

# HUI MĀLAMA OLA NĀ ‘ŌIWI

HELPING HAWAI‘I ISLAND

## LIVE LONGER & FEEL BETTER

November 2015

### East Hawai‘i Health Education Reunion



Mabel De Silva, Hui Malama Board Chair and Michelle Hiraishi, Executive Director



Aunty Rosemary & Kalani Lawson, CHW CSST Worker, enjoying a healthy chat



Lehua Andrade, Case Manager/ Outreach Clin. Sup. & Kaipolani

Hui Mālama Ola Nā ‘Ōiwi held its East Hawai‘i Health Education Reunion on October 17, 2015 at Aunty Sally’s Lu‘au Hale. Over 250 Hui Mālama Ola Nā ‘Ōiwi guests and participants enjoyed the day connecting with others who share a common desire to live longer and feel better.

Health information and screenings were conducted to re-energize everyone’s commitment to manage, improve, and take better care of their health. These include blood pressure checks, height, weight, body mass index, and HbA1c screens.

Special mahalo goes out to Eileen Lovell and the UH-Hilo Nursing students; Michelle Kim, Patricia Jusczak, George Karvas and the Daniel K. Inouye College of Pharmacy students; Sharon Maron, Erick Cremer, and the HCC Nursing students for providing clinical screenings. A warm mahalo also goes out to Dr. Sandor Hernandez of Eyeland Eye Docs, special guest and keynote speaker for this event. Good food, fun, and fellowship made the day special.

Our message of health continues to resonate in all that we do. Together, we will work to improve the health of our community and to help all of Hawai‘i Island **Live Longer & Feel Better** ! Come join the fun! Call us and we’ll take health-filled action together one step at a time.



Aunty Edna Baldado, Health Education Specialist and Aunty Nani Rothfus



Mary Midel-Kato - Recipe Contest Winner



Friends and family enjoying the ono grinds

## Message from Our Board Chair



Mabel De Silva

Aloha mai,

Just a short note to say mahalo to all of our guests and graduates who attended our East Hawai'i Health Education Reunion. Mahalo also goes out to the UH-Hilo School of Nursing and Daniel K. Inouye College of Pharmacy students for providing their support, and to Dr. Sandor Hernandez for inspiring us with his message on health.

Mahalo nui loa,  
Mabel De Silva, Chair

## Message from our Executive Director



Michelle Hiraishi

Aloha Kākou,

Wow, it's amazing that it is now November and 2015 is nearing its end! This year has been really busy for us, and we're looking forward to more exciting and new events in the new year.

Last month in October we held a "reunion" for past graduates of all our East Hawai'i diabetes and hypertension education classes. The event, held at Aunty Sally's Lu'au Hale, was amazing and brought together over 250 folks to celebrate their health. (And because it was our first attempt at this event we had a great opportunity to follow Aunty Edna's mana'o and practice ho'omanawanui (patience) throughout the day!) We're looking forward to our West and North Hawai'i reunion in November at the old Kona Airport Pavilion. And don't forget that in December we will join the Keaukaha-Pana'ewa Farmer's Market in Hilo on the 1<sup>st</sup> and 3<sup>rd</sup> Saturdays. At the Market we will have all kinds of interesting, health-related, fun activities and information for kids and adults.

As the Holiday Season approaches we all need to remember to make healthy choices in our food, drinks, and snacks (and that's not easy!) We all need to be mindful of the stress that comes this time of year and remember to take a breath and slow down (also not easy!) We need to step back and practice ho'omanawanui and respect each other (sometimes not too easy?!) And most importantly we need to remember to take care of ourselves and each other. Together we all make Hawai'i Island the best place to live. Happy Thanksgiving! We're Hui Mālama - come see us, and let us help you **live longer and feel better!**



Wishing You a Healthy  
and  
Happy Thanksgiving

Hui Mālama Ola Nā 'Ōiwi  
Board of Directors and Staff

# LET'S TALK STORY

Join Aunty Edna as she talks about the importance of **RESPECT** and how this basic concept may improve the way we care for others and ourselves



“Me ka mahalo; me ka pono”

“Do it with thanksgiving; do it right”

When we consider the value of RESPECT, many different aspects come to mind. Respect means admiration, esteem, consideration of other's rights, wishes, values, and concepts or even an aspect of a situation that is different from mine.

To demonstrate respect, we need to mahalo people, places, ideas, and feelings that are different from our own. We need to recognize that each individual deserves respect even if they have values, attitudes, and lifestyles that are not the same as ours. We need to show respect, be respectable, and respectfully acknowledge ideas and customs of races that are different from my own.

