



Olakino

Magazine | AHMONO
(Hui Mālama Ola Nā 'Ōiwi)
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In the
Community

A message from our Board of Directors

Through community outreach programs like Hui Mālama Ola Nā 'Ōiwi, I am blessed to be able to meet a lot of people from different walks of life. I enjoy working directly with both keiki and kupuna, knowing that I can have a hand in helping our Hawai'i Island 'ohana.

I find that being out there in the community helps Hui Mālama Ola Nā 'Ōiwi to get to where we need to go. What is our mission? To accomplish things for our people. To make sure they're happy. To make sure they're well educated.

We need to teach our community that we really can be healthy together. Getting the public connected through our different programs helps to bridge the gap of differences in age, income, or upbringing. Nothing else matters on the path to good community health.

Truly, it is a journey we all take together.

Mabel De Silva
Chair



Hui Mālama Ola Nā 'Ōiwi (Hui Mālama) is dedicated to improving the wellness & well-being of Hawai'i Island so that all residents can Live Longer & Feel Better, Together. Hui Mālama is a 501(c)(3) nonprofit organization. Originally established in 1985 as the Puna Community Caring Health System in collaboration with Alu Like Inc., Hui Mālama has been a champion of community health education services, with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i County.

Learn more at HMONO.org



Community Health Education Services
Live Longer & Feel Better, Together.

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Editor-In-Chief
Jasmine LeFever
jasmine@HMONO.org

Designer
Taylor Martin
Taylor Martin Media LLC
And Hui Mālama Ola Nā 'Ōiwi

Interested in learning more?

Website: HMONO.org
Phone: (808) 969-9220
Address: 1438 Kilauea Ave
Hilo, HI 96720
Facebook: [/HMONO.org](https://www.facebook.com/HMONO.org)

Become a member TODAY and take advantage of HMONO's FREE health services. Just visit: HMONO.org/Connect



Hui Mālama Ola Nā 'Ōiwi hosts:

The First Annual Mālama Nā Keiki Festival

SATURDAY

August 26, 2017

9:00a.m. - 1:00p.m.

Nā'ālehu Park



The festival is **FREE** & open to the public, aiming to serve expecting and first-time mothers, women considering pregnancy, young families, and supporting 'ohana from across the county.

Fun Keiki Activities!

PRIZES!

Free Food

Entertainment

Meet Hawai'i Island family health agencies

- + Health Screenings
 - Ear Exams
 - Vision Tests
 - Height & Weight
 - BMI
- + Information on Immunizations
- + Prenatal Education



It will be a family fun day with local health agencies and keiki activities!

Visit HMONO.org for more information



Hui Mālama Ola Nā 'Ōiwi
HMONO.org



OFFICE OF HAWAIIAN AFFAIRS



Health Resources & Services Administration

Grow Your

A horticultural guide to ancient Hawaiian plants,

These are excerpts for some of the plants listed in the Grow Your Own La'au guide. The goal of this program is to give anyone interested in Hawaiian gardening the opportunity to grow ancient Hawaiian plants.

The entire guide will be made available online in the near future.



Lemongrass

Records show the Hawaiian name for *Cymbopogon citratus* is Lūkini. Lemongrass is also referred to as mau'u wāpine among Hawaiian language speakers.

Light:
Full sun

Water:
Consistent moisture.

Soil:
Loamy, well-drained soil with a high content of organic matter. Avoid waterlogged areas for planting.

Propagation:
Lemongrass sold at the farmer's market or supermarket for cooking can be used for propagation.

Planting:
Dig hole twice the size of the container holding the bulbs or seedlings.

Harvesting:
All parts of the lemongrass can be used, however, the thickened bulb at the bottom of the plant contains the highest concentration of lemongrass oil. For moderate home use, stalks ½ in. thick are cut flush to the ground or dug out from below the bulb.



Meet Matt Kaho'ohanohano Agriculture Enthusiast

Matt got involved with Hui Mālama through the University of Hawai'i at Hilo's PIPES program (Pacific Internship Programs for Exploring Science).

