

June
June 2018

Olakino

Newsletter

LIVING HEALTHIER **Chronic Disease Prevention & Management**

Look Inside for:

- *June & July class schedule*
- *Healthy and ono recipes!*
- *Update on our transportation services available to those displaced by the lava flow*

A message from our Board of Directors



Aloha kākou,

Mahalo to the crew of the Hōkūle‘a for spreading aloha and mālama honua to take care of the earth. Even more so, for our keiki and kūpuna, mahalo for the lessons you bring back from your journey around the world to teach traditional navigation techniques. Learning from you, our people may mālama what we have on our island like our mountains, water, stars, but most of all, our ‘āina.

To our families of Puna and all impacted communities, our heartfelt aloha goes out to you all in this time of hardship. Hui Mālama Ola Nā ‘Ōiwi Board and staff hope for good health for your keiki, kūpuna, and yourself. Be safe and know our doors are always open to you all.

With Aloha, Mabel De Silva - Chair

A message from our Executive Director



Aloha mai kākou,

My aloha and prayers are with our island during this difficult time. With the lava fissures and eruption of Halema‘uma‘u Crater, our life routines have been interrupted. I have been amazed by the heart of our community and the willingness of people to help others. This is the spirit of aloha. The generosity, kindness, and unity of our community makes me proud to be here with you all. It also makes me certain that we will recover and rebuild.

Hui Mālama Ola Nā ‘Ōiwi is with you, volunteering and offering services where helpful. We have expanded our specialty transportation services to offer transportation to medical appointments from the disaster relief shelters for the months of June and July to serve those impacted by the lava flow. To schedule a ride appointment, please call our office at (808) 969-9220.

I hope each of you is staying safe and taking care of yourself. As always, you are welcome to join us for Hui Mālama health programs and education. We focus on prevention and management of health issues. Nutrition, physical activity, mental well-being, and health education all are part of that effort. I am excited to share that we will be launching some new medical services in the coming months. Call us or visit us online for more information.

Mahalo nui loa, Louis Hao - Executive Director



Hui Mālama Ola Nā ‘Ōiwi
Community Health Education Services

Live Longer & Feel Better, Together

Board of Directors

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Become a member today!
Take advantage of
Hui Mālama Ola Nā ‘Ōiwi’s
health services. Just visit:
HMONO.org/register

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What's Happening Around Hawai'i Island?

Please note, all classes and events will continue as scheduled with regular assessment of volcano activity. If determined unsafe, programs will be cancelled or relocated. Visit our online calendar for most up-to-date schedule.

La'au Lapa'au Workshops - Ka'ū

Saturday, June 2, 10am-3pm

Read more about 2018 La'au Lapa'au Workshops on page 4.

Diabetes Support Group

Tuesday, June 5, 5:30-7:00pm, Hui Mālama Office

Cancer Support Group

Tuesdays, June 12 & June 26, 5:30-7:30pm

Hui Mālama Office

Beach Yoga Cancer Support Event

Sunday, June 17, 9:00-11:00am

Hale Halawai Park, Kailua-Kona

Exercise & Fitness

Zumba with Keanne

Monday & Wednesdays, 5:30pm

Malia Puka O Kalani Church Gym in Keaukaha

Basic Stretch & Strengthening

Tuesdays & Thursdays, 10:30am

Malia Puka O Kalani Church Gym in Keaukaha

Zumba with Rhonda

2nd & 4th Friday, 10am, Hui Mālama Office

New times added for June! Tuesdays, 4:45pm


75 Aupuni St. Hilo - Makai Courtroom

Therapeutic Yoga with Kat

Tuesdays, 5pm, Malia Puka O Kalani Church Gym

New times added for June! Thursdays, 4:45pm

75 Aupuni St. Hilo - Makai Courtroom

 Hui Mālama Ola Nā 'Ōiwi		
SCHEDULE OF CLASSES		
	JUNE	JULY
HILO		
HEALTHY HĀPAI	Wed 6/13 - 6/27	
HELE MAI'AI (nutrition)		Wed 7/11 - 7/25
HYPERTENSION	Thurs 6/7 - 6/21	
KA'Ū		
HELE MAI'AI (nutrition)		Mon 7/9 - 7/23
PUNA		
HYPERTENSION		Wed 7/11 - 7/25
HELE MAI'AI (nutrition)	Thurs 6/14 - 6/28	
KONA		
HELE MAI'AI (nutrition)	Tues 6/19, 6/26, 7/3 (Kona)	
LA'AU LAPA'AU CLASS		Sat 7/7 & 7/21 (Kona)
NORTH HAWAI'I		
GROW YOUR OWN LA'AU	Sat 6/9 (Honoka'a)	
HEALTHY HĀPAI	Mon 6/4, 6/18, 6/25, 7/2 & 7/9 (Waimea)	
Schedule subject to change. To sign-up, please call or visit us online today! hmono.org/classes		

Visit our website and follow us for more information on services!

