunity to start making healthy choices for themselves. Keep their choices simple and always keep their safety in mind. Know that they may or may not “get it” right away, and that they will need lots of guidance and support along the way. Your keiki's self esteem and confidence will continue to develop with each positive experience. Let's give our keiki a choice and a voice and watch them become good decision makers: a skill that will help them throughout their lifetime.



Keiki Korner: Making Good Choices

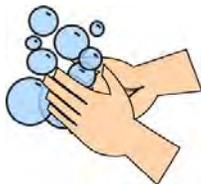
Which snack is healthier for you?



Which drink is healthier for you?



Which set of hands will be better to eat with at dinner time?



Which is a better way to strengthen our bodies?



Help your keiki become a strong, independent individual with a voice and the ability to make good choices for a bright and healthy future



MARCH - APRIL HAPPENINGS

Hui Mālama Ola Nā 'Ōiwi Classes & Activities

Hele Mai 'Ai

Nutrition Education Series

Ka'u

Mondays 9 am -11 am

April 11, 18, 25

Location: Hui Mālama Ola Nā 'Ōiwi Na'alehu Office

Pāhoa

Wednesdays 9 am -11 am

April 13, 20, 27

Location: Hui Mālama Ola Nā 'Ōiwi Pāhoa Office

Kona

Thursdays 10 am -12 pm

April 14, 21, 28

Location: Hui Mālama Ola Nā 'Ōiwi Capt. Cook Office

Let's Talk Story

Health chat with Aunty Edna Baldado, RN

Ka'u

Mon., April 25 10 -11 am - Hui Mālama Na'alehu Office

Waimea

Thur., April 22, 10-11 am - Hui Mālama Waimea Office

Pāhoa

Thur. April 21, 10-11 am - Hui Mālama Pāhoa Office

Traditional Healing La'au Lapa'au

Traditional Hawaiian Healing Education

Hilo

Lev 1-LL Group 1

Wednesdays, 5 pm - 7:30 pm

Mar 23, 30 April 6, 13, 20

Location: Hui Mālama Ola Nā 'Ōiwi Hilo Office

Mālama Ola Nā 'Ōiwi in the Community

Prince Kuhio Day Celebrations (Island-wide)

Sat, Mar 26 - Hui Mālama Information and Services

- Pana'ewa Gym (9 am-3 pm)
- Na'alehu Club House (10 am - 2 pm)
- Lai'opua (10 am - 2 pm)

UH-Hilo Student Health & Wellness—Campus Center National Nutrition Month Activities

Tue., March 29 (1-3 pm)

Merrie Monarch Craft Fair

Prince Kuhio Plaza

Thur Mar 31, Fri., Apr 1, Fri., Apr 2 (10 am—2 pm)

Ka'u Rural Health Comm. Assoc. Annual Conference

Fri., April 15 (10 am - 3 pm)

Keaukaha-Pana'ewa Farmers Market (Hilo)

Sat., April 16 - Let's Talk Story w/ Aunty Edna (9-11:30)

Waimea Keiki Festival

Sat., April 16—Parker Ranch Shopping Center (8 -1:30)

La'au Lapa'au Workshops

Waimea - April 9 - Waimea Comm. Center (10 am- 3 pm)

Kona - April 23 - Old Kona Airport Pavilion (9 am - 3pm)

Hui Mālama Ola Nā 'Ōiwi Support Groups

Mālama Ka Pili Pa'a -Cancer Support Group

Hilo - Tue., April 12 - Hui Mālama Hilo Office

Hilo - Tue., April 26 - Hui Mālama Hilo Office

Waimea - Fri., April 22 - Hui Mālama Waimea Office

Diabetes Support Group

Hilo - Wed., April 13 - Hui Mālama Hilo Office

Hui Mālama Ola Nā 'Ōiwi Locations

Hilo Office

69 Railroad Ave., A-3

Hilo, HI 96720

(808) 969-9220

Waimea Office

65-1184 Mamalahoa Hwy.

Kamuela, HI 96743

(808) 885-0489

Pāhoa Office

15-2660 Pāhoa Village Rd.

Pāhoa, HI 96778

(808) 965-5521

Na'alehu Office

25 Ka'alaiki Rd.

Na'alehu, HI 96772

(808) 929-9700

Capt. Cook Office

82-6127 Mamalahoa Hwy.

Capt. Cook, HI 96704

www.huimalamaolanaiwi.org

Class and event schedules are subject to change. Contact a Hui Mālama Ola Nā 'Ōiwi office near you to get the latest information

We look forward to seeing you