

December  
Kēkēmapa 2018

# Olakino

## Newsletter



## Meet the Hui Mālama Ola Nā 'Ōiwi Medical Team!

### Look Inside for:

- Updates on our free health screenings
- Upcoming Grow Your Own Lā'au classes
- Volunteer opportunities with Hui Mālama



## A message from our Board of Directors

### Story of an Old Hawaiian Family Christmas



A mommy, papa, and ten kids did not have much for Christmas. Papa worked really hard and mommy planted taro and vegetables in her garden for mai 'ai (food). There was a little red church in the back of their hale where mommy and the kids would go for church service knowing that Christmas was coming soon. At church, the kids and kūpuna would sing Christmas mele all in Hawaiian. After service, the kūpuna would hand out goodie bags for the kids.

But at home, there was not much going on. Mommy and pappy were sad because there was no makana (gift) for the kids. But mommy had a pā'ina (supper) on the table with a big bowl of poi, fried fish, dried fish, pa'akai (hawaiian salt), limu (seaweed), and kukui nut mixed with pa'akai. That was Christmas Dinner. Prayer was said by mommy. She would tell the kids, "Papa is working hard, be home soon." After pā'ina, mommy would get all the kids ready for the Christmas story before bed. When papa got home, he would say we are blessed to have all our kids here and all are in good health. Mommy would start her Christmas story while the kids listened happily. We might not have much. We had no electricity, only kukuhelepo (lamp), but we had a roof over our heads, clothes on our backs, and food on the table. We have more than all of this, the best gift in life is love, family, good health and the blessing of the Lord. Now with the holidays upon us, stay healthy by eating all the right foods, see your doctor and take your medication, be kind to each other, love one another, and have a happy holiday.

Mele Kalikimaka Hau'oli Makahiki Hou,  
**Mabel Silva - Chair**

## A message from our Executive Director



Aloha mai kākou,

As 2018 comes to a close, I am thankful for this year. It was a good year for Hui Mālama Ola Nā 'Ōiwi. From where we were to where we're at, we have made progressive strides in moving forward. We have sought to improve and expand our services to better meet the needs of our community. We have grown our Healthy Hāpai prenatal program across the island, added new exercise classes in Hilo and Ka'ū, and launched the Healthy At Any Size class. In addition, our Grow Your Own Lā'au program has continued to bloom, offering plant and propagation education to keiki through kūpuna.

I am pleased to share the establishment of our medical program. With a team of five medical professionals, we will be bringing more resources and health services to our community, especially in rural areas and for underserved populations.

Yes, we have experienced some growing pains and obstacles along the journey, but we will continue to strive to meet the needs of Hawai'i island. Mahalo Ke Akua for where we're at and giving us this great opportunity to serve our people. I know we have yet to imagine our future steps and to visualize all we can do. In this time of ho'ihō'i for our organization, we will continue to expand, improve, and help our community live longer and feel better, together.

Mahalo to our staff, Board of Directors, Mālama Ka Pili Pa'a, and the entire community for your support, engagement, and dedication to improved health.

Mele Kalikimaka and be blessed,  
**Louis Hao - Executive Director**



**Hui Mālama Ola Nā 'Ōiwi**  
Hawai'i Island Health Care System  
*Live Longer & Feel Better, Together*

### Board of Directors

Mabel De Silva, Chair  
Robert Shimamoto, Vice Chair  
C. Noelani Ho'opai, Second Vice Chair  
Robert Yamada II, Treasurer  
Kamuela Bannister, Secretary  
Moana Uluwehi Ching, Director  
Leilani Kerr, APRN, Director  
Ronald Kodani, Director  
Michael Sonoda Dias, Director  
Kealohanuiopuna Kinney, Ph.D., Director  
Hannah Preston-Pita, Psy.D. CSAC, Director

---

Editor-In-Chief: Jasmine LeFever  
jasmine@HMONO.org  
Content Writer: Marguerite Stith

HMONO.org  
(808) 969-9220  
1438 Kīlauea Ave., Hilo, HI 96720  
Facebook: /HMONO.org  
Instagram: hui\_malama\_

---

### Become a member today!

Take advantage of  
Hui Mālama Ola Nā 'Ōiwi  
health services. Just visit:  
HMONO.org/register

*Printing of Olakino provided by the  
Kamehameha Schools East Hawai'i Region*



# What's Happening Around Hawai'i Island?

## Diabetes Support Group

Tuesday, December 4, 5:30-7:00pm, Hui Mālama Office  
 Tuesday, December 18, 1:00-2:30pm, Hui Mālama Office

## Exercise & Fitness

### Basic Stretch & Strengthening

Tuesdays & Thursdays,  
 December 4, 6, 11, 13, 18, & 20,  
 10:30am  
 Malia Puka O Kalani Church Gym  
 in Keaukaha

### Basic Stretch & Strengthening in Ka'ū

Wednesdays, December 5 & 12,  
 9:30am  
 Na'ālehu Community Center

### NEW! Basic Stretch & Strengthening in Pāhala

Thursdays, December 6 & 13,  
 9:30am  
 Pāhala Hawai'i County Nutrition  
 Center

### Zumba

Friday, December 14, 10:00am,  
 Hui Mālama Office  
 Mondays & Wednesdays,  
 December 3, 5, 10, 12, 17, & 19,  
 5:30pm  
 Malia Puka O Kalani Church Gym

### Therapeutic Yoga

Tuesdays & Thursdays,  
 December 4, 6, 11, 13, 18, & 20,  
 5:00pm  
 Malia Puka O Kalani Church Gym