Matt received his associate degree through Hawaii Community College and is currently working on a Bachelor's in Agroecology; the study of ecological processes to agricultural production systems.

He has been working with Brandon Kobashigawa to design the Grow Your Own La'au guide, which he hopes will help our community gain self-sufficiency through gardening. The program aims to be easily accessible and encouraging to all

gardeners. The program revolves around plant identification & propagation.

Matt has a longstanding love and appreciation for agriculture. His grandmother was part of the Waianae Diet Program (1987), a study which investigated the traditional eating habits of Native Hawaiians and found that the original plant-based diet was conducive to good health.

He has since dedicated his life to promoting health through agriculture. In his words, "I'm not a health person, but I do what I do because it leads to a healthy life, and it starts with food."

Own La'au

by Matt Kaho'ohanohano & Brandon Kobashigawa

Māmaki is most identifiable by its leaf veination which varies between red, pink, or light-green. It can be used to make teas.

Light:
Partial shade

Water:
Keep soil moist until seedling or cutting is well established.

Soil:
Māmaki can be grown in a variety of well-drained soils.

Propagation:
Both seed and cuttings.

Planting:
Prepare a hole for planting twice the size of the pot containing the māmaki seedling.

Harvesting:
Harvest healthy leaves for medicinal use. Typically, branch tips where leaves are young and tender contain the highest medicinal potency.



'Ōlena has received much attention recently for its natural healing properties. However, indigenous cultures throughout tropical Asia and the Pacific have long revered the plant as sacred.

Light:
Full sun if the soil can be kept consistently moist.

Water:
Steady moisture can be fed through the installment of a drip-irrigation system or a timed sprinkler.

Propagation:
Rhizomes as seed.

Planting:
Planting areas should be weed-free, moistened, well composted and tilled 1.5 - 2 ft deep. A thumb size rhizome containing 2 - 4 "eyes" is placed at the bottom of the planting hole.

Harvesting:
'Ōlena maturity peaks around nine months from planting. After flowering, the leaves begin to die back, which may create the illusion that the plant is "shrinking".



Mana'ō from Uncle Ikaika

One important la'au that everyone should know about is a weed known as laukahi. Laukahi grows in both high altitudes and lowlands.

Laukahi can be used to remove boils.

To do this, all you need to do is gather the leaf, add a pinch of Hawaiian salt, and pound it into a poultice.

Apply it to the boil, and within a few days, the eye of the boil will come out. Laukahi pulls the illness from the wound. After that, it's time to stop using laukahi and switch to the small leaf of the ki plant.

You can also use laukahi to make into a tea. Just gather the leaves and roots, and boil them in water. The refreshing tea can be used to lower cholesterol and can be taken as a daily supplement.





Support Groups

Hui Mālama's Diabetes Support Group Registered Dietitian Sarah Josef presented on healthy serving sizes and nutrition information. Join us to learn more about managing your diabetes.



Traditional

Our Traditional Health workshops and 9 classes island. Visit HMONO events & sign-up info



Exercise and Fitness

Hui Mālama's exercise classes are still going strong. If you're interested in Yoga, Zumba, or Basic Stretch & Strengthening, come on down!

Community →

We were fortunate to receive Pacific Island Food Model Kits donated from the Community Engagement Division at the Department of Native Hawaiian Health, John A. Burns School of Medicine. This Food Model Kit will be used for nutrition and health education classes.



Mālama
A free event supporting
Where: N
When: Sa



Health

Health program held 5 classes around the island. Visit www.hmo.org for upcoming information.

Out in the Community

Hui Mālama Ola Nā 'Ōiwi is proud to serve the people of our Hawai'i Island community. You can find our staff and educators around the island doing their best to help us *Live Longer & Feel Better, Together!*



Upcoming Classes:

Diabetes Education Class

Hypertension Education Class

*For more information see page 9



Events

Mahalo to everyone who participated in this year's **Relay for Life!**

Upcoming Event:

Nā Keiki Festival

Event open to the public aimed at promoting prenatal, keiki, & family health at Ka'a'ālehu Park
Saturday, August 26 | 9AM - 1PM

SEPTEMBER

29

Next Month:

Ladies Night Out

What is Cancer?



