HEART HEALTHY: What You Can Do to Mālama Your Heart

Look Inside for:
- Upcoming Lāʻau Lapaʻau Workshop schedule
- Living with Diabetes: A Personal Story
- Information on New Patient Registrations for Hui Mālama Ola Nā ʻŌiwi Family Medicine Clinic
A message from our Board of Directors

Aloha kākou,
I hope this month finds you doing well and staying true to the healthy resolutions you made last month. I am so thankful for our Hui Mālama Ola Nā ‘Ōiwi ‘ohana across the island: staff, clients, partners, and supporters. And now our family is expanding to include patients for the Family Medicine Clinic. If you need a doctor, come see us! My doctor recently moved to the mainland, so I registered to be a new patient right away. I am excited that Hui Mālama is able to offer more services and in the Hui Mālama way that is caring, supportive, and with aloha. The medical professionals on our team aim to really mālama our community. I highly recommend if you’re looking for family medicine, behavioral health, nutrition counseling, or diabetes education, come visit us. You are always welcome.

Mabel De Silva - Chair

A message from our Executive Director

Aloha mai kākou,
February is Heart Health Month. There are many steps we can take to be proactive in keeping our hearts healthy. One of the most important things you can do is get your regular medical check-ups. Unchecked blood pressure, blood cholesterol, and blood sugar can impact your heart health and if too high or too low, can lead to other health issues. It is recommended to have a health assessment at least twice a year, and for some of us as we get older, it’s at least once a quarter. If there’s a health concern, there are not always obvious symptoms, so regular check-ups with a medical professional are crucial. If your body is giving you signals that something is not right, see a medical professional right away. In addition to check-ups, maintaining a healthy lifestyle at home with good nutrition and physical activity will help with heart health. To learn more about living healthy, come talk story with us about our education programs covering hypertension, diabetes, nutrition, and more.

In addition to our education programs, I am pleased to announce the February 11 opening of the Hui Mālama Ola Nā ‘Ōiwi Family Medicine Clinic. For 27 years, we have focused on prevention, education, and empowering our island to take control of their health. With the opening of the medical clinic, we can now offer more services to the community. Our team of health professionals is here when you need a doctor, to help with your health assessments and give you medical advice. This includes family medicine, behavioral health, and nutrition and diabetes education counseling.

What we can promise is that we will bring the same level of care for our medical patients as we have for those in our education programs. At Hui Mālama, we strive to help the total individual, meaning a focus on the physical, mental, and spiritual well-being. We understand that many factors contribute to wellness in addition to physical health. Having a job, a place to live, and being in a good mental state can significantly impact overall health. We aim to assist in as many areas as possible, and if we cannot offer a direct service, we want to refer you to someone in the community who can help. We are blessed to live on an island where we can partner with other agencies and all work together to help where needed.

For those of you who walk through our doors, we want you to leave feeling helped, supported, and healthier. Health is a continuous effort. Bringing a spirit of aloha to that journey can make a big difference. I am pleased that the Family Medicine Clinic is an added piece of the puzzle in our mission to care for the health of our people. We’re all connected. We all live in the same county, same island, same state. If one of us needs help, it can impact us all. It’s important to us to be a part of the hui that comes together to mālama each other. One for all and all for one. If you have health concerns or questions, come see us today. Mahalo nui loa,

Louis Hao - Executive Director
# What's Happening Around Hawai‘i Island?

## Diabetes Support Group
- **Tuesday, February 5**
  - 5:30pm-7:00pm
  - Hui Mālama Office

## Cancer Support Group
- **Tuesdays, February 12 & 26**
  - 5:30pm-7:00pm
  - Hui Mālama Office

## Exercise & Fitness
### Basic Stretch & Strengthening in Hilo
- **Tuesdays & Thursdays**
  - 10:30am-11:30am
  - Malia Puka O Kalani Church Gym in Keaukaha

### Zumba
- **Fridays, February 8 & 22**
  - 10:00am-11:00am
  - Hui Mālama Office

### Therapeutic Yoga
- **Tuesdays & Thursdays**
  - 5:00pm-6:00pm
  - Malia Puka O Kalani Church Gym

## Schedule of Classes

### Hilo

<table>
<thead>
<tr>
<th></th>
<th>February</th>
<th>March</th>
<th>April</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diabetes Management</strong></td>
<td>Wed 2/13 - 2/27</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Healthy Hāpai</strong></td>
<td>Mon 2/11 - 3/18</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Healthy at Any Size</strong></td>
<td><strong>Thurs 1/31 - 3/7</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Punu

| **Diabetes Management** | Wed 2/6 - 2/20 |            |            |
| **Hypertension**        |                | Wed 3/6 - 3/20 |            |