## SCHEDULE OF CLASSES



**Hui Mālama  
 Ola Nā 'Ōiwi**

	DECEMBER	JANUARY	FEBRUARY
<b>HILO</b>			
<b>DIABETES MANAGEMENT</b>			<b>Wed 2/13 - 2/27</b>
<b>HEALTHY HĀPAI</b>			<b>Mon 2/11 - 3/18</b>
<b>HEALTHY AT ANY SIZE</b>		<b>Thurs 1/31 - 3/7</b>	
<b>HYPERTENSION</b>		<b>Wed 1/16 - 1/30</b>	
<b>PUNA</b>			
<b>DIABETES MANAGEMENT</b>			<b>Wed 2/6 - 2/20</b>
<b>HYPERTENSION</b>	<b>Wed 12/5 - 12/19</b>		
<b>KA'Ū</b>			
<b>DIABETES MANAGEMENT</b>			<b>Mon 2/4 - 2/25</b>
<b>EXPANDED FOOD &amp; NUTRITION EDUCATION</b>		<b>Wed 1/16 - 2/19</b>	
<b>KONA</b>			
<b>HEALTHY HĀPAI</b>		<b>Wed 1/9 - 2/6</b>	
<b>NORTH HAWAI'I</b>			
<b>DIABETES MANAGEMENT</b>		<b>Mon 1/14 - 2/4</b>	
<b>HEALTHY HĀPAI</b>		<b>Wed 1/9 - 2/6</b>	

Schedule subject to change. To sign-up, please call or visit us online today!  
[hmono.org/classes](http://hmono.org/classes)

Visit our website for information on more services! [HMONO.org](http://HMONO.org)



# 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!



## **Keiki Fitness**

Afe Filemoni, leading a keiki fitness session at Keaukaha Elementary on October 29. This lesson on pā uma teaches about strength and balance. It's part of the new E Mālama I Ke Olakino O Nā Keiki program at Hui Mālama that focuses on combating childhood obesity through traditional Hawaiian fitness.

## **Ho'okupu Hula No Ka'ū Cultural Festival**

Po'okela Ikaika Dombrignes and Matthew Kaho'ohanohano shared their knowledge about lā'au at the Ho'okupu Hula No Ka'ū Cultural Festival in Ka'ū on Saturday, November 3.



## **Healthy Hāpai**

Mommies-to-be learned about prenatal care from Healthy Hāpai program facilitator, Leila Ryusaki on November 5 in Hilo. Pregnant? Three more Healthy Hāpai classes are scheduled January and February in Hilo, Kona, and North Hawai'i (read more on page 11).



## **La 'Ohana Day**

The Hui Mālama Traditional Health team joined the La 'Ohana Day in Miloli'i on Saturday, 11/10 to share about lā'au, health uses, and sustainability in growing plants.

**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](http://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**

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](http://hmono.org/volunteer)



# Traditional Hawaiian Health



The 'ōlena, commonly called turmeric, is relatively easy to grow. Although the year round growing season in Hawai'i allows most plants to be planted virtually anytime, 'ōlena has a sort of "internal clock" when its rhizomes go dormant after fall. The best growing season for 'ōlena cultivation would be during the rainy season to encourage sprouting during spring. The rhizomes are harvested in the fall, and the 'ōlena plant goes dormant in the winter. You might know 'ōlena for its natural healing properties. People use it to help with diabetes, heart disease, high cholesterol, and reduce muscle and joint inflammation. For hands-on learning about growing your own 'ōlena, join us for an upcoming Grow Your Own Lā'au class!



plants, and for 2018 classes, the guide is being updated to include more! This resource guide explains the processes of propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of selected plants, such as 'ōlena.

## Grow Your Own Lā'au Winter Classes

**HILO** - Saturday, December 8, 2018

- Hui Mālama Office • 10am - 12pm

**KOHALA** - Saturday, December 15, 2018

- Kohala Intergenerational Center
- 10am - 12pm

**WAIMEA** - Saturday, January 12, 2019

- Tutu's House • 10am - 12pm

*The Grow Your Own Lā'au program is funded by Hawai'i Electric Light, County of Hawai'i, and the Health Resources and Services Administration. Mahalo to our supporters.*

## SAVE THE DATE - 2019

### La'au Lapa'au Workshops

Hui Mālama Ola Nā 'Ōiwi is excited to share dates set for the next series of la'au lapa'au workshops with Po'okela Ikaika Dombrignes. Mark your calendars!



**Hilo** - Saturday, March 9, 2019 • Aunty Sally's Luau Hale • 9AM-3PM

**North Hawai'i** - Saturday, April 6, 2019 •

**Waimea Park Community Center** • 10AM-3PM

**Kona** - Saturday, May 4, 2019 • Old Kona Airport Special Events Pavilion • 10AM-3PM

**Ka'ū** - Saturday, June 1, 2019 • Ka'ū Gym Community MPR • 10AM-3PM

**Puna** - Saturday, July 13, 2019 • Pahoia Gym Patio Area • 9AM-3PM



Matthew Kaho'ohanohano, instructor for the Grow Your Own Lā'au, teaches about plants using the class Plant Resource Guide. The first edition was completed in August 2017 showcasing five



# Mākau Kino Exercise and Fitness

Hui Mālama Ola Nā 'Ōiwi invites you to join for one (or all!) of the available FREE exercise and fitness classes. Read below for class descriptions and come join the fun!



## Basic Stretch and Strengthening

This class offers basic stretches and muscular endurance exercises that will help improve your flexibility and strength. Designed for all ages and geared toward those needing to maintain or increase mobility. We currently offer Basic Stretch in both Keaukaha and Na'ālehu. We are working on starting more Basic Stretch classes in additional locations. Stay tuned!

Lehua Hobbs, Basic Stretch instructor for Na'ālehu and Pāhala, seen here with Keamalu Waltjen of Hui Mālama

**Yoga**  
Join us for yoga, beginners and experienced welcome! Designed for all ages. Get active, increase flexibility, and improve your overall health.



## Zumba

Fun, upbeat, and sure to be a good workout. If you're looking for a Zumba class to get your dance moves on and break a sweat, come down to the Malia Puka O Kalani Church Gym every Monday and Wednesday at 5:30pm. For a less strenuous Zumba class, join us every second and fourth Friday at the Hui Mālama office.