I need to have respect for elders, knowledge, siblings, people, aspects of situations that differ from mine.

I need to be respectful of each individual and separate my own particularly specific personal views and opinions.

I need to show, feel, and demonstrate respect. I need to be respectable which means being honest, upright, polite, trustworthy, and decent in my behavior. Ho'oponopono; kui ka pono.

I need to do things with thanksgiving - blessed by the fact that I am able to.

Do it (ALL) with thanksgiving. **Me ka mahalo, me ka pono. DO IT RIGHT!**

**Join us at our next “talk story” session. Call Kalani at 969-9220 or any Hui Mālama Office near you ...and tell them, “Aunty Edna sent you”**

## NOVEMBER IS DIABETES AWARENESS MONTH

Hui Mālama Ola Nā 'Ōiwi provides diabetes education through our Mai Ka Mala'ai classes, a 10 week course, at 4 of our 5 locations, island-wide. This is made possible through the generous support we receive from medical providers and other professionals who present valuable information about diabetes and related illnesses. We extend our gratitude to our 2014-2015 presenters.

Dr. Sandor Hernandez	Stacy Haumea, RD	Megan Arbles, Pharm.D.	Lokelani Kealoha-Souza, APRN
Dr. Jean Harkness	Alice Suncloud, RD	Jennifer Krome, APRN	Cora Buno, RD
Daniella Sharpe	Dr. Myrtle Miyamura	Dr. Lori Ann Kim	Dr. Claren Kealoha-Beaudet
Manuel Rego	Dr. Steven Denzer	Jodie Leslie, RD	Dr. Brett Carey
Bill Snider, Pharm.D.	Dr. Gary Uriu	Elissa Brown, Pharm.D.	Tracey Wise, MSCP, CSAC
Dr. Mark Senft	Dr. Vicky Hanes	Stacey Richards	Kerri Okamura, Pharm.D.
Dr. Franco Acquaro	Milton Yamasaki	Uncle Sam Baldado	

*We are grateful for your support and commitment to our community*



Hui Mālama Ola Nā 'Ōiwi  
**STOP AND SHOP**

Check out our unique, one of a kind, local items  
 Great for holiday gifts



Hula Implements  
 (Home Décor)  
 \$40.00



NO BE SALTY  
 Salt-free Seasoning  
 Ono for grilling  
 \$5.00



Cook Healthy - Be Healthy  
 Assorted Kitchen Towel/Utensil set  
 \$10.00



Ladies' Night Out 2015 t-shirts  
 (limited sizes available)  
 \$13.00 - \$16.00

*More items available in Dec ~ Check it out at our Hilo office or  
 inquire with the Hui Mālama office in your area*

**TIPS FOR A HEALTHY HOLIDAY SEASON**



The holidays are joyful, but can be a stressful time for many.  
 Follow these simple tips to help maintain balance during this special, yet hectic time of year

- |   |  |
|---|--|
| <input type="checkbox"/> Enjoy holiday food in moderation   | <input type="checkbox"/> Eat healthy; stay active  |
| <input type="checkbox"/> Keep things simple; don't feel pressured to overspend  | <input type="checkbox"/> Exercise caution while driving; <u>do not</u> drink and drive             |
| <input type="checkbox"/> Enjoy time with loved ones; reach out to others who may not be as fortunate as you             | <input type="checkbox"/> Avoid late-night shopping; shop with others or in groups                  |
| <input type="checkbox"/> Practice food safety habits; wash hands before cooking & put away leftovers in a timely manner | <input type="checkbox"/> Manage your stress level; give yourself a break when you feel overwhelmed |

**If you mastered 5 or more of these tips, bring in this completed checklist to any Hui Mālama Office and enter to win a \$10.00 gift certificate, compliments of KTA Super Stores. There will be 5 lucky winners. Last day to enter: December 15, 2015. Date of drawing: December 17, 2015.**

Name : \_\_\_\_\_

Phone Number: \_\_\_\_\_

**MAHALO TO KTA SUPER STORES**

Winners will be contacted by phone and announced in our January newsletter, website, and on Facebook

# Aunty in the Pantry

A healthy recipe from Aunty's collection of goodness  
Watch for Aunty's cookbook in early December



