

February
Pepeluali 2018

Olakino

Newsletter

LOOK INSIDE FOR:

- *The 90-Day Health Challenge*
- *February - April class schedule*
- *Upcoming La'au Lapa'au workshops*



Heart Health

Heart disease is the leading cause of death. Learn how we can act together for healthier hearts across Hawai'i.

A message from our Board of Directors



Aloha kākou,

To our Hui Mālama family and staff, a big mahalo for all you do. We are in the month of February and I would like to wish you all a very happy Valentine's Day. The month of February is heart month, so please watch what you eat and keep healthy. Our staff at Hui Mālama Ola Nā 'Ōiwi have been doing a wonderful job to keep our people healthy, so be good to yourself.

Mahalo Nui Loa, Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

February brings the opportunity to spotlight one of the most impactful issues in Hawai'i, heart health. Heart disease is the #1 cause of death in Hawai'i. My message to all of you today is to take care of yourself. Have a well-balanced diet, be physically active, and visit your doctor. Regular check-ups are crucial to maintaining good health and identifying problems early.

For heart issues especially, problems are not often visible nor felt until conditions worsen. One day I was mowing the lawn and I felt so tired. This was something I had done for years, and yet, I could feel a difference. When I saw the doctor, they found that I had blockage in my heart. Through God's blessings, I received treatment and my heart is doing okay.

How many of us are walking through life each day with blockage, high blood pressure, or other heart issues? Heart attacks and stroke are real risks. Taking a proactive interest in health can help you, your family, and your friends. I encourage you to get your blood pressure checked, talk to your doctor as soon as you have any concerns, and live pono.

Heart health is everybody's concern. We can take steps to reduce risk of heart disease and have healthier hearts across Hawai'i. Let's live longer and feel better, together.

Mahalo nui loa, Louis Hao - Executive Director



Hui Mālama Ola Nā 'Ōiwi
Community Health Education Services
Live Longer & Feel Better, Together

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jasmine@HMONO.org

HMONO.org
(808) 969-9220
1438 Kīlauea Ave., Hilo, HI 96720
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Become a member today!
Take advantage of
Hui Mālama Ola Nā 'Ōiwi's free
health services. Just visit:
HMONO.org/connect

What's Happening Around Hawai'i Island?

Join us this month for Diabetes, Hele Mai 'Ai - nutrition, La'au Lapa'au, and exercise classes!

Grow Your Own Lā'au Class

- Pahala, February 24, 12:30-2:30p
- Sign-up online at hmono.org/classes or call (808) 969-9220

La'au Lapa'au Beginners Level Classes

- Pahala - Saturdays, February 3, 17, & 24
 - Waimea - Saturdays, April 14, 21, & 28
- Read more on pages 3 - 4.

Diabetes Support Group - Starting February 2018, meetings moved to Tuesdays!

- 1st Tuesday, 5:30-7:00pm, Hui Mālama Office
- 3rd Tuesday, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group

- 1st Tuesday 1:00-2:30pm, Hui Mālama Office
- 2nd and 4th Tuesday 5:30-7:30pm, Hui Mālama Office

Island-wide Cancer Support Events

- Fighting Cancer? You are not alone in this journey. We are also hosting cancer support gatherings in the coming months in Kona, Ka'ū, North Hawai'i, and Puna areas. We would love to bring cancer survivors, caregivers, and local resources together to talk story, support each other, and have some rejuvenating fun as an 'ohana who understands the impact of cancer. Would you like to join us? Call us today at (808) 969-9220 and ask to speak with Rosi.

Mākau Kino - Exercise & Fitness

Zumba with Keanne!

Mondays & Wednesdays, 5:30-6:30pm
Malia Puka O Kalani Church Gym
326 Desha Ave, Hilo



Zumba with Rhonda!

2nd & 4th Friday
10-11am

Hui Mālama Hilo office
1438 Kilauea Ave



Yoga

Tuesdays & Thursdays
5-6pm

Malia Puka O Kalani Church



Basic Stretch & Strengthening

Tuesdays & Thursdays
10:30-11:30am

Malia Puka O Kalani Church

| Hui Mālama Ola Nā 'Ōiwi | | SCHEDULE OF CLASSES | | |
|-------------------------|--|---------------------|------------------|------------------|
| | | FEBRUARY | MARCH | APRIL |
| HILO | | | | |
| DIABETES | | Weds 2/14 - 2/28 | | |
| HYPERTENSION | | | | Weds 3/28 - 4/11 |
| HELE MAI'AI | | | Weds 3/14 - 3/28 | |
| KA'Ū | | | | |
| DIABETES | | Mon 2/5, 2/12, 2/26 | | |
| HYPERTENSION | | | Mon 3/5 - 3/19 | |
| HELE MAI'AI | | | | Mon 4/9 - 4/23 |
| LA'AU LAPA'AU | | Sat 2/3, 2/17, 2/24 | | |
| PUNA | | | | |
| DIABETES | | | Weds 3/7 - 3/21 | |
| HYPERTENSION | | | | Weds 4/18 - 5/2 |
| HELE MAI'AI | | | Mon 3/5 - 3/19 | |
| WAIMEA | | | | |
| DIABETES | | | Tues 3/13 - 3/27 | |
| HYPERTENSION | | | | Tues 4/17 - 5/1 |
| HELE MAI'AI | | Tues 2/13 - 2/27 | | |
| LA'AU LAPA'AU | | | | Sat 4/14 - 4/28 |

You can now sign-up for class online!

HMONO.org/classes

Schedule subject to change. Please call us or sign-up online today!

Healthy At Any Size - New class starting this March!

A class focused on a holistic body-based approach to health led by Registered Dietitian Sarah Josef. Read more on page 5.

Visit our website for information on more services! HMONO.org



**Hui Mālama
Ola Nā 'Ōiwi**

**2018
FREE
ISLAND-WIDE**

**HAWAIIAN TRADITIONAL
LA'AU LAPA'AU WORKSHOPS**

Presented by Po'okela Ikaika Dombrigues

“Ola Pono Ola Loa”

**LA'AU LAPA'AU • HO'OPONOPONO
LA'AU KAHEA • LOMILOMI HA HA**

HILO - Saturday, March 10, 2018
Aunty Sally's Luau Hale • 9am - 3pm

WAIMEA - Saturday, April 7, 2018
Hawaiian Home Lands Hall • 10am - 3pm

KONA - Saturday, May 5, 2018
Old Kona Airport Special Events Pavilion • 9am - 3pm



KA'Ū - Saturday June 2, 2018
Ka'ū District Gym • 10am - 3pm

PUNA - Saturday, June 23, 2018
Pahoa Community Center • 9am - 3pm

Light refreshments provided. Please bring your lunch.