Fighting Cancer?

You are not alone in this journey.

Come talk story with us.

Our Hui Mālama Ola Nā 'Ōiwi Cancer Support Group provides a safe place for Hawai'i Island community to share about your journey, build 'ohana, receive educational information, and get answers to your health questions.

JOIN US TODAY!

Cancer Support Group

Date: 1st and 3rd Tuesday of each month

Time: 1st Tuesday meets 1:00-2:30pm.

3rd Tuesday meets 6:30-8:00pm.

Place: Hilo office, 1438 Kilauea Ave, Hilo

Cancer is a disease in which abnormal human cells divide uncontrollably and destroy surrounding body tissue. Normal human cells continuously grow and divide, forming new cells as needed by the body. When cancer develops, however, this process is ruined. Cancer may develop any place within the body, making it difficult for the body to function properly.

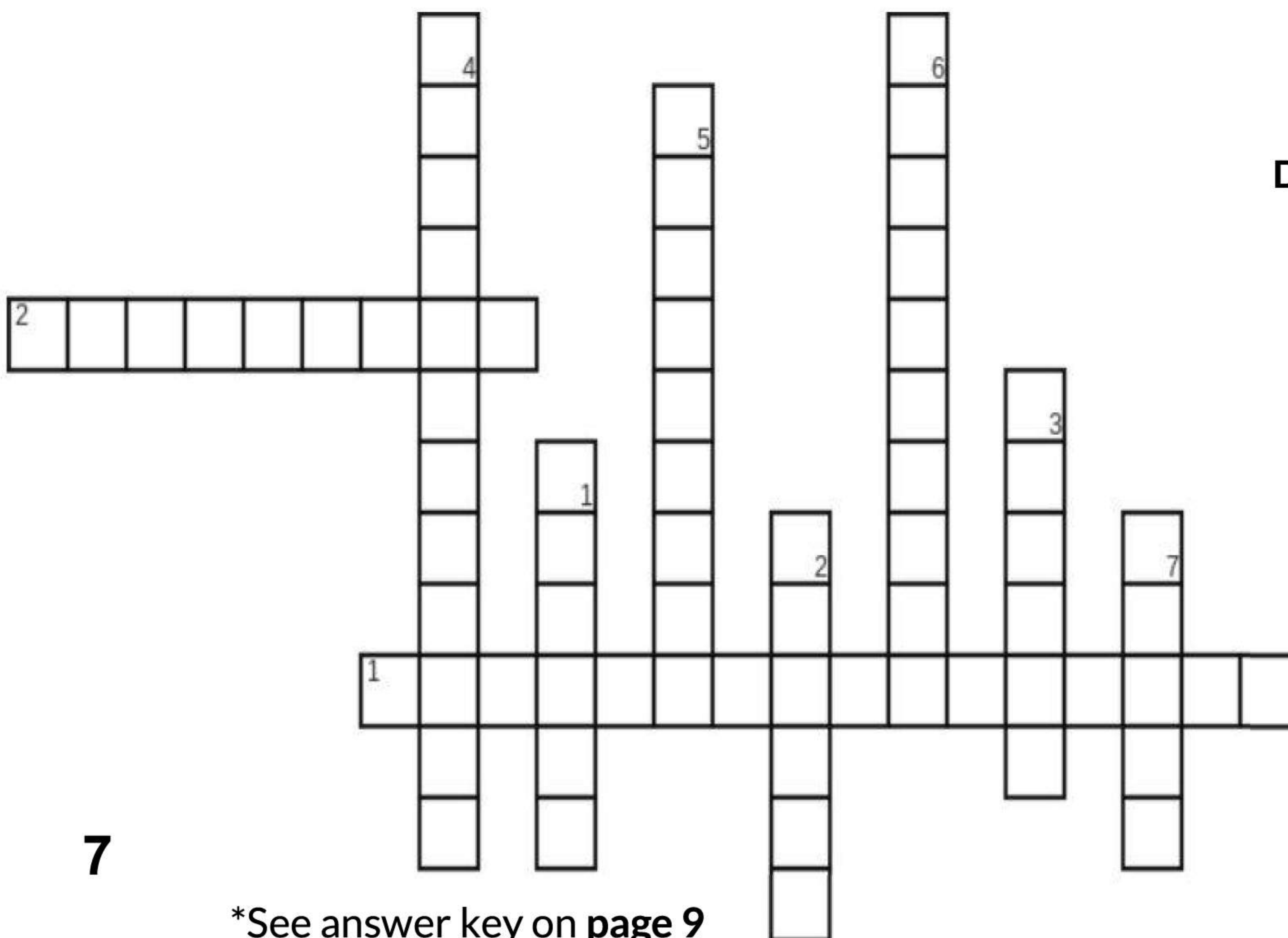
Though there is currently no cure for cancer, it can be treated and maintained extremely well. In fact, more and more individuals are now living fuller lives after cancer treatments than ever before.