Out in the Community

Here is some of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i Island 'ohana Live Longer and Feel Better, Together. Come join us for upcoming events and classes!



Auntie Edna and Uncle Sam Baldado being honored as nominees at the Outstanding Older American Award ceremony on May 4.

Po'okela Ikaika Dombrigues sharing about la'au at the May 5 La'au Lapa'au workshop in Kona.



Hui Mālama Ola Nā 'Ōiwi having fun with the keiki at the Puna Keiki Fun Day in Pahoa on May 12. Hui Mālama joined BISAC and numerous other groups for a day celebrating the keiki.



Be part of a healthy Hawai'i Island!



Support Hui Mālama Ola Nā 'Ōiwi health services and education today!

Monetary Donations
Visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Mālama Ola Nā 'Ōiwi
1438 Kilauea 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
Volunteer opportunities range from helping with educational classes, to office tasks, to assisting at community health fairs. Call or visit us online to learn how you can help!
hmono.org/volunteer

GARDEN TALK

with Matt Kaho'ohanohano

Matt Kaho'ohanohano is the instructor for the Hui Mālama Ola Nā 'Ōiwi Grow Your Own Lā'au program. He developed *The Plant Resource Guide* to teach participants about propagation, cultivation, harvesting, and health properties of five local plants.



This month he shares with us about the important practice of pruning. Pruning is usually done with hand shears after a season of fruiting to promote new growth or to keep growth down to a minimum depending on when you prune.



To promote new growth, prune the plant during the waxing moon that month. To keep the growth at bay, you will want to prune during the waning moon. All of this pruning helps to prolong a plant's life cycle. Matt suggests that you prune at the nodes which are the areas of the stems where new buds grow. All stems have nodes and they are located at each section of growth. Tip: If you want to promote lateral growth (outward growth), prune the top nodes (apical meristem). To promote apical growth (upward growth), prune the lateral branches. One other way of pruning is removing flowers to prevent fruiting. This extends the vegetative growth stage of the plant; however, this would mean the plant or tree will not bear any fruits until the next flowering. To learn more about growing your own plants, join Matt for a Grow Your Own Lā'au class!



Grow Your Own Lā'au

Join us for these upcoming classes! Participants will learn about propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of five local plants: kaukama, ko'oko'olau, 'olena, māmaki, and lūkini.

