A message from our Board of Directors

Aloha kākou,
October is Breast Cancer Awareness month. Cancer is a serious disease and early detection is very important. I encourage all of our women to make sure you do your self breast exams and that you visit your doctor for mammograms as recommended. Finding cancer early can save your life. For any of you affected by cancer, I invite you to join our cancer support group that meets twice a month. Hui Mālama is here to support you in taking care of your health. Our largest women's health event of the year happened last month, the 17th Annual Ladies' Night Out. It was a wonderful evening with over 400 guests and over 300 volunteers and service providers. On behalf of Hui Mālama, I want to thank all our guests and all our providers that made the evening possible. We hope the evening provided some much needed pampering and also encouraged more focus on women's health. If you didn’t come to Ladies’ Night Out or haven’t been to any of our programs, come visit us at Hui Mālama Ola Nā ‘Ōiwi and learn about our free services!

Mahalo! Mabel De Silva - Chair

A message from our Executive Director

Aloha mai kakou,
To all of us at Hui Mālama Ola Nā ‘Ōiwi, our community is our ohana and our kuleana. Our purpose is to provide health education and resources to help our Hawai‘i Island be a healthier place. To do this, we offer health classes and support group meetings. We provide zumba, yoga, and stretch classes. We attend community events and share resources for all who attend. But furthermore, we want to build stronger relationships with our ohana. It is important that we know our community, that we know and understand your needs. If we know who is battling cancer, who is diagnosed with diabetes, who struggles from high blood pressure, etc., we can better help. I think back to Hurricane Iselle a couple years ago where emergency response was needed, especially in the Puna area. Hui Mālama deployed mobile services to assist our community. It was vital that we knew where the elderly lived, who was in a wheelchair, who had transportation, and who was sick so that we could help those in need. We have been building relationships with our Hawai‘i community for over 25 years, and we want to continue to get to know you. Come visit us, call us, let us know what you need. We are here to help you live a healthier and happy life.

Mahalo nui loa, Louis Hao - Executive Director
WE ARE GOING MOBILE!

Effective September 30, 2017
Kaʻu, Kona, and Waimea offices will be mobile

We are excited to announce that we are expanding our capabilities through mobile services. We will be out in the community, visiting agencies, and outreaching to clients.

As a non-profit organization, we are working to best serve our Hawai‘i Island community with our limited resources. To reduce rent, utilities, insurance, and maintenance costs, we will not be renewing building leases as they expire. Instead, we will invest those funds into our programs that serve you, our community. As our office buildings close, please know we are still present across the island. We will continue to run classes and programs island-wide. Our Hilo office will continue to be our “main office”, so please call us at 969-9220 to learn more about our services and sign up for classes.

Upcoming services include Hypertension, Diabetes, & Nutrition classes and the Healthy Hapai Prenatal Program happening in the Kaʻu, Kona, Waimea, Puna, and Hilo areas.

For more information on all Hui Mālama services, visit HMONO.org

Live Longer & Feel Better, Together.

• Hilo office 1438 Kilauea Avenue Hilo, HI 96720 • Phone: (808) 969-9220 • Fax: (808) 961-4794 • HMONO.org

Mākau Kino Exercise & Fitness Updates

Zumba with Keanne!
Mondays & Wednesdays
5:30-6:30pm
Malia Puka O Kalani Church Gym

Zumba with Rhonda!
2nd & 4th Friday
10-11am
Hui Mālama Hilo office
1438 Kilauea Ave

Basic Stretch & Strengthening
Tuesdays & Thursdays
10:30-11:30am
Malia Puka O Kalani Church Gym
326 Desha Ave, Hilo

Yoga
Tuesdays & Thursdays
5-6pm
Malia Puka O Kalani Church Gym

Join us today. ☎ (808) 969-9220 | HMONO.org
Leila was in her early 20s when she started her career in the field of healthcare as a pharmacy technician in Hilo. In 2007, she accepted a position at the North Hawai‘i Community Hospital and was able to gain experience working in radiology, the financial business office, and the Waimea Women’s Center. It was her work at the Women’s Center that piqued her interest in prenatal care. Leila worked in the Ob-Gyn clinic with four midwives to conceptualize and start a prenatal care group called Centering Pregnancy. She worked as program coordinator for Centering Pregnancy for five years. During her time as program coordinator, she furthered her training and knowledge by attending three childbirth and three lactation workshops.