## Schedule of Fitness Classes

	<b>Keaukaha</b> Malia Puka O Kalani Church Gym 326 Desha Ave, Hilo	<b>Hui Mālama Office</b> 1438 Kilauea Ave, Hilo	<b>Na'ālehu Community Center</b> 95-5635 Mamalahoa Hwy, Na'ālehu	<b>Pāhala</b> Hawai'i County Nutrition Center 96-1169 Holei St, Pāhala
<b>Basic Stretch &amp; Strengthening</b>	Tuesday & Thursday 10:30am - 11:30am		Wednesday* 9:30am - 10:30am <i>*No class 3rd Wednesday</i>	Thursday** 9:30am - 10:30am <i>**December 6 &amp; 13, January 10, 17, &amp; 31</i>
<b>Yoga</b>	Tuesday & Thursday 5:00pm - 6:00pm			
<b>Zumba</b>	Monday & Wednesday 5:30pm - 6:30pm	2nd & 4th Friday 10:00am - 11:00am		

## Pua, why should people come exercise with us?

Get out of the house, do something positive, get moving, and join in a group that makes you feel like a family. Exercising together is always a better experience. We say "Motion is lotion!" meaning you gotta get up and move to ensure you move around in the future. If you don't use it, you lose it. Do it today, improve your future, improve your body and well-being. Do it for yourself, your family, and for a healthier community. Come sweat and come laugh together!



Pua Puniwai, Health Resource Specialist - Exercise





# Ola Hou I Ka Hula

Hui Mālama Ola Nā 'Ōiwi launched Ola Hou I Ka Hula classes this past October! The classes aim to help lower blood pressure and manage hypertension through the Hawaiian cultural practice of hula. This program is facilitated by Kumu Hula Lori Lei Shirakawa with hypertension education taught by Hui Mālama RN, Wanda Louis.



A second class is being offered starting in March. It's a 12-week class that meets twice a week for an hour, Mondays and Wednesdays from March 11 to May 22. Sign-up today! Join us for the next Ola Hou I Ka Hula Hypertension class by calling (808) 969-9220. Hypertension diagnosis is not needed to participate.

## About Kumu Hula Lori Lei

Lori Lei was born and raised in Hilo, and has been dancing hula since she was four years old. Her first kumu was Dorothy Horita of Dot's Dance Studio. After graduating from high school, Lori Lei went on to dance hula for Uncle George Na'ope. Some of her most memorable experiences dancing for Uncle George was being one of the show dancers on the cruise ships that frequented Hilo harbor in the early 80's. Lori Lei has also danced with Hālau 'O Ke 'Anu-enu for Glenn Kelena Vasconcellos and performed at the Merrie Monarch for the first time in 1984. She also danced for Kumu Rae Kahikilaulani Fonseca of Hālau 'O Kahikilaulani and performed at the Merrie Monarch for her second time, taking second place overall for both wāhine categories: Kahiko and 'Auana. In 1990, she started her own hula hālau called the Wai'ohinu Hula Studio in Ka'ū, and has been teaching hula for 28 years. Lori Lei decided to teach hula for the Ola Hou I Ka Hula program because she is always willing to teach those who have the desire to learn. When Kumu Lori Lei first heard of the class, she thought, "What a neat way to share the culture with others! If I can help an individual bring down their [blood pressure] numbers through hula, that's the ultimate goal."





# Introducing the Hui Mālama Ola Nā 'Ōiwi Medical Team!



*From left to right: Louis Hao; Dr. Yamaguchi; Dr. Akiona; Noelani Scott; Donna Dennerlein, LCSW; Dr. Haumea; and Ikaika Moreno, MSN, NP-C*

We at Hui Mālama Ola Nā 'Ōiwi are excited to introduce our new medical team to the Hawai'i island community. We have been working hard to reestablish medical services and are grateful to have the following professionals join our team:

*Ka'ohimānu Dang Akiona, MD  
Gaku Yamaguchi, MD  
Ikaika Moreno, MSN, NP-C  
Donna Dennerlein, LCSW  
Stacy Haumea, RD, CDE*

Executive Director Louis Hao shares, "We are in a time of ho'iho'i, a time to replenish, restore, renew, and rebuild. It has been a vision of ours to reestablish medical services. There is a need in the community for these services. We strive to help make the community healthier and appreciate the opportunity to serve our people." Hui Mālama is one of five Native Hawaiian Health Care Systems in the state of Hawai'i established under the Native Hawaiian Healthcare Improvement Act of 1988. Hui Mālama aims to address the health disparities of the Native Hawaiian population specifically, but services are open to the public. Uncle Louis adds, "We are open, we are here. We are

open to everybody. This is just the beginning of something bigger; more services to expand and offer more comprehensive health care."

Noelani Scott, Medical Program Manager for Hui Mālama explains the vision, "Our health education programs have existed for 27 years with a major focus on diabetes and hypertension. Expanding the services offered to include medical services, behavioral health, nutrition, and health education classes will allow us to complete the circle of care for our patients."

The medical program is rolling out in phases. For the months of December and January, free health screenings are being offered at the Hui Mālama office in Hilo Monday, Wednesday, and Friday mornings 8:30am-12pm. Adults 18 years and older can schedule an appointment to see a medical professional. Screenings are offered for both medical and behavioral health services. Insurance not required. Health screenings are free, donations are accepted. To make an appointment, please call (808) 969-9220.

With mobile trips across the island, the medical team will also bring health screenings and services to underserved and remote areas with a focus on Native Hawaiian communities. A medical site is planned to open in Hilo in spring.