## Turkey Chili with Sweet Potato

- 1 tablespoon canola oil
- 2 medium onions, diced
- 1 bell pepper, diced
- 1 stalk celery, diced
- 4 cloves garlic, minced
- 1 lb. lean ground turkey
- 3 tablespoons chili powder
- 1 tablespoon cumin
- 2 bay leaves
- 1 8 oz. can no salt added tomato sauce
- 3 cups water
- 1 28 oz. can diced tomatoes
- 8 oz. dried black beans, cooked and drained
- 1 teaspoon salt (optional)
- 3 small purple sweet potato, in chunks (about 3 cups) Steam separately and add just before serving

Cook beans according to package directions; drain (can cook in crock pot the day before)

Saute onion, pepper, celery, and garlic in oil

Add turkey and saute until turkey is cooked through

Add spices, tomato sauce, tomatoes and water and bring to a boil, stirring occasionally

Add beans and salt and reduce to a simmer. Cook at least 15 minutes or until flavors mix

Stir in cooked sweet potato

### MENU

*Turkey chili with sweet potato*

*Brown rice*

*Tossed salad w/light dressing*



## Hui Mālama Ola Nā 'Ōiwi

Helping Hawai'i Island

**Live Longer & Feel Better**

Outreach Services      Case Management

Transportation      Health Education - Classes and Counseling

Traditional Healing Education      Support Groups

Call us today or visit us at any of our five locations

**HILO 969-9220      WAIMEA 885-0489      NA'ALEHU 929-9700**

**CAPT. COOK 323-3618      PAHOA 965-5521**

# NOVEMBER HAPPENINGS

Key	Capt. Cook Office	Hilo Office
<b>Mai Ka Mala'ai</b> Diabetes Education <b>E Mālama I Ka Pu'uwai</b> Hypertension Education <b>Hele Mai 'Ai</b> Nutrition Education <b>Let's Talk Story</b> Health chat session with Aunty Edna Baldado <b>Mālama Ka Pili Pa'a</b> Cancer Support Group <b>Traditional Healing La'au Lapa'au</b> Traditional Hawaiian Healing Education	<b>Mai Ka Mala 'Ai Series</b> Classes 4-7 of 8 5 - 7:30 pm Nov 3, 10, 17, 24 <small>(Seventh Day Adventist Hall)</small> <b>Let's Talk Story</b> 10 -11 am Nov 16 <b>Hele Mai 'Ai Series</b> Class 3 of 3 10 am - 12 pm	<b>Mai Ka Mala 'Ai Series</b> Classes 5-7 of 8 5:00 - 7:30 pm Nov 5, 12, 19 <b>Traditional Healing Lev. 1 La'au Lapa'au</b> 5-7:30 pm (3-5 of 5) Nov 2, 9, 16 <b>Let's Talk Story</b> 10:30 -11:30 am Nov 25 <b>Hele Mai 'Ai Series</b> 9 am - 11 am Nov 3, 10, 17 <b>Mālama Ka Pili Pa'a</b> 5:00 pm Nov 10 & 24
<b>Waimea Office</b> <b>E Mālama I Ka Pu'uwai</b> Classes 4-6 of 6 10 am - 12 pm Nov 2, 9, 16 <b>Let's Talk Story</b> 10 - 11 am Nov 12	<b>Na'alehu Office</b> <b>E Mālama I Ka Pu'uwai</b> Classes 5 & 6 of 6 10 am - 12 pm Nov 4 & 18 <b>Let's Talk Story</b> 10 - 11 am Nov 9	<b>Pahoa Office</b> <b>Mai Ka Mala 'Ai Series (held in Hilo)</b> Classes 5-7 of 8 5 - 7:30 pm Nov 5, 12, 19 <b>Let's Talk Story</b> 10 - 11 am Nov 19

## Hui Mālama Ola Nā 'Ōiwi

**Hilo Office**  
69 Railroad Ave., A-3  
Hilo, HI 96720  
(808) 969-9220

**Pahoa Office**  
15-2660 Pahoa Village Rd.  
Pahoa, HI 96778  
(808) 965-5521

**Capt. Cook Office**  
82-6127 Mamalahoa Hwy.  
Capt. Cook, HI 96704  
(808) 323-3618

**Waimea Office**  
65-1184 Mamalahoa Hwy.  
Kamuela, HI 96743  
(808) 885-0489

**Na'alehu Office**  
25 Ka'alaiki Rd.  
Na'alehu, HI 96772  
(808) 929-9700

[www.huimalamaolanaiwi.org](http://www.huimalamaolanaiwi.org)



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." – John F. Kennedy

"Gratitude is the sign of noble souls." – Aesop

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." -- Oprah Winfrey

"Nothing is more honorable than a grateful heart." -- Seneca

"The roots of all goodness lie in the soil of appreciation for goodness." -- Dalai Lama