Leila brought her knowledge to Hui Mālama Ola Nā ‘Ōiwi to develop the Healthy Hāpai prenatal program initiative. Leila’s dedication and passion for prenatal and postnatal education has been integral in the planning of Hui Mālama’s Healthy Hāpai program. She developed an engaging and educational curriculum to meet the prenatal needs of our hāpai women.

Leila has worked closely with the Hui Mālama Health Education team to bring the program to the community. The program offers prenatal education to mothers in their first and second trimester. The prenatal groups are offered in five locations across the island, and provide the opportunity to meet with Hui Mālama health educators for hands-on learning about maternity health and wellness practices. Those who are interested in the program can expect to learn how to take care of their bodies - especially after birth, how to take care of their babies once they’re born, and much more! The Healthy Hāpai program is not only for Hāpai mothers. Attending mothers are welcome to bring a partner, friend, or family member to classes! Call Hui Mālama Ola Nā ‘Ōiwi today to learn more and sign-up! (808) 969-9220

Healthy Hāpai

The FREE program offers prenatal education to mothers in their first & second trimester.
- Meet with Hui Mālama health educators!
- Hands-on learning!
- Maternity health & wellness practices!

The program is offered in five locations across the island. Call Hui Mālama Ola Nā ‘Ōiwi today to learn more and sign-up!

Healthy Hapai program is offered in Hilo and Puna October through November 2017. Call us for more dates & locations.

FREE PRENATAL EDUCATION!
HEALTHY HĀPAI PRENATAL PROGRAM
La‘au Lapa‘au Workshop

October 21, 2017
10:00am-3:00pm
Kohala Village Hub “Barn”

What is La‘au Lapa‘au?
Po‘okela Ikaika Dombrigues explains, “La‘au Lapa‘au is a practice that’s been in the Hawaiian islands for thousands of years. It has to do with natural herbs from the land; plants, animals, minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies.”

Did you know there are over 3,500 types of la‘au that grow in the islands? Hui Mālama Ola Nā ‘Ōiwi holds workshops and classes across Hawai‘i island to share about la‘au and the spiritual practice of using plants to heal the body. Po‘okela Ikaika Dombrigues leads the Hui Mālama educational events, sharing knowledge learned from his kupuna and ancestors of how to use la‘au to treat a variety of ailments including: hypertension, diabetes, cancer, arthritis, and stress.

Po‘okela will be leading a workshop on October 21, 10:00am-3:00pm at the Kohala Village Hub “Barn”, providing participants with the opportunity to see la‘au, learn how la‘au can be used for health remedies, and also learn more about other traditional Hawaiian healing practices including Lomilomi Ha Ha. Seating is limited. Please call Hui Mālama Ola Nā ‘Ōiwi at (808) 969-9220 to reserve a space!

Mana‘o from Uncle:
“Different types of limu (seaweed and freshwater algae) have been used as Lapa‘au for thousands of years by Native Hawaiians. To name a few uses, indigenous Hawaiian populations used limu kala, limu kohu, and ‘ele‘ele to heal physical and spiritual wounds, as well as supplement their diets with a source of iron. Physical wounds such as cuts could be healed by applying limu directly on the cut after it is chewed into a poultice. The iodine in the limu helps to boost the immune system with iron, and the saltwater from the limu helps to strengthen the muscles. Minerals from both the limu and the saltwater work together to heal the body when it is deficient in nutrients.”

MEdicare Annual Enrollment is Open!

It’s that time of year again, “Medicare Annual Enrollment (October through December 7),” and we have a local resource to help you!

Do you have questions about Medicare plan options? Raina Melket from Premier Benefit Consultants will be coming to Hui Mālama’s Hilo office October 13 to help you better understand your Medicare plan options for 2018. She will be offering us education on Medicare basics, one-on-one consultation, evaluation and all of this will be offered free of charge.