### **Ka'ohimanu Dang Akiona, MD**

Dr. Ka'ohimanu Dang Akiona is a board certified Family Physician. Proud to call Hawai'i island home, she looks forward to approaching the health needs of her lahui in creative collaborative and innovative ways. Born and raised on the island of O'ahu, her kūpuna hail from Maui (Pu'unēnē and Hana), Hawai'i island (Keauhou), and O'ahu (Papakōlea). She is a graduate of Kamehameha Schools Kapālama, the University of Hawai'i at Mānoa with a B.S. in Cell and Molecular Science and a B.A. in Hawaiian Studies, and completed her medical studies at the University of Pittsburgh School of Medicine. She completed her training at the Hawai'i Island Family Medicine Residency program in Hilo as a part of their inaugural class and first chief resident, and stayed on as junior faculty. Dr. Akiona excitedly shares, "I always intended to come home to serve my community. We are so happy to be a part of the Hui Mālama 'ohana!"

### **Ikaika K. Moreno, MSN, NP-C**

Originally from Maui, he moved to the island of Hawai'i in 2008 to pursue his degree in nursing. He graduated from Hawai'i Community College in 2015 with an Associates Degree in Nursing. He then pursued his Bachelor of Science in Nursing from George Washington University, graduating December 2017. In May of 2018, he graduated from George Washington University with his Master of Science in Nursing and became a board certified Family Nurse Practitioner with the American Academy Nurse Practitioners. Ikaika shares, "Being on Hawai'i island places me in a unique position to care for the underserved, underrepresented native Hawaiian population which has been a lifelong dream of mine."



### **Stacy Haumea, RD, CDE**

Dr. Stacy Haumea, DBH, MPH, RD, CDE is a passionate educator. She provides preventive and therapeutic nutrition and lifestyle education sensitive to the depth of local Hawai'i cultures. Stacy's education, clinical and personal journey led her to join the Hui Mālama Ola Nā 'Ōiwi 'ohana. Her academic journey includes a bachelor's in nutrition, a master's in public health, and mostly recently a doctoral degree in behavioral health focusing on integrated and integrative primary care behavioral health. Stacy holds clinical licenses as a Registered Dietitian Nutritionist (RDN) and a Certified Diabetes Educator (CDE). Stacy has lived in Hawai'i since 1994, experiencing life on O'ahu and Maui before settling in Puna (1999), marrying local boy Desmon Antone Haumea, and birthing Kukui (2000) and Temoananuihiva (2002). Outside of office hours, she spends time with family creating adventures, cooking, around the ocean, music, and traveling internationally.

### **Donna Dennerlein, LCSW**

Donna Dennerlein was born on Kolonia, Pohnpei to parents in the helping profession (her mom was a teacher and her dad was a Peace Corp Engineer). She feels very blessed to have been raised and lived in the Pacific Islands, Hawai'i, and California. Donna completed her undergraduate studies at San Francisco State University, and returned back to Hawai'i to be with family and also complete her master's degree at the University of Hawai'i at Mānoa in social work with an emphasis on mental health. Donna was awarded the Mental Health Stipend and Pacific Islanders Scholarship awards. As a licensed clinical therapist in Hawai'i and California, Donna has worked in the social work field over a decade in community mental health and non-profit agencies providing mental health/behavioral health services to adults, families and children. She believes in a whole person-centered approach to care. In addition to working at Hui Mālama Ola Nā 'Ōiwi, she also supervises MSW students. Donna enjoys spending time with her family, friends, and pets.



### **Gaku Yamaguchi, MD**

Dr. Yamaguchi is a board certified Family Physician. He was born in Japan and raised in Singapore. After attending medical school in Dominica, he moved to Hilo and completed the Family Medicine Residency program at Hilo Medical Center. When asked about his new role, Dr. Yamaguchi said, "I am happy to join Hui Mālama Ola Nā 'Ōiwi to be part of the team that takes care of the people in our community."



# Paddling for Hope: Working to increase breast cancer awareness and education across Hawai'i island



## Honor Names

Derek is a dedicated canoe paddler and a member of the Puna Canoe Club. Last year, he started a new way to raise funds by selling "Honor Name" stickers to be placed on his canoe as he raced in the M2M from Mau'i to Molokai, and the "Pa'a Kaiwi Solo" from Molokai to O'ahu.

The "Honor Name" stickers celebrate someone who has been impacted by cancer, and each name makes the journey between Molokai, O'ahu, and Mau'i on Derek's canoe. Stickers are \$10.00 each and 100% of the proceeds will go to donations through Paddling for Hope and will stay here on Hawai'i island. Derek donates to local groups including Hui Mālama, Kona Community Hospital Foundation, and North Hawai'i Community Hospital Foundation to help promote breast cancer awareness and education for our community.



During his most recent race across the Kaiwi Channel, Derek went through much emotional and physical strain, but he dedicated his success to his mother and the honor names that accompanied him on his long and arduous journey. "To all of the names that are on my canoe and to my mom, you are an incredible group of people that are all tied together because you all crossed these channels with me. I really felt you in every stroke helping me get across. You kept me going even when both my legs started cramping to the point of tears and wanting to stop, because cancer sure doesn't let you stop. That gave me the strength to keep paddling and honoring you!"

If you are interested in purchasing an Honor Name sticker, please contact Paddling for Hope at [paddlingforhope@gmail.com](mailto:paddlingforhope@gmail.com) or Derek Park at (808) 896-5747. The goal is to include 400 names on the canoe and to raise \$4,000 to go toward breast cancer education on Hawai'i island.



We at Hui Mālama Ola Nā 'Ōiwi would like to mahalo Derek Park and Paddling for Hope for their generous donation of \$1,500 in October. The funds will help provide breast cancer preventative education and promote early breast cancer detection.

Derek shared, "I first learned about Hui Mālama at a health fair at Parker Ranch. I liked the mindset for how they help people... not focused on making money, rather they're focused on truly helping people. Their focus on preventative education and teaching our community how to live a healthy lifestyle is so important. Paddling for Hope is about preventative education and promoting early detection. Hui Mālama helps in the education efforts and reaching more people to hopefully prevent breast cancer and detect it early."