To sign-up or learn more, contact us today!

(808) 969-9220 • HMONO.org/classes

Upcoming La'au Lapa'au Workshops and Classes

With Makahiki time coming to a close, Po'okela Ikaika Dombrignes and the Hui Mālama Traditional Health team are starting a series of la'au lapa'au workshops and classes across the island.

Last year, hundreds of people gathered island-wide with Po'okela Ikaika to learn about la'au lapa'au, lomi lomi haha, ho'oponopono, and la'au kahea. The ancient practice of using plants and herbs for medicinal purposes has long existed in Hawai'i. Po'okela Ikaika strives to preserve this practice by sharing knowledge learned from his ancestors and kupuna.

To learn more and sign-up for upcoming classes, visit hmono.org/classes or call the Traditional Health team at (808)969-9220.

See [La'au Lapa'au Workshop Schedule on page 3](#).

La'au Lapa'au Beginners Level Classes

Pahala - Saturdays, February 3, 17, & 24
Waimea - Saturdays, April 14, 21, & 28



Mana'o from Uncle

Uhaloa is a plant known to grow in dryland areas and looks like a weed with small yellow flowers. The bark of the bush is collected and boiled into a tea. This tea has been used by ancient Native Hawaiians for sore throat and back pain. More contemporarily, uhaloa has also been used to help reduce the swelling and inflammation of tonsillitis.

- Po'okela Ikaika Dombrignes



Healthy at Any Size

Hui Mālama Ola Nā 'Ōiwi is happy to announce a new class starting March 2018. **Healthy at Any Size** is a six-week class for those who have struggled with weight management, dissatisfaction with food choices or body image, and difficulty developing a nourishing lifestyle. Those who attend can expect to learn how to appreciate the body they have, to start enjoying food more, and to learn your body's physical cues in regards to food.



Sarah Josef, Registered Dietitian

The program is a joint effort with Sarah Josef, a Registered Dietitian (RD) who has been working closely with Hui Mālama for the past year. Sarah has worked with **Healthy at Any Size** concepts for over 15 years, helping people across the country achieve healthier lifestyles.

Sarah's passion for nutrition and health issue prevention was sparked while studying science in college. She loved to cook and always found nutrition to be fascinating. She realized that nutrition would be a great way to effect change in people's lives before they were diagnosed with serious illnesses. Throughout her 20+ years as a Registered Dietitian, Sarah has had a wide variety of opportunities

to advance her knowledge. She conducted research for Kaiser Permanente, worked at a private practice as a dietitian, and had the pleasure of teaching and being appointed as Director of Dietetics at San Francisco State University. One of the top highlights of her career was working as a teacher at San Francisco State where she shared her joy for cooking and nutrition with students in hands-on cooking classes. Sarah's curriculum for **Healthy at Any Size** is inspired by her work as an RD and her passion to empower individuals to make decisions that are healthy for them.

Healthy At Any Size

Dates: Thursdays, March 1, 8, 15, 22, 29 & April 5

Time: 5:30-7:30PM

Location: Hui Mālama Office, 1438 Kīlauea Ave, Hilo

To learn more or sign-up, visit hmono.org/classes or call us at (808) 969-9220!



Sarah with Hui Mālama 'ohana making healthy plates!

\$10,000 Contributed Toward Hawai'i Island Health!

Cigna Health and Life Insurance held its Gold Circle Conference in May 2017 on Hawai'i Island. Part of Cigna's focus during the conference is fulfilling their Corporate Social Responsibility by donating to a local agency. Hui Mālama Ola Nā 'Ōiwi was blessed to be chosen to be the recipient of their health-focused fundraiser. The conference's 750 attendees participated in a fitness activity where each minute of their fitness activity resulted in \$2 toward Hui Mālama.

\$10,000 was raised and donated to Hui Mālama Ola Nā 'Ōiwi. Funds will be used toward Hui Mālama efforts to improve health and wellness of our Hawai'i Island community.

Mahalo to Cigna Health and Life Insurance for their generosity and support. Mahalo also to Island Partners Hawai'i for their support in this opportunity.

Ways to Give

Hui Mālama Ola Nā 'Ōiwi has provided health services for Hawai'i Island for over 26 years. Education efforts aim to provide the community with tools and knowledge to Live Longer & Feel Better, Together. Hui Mālama develops services based on pressing health needs of Hawai'i County. Current services include:

- Classes for diabetes, hypertension, and nutrition
- Diabetes Support Group
- Community presentations and education at community events
- Traditional Hawaiian healing education including: La'au Lapa'au workshops and presentations, Lomi Lomi Ha Ha classes, 1:1 consultations, Ho'oponopono, and Grow Your Own Lā'au classes
- Cancer Program: Cancer Patient Navigation and Cancer Support Group
- Keiki Health: Immunization Program, Mālama Nā Keiki Festival
- Women's Health Programs: Healthy Hāpai Prenatal Program, Ladies Night Out
- Specialty Transportation
- Exercise & Fitness classes

With generous donations like that from Cigna, Hui Mālama is able to expand services to continue helping the community.

If you are interested in donating, there are several ways to contribute to Hui Mālama Ola Nā 'Ōiwi.



Monetary Donations

Please visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:

Hui Mālama Ola Nā 'Ōiwi
1438 Kīlauea Avenue
Hilo, HI 96720

Non-Monetary Donation

We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution. (808) 969-9220

Volunteer

The Hui Mālama Ola Nā 'Ōiwi Volunteer Program was developed to provide students and community members with opportunities to gain practical

and professional experience, and also provide a chance for those wanting to give back to our Hawai'i Island community. Volunteer opportunities range from helping with educational classes, to office tasks, to assisting at community health fairs.

Visit hmono.org/volunteer to learn about more about the volunteer program.



