Olakino Newsletter

LAPA‘AU
Perpetuating, preserving, and protecting the ancient Hawaiian healing practices

LOOK INSIDE FOR:
• March - May class schedule
• Upcoming La‘au Lapa‘au workshops
• Upcoming Infant Massage class details
A message from our Board of Directors

Aloha kākou,

February was national American Heart Month. Truly, every month at Hui Mālama Ola Nā ‘Ōiwi is heart health month as we work to improve overall health. For any of you with hypertension (high blood pressure), I encourage you to sign-up for our free hypertension class to learn basic heart disease information and how best to manage hypertension.

I’d also like to invite all of our community to join us on Saturday, March 10 for the Hilo Heart & Stroke Walk. Hui Mālama is participating in support of our community and heart disease efforts. I am thankful for our Hawai‘i Island community, for the support you show us at Hui Mālama, and for the growing interest in improving health. Keep working on your health and together, we can live longer & feel better.

Mahalo Nui Loa, Mabel De Silva - Chair
To join our heart walk team, visit: http://www2.heart.org/goto/HuiMalama

A message from our Executive Director

Aloha mai kākou,

March is an exciting month at Hui Mālama Ola Nā ‘Ōiwi. We are holding our first La‘au Lapa‘au Workshop of 2018 and launching a new holistic health class, Healthy at Any Size. I invite you to come join us! While there are sometimes health issues you cannot avoid, there are many aspects of health you can control. Hui Mālama Ola Nā ‘Ōiwi is here to help you make healthy choices. We are about prevention and management, helping our community live a healthy and good quality of life. We offer a variety of services to help with our Hawai‘i Island health needs.

- Nutrition, hypertension, and diabetes classes
- Exercise & fitness program
- Healthy Hāpai prenatal class
- Traditional Hawaiian health services - la‘au lapa‘au
- Grow Your Own Lā‘au
- Community outreach
- Disease prevention information
- Support groups
- Referral services

One program I want to highlight is our Mākau Kino Exercise & Fitness program. We offer yoga, zumba, and a basic stretch & strengthening class. Whether it’s in our classes, or on your own, I highly recommend regular physical activity. Exercise gets you moving. It helps circulate your blood. It keeps you active. If you have the ability to move, move. If your movement is limited, stretch and move however you can. Even deep breathing can help your health.

Physical activity is something many of us can do on our own. Hui Mālama can help with some of the things you may not know or do on your own. I encourage you to come talk story with us about our services. Ask us your health questions. Take any of our classes that would benefit you. The more you know about your health, the better health choices you can make for you and your family.

As always, I encourage you to be proactive in health. Visit your doctor, do the recommended health screenings, care for your physical health as well as your mental & spiritual wellness, live pono, and always ‘imi ‘ike (seek knowledge). I hope to see you soon.

Mahalo nui loa, Louis Hao - Executive Director
What’s Happening Around Hawai‘i Island?
Join us this month for La‘au Lapa‘au Workshop, cancer support events, and our health education classes!

La‘au Lapa‘au Workshop - Hilo - March 10
See full schedule of 2018 La‘au Lapa‘au Workshops on page 7.

La‘au Lapa‘au Beginners Level Classes
Waimea - Saturdays, April 14, 21, & 28
Sign-up today! Read more on pages 5-6.

Diabetes Support Group
Tuesday March 6, 5:30-7:00pm, Hui Mālama Office
Tuesday March 20, 1:00-2:30pm, Hui Mālama Office

Cancer Support Group
Tuesday March 6, 1:00-2:30pm, Hui Mālama Office
Tuesdays March 13 & 27, 5:30-7:30pm, Hui Mālama Office
- March 27: Join us for a special presentation from Herbert Moniz on the healing power of noni!

Hawai‘i Island Cancer Support Events
Saturday March 24, 9am-1pm, cancer support event at Keauhou Bay - paddling, hula, & talk story!
See full schedule of upcoming cancer support events on page 4.

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

Visit our website for information on more services! HMONO.org
That’s a 90-Day Challenge wrap!