Cancer is not just one disease!

There are many different types of cancer including:

- Lung
- Breast
- Colon
- Blood

Cancer Terminology



Across:

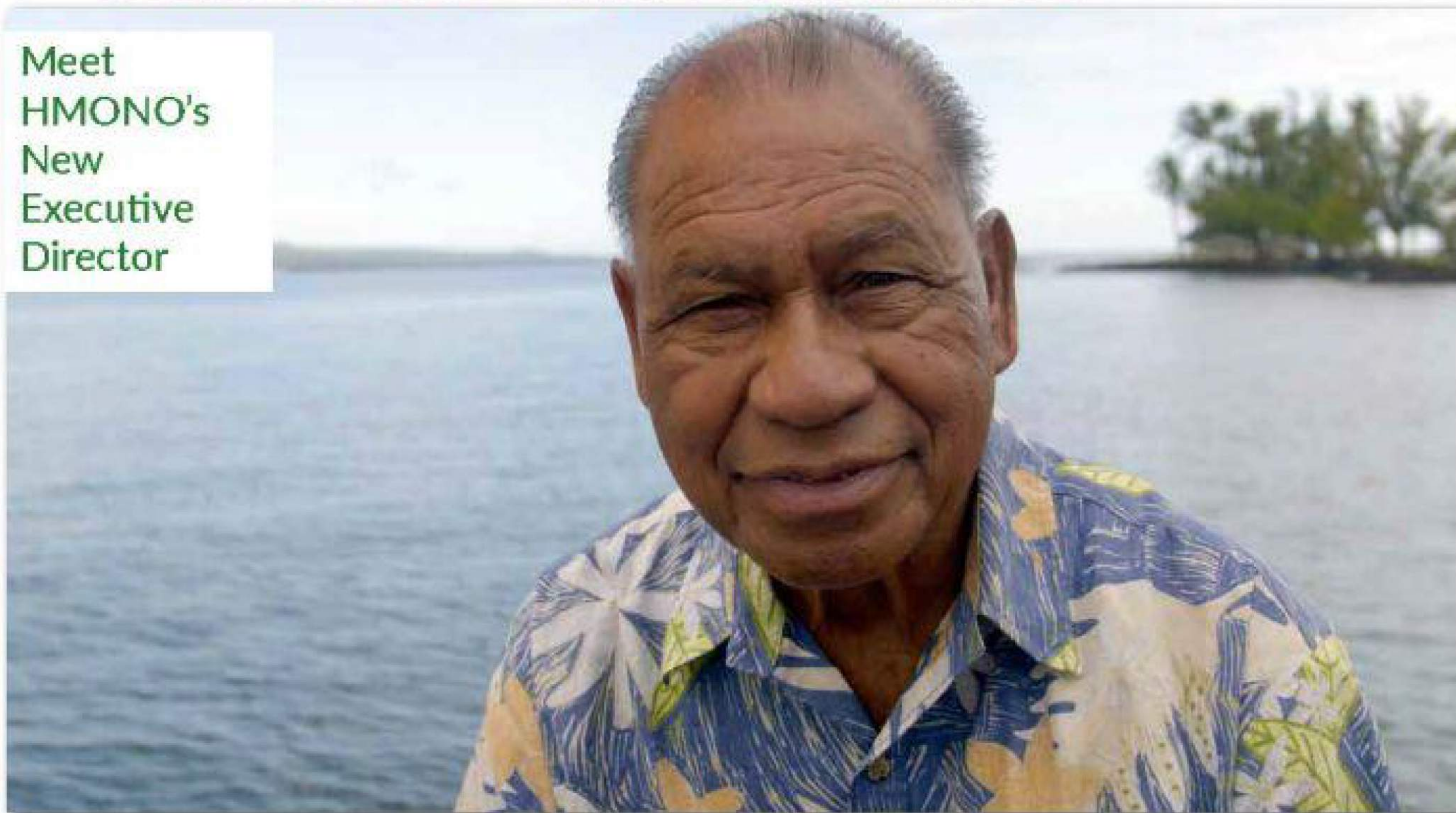
1. The use of high-energy rays, like x-rays, to treat cancer.
2. When signs or symptoms of cancer are all or partly gone.