Honoka'a - Saturday, June 9, • Kohala Center
• 10am - 12pm



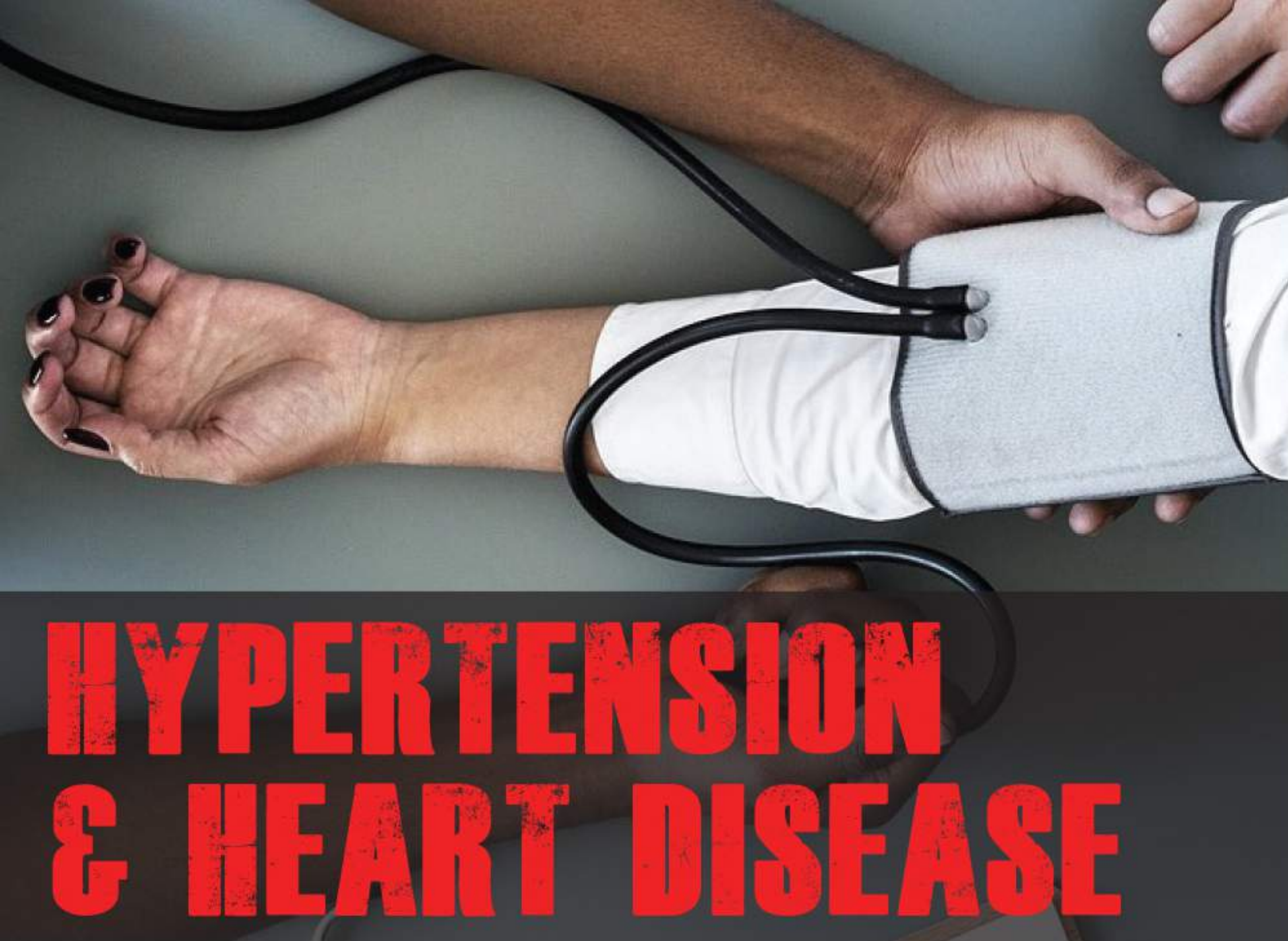
La'au Lapa'au Workshops

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

Puna - Saturday, June 23, 2018 • 9am-3pm
• Pahoā, location to be determined pending volcano activity



Join Po'okela Ikaika Dombrignes and Hui Mālama Ola Nā 'Ōiwi to learn about the ancient Hawaiian healing practices of La'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and La'au Kahea.



HYPERTENSION & HEART DISEASE

Hypertension, also known as high blood pressure, is a chronic condition that leads to heart disease and affects thousands of Americans. High blood pressure occurs when the blood pumping through your blood vessels is consistently flowing at a high force. Hypertension can lead to chronic diseases like heart failure and peripheral artery disease, and can cause complications like heart attacks and strokes.

Hypertension is also known as the “silent killer” because, for the most part, there are no outward physical symptoms. This is why it is so important to get your blood pressure checked periodically. Schedule your routine check-ups with your doctor and get your blood pressure checked annually or as often as recommended by your doctor. For those with high blood pressure, speak with your doctor to come up with a blood pressure monitoring schedule that is best for you. To learn more about hypertension normal, elevated, and high ranges, refer to the updated guidelines released by the American Heart Association. Hui Mālama Community Health Coordinator Wanda Louis, RN, strongly encourages everyone to have their blood pressure checked, “It is important to know what your numbers are. Find out today. Once you know, we can help you with your next steps. Don’t be afraid of your numbers. We’ll work with you. If your numbers are high, we’ll teach you how to manage high blood pressure. It is better to know your numbers so we can make the right plan for you.” You can get your blood pressure checked for free today at Hui Mālama Ola Nā ‘Ōiwi.

Hypertension in Hawai‘i

According to the Hawai‘i State Department of Health, hypertension affects 32% of the Hawai‘i adult population. Heart disease and stroke are the first and third leading causes of death in Hawai‘i, respectively, with about 4,000 deaths per year resulting from heart disease and stroke. What is causing these high rates? With our modern technology, it’s easy to just sit down at home after work and stare at a phone screen

or television for hours. This sedentary lifestyle is detrimental to our health. The good news is that you can significantly reduce your risk of heart disease through a healthy, active lifestyle. This can include:

- *Exercising five times a week for 30 minutes*
- *Reducing your sodium intake*
- *Educating yourself about heart disease*
- *Scheduling regular health checks with your doctor*
- *Stop smoking cigarettes*

For more tips on how you can live a healthy lifestyle to prevent heart disease, go to American Heart Association’s website at heart.org.