### Ka‘ū

| **Diabetes Management** | Mon 2/4 - 2/25 |            | Mon 4/8 - 4/22 |
| **Hypertension**        |                |            |            |

### Kona

| **Diabetes Management** |            | Tues 3/5 - 3/19 | Wed 4/3 - 5/1 |
| **Healthy at Any Size** |            | Wed 4/9 - 4/23  |            |
| **Hypertension**        |            |                |            |

### North Hawai‘i

| **Diabetes Management** | Mon 3/4 - 3/18 |            | Mon 4/8 - 4/22 |
| **Hypertension**        |                |            |            |

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!

Grow Your Own Lā‘au
The Hui Mālama Grow Your Own Lā‘au class learning how to grow their own plants in Waimea on January 12. For upcoming class dates, take a look at page 5.

Light Up a Life
Hui Mālama Cancer Support Group Mālama Ka Pili Pa‘a volunteering with Hawai‘i Care Choices Light Up a Life in December.

Save the Date!
3rd Annual Mālama Nā Keiki Festival
Saturday, June 29, 2019
Pāhala Community Center in Ka‘ū
9:00am-1:00pm

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 Kilaeua 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
Family Medicine Clinic Opening

The Hui Mālama Ola Nā ‘Ōiwi Family Medicine Clinic is set to open February 11, 2019 with medical services available to the Hawai‘i island community. Behavioral Health, Nutrition Counseling, and Diabetes Education services began in December 2018. Free health screenings were also offered in December and January, leading up to the opening of the Family Medicine Clinic.

Noe Scott, Medical Program Manager for Hui Mālama shares, “We are excited to welcome the community as patients to our new medical clinic. For 27 years, we have worked closely with families across the island, helping improve quality of life through health education classes and consultations with health professionals. With the addition of medical and behavioral health services, we can do even more for our community. We encourage all who are interested in being a patient to apply today.”

Hui Mālama Ola Nā ‘Ōiwi Family Medicine Clinic
73 Pu‘uhonu Place, Suite 101
Hilo, Hawaii 96720
Phone: (808) 796-3125
Fax: (808) 796-3128

New Patient Registration

New Patient Registration packets can be picked up starting February 1 from the Hui Mālama Ola Nā ‘Ōiwi Family Medicine Clinic located in Hilo at 73 Pu‘uhonu Place, Suite 101. Packets are also available online at www.HMONO.org.

We will try our best to accept all patients who apply. Please complete the patient registration packet including health history so that we can assess your health care needs. At times, it may be necessary to hold applications, and we will try our best to communicate any delays to you should there be any concerns or issues. We will review your application and if you are accepted, we will request your medical records from your previous provider(s) within the last 7 years and contact you to schedule your first appointment.

Medical Team

Stacy Haumea
DBH, RDN, CDE

Gaku Yamaguchi
MD

Donna Dennerlein
LCSW

Ka‘ohimanu Dang Akiona
MD

Ikaika Moreno
MSN, NP-C

Noelani Scott
Medical Program Manager

Shelby Lankford
CMA

Stephanie Kung
CMA

Tiare Ortega
CMA
Laʻau Lapaʻau Workshops

The Hui Mālama Ola Nā ʻŌiwi Laʻau Lapaʻau workshops will be in full swing starting next month with the first one scheduled for March 9! The theme of this year’s workshops, Hoʻomana Ke Ola Na Kanaka ʻŌiwi translates to “empowering the health of the Hawaiian people”. This is the goal of Poʻokela Ikaika Dombrigues who leads the workshops. In this day and age, many people experience illnesses that stem from stress, depression, lifestyle choices, and even cultural conflict. Poʻokela Ikaika shares, “These laʻau lapaʻau workshops are about empowering the people to take care of their mind, body, and spirit.” The workshops are also meant to remind people of the resources we can find in our own backyard instead of relying solely on foreign import for sustenance. There are a total of five workshops that will be offered throughout the island of Hawaiʻi. Want to learn about the different plants that were used in traditional Hawaiian healing? Join us for any of the upcoming Laʻau Lapaʻau workshops across the island!