Down:

1. A tumor that's not cancer.
2. Taking out a piece of tissue to see if cancer cells are in it.
3. A word used to describe more than 100 diseases in which cells grow out of control; or tumor with cancer in it.
4. The use of drugs to treat cancer. Sometimes referred to as "chemo".
5. Having cancer in it.
6. A doctor who treats people who have cancer
7. A word that tells whether a cancer has spread, and if so, how far.

Talk Story with Louis Hao

Meet
HMONO's
New
Executive
Director



I was born in Kona on the Big Island of Hawai'i. My parents descended from fishermen and cowboys - but I am neither. My youth was spent in sports; I played basketball and got a scholarship to University of Hawai'i.

For six years, I was the Director of Playgrounds on Oahu with the Department of Parks and Recreation. After that, I went away to Indiana and spent six and a half years to get my Master's Degree in Counseling and Sociology. I was a counselor for minority groups and immigrants for several years in Indiana.

I came back to Hawai'i in 1971 and ran the Human Services Department in Moloka'i, which was granted by Governor John A. Burns. After that, I was appointed by Elmer Cravalho - Mayor of Maui County - as Executive Assistant. I would then serve the next three mayors: Hannibal Tavares, Linda Lingle, and Kimo Apana.

I was in that position for 25 years. During that time I was also elected as trustee as the Office of Hawaiian Affairs where I stayed for 10 years. For the last six years, I've been the district manager for the department of Hawaiian Homes.

These were very exciting jobs, but the reason I want to get more into Hui Mālama, is because I want to have a greater impact on Hawaii's health. You look in the newspaper, you see our people dying due to poor health.

Hui Mālama has come a long way, but it's still young - only 26 years old. The vision I have for this organization is to spread even more. We're responsible for this whole island and for facilitating good health. Unfortunately, good health can be expensive and living here is already expensive, but for our people we will figure it out.

Upcoming Classes:

3-session classes, offered four times a year. Sign-up today by calling 969-9220

Diabetes Education Class

This class is an introduction session on basic education for those diagnosed with diabetes.

After 3-session classes you will learn how to

1. Successfully self-manage this complex disease
2. Exercise efficiently
3. Implement basic nutrition into your everyday diet

Where: Waimea and Puna
Please call for locations

When: Please call for dates and times



Cancer Terminology Answer Key - Page 3

Across: 1. Radiation therapy - 2. Remission

Down: 1. Benign - 2. Biopsy - 3. Cancer 4. Chemotherapy -
5. Malignant - 6. Oncologist - 7. Stage

Hypertension Education Class

Learn the basics in hypertension education during our 3-session classes. If you are diagnosed with hypertension, join our classes so you can learn how to properly:

1. Eat healthy
2. Decrease salt intake
3. Maintain a healthy weight
4. Increase physical activity

Where: West Hawaii Community Health Center
74-5214 Keanalehu Drive, Kailua-Kona, HI 96740

When: Mondays - September 11, 18, & 25
2pm - 4pm



Aunty's Health Message

Aloha mai kakou. I am Aunty Edna and today I want to share with you the importance of prenatal and keiki care. Keiki are our future, our visionaries, and tomorrow's leaders. We must mālama them and our hapai women.