Hui Mālama Ola Nā ‘Ōiwi Hypertension Program

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

Upcoming Hypertension Classes

Hilo: Thursdays, June 7 - June 21

Puna: Wednesdays, July 11 - July 25

KNOW YOUR BLOOD PRESSURE

—AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS

Systolic	Diastolic	The newest guidelines for hypertension:
<120 mmHg AND <80 mmHg		NORMAL BLOOD PRESSURE *Recommendations: Healthy lifestyle choices and yearly checks.
$120-129$ mmHg AND <80 mmHg		ELEVATED BLOOD PRESSURE *Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.
$130-139$ mmHg OR $80-89$ mmHg		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.
≥ 140 mmHg OR ≥ 90 mmHg		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

SPREAD ALOHA

“I have been amazed by the heart of our community and the willingness of people to help others. This is the spirit of aloha. The generosity, kindness, and unity of our community makes me proud to be here with you all. It also makes me certain that we will recover and rebuild.”

Louis Hao
Executive Director, Hui Mālama Ola Nā ‘Ōiwi



Hui Mālama Ola Nā ‘Ōiwi has joined with countless individuals & organizations helping in this time of hardship. Together, with all the helping hands, we can make a difference in our community.

The Kōkua Hali Specialty Transportation Program

provides transportation services on Hawai‘i Island specifically for people with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes) or visually impaired clients requiring a blind walking stick.

In response to emergency needs, the DME restriction has been lifted. **For the months of June and July, we are offering transportation to medical appointments from the disaster relief shelters to serve all those impacted by the lava flow.**

Transportation is restricted to **medical appointments** including: physician visits, hospitals, dental appointments, x-ray, laboratory, physical & occupational therapy, and traditional healing practitioners.

The Specialty Transportation Program is available Monday through Friday by appointment only. To schedule a ride appointment, please call our office at (808) 969-9220.