Date: Friday, October 13
Time: 11:30am to 5pm
What: One-on-one consultation appointments
Appointments will be scheduled for 30 minutes for a single member and 45 minutes for couples.
Walk-ins are welcome, however, we highly encourage you to contact us to schedule an appointment with Raina. Appointments will be given priority. Walk-ins are not guaranteed to be seen due to time constraints.

Please contact Judy or Leenal at (808) 969-9220 to schedule your appointment.
Cancer Awareness, Prevention, & Care

Cancer affects us all, but there are steps you can take to reduce your risk and increase awareness. Early detection can save your life! Speak with your doctor about cancer screenings and self-exams.

Manage your risk.
Eat healthy with plenty of fruits and vegetables
Exercise, stay active
Stay fit, maintain a healthy weight

Number 1 - Sun!
Did you know skin cancer is the most common form of cancer in men and women? Apply your sunscreen, wear your hats, and be mindful of our hot Hawai‘i sun!

October is Breast Cancer Awareness Month
Breast cancer is the second most common cancer among women in the United States which is why it is important to receive regular screenings and know what you can do to lower your risk. The presence of breast cancer can be found by scheduling an appointment for a mammogram screening with your doctor.

According to the American Cancer Society, some ways to lower your risk of developing breast cancer include:

- Reducing alcohol consumption
- Losing and maintaining a healthy weight
- Stay active
- Avoid smoking tobacco

Mammograms are currently the most effective method of detecting breast cancer and are highly recommended. For women at average breast cancer risk, cancer screenings should be sched-uled every year for women aged 40 to 54. Family history, race and ethnicity factor in on risk level, but early cancer screenings can lead to early detection of cancer and reduction of risk. Call your healthcare provider today or check out cancer.org on the web to learn more about the benefits of breast cancer screenings and early detection. Sources: cancer.org, 2017

Prostate Cancer Awareness
The prostate is below the bladder, in front of the rectum and is only found in men. Prostate cancer is currently the most common cancer following skin cancer in American men. Approximately 1 out of every 7 men will be diagnosed with prostate cancer during their lifetime.

Here are some ways you can lower your risk of developing this disease:
- Eating at least 2 ½ cups various vegetables and fruits every day
- Stay active
- Maintain a healthy weight

Risk factors, such as your race, age, and family history cannot be controlled. However, you can participate in a simple blood test in order to identify prostate cancer early on.

It is recommended to have regular screening for prostate cancer annually at age 50 (earlier for some circumstances, speak with your doctor). So next time you visit your local healthcare provider, make sure you ask about the benefits of prostate cancer screening! Sources: American Cancer Society, 2017, www.zerocancer.org
A BREAST CANCER AWARENESS EVENT FOR THE WHOLE FAMILY

Contests, activities, photo booth, balloons, and more!

SATURDAY, OCTOBER 7TH
HPM KONA
9AM TO 12 NOON

Entertainment by:
Zumba with Rowena & Friends
Te `E`a O Te Turama
KBIG FM Future Big Star Winners

SATURDAY, OCTOBER 14TH
HPM HILO
9AM TO 12 NOON

Entertainment by:
Zumba Hilo Chicas
Puna Taiko Drummers
KBIG FM Future Big Star Winners

BEAUTIFUL BRA CONTEST
Enter to win an overnight staycation at a fabulous Waikoloa Resort!
Register by emailing jill@kbigfm.com

SHOW YOUR SUPPORT
MAKE A PURCHASE WEARING PINK
AND HPM WILL DONATE $5 TO HUI MALAMA OLA NA OIWI

Spin the Wheel to play the PRICE STAY GOOD for your chance to win $100 HPM Gift Card!

Proceeds go to the Hui Mālama Ola Nā Ōiwi Cancer Program. A health education non-profit agency on Hawai`i Island offering breast cancer education, prevention, and support group efforts.