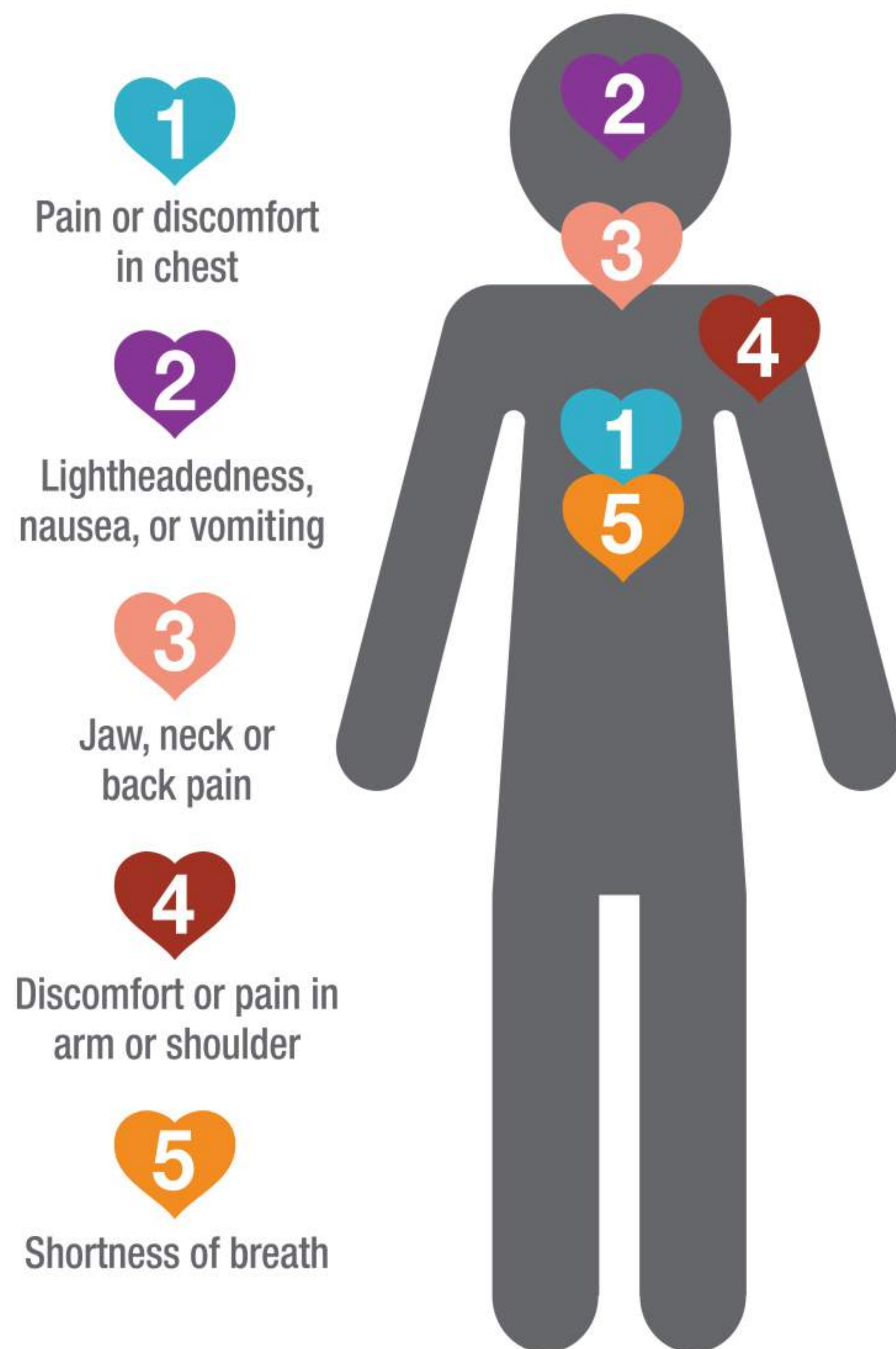
*Volunteers at Ladies' Night Out
September 2017*

Healthier Hearts Across Hawai'i

February is national American Heart Month! For Hawai'i residents, **heart disease is the number one cause of death**. It is important to raise awareness around this issue and learn what we can do to care for our hearts. Heart disease is a broad term used to describe specific diseases such as ischaemic heart disease, cerebrovascular disease, and hypertensive heart disease.



Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

Ischaemic heart disease is characterized by a restriction or reduction of blood flow in a part of the body. In this case, the heart's arteries are narrowed and therefore less blood and oxygen reaches the heart muscle. The blockage in one or more of the coronary arteries can lead to a heart attack.

Make sure you know the signs of a heart attack.

- Chest pain that lasts more than a few minutes, or discomfort that goes away and comes back
- Shortness of breath
- Pain in other areas of the upper body which can include the jaw, the back, neck, stomach, or arms
- Other signs such as nausea, cold sweats, or lightheadedness

If you or someone is experiencing a heart attack, act immediately. Call 9-1-1. Each second counts.

Another common disease is **Cerebrovascular disease**, which can lead to stroke. This occurs when the brain is deprived of oxygenated blood and brain cells begin to die. The blood and oxygen deprivation can happen when fatty build-up, or plaque, blocks blood from flowing through the carotid artery. This is called an ischemic stroke. A hemorrhagic stroke occurs when an artery around the brain is bleeding out and oxygen is not getting to the brain. The lack of oxygen to brain cells causes these cells to become damaged or die. This damage results in physical, cognitive, and mental impairment. **Know the warning signs of a stroke. Act immediately!**

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Hypertensive heart disease is caused by uncontrolled high blood pressure. Symptoms of high blood pressure, such as thickening of the heart muscle or heart failure, are indicative of hypertensive heart disease. The American Heart Association released new standards for blood pressure ranges in November 2017.

KNOW YOUR BLOOD PRESSURE

—AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS

Systolic
Diastolic

<120 mmHg
AND
<80 mmHg

120–129 mmHg
AND
<80 mmHg

130–139 mmHg
OR
80–89 mmHg

≥140 mmHg
OR
≥90 mmHg

The newest guidelines for hypertension:

NORMAL BLOOD PRESSURE

*Recommendations: Healthy lifestyle choices and yearly checks.