## Paddling for Hope

The Paddling for Hope foundation was created for the purpose of breast cancer education and early detection to benefit the Island of Hawai'i. The foundation was started by Derek Park about six years ago in honor of his mother who is a breast cancer survivor.

## Breast Cancer Self-Exam Pads

Hui Mālama has free breast cancer self-exam pads and information for you! Come by the office for a free Aware Breast Self Exam kit today that has directions for doing a self-exam and also contains an Easy-to-Use Pad to help in your self-exam. These kits are made possible through the generosity of donors like Paddling for Hope.





# Be a part of the Hui Mālama 'Ohana! Get involved today

Hui Mālama Ola Nā 'Ōiwi strives to help the people of Hawai'i island live healthier lives, and we could not have gotten this far without the support of community volunteers. Mahalo nui loa to all of you who support us each year.

We are looking for more volunteers! Do you have a few hours a week to help at our office? We need help with basic office tasks, art projects, prepping health information for our programs, and plenty more! Or are you interested in helping at a specific event like Ladies' Night Out or Mālama Nā Keiki Festival? These events are only made possible by the help of hundreds of people and organizations who choose to volunteer and help us achieve our vision of a healthier Hawai'i. Are you passionate about serving your community? Join us in our vision and register to volunteer with Hui Mālama today!

## Volunteer Opportunities

- Volunteer with medical program
- Be an RN health educator
- Help prepare for educational workshops
- Work with education & Support Groups for Diabetes & Cancer
- Exercise Science classes including Yoga, Zumba, and Basic Stretch & Strengthening
- Traditional Health workshops and classes
- Art projects
- Office tasks & program preparation
- Special Events like Ladies Night Out and Mālama Nā Keiki Festival

Fill out a volunteer application at [hmono.org/volunteer](http://hmono.org/volunteer) or stop by our office to pick-up an application at 1438 Kilauea Avenue. Questions? Email Marguerite Stith at [marguerite@hmono.org](mailto:marguerite@hmono.org) or call (808) 969-9220.

## Calling RN Educators!

Are you interested in teaching some of our health education classes including Diabetes Management and Hypertension Management? Join the Hui Mālama Ola Nā 'Ōiwi pool of RN Educators! RNs are needed to teach throughout the island. Program classes are 2 hours long for 3 consecutive weeks. Schedule varies and is flexible, with opportunities year-round. Teach a class once every few months or more often. Training and curriculum provided. Must have an active Hawaii State RN license. Email Wanda Louis, RN at [wanda@hmono.org](mailto:wanda@hmono.org) or call (808) 969-9220 for more information.







# Healthy Hāpai

Hui Mālama Ola Nā 'Ōiwi is offering three more classes in the next two months. Spots are still open. Call today to sign-up for a Healthy Hāpai class nearest you! (808) 969-9220

## Upcoming Healthy Hāpai classes

**KONA:** Wednesdays, January 9 - February 6

**NORTH HAWAI'I:** Wednesdays,  
January 9 - February 6

**HILO:** Mondays, February 11 - March 18

The Healthy Hāpai prenatal program was launched in October of 2017. Over the past year, nine classes were offered with 41 participants including first-time and experienced moms, dads, and supporters. We sat down to talk story with Leila Ryusaki, Healthy Hāpai program facilitator, "It has been really great working with the community. As the first year of Healthy Hāpai classes was completed, it was clear that there remains a need for more prenatal education and new parent support on island. We are committed to continue offering this education."



*Leila Ryusaki*

### Q: What can people expect to learn in the class?

A: The Healthy Hāpai curriculum is constantly evolving and the material is adjusted to meet the needs and interests of the parents. We focus on taking care of yourself while pregnant, transition to postpartum, and how to take care of your baby. We discuss newborn care which includes things like how to give a sponge or tub bath, how to swaddle, and how to do infant massage. We also cover breastfeeding as that's a big interest and concern

of new mothers. The ultimate goal for those who attend this class is to help build a good and healthy family dynamic.

### Q: Why should people come?

A: The unknown surrounding pregnancy and childbirth can cause unnecessary stress and anxieties. Coming to class will give parents the tools and knowledge to be empowered! After a year of teaching this class, moms and participants have said that they feel more prepared and comfortable with becoming parents. After birth, I get so many pictures of families or baby and mommy together and it's really nice to see the community that's built in the program.



### Q: What's your teaching style?

Simple and carefree because I don't view myself as a teacher. I enjoy an open space where everyone is free to share stories and knowledge, and learn from one another. As a facilitator guiding discussions within the group, it makes my Healthy Hāpai classes fun, interactive and enjoyable. And having small class sizes makes it more personable and easier to get to know about each parent and discuss any questions they may have.