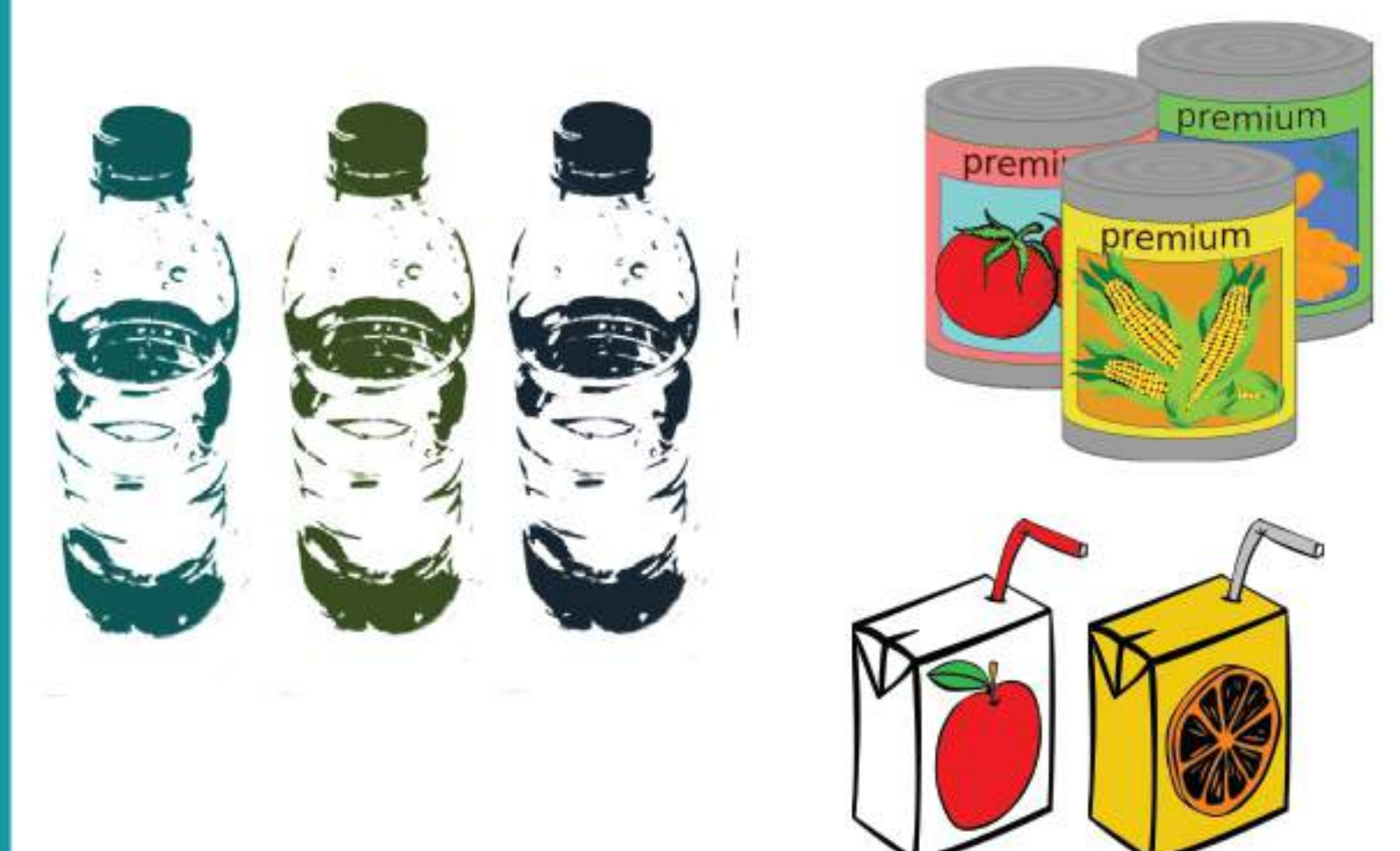


Food & Water Drive

Hui Mālama Ola Nā ‘Ōiwi is holding a food and water drive at our office in Hilo. All items will go to The Food Basket who is helping those displaced by the lava flow.

Useful items include:
Bottled Water
Canned goods
Instant Foods
Boxed Juices

Items can be dropped off at our office Monday - Friday, 8am-4:30pm.
1438 Kilauea Avenue
Hilo, HI 96720



LIVING HEALTHIER

Chronic Disease Prevention & Management



Educate Yourself

Learning about your diagnosis is a great way to empower yourself. Ask your doctor questions and take a health education class. You can learn about your condition, ways to improve your health, ways to avoid complications, and treatment options. Additionally, you can gain the knowledge to know what best help and resources are available. All of this enables you to play an active role in maintaining your health and taking control of your life.



Physical Health

Taking care of your physical well-being is an important aspect of your overall health, especially when diagnosed with a chronic disease or condition. Living with a chronic disease means being vigilant about taking care of your body. Ways to manage your physical health include:

- Exercise at least 5 days a week for 30 minutes a day if possible. If not, do what you can!

- Eat balanced and nutritious meals and snacks
- Stop smoking cigarettes
- Consume alcohol in moderation
- Take the appropriate medication routinely
- Receive necessary medical care
- Know your physical limits



Mental & Emotional Well-being

In addition to your physical well-being, your mental and emotional health are important to care for, too! We might not think about it often, but our physical health can be impacted by our mental and emotional health. When something stressful happens or when you get nervous, your body reacts. You may get sweaty palms or even an upset stomach. This strong connection between mind and body is why caring for your mental and emotional health are important. Caring for yourself mentally and emotionally when it comes to living with a chronic disease may include:

- Let go of the blame
- Learn what coping skills work for you
- Empower yourself
- Recognize your limits and learning how to say no
- Accept and learning how to ask for help from others
- Distinguish your illness from yourself

Visit [medlineplus.gov](https://www.medlineplus.gov) for more tips for living with a chronic disease.

What is a chronic disease? A chronic disease is an illness that persists for a long period of time. Common chronic diseases and conditions include heart disease, cancer, type 2 diabetes, obesity, arthritis, kidney disease, and complications from stroke. Once diagnosed with a chronic disease or condition, it can be difficult to adjust. But, there are many things within your control you can do to live healthier and feel better.



Prevention

While chronic diseases and conditions may happen to anyone, there are ways you can reduce your risk of becoming ill. Knowing your body, being mindful of health concerns, and having routine check-ups with your doctor are the best ways to keep your health on track. If you have a health concern, make sure you ask your doctor about it. Getting preventive health screenings is another big step towards reducing risk and living a healthy lifestyle!

Recommendations for Women

For women, preventive screenings and tests are recommended to check for:

- Certain types of cancer
- For example: self-breast exam and mammogram, and routine pap smears
- High blood pressure or high cholesterol
- Diabetes
- Osteoporosis (weak bones)
- Sexually transmitted diseases (STDs)
- Hearing loss or vision loss
- Mental health conditions, like depression

For more information about women's health screening schedule, visit cdc.gov or ask your doctor.

Recommendations for Men

Men are encouraged to visit their doctors at least once a year for preventive screenings, vaccines, and medical tests. For males, some of the screenings and tests include:

- Blood pressure
- Cholesterol
- Diabetes
- Hepatitis B and Hepatitis C
- Sexually transmitted diseases (STDs)
- Tuberculosis
- Prostate exams (50 and older)
- Colorectal health (50 and older)

Discussing men's health is crucial in raising awareness for necessary screenings and early detection efforts. June is Men's Health Month! For more information about Men's Health Month and what you can do to encourage the men in your community to get regular medical check-ups, go to menshealthmonth.org/



Be the Key

It is possible to live a healthy, fulfilling life with a chronic disease or condition. There will most likely be hard times and good times. Process as you need and return to positive outlook as much as possible. Educate yourself, take control of what you can control. Get your recommended screenings, eat well, and exercise as you're able. If you have any health concerns, make sure you get checked by your doctor. You are the key to your success. Remember, you are the biggest advocate for your health and caring for your body.