Mahalo to the community for joining us in the 90-Day Challenge. If you missed it, each week for the last 3 months, we strived to make healthy changes in our eating, exercise, and overall health habits. Studies suggest that it can take up to 90 days to form a new habit. Small changes over time can make a large change in your health. We encourage everyone to continue making healthy choices and challenge yourself to make changes, no matter how small... a step forward is a good step! See below for a recap of the challenges that helped us live healthier throughout the holidays and the new year.

**Week 1:** Drink half of your weight in ounces of water everyday this week.
**Week 2:** Go for a 20-minute walk each day.
**Week 3:** Eat at least two servings of fruit and vegetables a day.
**Week 4:** Eat a healthy breakfast each morning this week.
**Week 5:** Cut back on eating fast food this week.

**Week 6:** Spend 20 minutes enjoying your favorite hobby every day.
**Week 7:** Get at least 7 hours of sleep every night AND eat 3 servings of fresh fruits or veggies everyday.
**Week 8:** Set aside time to meditate or relax for 10 minutes every day this week AND NO eating fast-food.
**Week 9:** Spend 30 minutes of quality time with friends or family every day this week.

**Week 10:** Replace your soda or coffee with water throughout the week AND go for a 30 minute walk each day.
**Week 11:** Schedule your annual physical exam AND prepare your meals for the week in advance.
**Week 12:** Reduce the amount of saturated and trans fats in your diet. Read nutrition labels when shopping this week.
**Week 13:** No eating fast-food! Instead, add one more serving of vegetables per day.

**Healthy at Any Size**

Struggling with weight management? Have you gained or lost unwanted weight while dieting? Are you dissatisfied with your body image or food choices? March 1 marks the start of our new Healthy at Any Size class taught by Registered Dietitian, Sarah Josef. Classes will be held at Hui Mālama Ola Nā ‘Ōiwi office on Thursdays, March 1, 15, 22, 29, & April 5, 12 from 5:30PM-7:30PM. Space is limited. We have started a waitlist, but please call or sign-up online if interested. We hope to hold a second class soon!

(808) 969-9220 hmono.org/classes

Sarah Josef, registered dietitian
Saturday, March 17, 9am-1pm
Keauhou Bay, Kailua-Kona
Join us for paddling, hula, and talk story

Thursday, March 22, 2pm-3:30pm
North Hawai‘i Community Hospital
Mauna Kea Room
Come talk story with us

Tuesday, March 27, 5:30pm-7:30pm
Hui Mālama Office, Hilo
Special presentation by Herbert Moniz:
Learn about the healing powers of noni

Wednesday, April 18, 5pm-7pm
Neighborhood Place of Puna
An evening of painting & talking story

Sunday, June 17, 9am-11am
Hale Halawai Park, Kailua-Kona
Gentle yoga on the beach & talk story

You are not alone in this journey!
Come meet other cancer patients, survivors, and caregivers.
Questions? To learn more, contact Hui Mālama today!
☎️ (808) 969-9220 • HMONO.org  🌐/HMONO.org  📸/hui_malama_
What is Lapaʻau?
Lapaʻau means to treat, heal, cure. Lapaʻau has a deeper meaning tracing back to ancient Hawaiian healing practices that focused on the spiritual practice of healing. The connection between spiritual and physical health was essential to treat and heal. The understanding and use of ancient Hawaiian healing practices are not as commonly used today, but there are many who continue perpetuating, preserving, and sharing the knowledge.

Hui Mālama Ola Nāʻōiwi strives to share the knowledge of Native Hawaiian cultural values, beliefs, history, and the practice of traditional kanaka maoli lapaʻau (Hawaiian medicine). The Hui Mālama Traditional Health Program coordinates workshops, classes, and presentations across Hawaiʻi Island. Laʻau Lapaʻau classes, workshops, and one-on-one consultations are conducted by Poʻokela Ikaika Dombrigues, a Native Hawaiian Kahuna Lapaʻau. The Grow Your Own Laʻau classes are led by Matt Kahoʻohanohano who specializes in agroecology, propagating, and growing of laʻau.

2018 Laʻau Lapaʻau Workshops
The “Ola Pono Ola Loa” (live right, long life) laʻau lapaʻau workshops provide the opportunity to learn about the ancient Hawaiian healing practices of Laʻau Lapaʻau, Hoʻoponopono, Lomilomi Ha Ha, and Laʻau Kahea. The workshops are led by Poʻokela Ikaika Dombrigues who emphasizes the importance of helping people learn to mālama their bodies, “People are getting sick. We need to share this knowledge and help people understand traditional healing practices so they have the choice to use it for the care of themselves and their ‘ohana.”