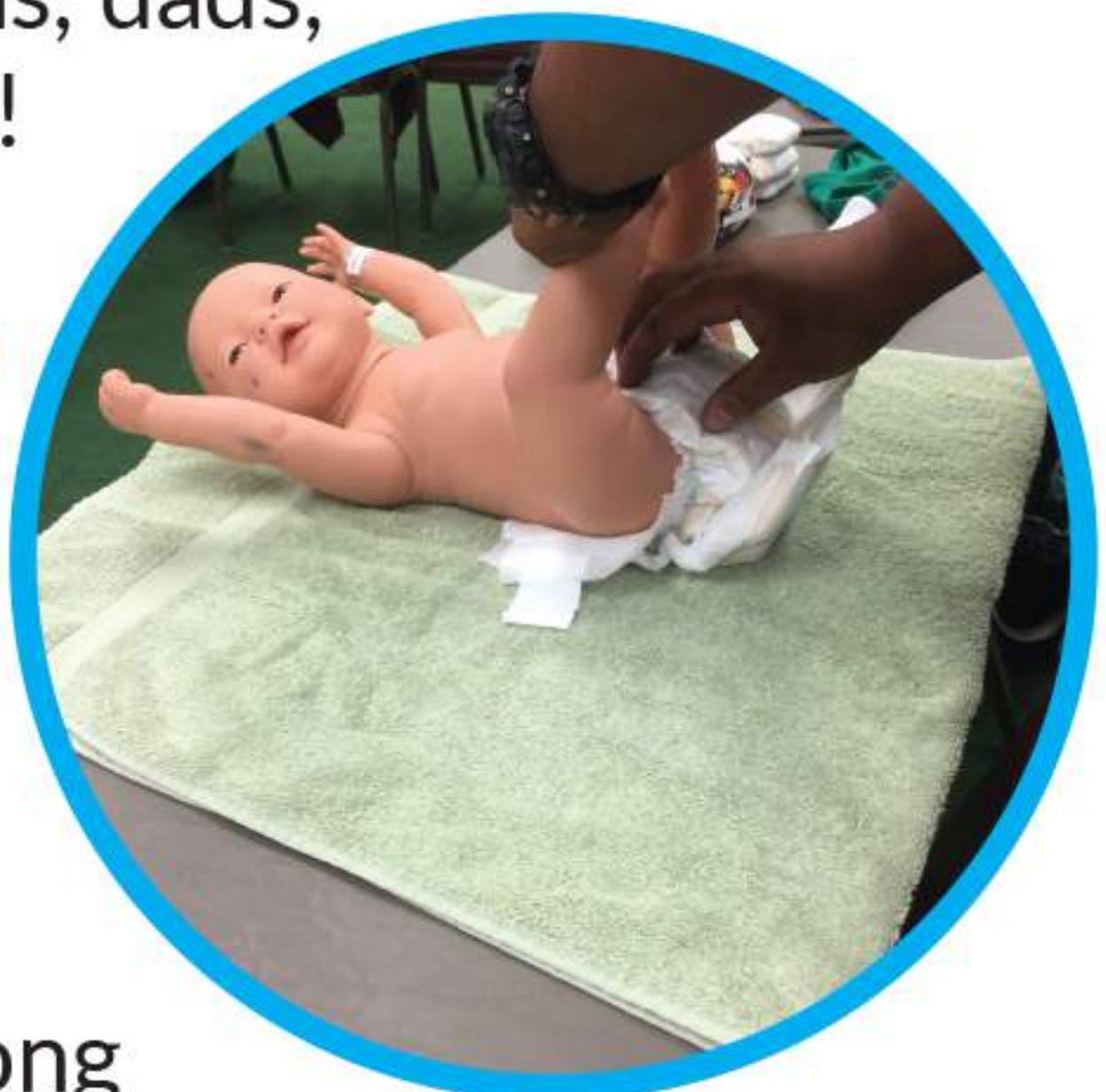


### Q: Who can come to the class?

New moms, experienced moms, dads, & supporters. All are welcome!

### Q: Anything else you'd like to share?

We try to have a good impact in the community. Healthy Hāpai aims to foster good parents and healthy children, which we hope will create strong family bonds. When you have a healthy family, you contribute to a healthier community.



*The Healthy Hāpai program inaugural year was supported by the Women's Fund and Health Resources and Services Administration (HRSA). The current 2018-19 year is funded by County of Hawai'i, United Way, and HRSA. Mahalo to our supporters.*



# Aunty's Health Message



## **Aloha mai kākou,**

I am Aunty Edna and this month I am celebrating this joyous time of year - Merry Christmas and Happy New Year to each of you!

This season is often full of fun gatherings and ono food. Trying to eat healthy and keep a balanced lifestyle can be very challenging. But, it is doable!

Making wise choices in the kinds and amounts of food we eat can help make the holidays healthier. With so many rich, salty, and sweet foods available, I'd like to encourage you to be mindful of food choices. For instance, if you have hypertension (high blood pressure), limiting salt intake is important. If you have diabetes or prediabetes, being mindful of both sugar and carbohydrates is important.



It's easy to have one cookie while you're enjoying talk story with your family, and before you know it, the whole platter is gone! Sound familiar? Being mindful as we eat can prevent overeating and overindulging in foods we should limit.

Additionally, the holiday season, as fun as it can be, can also bring much stress. Stress can impact both blood pressure and blood sugar.

## **How can you manage stress?**

- Start by being positive.
- Exercise regularly. Try yoga, walking, running, weight-lifting... whatever works best for you!
- Eat healthy and balanced meals.
- Manage your time and set boundaries. Say no when you need to!
- Make time for hobbies and relaxation.
- Get enough rest and sleep.
- Go easy on the alcohol intake and stay away from drugs.
- Surround yourself with social support - talk story with family and friends!
- If needed, speak with a counselor or other mental health professional.



Making wise choices can be challenging in this season, however, we can mālama pono - do what is right. Making healthy choices with food, physical activity, and stress can mean more years of healthy life with 'ohana and friends.

*Come talk story with 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!***





# Pneumococcal Vaccination

## What is Pneumococcal Disease?

Pneumococcal disease is a common infection caused by the *Streptococcus pneumoniae* bacterium. According to the Centers for Disease Control and Prevention, pneumococcal disease is a major cause of mortality and morbidity.

## Non-Invasive Pneumococcal Diseases:

- Otitis media - infection of the middle ear
- Non-Bacteremic Pneumonia - infection of the lower respiratory tract without pneumococcus in the blood stream.

## Invasive Pneumococcal Disease (IPD):

- Sepsis - bacterial infection of the blood
- Meningitis - inflammation of the meninges throughout the brain
- Bacteremic pneumonia - inflammation of one or both lungs with pneumococcus in the bloodstream.

Though a heavy impact on many individuals, pneumococcal disease is the world's number one vaccine-preventable cause of illness among infants and elderly. Two vaccines available to you include the pneumococcal conjugate and pneumococcal polysaccharide vaccine. Make sure to mālama pono yourself and your keiki by speaking with your doctor today about risk and vaccines that can help lower these risks.