ELEVATED BLOOD PRESSURE

*Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

HIGH BLOOD PRESSURE / STAGE 1

*Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE / STAGE 2

*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

**Individual recommendations need to come from your doctor.*

Source: American Heart Association's journal Hypertension

Published Nov. 13, 2017

It is important to know your numbers so you can address problems if needed. Seeking professional help to learn how to control your blood pressure is important.

Take Action

Although heart disease is such a widespread problem in Hawai'i, the good news is that it is also a highly preventable disease. Across the nation, people are making heart-healthy decisions to engage in healthier lifestyles. This means that people are not only learning the symptoms and signs of heart disease, but also how to prevent heart disease in their lives. **The American Heart Association gives seven lifestyle changes that can significantly lower your risk of heart disease.**

1. **Get active.** At least 2 ½ hours of moderate physical activity a week is optimal for a healthy heart.
2. **Control cholesterol.** Regular physical activity in conjunction with limiting foods high in saturated fats and choosing low-fat dairy can help lower amounts of "bad" cholesterol (LDL). The "bad" cholesterol is

what clogs your arteries and increases your risk of heart attack and stroke. It is important to note that some people may need medication to control their cholesterol, so speak with your doctor about what will work best for you.

3. **Eat better.** Choosing more fresh fruits and vegetables, whole grains, and other healthy choices can help to control weight, blood pressure, blood sugar, and cholesterol.
4. **Manage blood pressure.** Keeping your blood pressure in a healthy range is important to your overall health. Get your blood pressure checked regularly. The standards for normal blood pressure have been updated to 120 over 80 (systolic over diastolic).
5. **Maintain a healthy weight.**
6. **Reduce blood sugar.** Diabetes is a risk factor for cardiovascular disease.
7. **Stop smoking.**

Join us in Hui Mālama Ola Nā 'Ōiwi Healthier Heart Efforts!

2018 Hilo Heart & Stroke Walk - American Heart Association

Come support and help spread awareness of heart disease and stroke! Join the Hui Mālama Ola Nā 'Ōiwi team for the 2018 Hilo Heart & Stroke Walk.

When: Saturday, March 10, 8:00am

Where: Hilo Bayfront Park

How: register online at

www2.heart.org/goto/HuiMalama

Hypertension Classes

Hui Mālama provides free hypertension classes for people with a hypertension diagnosis. Learn information about heart disease, hypertension, nutrition, exercise, medication, and self-health management while living with hypertension and heart disease. Classes consist of 2.5 hour sessions once a week for three weeks and are offered in Hilo, Waimea, Kona, Ka'ū, and Puna areas throughout the year. Classes are led by a Registered Nurse (RN) and other medical professionals. Sign-up online at hmono.org/classes or call (808) 969-9220.





First Hui Mālama Ola Nā 'Ōiwi Breastfeeding Class Held January 2018

Requests from the community for more breastfeeding education led to the first Hui Mālama Ola Nā 'Ōiwi breastfeeding class. On January 16, 2018, new and expecting moms and dads gathered to learn about:

- First hour breastfeeding
- Establishing milk supply
- Latch and positioning techniques



The class was led by Leila Ryusaki, CLC and Sasha Williams, RN & IBCLC. Sasha is an International Board Certified Lactation Consultant. Leila is a Certified Lactation Counselor and the facilitator for Hui Mālama Healthy Hāpai Prenatal Program. The pair led the 1.5 hour class that turned into 2.5 hours of engaging talk-story, with participants getting to ask their many questions and learn about safe breastfeeding practices.

The breastfeeding class aligns with Hui Mālama efforts to further address keiki and women's health. The Healthy Hāpai Prenatal Program was launched in October 2017, holding pilot classes in Hilo and Puna in late 2017. The program is now in the midst of its third class, currently taught in Waimea.

Program facilitator Leila Ryusaki encourages new and experienced moms to join the class. Hui Mālama plans to bring the program to Ka'ū,

Kona, and to various locations around the island depending on community needs.

Hui Mālama is working to schedule additional breastfeeding classes as well across the island!

Interested in participating in Healthy Hāpai and/or a breastfeeding class? We want to hear from you! Call us at (808) 969-9220 or sign up online at hmono.org/classes.



The 90-Day Challenge

Are you ready to live a healthier lifestyle?
If so, **JOIN US TODAY!** Grab a friend or family member
and take the 90-Day Challenge so we can all
Live Longer & Feel Better, Together!
List or write your goals and healthy habits below.

Start date: _____

Write in your starting place and other health measures you'd like to track.

Current weight: _____

Mile time: _____

Other _____

Other _____

End date: _____

Great job for keeping with the challenge! We hope you made some healthy changes and feel motivated to keep going!

End weight: _____

Mile time: _____

Other _____

Other _____

Join us on Facebook & Instagram to follow The 90-Day Challenge! Stay updated on the weekly health challenge, connect with others, and share your progress with us!