June 3 is National Cancer Survivors Day!

Hui Mālama Ola Nā 'Ōiwi would like to honor and recognize all the members of our cancer support group, Mālama Ka Pili Pa'a (MKPP). These amazing men and women have created a beautiful 'ohana that continues to welcome people with open arms. Despite having their own struggles, they come together to celebrate life and to lift each other up! They continually strive to help others. They epitomize strength, heart, and aloha. Mālama Ka Pili Pa'a, we celebrate each of you today and all days.



Looking for support?

Come talk story with cancer patients, survivors, and caregivers at the cancer support group meetings every 2nd & 4th Tuesday, 5:30-7:30pm at the Hui Mālama office.

Upcoming Mālama Ka Pili Pa'a Meetings

- Tuesday, June 12, 5:30pm-7:30pm
- Tuesday, June 26, 5:30pm-7:30pm

Save the Date!

American Cancer Society Relay for Life:

- Hilo - Francis Wong Stadium Track
- Saturday, July 21 • 4PM - Midnight

Join the team!
<http://main.acsevents.org/goto/huimalama>

You are invited to the

Kona meet-and-greet cancer support event!



Join us for gentle yoga on the beach and talk story with other cancer warriors & caregivers.

Sunday, June 17

9am-11am

Hale Halawai Park



This event is free and open to the public.

Hosted by:



Questions?
Call Hui Mālama Ola Nā 'Ōiwi at
969-9220.

NUTRITIOUS & DELICIOUS!

Hui Mālama Ola Nā 'Ōiwi offers nutrition classes to help the community learn about proper nutrition and how to keep the body healthy. Hele Mai 'Ai teaches participants how to pick healthier alternatives in meals, and goes in-depth about food choices and how they impact health. Read below for delicious healthy recipes!

Upcoming Hele Mai 'Ai Nutrition Classes:

- Hilo - Wednesdays, July 11 to July 25
- Ka'ū - Mondays, July 9 to July 23
- Kona - Tuesdays, June 19, June 26, & July 3
- Puna - Thursdays, June 14 to June 28

Chicken and Squash Soup



INGREDIENTS

- 2 small onions, cut into 1 ¼ inch dice (about 1 cup)
- 3 teaspoons garlic, minced
- 3 teaspoons ginger, minced
- 3 cans low sodium chicken broth
- 2 bags of 2.5 lbs boneless, skinless chicken thighs, cut into 2" chunks
- 1 large, long, green squash, cut into large chunks
- 1 lb. green beans, cut into 2" slices
- 1 20 oz container of tofu, cut into cubes

DIRECTIONS

1. Slice onions. Simmer slices from one onion in one can of chicken broth until translucent.
2. Add chicken, remaining broth, garlic, and ginger. Simmer until partially cooked.
3. Add carrots, squash and onion slices and cook until tender. Add string beans and tofu. Simmer uncovered until beans are tender.

Curried Chicken Salad Sandwiches



INGREDIENTS

- 2 cups diced cooked chicken
- ½ cup chopped celery
- ½ cup sliced water chestnuts, sliced in strips
- 1 cup seedless grapes, sliced in half
- 2 tablespoons minced sweet onion
- ½ - ¾ cup light mayonnaise
- 1 teaspoon lemon juice
- ½ - 1 teaspoon curry powder
- Black pepper to taste

DIRECTIONS

1. Place chicken, vegetables, and grapes in large bowl.
2. Whisk together mayonnaise, lemon juice, curry powder, and black pepper.
3. Pour over salad and toss well.
4. Allow about ½ cup of mixture for 1 sandwich.

Makes 8 sandwiches.

Taro Salad

INGREDIENTS

- 3 cups cooked and diced taro
- ½ cup chopped celery
- ½ cup grated carrots
- 2 teaspoons chopped round onions
- ½ cup chopped bell peppers
- ½ teaspoon salt (optional)
- Low-fat/light mayonnaise to moisten



DIRECTIONS

1. Combine taro, celery, carrots, round onions, and bell peppers.
2. Mix lightly with mayonnaise. Serve on lettuce leaves.

Note: You may garnish with parsley and a sprinkle of paprika.