With high rates of diabetes, cancer, and other ailments in Hawaiʻi, Hui Mālama aims to help people understand how they can care for their health. The workshops provide a connection to ancient Hawaiian healing practices, sharing rich cultural knowledge and encouraging the preservation of traditional Hawaiian health remedies. Participants will learn about laʻau lapaʻau, the ancient Hawaiian practice of using herbs and plants to heal the body. There are over 3,500 different types of laʻau that can be used to treat a multitude of health conditions, including: hypertension, diabetes, cancer, arthritis, and stress. Poʻokela Ikaika has spent his life practicing laʻau lapaʻau and learning from his kahuna and ancestors who taught him to perpetuate and preserve the spiritual connection in the healing power of laʻau lapaʻau. He explains, “Laʻau lapaʻau 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, and minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies. It’s a very spiritual connection that falls upon the person who needs help.” To fulfill his responsibility to his ancestors to carry on the legacy of the order of Lono, Poʻokela Ikaika works to preserve this knowledge and share the healing wisdom with the community, “A lot of our people live with a broken spirit. One of our goals is to rebuild the mind, body, and spirit of our people and to empower them into knowing who they are as Native Hawaiians.”

The free workshops are open to the public and will be offered March through June 2018 in Hilo, Waimea, Kona, Kaʻū, and Puna.

- Hilo - Saturday, March 10, 2018, Aunty Sally’s Luau Hale • 9am - 3pm
- Waimea - Saturday, April 7, 2018, Hawaiian Home Lands Kuhio Hale • 10am - 3pm
- Kona - Saturday, May 5, 2018, Old Kona Airport Special Events Pavilion • 9am - 3pm
- Kaʻū - Saturday June 2, 2018, Kaʻū District Gym • 10am - 3pm
- Puna - Saturday, June 23, 2018, Pahoa Community Center • 9am - 3pm

See page 7 for Laʻau Lapaʻau Workshop schedule.
The Grow Your Own La’au (GYOL) program was launched in June 2017 in an effort to teach community members how to grow la’au at home. Participants are provided a Plant Resource Guide that covers propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants:

- ‘Ōlena
- Ka’ukama ‘awa’awa
- Ko’oko’olau
- Lūkini
- and Māmaki

Classes are led by Matthew Kaho’ohanohano, a Maui-born native who moved to Hawai‘i Island to attend college. Matthew’s interest in gardening came from necessity as well as an interest in living sustainably. He grew up in Wailuku, Maui, specifically Nā Wai ‘Ehā, with a special understanding of the resources of the land. Influenced by the growing of māla near his home, he knew that the land could sustain you as long as you took care of it. During the recession, Matthew remembered asking his parents what was the most expensive vegetable they ate at home. Matthew’s family used zucchini in a lot of their meals so he used that as inspiration to grow zucchini, his first plant. He was so successful at growing the zucchini that he continued to grow his own food. Today, he grows kalo, zucchini, lūkini, and more.

Matthew’s passion for self-sustainability lead him to the UH Hilo Pacific Internship Programs for Exploring Sciences (PIPES) program. He was selected to work with Hui Mālama Ola Nā ‘Ōiwi and worked to design the Plant Resource Guide to give the community the tools and the knowledge they need to grow their own plants. From there, the guide was used in developing the Grow Your Own La’au program where Matt serves as instructor, and continues to share his knowledge and his passion for growing plants. Interested in joining us for Grow Your Own La’au? Call (808) 969-9220 or sign-up online at hmono.org/classes.