Facebook: /HMONO.org

Instagram: hui_malama_

#hui90

Live Longer & Feel Better, Together

90-Day Challenge

February 2018

Visit HMONO.org to see Week 1 - 8 challenges shared in previous newsletters.
Anyone can join at ANY time. Start today!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--------------------------------------|
| | | | 1 | 2 | 3 |
| <p>Week 9: Spend 30 minutes of quality time with friends & family every day this week!</p> <p>There is a strong correlation between spending time with loved ones and friends with longer, healthier life expectancy.</p> | | | | | |
| <input type="checkbox"/> You did it! | <input type="checkbox"/> Keep going! | <input type="checkbox"/> You got this! | <input type="checkbox"/> Congrats! | <input type="checkbox"/> One more day! | <input type="checkbox"/> You did it! |
| 5 | 6 | 7 | 8 | 9 | 10 |
| <p>Week 10: Replace your soda or coffee with water throughout the week AND go for a 30 minute walk each day!</p> <p>Staying hydrated plays a significant role in your metabolism so make sure to drink up!</p> | | | | | |
| <input type="checkbox"/> You did it! | <input type="checkbox"/> You can do it! | <input type="checkbox"/> Keep it up! | <input type="checkbox"/> Almost there! | <input type="checkbox"/> Enjoy! | <input type="checkbox"/> What fun! |
| 12 | 13 | 14 | 15 | 16 | 17 |
| <p>Week 11: Schedule your annual physical exam AND prepare your meals for the week in advance!</p> <p>Start off the new year by getting a clean bill of health from the doctor! There are age specific health screenings that you should get to maintain good health and identify any issues early.</p> | | | | | |
| <input type="checkbox"/> Delicious! | <input type="checkbox"/> Nutritious! | <input type="checkbox"/> So refreshed! | <input type="checkbox"/> So much energy! | <input type="checkbox"/> You did it! | <input type="checkbox"/> Awesome! |
| 19 | 20 | 21 | 22 | 23 | 24 |
| <p>Week 12: Reduce the amount of saturated and trans fats in your diet. Read nutrition labels when shopping this week.</p> <p>Saturated and trans fats contribute to your "bad cholesterol" or LDL cholesterol and increase the risk of heart disease.</p> | | | | | |
| <input type="checkbox"/> Doing great! | <input type="checkbox"/> Feeling good! | <input type="checkbox"/> Great job! | <input type="checkbox"/> Lovin' it! | <input type="checkbox"/> Easy peasy! | <input type="checkbox"/> Ommmmm! |
| 26 | 27 | 28 | | | |
| <p>Week 13: No eating fast-food! Instead, add one more serving of vegetables per day.</p> <p>Fast food tends to have higher amounts of LDL cholesterol while vegetables have high amounts of HDL or "good cholesterol". HDL can lower your risk of heart disease!</p> | | | | | |
| <input type="checkbox"/> You can do it! | <input type="checkbox"/> Best day! | <input type="checkbox"/> Lovin' life! | <input type="checkbox"/> So much fun! | <input type="checkbox"/> Don't stop! | <input type="checkbox"/> YAY! |

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and today I am looking at our Heart Month of the year - February. We only have one heart and of all our body parts, the heart is the only part that does not rest. It works non-stop 24 hours a day, 7 days a week, 365 days a year to pump blood and carry all the oxygen and nutrients your body needs.



To help you visualize this better, take one of your hands and fold it up into a fist. Now, take that fist and place it over the center of your left breast. That is the size of your heart that is working for you every single minute of every day that you live.

Unfortunately, in Hawai'i, heart disease is the number one cause of death. To reduce your risk of heart disease, heart attack, and strokes - eat well, be physically active, and live pono. Get your blood pressure checked today! Maintaining healthy blood pressure and healthy hearts is essential for us to be alive and living well.

Any questions? Come see us at Hui Mālama Ola Nā 'Ōiwi, working over 26 years to help our Hawai'i Island be a healthy and happy place.

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



Aunty Edna Baldado, RN

Out in the Community with Aunty



Aunty Edna visited Hale Anuenue residents on January 4, 2018 to share about diabetes. The talk, along with three other talks on Hawai'i Island in January, is part of **Let's Talk Story with Aunty**. The talk story program is focused on spreading diabetes awareness, education, and management knowledge.

1 in 8 people in Hawai'i is affected by diabetes. In addition, as February is American Heart Month, it's important to know that people with diabetes are at a higher risk of serious health complications including heart disease.

Interested in learning more about diabetes? Aunty Edna holds talk story sessions across Hawai'i Island to meet with our community, answer health questions, and share information. Call us today if you are interested in having Aunty come speak with your school, organization, or community! (808) 969-9220

About Aunty: Edna Baldado has been a registered nurse for over 50 years. She spent 28 years with Hilo Medical Center and continued helping her community as a health educator at Hui Mālama Ola Nā 'Ōiwi for the past 25 years. A main focus of aunty's work is addressing the impact of diabetes in Hawai'i.

The Rotavirus Vaccine

The Rotavirus is contracted from fecal matter that has been transferred, one way or another, to the mouth. Detection of the virus is usually found through stool samples. Rotavirus occurs most often in infants and young children, but adults and older children can also become sick from this virus.

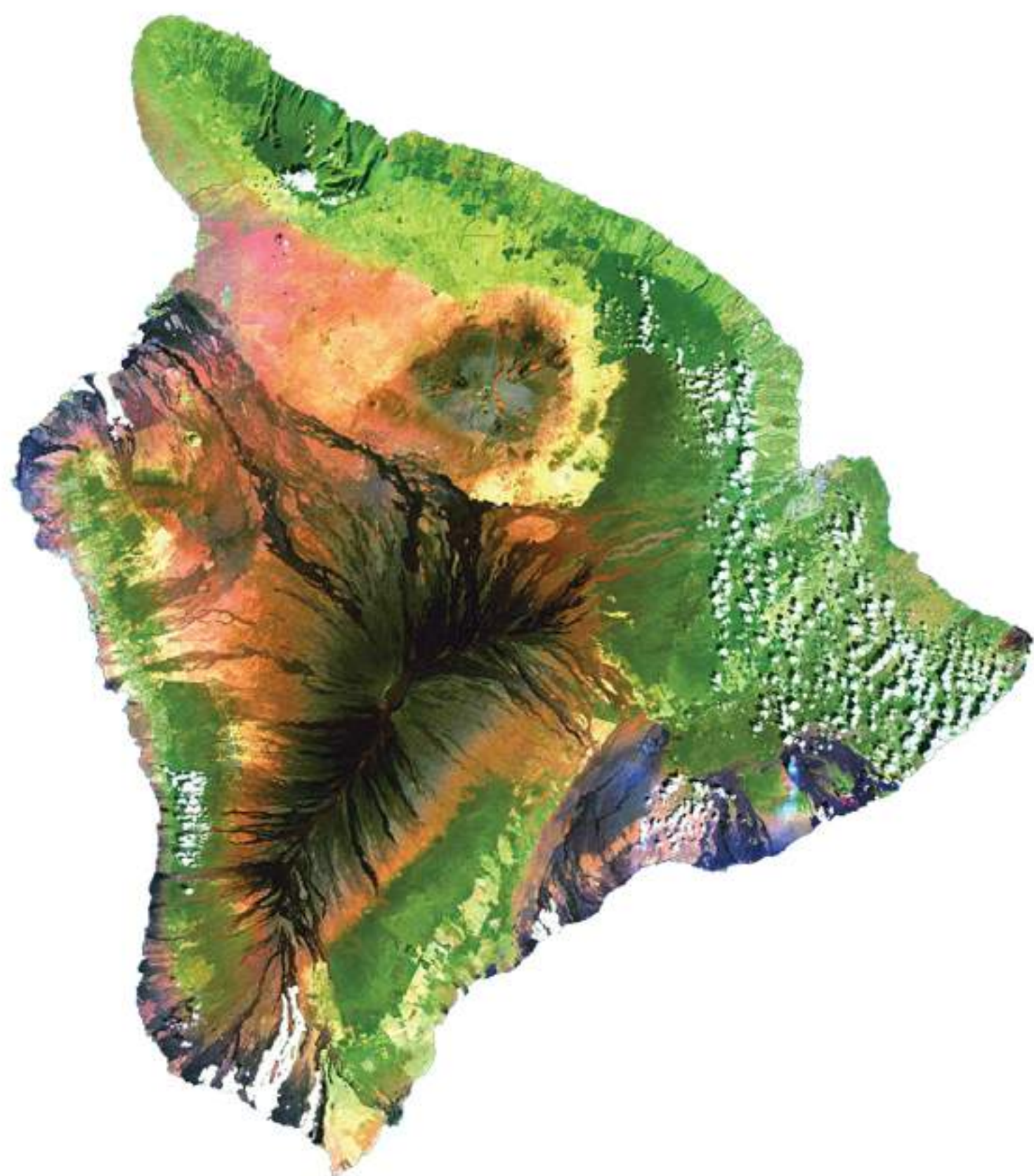
Some symptoms for children include:

- Severe watery diarrhea
- Vomiting
- Fever

- Abdominal pain
- Loss of appetite
- Dehydration

For those with a healthy immune system, the virus only lasts for a few days, but it can be extremely harmful if an immune system is already compromised. The CDC recommends routine vaccination of infants at 2 and 4 months of age for the Rotavirus. Find out more information about vaccinations and the Rotavirus at cdc.gov.

Mumps in Hawai'i - MMR Vaccine



The recent mumps outbreak continues to be a concern for Hawai'i. As of January 2018, there have been a total of 809 confirmed cases of mumps in the state of Hawai'i and 113 cases on Hawai'i Island. Know the symptoms and how to prevent mumps!

The measles-mumps-rubella (MMR) vaccine provides the best protection against the disease. Learn more from the Hawai'i State Department of Health at <http://health.hawaii.gov/docd/advisories/mumps/>

FIGHT MUMPS

It starts with you



Mumps is spread through contact with saliva or mucus from the mouth, nose or throat of an infected person. Protect yourself and help stop the spread of mumps by using these healthy habits.



Stay home if you are sick

Mumps is easy to spread. Stay home and do not travel or go to school or work for 9 days after the start of swollen glands.



Get Vaccinated

The measles-mumps-rubella (MMR) vaccine provides the best protection against this disease.

Symptoms of MUMPS infection

- Swollen glands in front of ears or jaw on one or both sides
- Fever
- Muscle aches
- Headache
- Loss of appetite
- Tiredness



Cover your cough or sneeze

Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissues in the waste basket and wash your hands.



Wash your hands

Wash your hands thoroughly and often with soap and warm water.



Use your own cups, forks, and spoons

Sharing cups or eating utensils with someone who has mumps can make you sick.

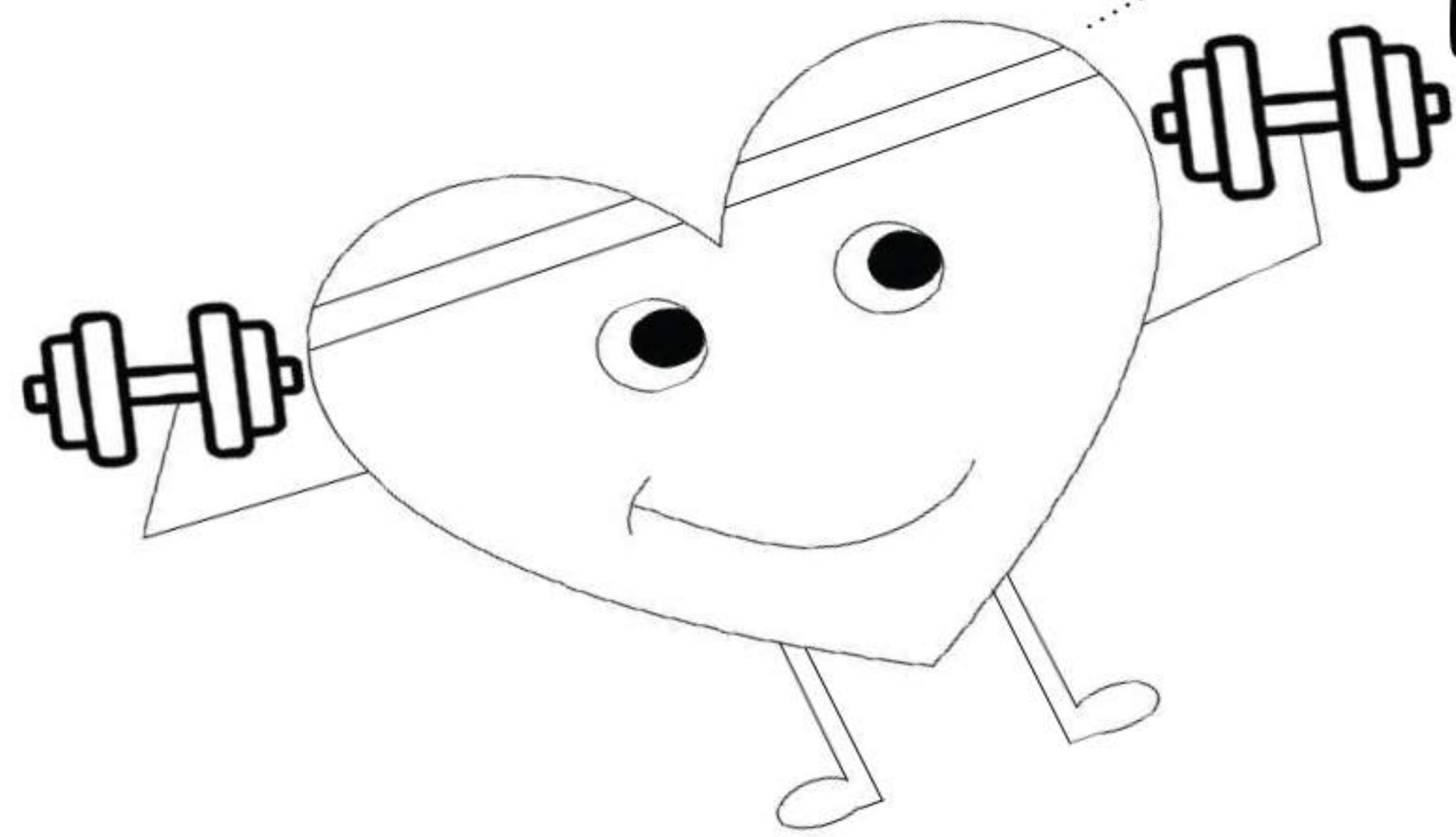
Disease Transmission by COUGH/SNEEZE-TOUCH