Do you know about proper prenatal and infant care?

Hui Mālama can help you develop a strong network of prenatal and postnatal support, and learn best practices to prevent potential health problems, raise healthy happy children, and fulfill our mission to support a strong and healthy Hawaii community.

Join us at the first annual **Mālama Nā Keiki Festival** on Saturday, August 26 at Na'ālehu Park.

The festival is free and open to the public. Come meet Hawai'i Island family health agencies. Learn about local prenatal, postnatal, and keiki health services available to your family.

Together we can make a difference and be healthy. Just remember.... we can live longer and feel better, together!

Come see us at Hui Mālama Ola Nā 'Ōiwi, working over 25 years to help our Hawai'i Island be a healthy and happy place. Call us at 969-9220 or visit us online hmono.org.

Hele mai, come see us.....and tell them Aunty Edna sent you!

**No forget -
Together,
We can.**

Aunty Edna

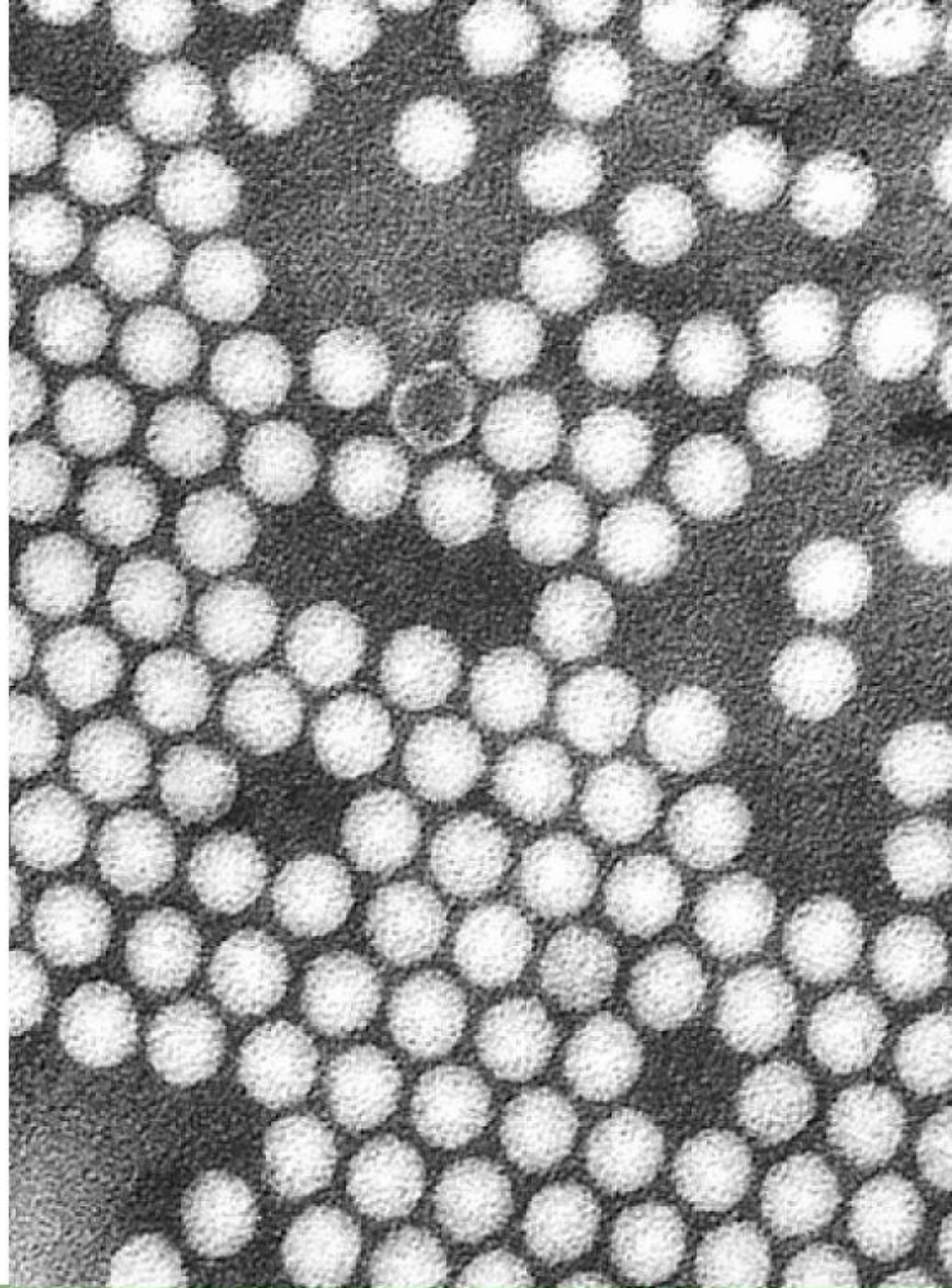


MEET POLIOVIRUS

THE VIRUS RESPONSIBLE FOR POLIO. SINCE PREHISTORY, PARENTS WATCHED IN HORROR AS THEIR CHILDREN BECAME PARALYZED BY ITS DISEASE.

HOWEVER, SINCE 1953, POLIO INFECTIONS HAVE DECREASED WORLDWIDE AND THE DISEASE IS SET FOR ERADICATION BY 2018. HOW?

THE POLIO VACCINE.



Our Keiki are as vulnerable as they are precious.

Do you know if your child has received all recommended immunizations?

HMONO can help!
Call (808) 969-9220 for more information on vital vaccines.



**August
2017**

Hui Mālama Ola Nā 'Ōiwi

Live Longer & Feel Better, Together