March 27 Cancer Support Event: The Healing Power of Noni

On March 27 at 5:30pm, Herbert Moniz will be joining at the Hui Mālama Mālama Ka Pili Pa’a cancer support group meeting to share about the healing powers of noni. Noni is a small evergreen tree native to the South Pacific. The plant has long been used both externally and internally for a variety of health purposes. It is most commonly used now for its ripe fruit, which can be used for its antioxidant, immune-stimulating, and tumor-fighting properties. Herbert is co-founder of Hawaii NoniPower Cooperative. Learn more about Herbert and noni at http://hawaii/nonipower.coop/
Hui Mālama Ola Nā ‘Ōiwi

2018 FREE ISLAND-WIDE

HAWAIIAN TRADITIONAL LAʻAU LAPAʻAU WORKSHOPS

Presented by Poʻokela Ikaika Dombrigues

“Ola Pono Ola Loa”

LAʻAU LAPAʻAU • HOʻOPONOPONO
LAʻAU KAHEA • LOMILOMI HA HA

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

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

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

KAʻŪ - Saturday June 2, 2018
Kaʻū 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  🕵️‍♀️/HMONO.org  🎥 hui_malama_
Healthy Hāpai
Infant Massage Class

March 12, 2018
3:00pm - 5:00pm
Hui Mālama Waimea: 64-1035
Mamalahoa Hwy, Waimea

The Healthy Hāpai program is offering a session on infant massage March 12 in Waimea! Infant massage empowers and promotes bonding and attachment through the art of massage. Massage not only helps bring health awareness and knowledge of your baby’s body functions, but it is a key source of physical, mental and spiritual well-being. Ka‘ānohiokalā Pe’a will lead the class. Pe’a is a native Hawaiian, born and raised on Hawai‘i Island. He became a Licensed Massage Therapist (LMT) in 2006 and completed his specialization in pediatric massage in 2012. He is a third generation LMT and founded NIU Hawai‘i LLC, providing specialized pediatric and adult massage therapy. Their mission is to empower the family unit through the art of massage, provide massage and workshops to the community, integrate rich cultural wisdom through massage, and bring health awareness and knowledge of the body functions. While Pe’a helps both children and adults, his passion is in providing service to children with special health care needs. Join us March 12 to learn how infant massage can help you and your baby.

The infant massage class is open to expectant parents and parents of infant & toddlers (newborn to 1 year old).

Seats are limited. Participants must sign-up. Please call (808) 969-9220 today! Mahalo.

Aunty’s Health Message

Aloha mai kākou,
I am Aunty Edna and today I want to speak with you about choices. While some health aspects are beyond our control, there are many choices we can make to enhance our health and quality of life. What does it mean to choose to live a healthy lifestyle? It means choosing healthier food options like brown rice over white, green salad over mac, or grilled over fried meats.

It means making physical activity choices like walking 20 minutes a day or taking time to stretch and care for your body. And making mental health choices like avoiding drama you don’t need, meditating and praying, and filling your life with positivity.

All these choices we make everyday can add up to make significant change. Making good choices is a key factor to having a healthy mind, body and soul and most definitely a healthier life.

Want to learn more about healthy choices? 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. Call us at 969-9220.

Edna Baldado, RN

Out in the Community with Aunty

Have you spotted Aunty Edna around the island? Aunty has been keeping busy spreading diabetes awareness, education, and management knowledge. In the past month, she’s visited several places across North Hawai‘i, Volcano, and Hilo. This month, look for her in Kona, Pahoa, and Hilo.

Interested in having Aunty come speak with your school, organization, or community? Call us at (808) 969-9220 and ask for Rosi!

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.

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

The Hib disease, or the Haemophilus Influenzae Type b disease, usually affects children five years old and younger. This disease is caused by bacteria or germs that spread from person to person through being around an Hib carrier who sneezes or coughs. Symptoms of the Hib disease can include the following:
- pneumonia
- severe swelling in the throat, making it difficult to breathe; sore throat
- fever
- ear infections
- infections of the blood, joints, bones, and covering of the heart

The good news is that the Hib disease is preventable! The Hib vaccines you can choose from include: Pentacel, ActHIB, Hiberix, and PedvaxHIB. Depending on which brand of vaccine you select, children will either receive three or four doses. Doses of the vaccine are recommended at the following ages:
First dose: 2 months old
Second dose: 4 months old
Third dose: 6 months old
Final/Booster dose: 12-15 months old

For more information on child immunizations, call us at (808) 969-9220.

Tuberculosis

March 24 is World Tuberculosis Day. There are two types of tuberculosis (TB): latent TB and TB disease. People infected with latent TB have inactive TB germs in their bodies and do not show symptoms of TB disease. It is important to note that they cannot spread the germs to others, but can later become sick with TB disease if their immune system becomes compromised.