For more information, call 2-1-1 or visit health.hawaii.gov
Language assistance services available through 2-1-1.

KEIKI COLORING CORNER

Some activities can give your heart energy and strength while some can take away its energy. Learn how to keep your heart strong and healthy this month by matching the right activity to the strong heart or the tired heart. Color in the hearts when pau! 



Running

Skipping Lunch

Playing video games

Going for a walk

Eating a healthy breakfast

Watching T.V

Drinking Water

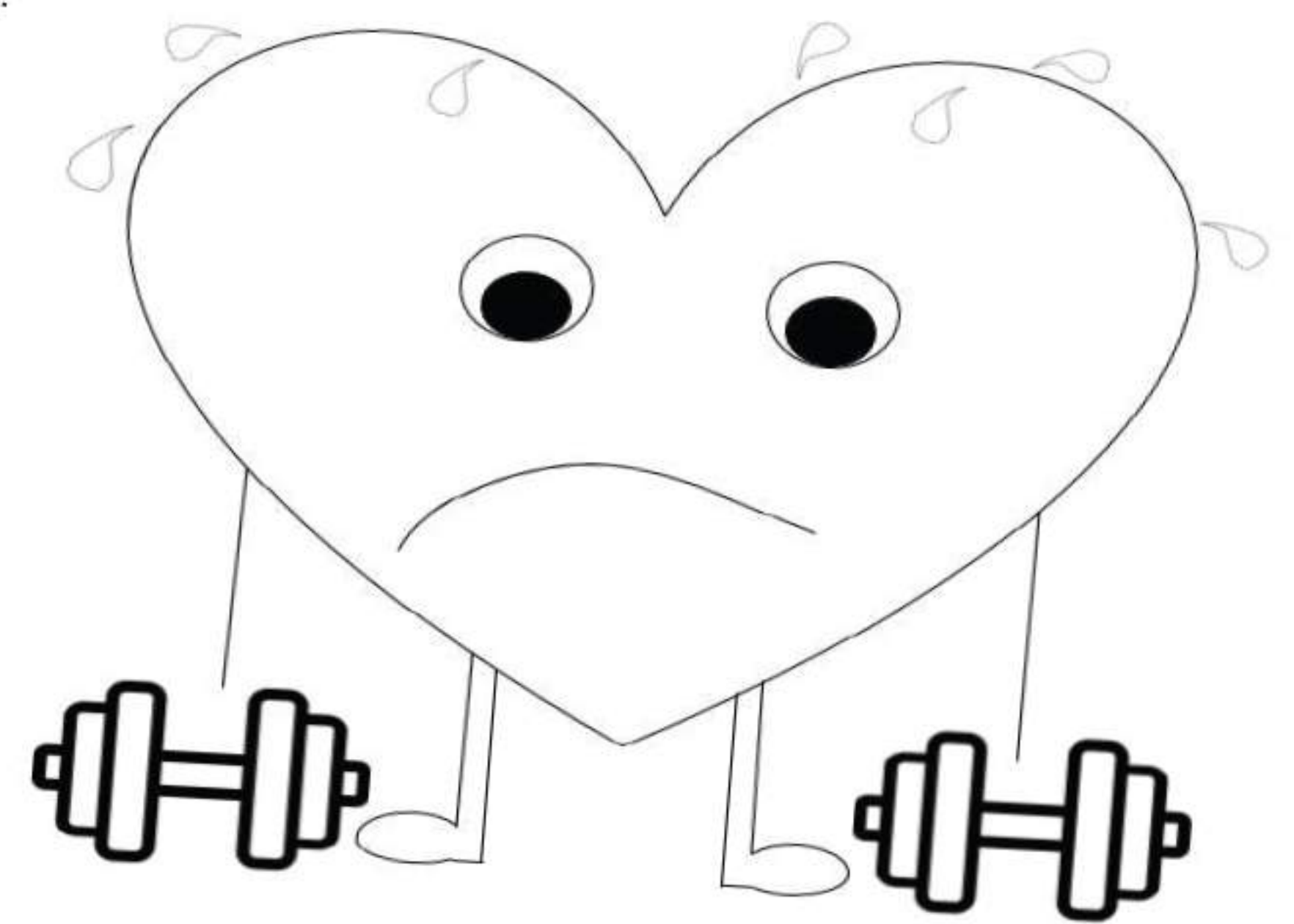
No Exercise

Helping in the Kitchen

Getting 8 hours of sleep

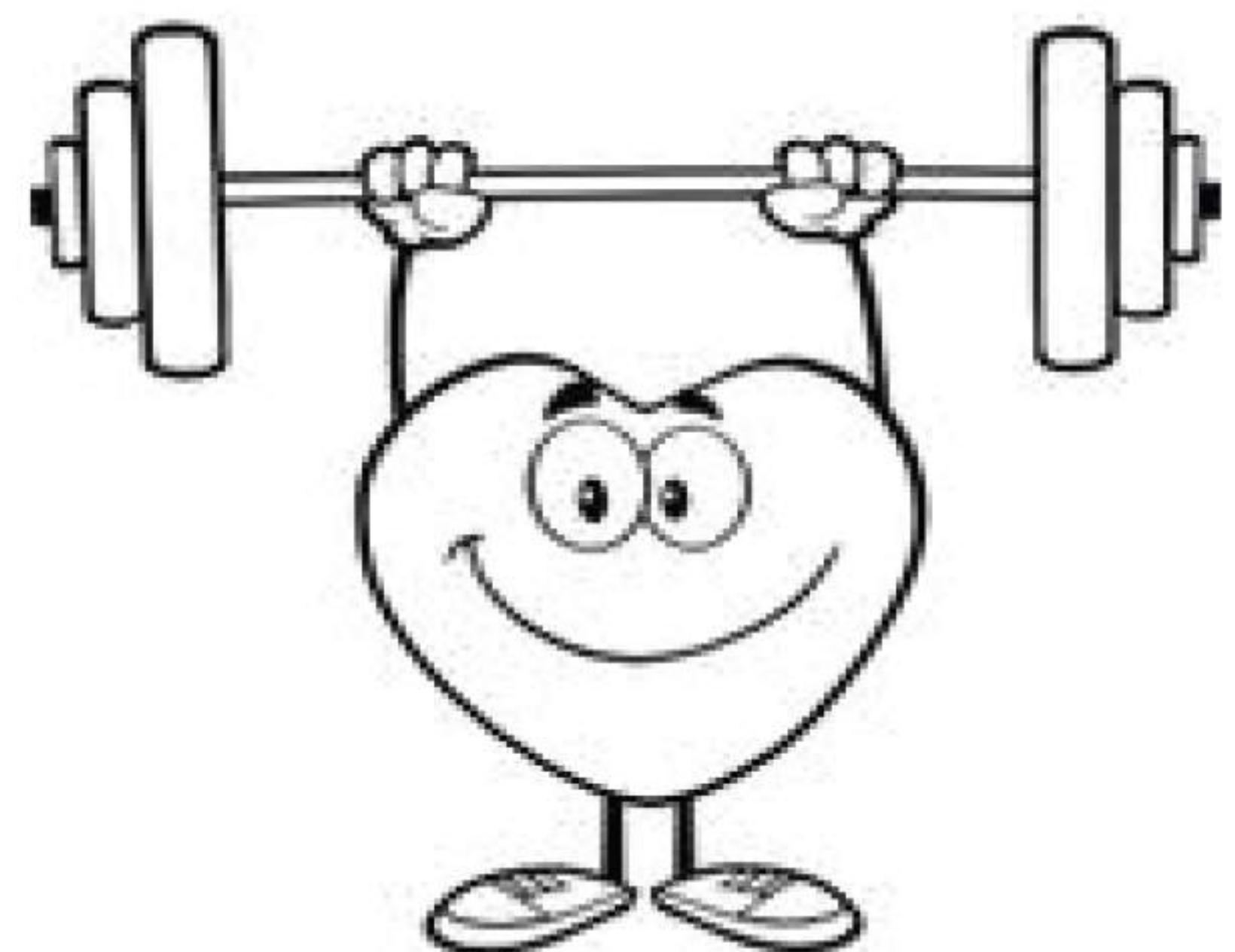
Sitting ALL Day

Gardening



I promise to keep my heart healthy by:

Make a promise to your heart to keep it strong and healthy throughout the year!





| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|
| <p>*Class Sign-up: Classes are 3-weeks long (one session a week). Please contact us to sign-up. Mahalo! (808) 969-9220 - HMONO.org/classes</p> <p>Exercise & Fitness Location: Keaukaha - Malia Puka O Kalani Church Gym 326 Desha Avenue Hilo, HI 96720</p> | | | <p>1 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> | <p>2 BS&SEC Basic Stretch & Strengthening Exercise Class</p> | <p>3 *9AM La'au Lapa'au Beginner Level Class -Ka'ū District Gym</p> |
| <p>5 5:30PM Zumba -Keaukaha, Hilo</p> <p>*10AM Diabetes Class -Ka'ū</p> | <p>6 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>1PM Cancer Support Group -Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> <p>5:30PM Diabetes Support Group -Hilo</p> | <p>7 5:30PM Zumba -Keaukaha, Hilo</p> | <p>8 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> | <p>9 10AM Zumba -Hilo Office</p> | <p>10 9AM Health & Wellness Fair -Pahoa Complex</p> <p>9AM Health and Wellness Awareness Day -Keaukaha Elementary School</p> |