Special Mahalo To:
Meadow Gold Dairies, Aloha Baskets & Balloons, Airgas & Jei Angel Digital Digital Designs

Sponsored in part by:
Hui Mālama Ola Nā ‘Ōiwi extends a very special mahalo nui loa to all the individuals, businesses, and agencies that offered their services, time, expertise, and donations free of charge to help make our 17th Annual Ladies’ Night Out a huge success!

Mahalo to the following individuals and business for their generous donations and support:

Aloha Care
Aloha Grown LLC
Audrey Bento
Bay Clinic Dental
Bekea Nakila
Big Island Candies
Big Island Delights
Big Island Sound Production
Bubba Gump Shrimp Co.
Cindy Fuke
Coalition for a Tobacco-Free Hawai‘i
Creative Arts Hawai‘i
Edna Macanas
Elks Club
Hair DeZigns by Francis
Hawaii Community College
Culinary Arts
Hawaii County Committee on Status of Women
Hawaii County Prosecuting Attorney
Hawaii Foodservice Alliance
HELCO
Hilo Hawaiian Hotel
Hilo Medical Center
HMSA
HPM Building Supply
Imiloa Astronomy Center of Hawaii
Kama‘aina Healing
Kamehameha Schools East
Hawai‘i Region
Kelton Chang
Kens House of Pancakes
Kozmic Cones
KTA Super Stores
Kuhio Grille
Lexbreezy Hawaii - Alexis
Ahakuelo
Lex Brodie’s Tire Hilo
Lex Brodie’s Tire Kona
Lili‘uokalani Trust
Mary Kay
Mauna Kea Beach Hotel
Mauna Loa Macadamia Nut Corporation
Meadow Gold Dairies Hawai‘i
Michelle Furutani
Millie’s Deli & Snack Shop
Nyla Tahara-Day
Ohana Healthcare
Ohana Party Rentals LLC
Papa’a Palaoo Bakery
Ponds Hilo
Puna Islandwide Rentals LLC
Punalu‘u Bake Shop
Raimie Hawk
Renee’s Hairstyling
Simply Sisters
Skin Sense Hawaii - Dale Pregil
Starbucks - Kilauea
Supercuts-Hilo
Supercuts-Pahoa
TD Food Group, Inc.
The Most Irresistible Shop in Hilo
UH Hilo Athletics Dept.
United Healthcare
Wahine Toa
Walmart
Wehi Designs
YWCA of Hawaii Island
Healthy Families Program
Zippy’s Restaurant

Mahalo to our service providers and volunteers for providing their time and services:

A Cut Above
Aka Unu
AlohaCare
Andrade Ohana
Andrew Atafua
Austin Nakamura
Aunty Sandi’s Human Services Practicum
Back to Basics Chiropractic LLC
Bay Clinic, Inc
Big Island Nutrition Council
Big Island Sound Production
Blue Zones Project
Brandon Kobashigawa
Brendan Freitas
Cedrick Freitas
Cheryl Nakagawa
Circle K International
Coalition for a Tobacco-Free Hawai‘i
Eric Valledor
Hawai‘i Public Health Institute-East
Hawai‘i
Healthy Families Program
Hilo Medical Center
Hiwalani La’a
HMSA
Hui O Wahine FCE
Hula Sisters / Simply Sisters
Iris Seaton
Jada Ann Wagner-Mason
Jamberry Consultant
Janie Oshiro
Jetta Silva
Jordyn Smith
Kaiulani Bagario
Kama‘aina Healing
Kameile Puleole-Mitchell
Kauila Haumea
Kaylee Talaro
Keahi Tajon
Koa Yamashita
LeAnn Lindsey
Lili‘uokalani Trust
Manaiaakalani Kula
Mālama Ka Pili Pa‘a
Margaret Patterson
Mary Kay
Massage By Tim
MasterCuts
Mireille Ellsworth
‘Ohana Health Plan
Pahoa High Football Team
Panui & Scott Ohana
Project Vision Hawaii
Regis Salon
Rianalyn Handy
Sarah Josef
Shani Cosma
Shannon Mathias
Shaunnna’s Beauty Salon
Sheri Freitas
Stacy Kagimoto & Friends
Sue Ann Matsuyama
SuperCuts- Hilo
Supercuts - Kea’au
Supercuts-Pahoa
Sylvia Amaral-Arquitola
Taylen Kahihikolo
The ARC of Hilo
The Daniel K. Inouye College of Pharmacy
The Food Basket
United Healthcare/ Financial Benefits Inc.
UnitedHealthcare Community Plan
University of Hawai‘i at Hilo School of Nursing
Verge Gaima
Veronica Domingo
Vibration Zone
Waiakea District students
Waiakea High Health Club
Waiakea High Key Club
Wayne Kamohai
White Ginger Healing
WIC
Xandra Talaro
YWCA of Hawaii Island Healthy Families Program
Youth Challenge Academy