Those with the TB disease are sick due to active TB germs that multiply and destroy tissue in the body. Symptoms of TB disease include feelings of weakness, weight loss, fever, and night sweats. Those with the disease are contagious and can spread TB germs in the air through coughing, sneezing, and speaking. The airborne germs can stay in the air for many hours which can cause others to become infected with TB germs. Once TB germs are contracted, a person is considered to have latent TB. Some people may live with latent TB and never have it progress. But for others, TB bacteria may multiply and attack the immune system, causing the latent TB to progress to TB disease.

If you suspect you are sick with TB, you should see your doctor who can test for TB with a skin test or blood test. Prevent the spread of Tuberculosis by getting tested if you suspect you are infected.

TAKE ON LATENT TB INFECTION

Up to 13 million people in the U.S. have latent tuberculosis (TB) infection.

Latent TB Infection
Latent TB infection means TB germs are in the body, but not enough to cause sickness or spread germs to others.

TB Disease
If TB germs become active & multiply, latent TB infection can turn into TB disease.

1 in 10
Without treatment, 1 in 10 people with latent TB infection will develop TB disease.

PEOPLE WHO SHOULD BE TESTED FOR TB INFECTION INCLUDE:

- Contacts of people with TB disease.
- People from countries where TB disease is common.
- People with health problems that make it hard to fight TB disease.
- People who spend time in places where TB is more common.

TREATING LATENT TB INFECTION PREVENTS TB DISEASE.

1 dose 1 time per week 12 weeks
A skin test or blood test can find TB infection.

$18,000 TO TREAT TB DISEASE
$600 TO TREAT LATENT TB INFECTION

Eliminating TB requires expanding testing & treatment of latent TB infection. CDC works to:

- Promote Effective Testing & Treatment Options.
- Engage Affected Communities & Medical Providers.
- Develop New Guidance & Tools.

To learn more about latent TB infection: www.cdc.gov/tb

January 2018
Did you know, March is National Nutrition Month? Find out how to create a healthy meal by completing the activities below:

**Healthy Food Item Word Search**

Word List:
- Strawberry
- Kale
- Nuts
- Organe
- Banana
- Gapes
- Fiber
- Broccoli
- Eggs
- Carrot

Create your own Healthy Meal

Dairy

Fruits

Grains

Vegetables

Proteins

Draw your favorite fruit, vegetable, grain, protein, and dairy products to create a healthy meal you love!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>*9AM Hypertension Class-Ka‘ū</td>
<td>10:30AM BS&amp;SEC -Keaukaha</td>
<td>*10AM Diabetes Class-Puna</td>
<td>10:30AM BS&amp;SEC -Keaukaha</td>
<td>10AM Zumba -Hilo Office</td>
<td>8AM Hilo Heart &amp; Stroke Walk -Hilo</td>
</tr>
<tr>
<td>*9AM Hele Mai ‘Ai</td>
<td>1PM Cancer Support Group-Hilo</td>
<td>*10AM Diabetes Class-Puna</td>
<td>10:30AM BS&amp;SEC -Keaukaha</td>
<td>Sign-up at <a href="http://www2.heart.org/goto/HuiMalama">http://www2.heart.org/goto/HuiMalama</a></td>
<td>9AM La‘au Lapa‘au Workshop -Aunty Sally’s, Hilo</td>
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<tr>
<td>5:30PM Zumba -Keaukaha</td>
<td>*4:30PM Diabetes Class-Waimea</td>
<td>*4:30PM Zumba -Keaukaha</td>
<td>5:30PM Zumba -Keaukaha</td>
<td>*5:30PM Healthy at Any Size-Hilo</td>
<td>Are you a cancer survivor or caregiver? Join us for talk story, hula, and paddling!</td>
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</table>

**Exercise & Fitness Location:** Keaukaha - Mālla Puka O Kalani Church Gym-326 Desha Avenue Hilo, HI 96720

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**Live Longer & Feel Better, Together!**

**JOIN US TODAY**
Visit our office or call to learn more.
1438 Kilauea Ave, Hilo
(808) 969-9220

**Events and classes subject to change.**
Visit HMONO.org for additional events & most updated calendar.