Source: Centers for Disease Control and Prevention  
<https://www.cdc.gov/pneumococcal/index.html>

## Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 3 years old between August 2018 and July 2019?
- Has he or she completed all 19 vaccinations?



Did you know if your child turns 3 years old between August 2018 & July 2019 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

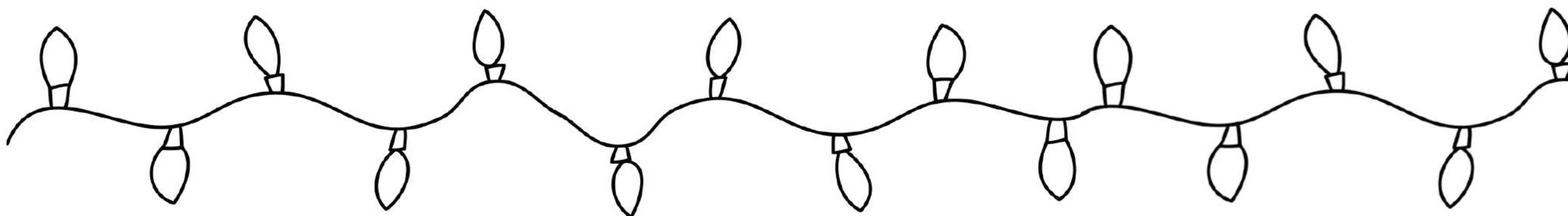
For more information about our Immunization Program, call us at (808) 969-9220.

Do you know if your child has received all recommended immunizations? Hui Mālama can help! Call (808) 969-9220 for more information on vital vaccines.



# Keiki Coloring Corner

Red and green are the colors of Christmas! Unscramble each of the clue words to reveal healthy red and green food choices!



MAOTOT

\_\_\_\_\_

AELPP

\_\_\_\_\_

REPA

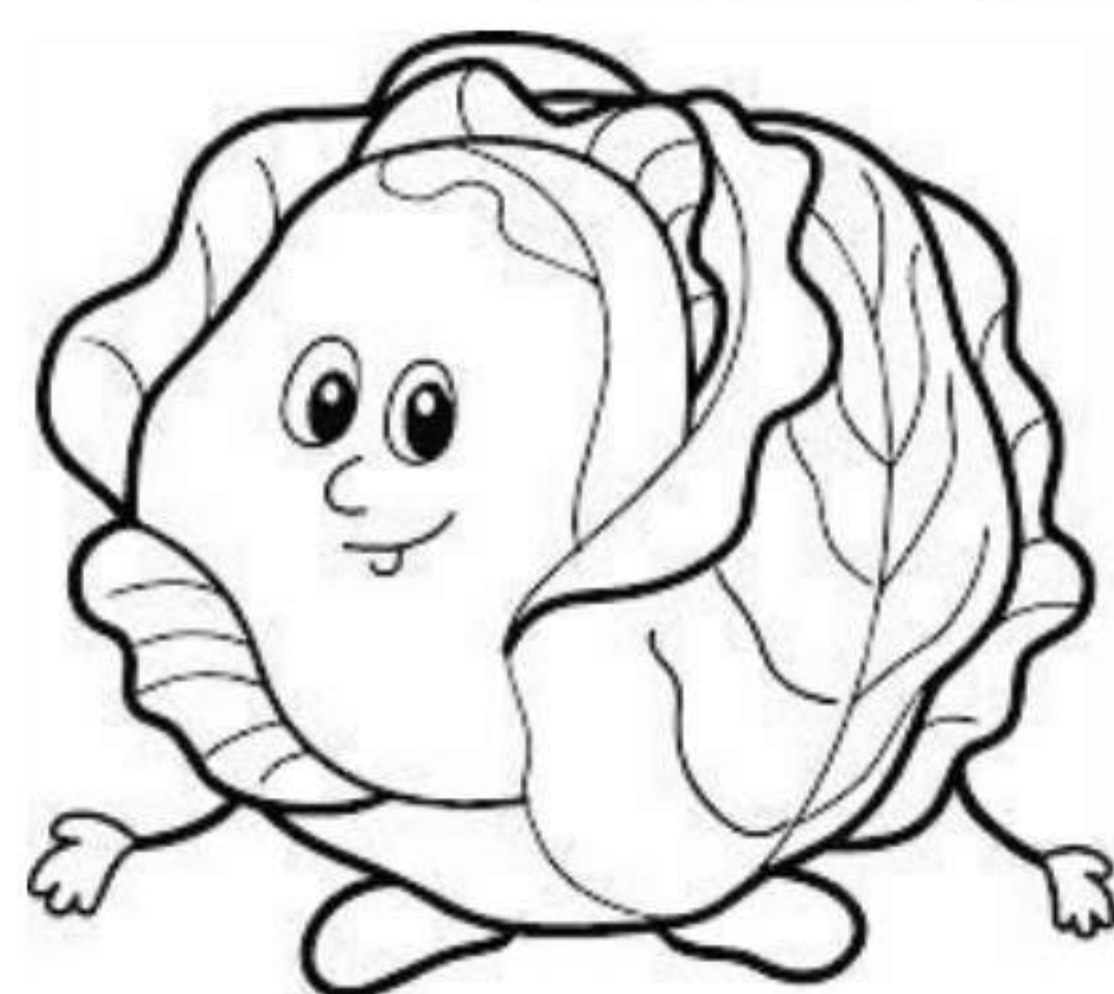
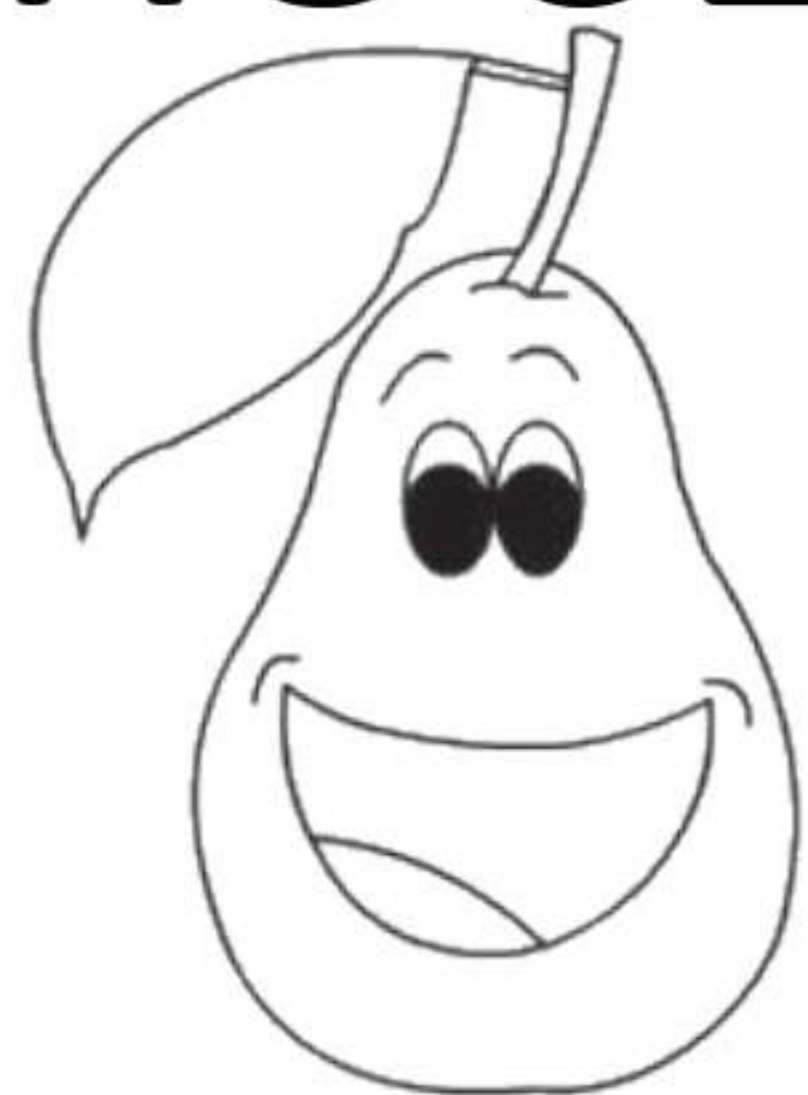
\_\_\_\_\_