| <p>12 5:30PM Zumba -Keaukaha, Hilo</p> | <p>13 *9AM Hele Mai 'Ai -Waimea</p> <p>10:30AM BS&SEC -Keaukaha, Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> <p>5:30PM Cancer Support Group -Hilo</p> | <p>14 *5PM Diabetes Class -Hilo</p> <p>5:30PM Zumba -Keaukaha, Hilo</p> | <p>15 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> | <p>16</p> | <p>17 *9AM La'au Lapa'au Beginner Level Class -Ka'ū District Gym</p> |
| <p>19 OFFICE CLOSED Presidents' Day</p> | <p>20 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>1PM Diabetes Support Group -Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> | <p>21 5:30PM Zumba -Keaukaha, Hilo</p> | <p>22 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> | <p>23 10AM Zumba -Hilo Office</p> | <p>24 *9AM La'au Lapa'au Beginner Level Class -Ka'ū District Gym</p> <p>12:30PM Grow Your Own Lā'au Class -Ka'ū District Gym</p> |
| <p>26 5:30PM Zumba -Keaukaha, Hilo</p> | <p>27 10:30AM BS&SEC -Keaukaha, Hilo</p> <p>5PM Yoga -Keaukaha, Hilo</p> <p>5:30PM Cancer Support Group -Hilo</p> | <p>28 5:30PM Zumba -Keaukaha, Hilo</p> | <p>visit HMONO.org Read about health happenings on Hawai'i Island! Learn about free Hui Mālama Ola Nā 'Ōiwi services available to you! Sync events and classes with your calendar to stay up-to-date! HMONO.org/events Sign-up for free education classes! HMONO.org/classes Read the monthly Olakino newsletter! HMONO.org/olakino</p> | | |
| <p>Live Longer & Feel Better, Together!</p> <p>JOIN US TODAY Visit our office or call to learn more. 1438 Kīlauea Ave, Hilo (808) 969-9220</p> <p><i>Events and classes subject to change.</i> Visit HMONO.org for additional events & most updated calendar.</p> | | | | | |

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