Hui Mālama Ola Nā 'Ōiwi hosts

The Second Annual

Mālama Nā Keiki Festival

Saturday

July 28, 2018

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

Na'ālehu Park

The event is **FREE** and open to the public. Expecting and first-time mothers, women considering pregnancy, young families, and supporting 'ohana from across the county - come join the fun!



Health Screenings:

- Hearing Screenings
- Vision Exams
- Height & Weight
- Body Mass Index (BMI)

Event Education & Activities:

- Prenatal Panel
- Breastfeeding class with lactation specialists
- Grow Your Own Plant!
- Infant Massage Class



Keiki activities! Free food!

Entertainment! Prizes!



**Hui Mālama
Ola Nā 'Ōiwi**

To learn more, contact us today!

(808) 969-9220 • HMONO.org



/HMONO.org



hui_malama_

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and today, in light of all that is happening with the volcano and lava flows, I am reminded of the very important need for us to be prepared for any emergency - especially when it involves our medical needs.

Having your medications and necessary medical information ready to go is crucial. In the case of an emergency, you should have a list of:

- All the medications you take
- The scheduled times and dosages
- The names of the doctors and pharmacists with their phone numbers
- A family member or friend as emergency contact with their phone number

It is also important to list any health information that is critical to your healthcare, including: allergies, restricted food items, necessary medical supplies (e.g. insulin syringes), and necessary scheduled healthcare (e.g. dialysis). In an emergency, there may be no time to do these things, so it is best to be prepared.

Want to learn more about healthy choices? Come see us at Hui Mālama Ola Nā 'Ōiwi, working 27 years to help our Hawai'i Island be a healthy and happy place. Call us at 969-9220.

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



Outstanding Older American Award

We are celebrating three very special people of the Hui Mālama Ola Nā 'Ōiwi 'ohana! Aunty Edna Baldado, Simplicio "Sam" Baldado, and Hannah "Aunty Midge" Kahee were honored as nominees at this year's Older American Award Luncheon. Each May, the Hawai'i County Office of Aging hosts an award luncheon to honor the very deserving nominees from across the county. Congratulations to Aunty Edna, Uncle Sam, Aunty Midge, and all the inspiring recipients on your nomination and mahalo nui loa for all you do for the community.



Hui Mālama Ola Nā 'Ōiwi Immunization Program

Does your child turn 3 years old between August 2017 and July 2018?

Has he or she completed all 19 vaccinations?



Did you know if your child turns 3 years old between August 2017 & July 2018 AND completes their 19 immunizations, they can receive a **FREE** backpack or sleeping bag? Just submit their immunization card to our office in Hilo to pick your prize!

The 19 required immunizations include:

- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4

For more information about our Immunization Program, call us at (808) 969-9220.