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 5:00PM La'au Lapa'au Level 1 Class -Hilo**</p>	<p>1 9:30 AM BS&SEC* -Hilo</p> <p>1:00 PM Cancer Support Group -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>2</p>	<p>3 5:00 PM Therapeutic Basic Flow (Yoga) Hilo</p>	<p>4</p>	<p>5</p>
				<p>*BS&SEC* - Basic Stretch & Strengthening Exercise Class</p>	
<p>7</p>	<p>8 10AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>9</p>	<p>10 10:00AM BS&SEC* -Hilo</p> <p>1:00 PM Diabetes Support Group -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>11</p>	<p>12 10:00AM - 3:00PM Live Longer & Feel Better Together Health Fair Prince Kuhio Plaza -Hilo</p>
<p>14</p>	<p>15 10:00AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Cancer Support Group -Hilo</p>	<p>16</p>	<p>17 10:00AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>18 HOLIDAY Offices Closed</p>	<p>19</p>
<p>21</p>	<p>22 10:00AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>23 10:00AM Diabetes Class Space is limited. Call 969-9220 to reserve a seat. -Neighborhood Place Puna</p>	<p>24 10:00AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>6:30 PM Diabetes Support Group -Hilo</p>	<p>25</p>	<p>26 9:00 AM - 1:00 PM Mālama Nā Keiki Festival Come learn about prenatal, keiki, and family health services! -Na'alehu Park</p>
<p>28</p>	<p>29 10:00AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p> <p>10AM Diabetes Class Space is limited. Call 969-9220 & RSVP -Waimea HMONO Office</p>	<p>30 10:00AM Diabetes Class Space is limited. Call 969-9220 to reserve a seat. -Neighborhood Place Puna</p>	<p>31 10:00AM BS&SEC* -Hilo</p> <p>5:00 PM Therapeutic Basic Flow (Yoga) -Hilo</p>	<p>Live Longer & Feel Better, Together!</p> <p>JOIN US TODAY Visit our office or call to learn more.</p> <p>1438 Kilauea Ave, Hilo 969-9220</p>	

Please visit HMONO.org for additional events and updates.