Mahalo to our sponsors.
This event was made possible through funding from the County of Hawai‘i and the Health Resources & Services Administration.

Mahalo to our event partners:
Lili‘uokalani Trust
Hilo Medical Center
Kamehameha Schools
Memorial funds gifted to the agency by Nancy’s family help us to continue the event and express her aloha and vision for women and children’s health.

Hui Mālama Ola Nā ‘Ōiwi extends a very special mahalo nui loa to all the individuals, businesses, and agencies that offered their services, time, expertise, and donations free of charge to help make our 17th Annual Ladies’ Night Out a huge success!

Ladies’ Night Out promotes health awareness and appreciation for the women of our Hawai‘i Island community by providing an evening of free pampering and health services. 419 guests enjoyed the evening of free mini-manicures, hand & foot massages, haircuts, crafts, refreshments, and a photobooth!

Health screenings were available for all event participants including blood pressure, blood sugar, and vision. The evening was a success with the help of over 300 service providers and volunteers.

This special women’s health event is a tribute to Ms. Nancy Everett, a registered nurse who worked closely alongside Hui Mālama Ola Nā ‘Ōiwi until her untimely passing in 2000.
Learn the meaning of every **Cancer Ribbon Color** by:
1. Coloring each ribbon
2. Then matching each ribbon to each cancer diagnosis by coloring the diagnosis with the same color

Colon Cancer  Breast Cancer  Childhood Cancer  Leukemia  Pancreatic Cancer
Brain Cancer  Lymphoma  Multiple Myeloma

Cancer Awareness, Prevention, & Care

Show your support!
1. Color in the ribbon **PINK**
2. Cut the dotted line
3. Pin your ribbon to your shirt to show your support!
Free sleeping bags and backpacks!

Does your child turn 3 years old this year between August 2017 and July 2018? Has he or she completed all 19 vaccinations? If your keiki is 3 and has completed all 19 vaccinations, submit a copy of your keiki’s vaccination records to Hui Mālama Ola Nā ‘Ōiwi office and you can choose a backpack or sleeping bag for your child!

Want to learn more about vital vaccines? Call Hui Mālama for more information. (808) 969-9220

Aunty’s Health Message

Aloha mai kakou. I am Aunty Edna and today I want to discuss a health issue that is a major concern because of its high rates and significant impact on ALL OF US... cancer. Approximately 39% of men and women will be diagnosed with cancer at some point.

While cancer can happen to anyone, there are steps you can do to manage risk. Live a healthy lifestyle - eat well, stay active, maintain a healthy weight, and avoid smoking. Early detection is key. Make sure you speak with your doctor about the right cancer screenings for you - prostate exams, mammograms, pap tests, and more. Finding cancer early can save your life. October is designated Breast Cancer Awareness Month. Breast self-exams and mammograms are very important for every woman to do. While cancer rates are high, the number of survivors and those living healthy lives after cancer continues to grow. This gives us hope. 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. We are in the book and on the web.

Call us at 969-9220. Hele mai, come see us......and tell them Aunty Edna sent you!
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**Exercise & Fitness**

**Office Closed**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

*Join Us Today*

*Live Longer & Feel Better, Together*

*Hui Malama Ola, Nā ʻOwi!*