LEUCTET

\_\_\_\_\_

ROCLIBCO

\_\_\_\_\_







# Hui Mālama Ola Nā 'Ōiwi

## December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 5:30PM Zumba -Keukaha</p> <p>*5:30 Ola Hou I Ka Hula Hypertension class-Hilo</p>	<p>4 10:30AM Basic Stretch &amp; Strengthening -Keukaha</p> <p>5PM Yoga -Keukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>5 *9AM Healthy Hāpai -Ka'ū</p> <p>*9AM Hypertension Class-Neighborhood Place of Puna</p> <p>9:30AM Basic Stretch &amp; Strengthening -Na'ālehu</p> <p>5:30PM Zumba -Keukaha</p>	<p>6 *9AM Tobacco Cessation Class -Ka'ū</p> <p>9:30AM Basic Stretch &amp; Strengthening -Pāhala</p> <p>10:30AM Basic Stretch &amp; Strengthening -Keukaha</p> <p>5PM Yoga -Keukaha</p>	<p>7 *2PM Tobacco Cessation Class -Hilo</p>	<p>8 10AM Grow Your Own Lā'au Class -Hilo Call to sign-up today!</p>
<p>10 5:30PM Zumba -Keukaha</p>	<p>11 10:30AM Basic Stretch &amp; Strengthening -Keukaha</p> <p>5PM Yoga -Keukaha</p>	<p>12 *9AM Hypertension Class-Neighborhood Place of Puna</p> <p>9:30AM Basic Stretch &amp; Strengthening -Na'ālehu</p> <p>5:30PM Zumba -Keukaha</p>	<p>13 9:30AM Basic Stretch &amp; Strengthening -Pāhala</p> <p>10:30AM Basic Stretch &amp; Strengthening -Keukaha</p> <p>5PM Yoga -Keukaha</p>	<p>14 10AM Zumba -Hilo</p>	<p>15 10AM Grow Your Own Lā'au Class -Kohala Intergenerational Center Call to sign-up today!</p>
<p>17 5:30PM Zumba -Keukaha</p>	<p>18 10:30AM Basic Stretch &amp; Strengthening -Keukaha</p> <p>1PM Diabetes Support Group -Hilo</p> <p>5PM Yoga -Keukaha</p>	<p>19 *9AM Hypertension Class-Neighborhood Place of Puna</p> <p>5:30PM Zumba -Keukaha</p>	<p>20 10:30AM Basic Stretch &amp; Strengthening -Keukaha</p> <p>5PM Yoga -Keukaha</p>	<p>21</p>	<p>22</p>
<p>24</p>	<p>25 <b>OFFICE CLOSED</b> <b>Mele Kalikimaka!</b></p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

Please note, there are no exercise classes December 24 - January 4.  
Exercise classes will resume Monday, January 7. Mahalo for your understanding.

**\*CLASS SIGN-UP:** Most classes offered are 3-weeks long (one session a week).  
Please call or visit us online to sign up. [hmono.org/classes](http://hmono.org/classes)

**RECEIVE THE OLAKINO ELECTRONICALLY EACH MONTH!**  
Email [contact@hmono.org](mailto:contact@hmono.org) or visit [hmono.org](http://hmono.org) to subscribe.

31

**1438 Kīlauea Ave, Hilo**  
**(808) 969-9220**  
**HMONO.org**

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

**(808) 969-9220 • HMONO.org**  [/HMONO.org](https://www.facebook.com/HMONO.org)  [hui\\_malama](https://www.instagram.com/hui_malama)