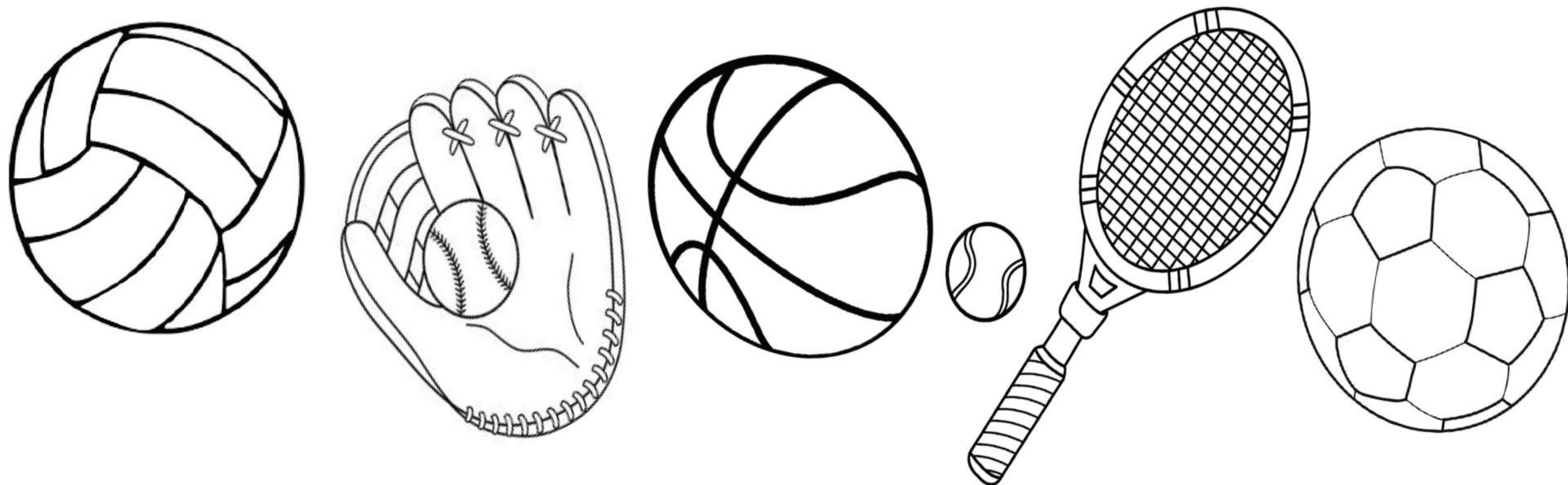
KEIKI COLORING CORNER

Limiting screen time and increasing physical activity is a great way to build a healthy mind and a healthy future!

With the chart below, track the hours spent watching television & playing video games (**Screen Time**). Also track the time playing outside & walking (**Staying Active**).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Screen Time							
Staying Active							

If your **Screen Time** is greater than your **Staying Active** time, find out ways you can be more active. Once you decided what you can do to be more active, try to beat your score from the previous day!





Hui Mālama Ola Nā 'Ōiwi

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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***Class Sign-up:** Classes are 3-weeks long (one session a week). Seats are limited. Please contact us to sign-up. Mahalo!

Exercise & Fitness Locations
 Department of Health - Makai Courtroom- 75 Aupuni St., Hilo
 Keaukaha - Malia Puka O Kalani Church Gym-326 Desha Ave., Hilo

Please note, all classes and events will continue as scheduled with regular assessment of volcano activity. If determined unsafe, programs will be cancelled or relocated. Visit our online calendar for most up-to-date schedule.

<p>4 4PM Healthy Hāpai -Waimea 5:30PM Zumba -Keaukaha</p>	<p>5 10:30AM BS&SEC-Keaukaha 4:45PM Zumba -Dept. Of Health 5PM Yoga-Keaukaha 5:30PM Diabetes Support Group-Hilo</p>	<p>6 *9AM Diabetes Class -Puna *5:30PM Zumba -Keaukaha</p>	<p>7 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health 5PM Hypertension Class -Hilo</p>	<p>8 10AM Zumba -Hilo Office</p> <p>BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>9 10AM Grow Your Own La'au Class -Honoka'a: Kohala Center</p>
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<p>11 OFFICE CLOSED Kamehameha Day</p>	<p>12 10:30AM BS&SEC-Keaukaha 4:45PM Zumba -Dept. Of Health 5PM Yoga-Keaukaha 5:30PM Cancer Support Group-Hilo</p>	<p>13 *4PM Healthy Hāpai -Hilo 5:30PM Zumba -Keaukaha</p>	<p>14 *9AM Hele Mai 'Ai Class -Puna 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health *5PM Hypertension Class -Hilo</p>	<p>15</p>	<p>16</p> <p>Sunday 17 9AM - 11AM Beach Yoga Cancer Support Event Hale Halawai Park Kona</p>
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<p>18 4PM Healthy Hāpai -Waimea 5:30PM Zumba -Keaukaha</p>	<p>19 10:30AM BS&SEC-Keaukaha 4:45PM Zumba -Dept. Of Health *4:45PM Hele Mai 'Ai -Kona 5PM Yoga-Keaukaha</p>	<p>20 *4PM Healthy Hāpai -Hilo 5:30PM Zumba -Keaukaha</p>	<p>21 *9AM Hele Mai 'Ai Class -Puna 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health *5PM Hypertension Class -Hilo</p>	<p>22</p>	<p>23 10AM La'au Lapa'au Workshop -Pahoa, location TBD</p>
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<p>25 4PM Healthy Hāpai -Waimea 5:30PM Zumba -Keaukaha</p>	<p>26 10:30AM BS&SEC-Keaukaha 4:45PM Zumba -Dept. Of Health *4:45PM Hele Mai 'Ai -Kona 5PM Yoga-Keaukaha 5:30PM Cancer Support Group-Hilo</p>	<p>27 *4PM Healthy Hāpai -Hilo 5:30PM Zumba -Keaukaha</p>	<p>28 *9AM Hele Mai 'Ai Class -Puna 10:30AM BS&SEC -Keaukaha 4:45PM Yoga -Dept. Of Health</p>	<div style="border: 2px solid green; padding: 10px;"> <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. Visit HMONO.org for additional events & most updated calendar.</i></p> <p><small>The Olakino is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H1CCS00013, Native Hawaiian Health Care with grant amount of \$2,377,840.00. 20% of Hui Mālama Ola Nā 'Ōiwi services are financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.</small></p> </div>	
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