Hawaiian Traditional Laʻau Lapaʻau Workshops

Presented by Poʻokela Ikaika Dombrigues

“Hoʻomana Ke Ola Na Kanaka ʻOiwi”

Hoʻoponopono • Laʻau Lapaʻau
LomiLomi Ha Ha • Laʻau Kahea

HILO - Saturday, March 9, 2019
Aunty Sally’s Luau Hale • 9am - 3pm

WAIMEA - Saturday, April 6, 2019
Waimea Park Community Center • 10am - 3pm

KONA - Saturday, May 4, 2019
Old Kona Airport Special Events Pavilion • 10am - 3pm

KAʻŪ - Saturday, June 1, 2019
Kaʻū District Gym • 10am - 3pm

PUNA - Saturday, July 13, 2019
Pahoa Gym Patio Area • 9am - 3pm

Light refreshments provided. Please bring your lunch.

Upcoming Grow Your Own Lāʻau Classes

Kona - February 16, 2019 • Maʻona Gardens
• 10:00am-12:00pm

Honokaʻa - March 30, 2019 • Kohala Center Honokaʻa Demonstration Farm • 10:00am-12:00pm

Pāhala - June 22, 2019 • Kaʻū Community Center
• 1:00pm-3:00pm

Call (808) 969-9220 for more information!

Funded by:
Health Resources and Services Administration

Laʻau Lapaʻau Workshops

The Hui Mālama Ola Nā ʻŌiwi Laʻau Lapaʻau workshops will be in full swing starting next month with the first one scheduled for March 9! The theme of this year’s workshops, Hoʻomana Ke Ola Na Kanaka ʻŌiwi translates to “empowering the health of the Hawaiian people”. This is the goal of Poʻokela Ikaika Dombrigues who leads the workshops. In this day and age, many people experience illnesses that stem from stress, depression, lifestyle choices, and even cultural conflict. Poʻokela Ikaika shares, “These laʻau lapaʻau workshops are about empowering the people to take care of their mind, body, and spirit.” The workshops are also meant to remind people of the resources we can find in our own backyard instead of relying solely on foreign import for sustenance. There are a total of five workshops that will be offered throughout the island of Hawaiʻi. Want to learn about the different plants that were used in traditional Hawaiian healing? Join us for any of the upcoming Laʻau Lapaʻau workshops across the island!

Hawaiian Traditional Laʻau Lapaʻau Workshops

Presented by Poʻokela Ikaika Dombrigues

“Hoʻomana Ke Ola Na Kanaka ʻOiwi”

Hoʻoponopono • Laʻau Lapaʻau
LomiLomi Ha Ha • Laʻau Kahea

HILO - Saturday, March 9, 2019
Aunty Sally’s Luau Hale • 9am - 3pm

WAIMEA - Saturday, April 6, 2019
Waimea Park Community Center • 10am - 3pm

KONA - Saturday, May 4, 2019
Old Kona Airport Special Events Pavilion • 10am - 3pm

KAʻŪ - Saturday, June 1, 2019
Kaʻū District Gym • 10am - 3pm

PUNA - Saturday, July 13, 2019
Pahoa Gym Patio Area • 9am - 3pm

Light refreshments provided. Please bring your lunch.

Upcoming Grow Your Own Lāʻau Classes

Kona - February 16, 2019 • Maʻona Gardens
• 10:00am-12:00pm

Honokaʻa - March 30, 2019 • Kohala Center Honokaʻa Demonstration Farm • 10:00am-12:00pm

Pāhala - June 22, 2019 • Kaʻū Community Center
• 1:00pm-3:00pm

Call (808) 969-9220 for more information!

Funded by:
Afe Filemoni
E Mālama I Ke Olakino ʻŌ Nā Keiki Makahiki Program

Afe filexo (Afe) Filemoni is the program facilitator for the Hui Mālama Ola ʻŌiwi “E Mālama I Ke Olakino ʻŌ Nā Keiki” program. The program brings youth physical activity lessons through the teaching of Makahiki games in schools. The program was designed to address the increasing rates of child obesity by making exercise fun for the children. During this program, Afe teaches the kids about the exercises and ancient games that were played during the Makahiki season. First, they learn about the different muscle groups that are used for a certain game. Then, they are taught how to use the muscles they just learned about and challenge their classmates by enacting the Makahiki games. Many different skills are learned through the program such as hand-eye coordination, precision, and strategic planning. The importance of stretching before and after exercise is also shared with the students. The program is currently being offered at three schools throughout the island, but the goal is to expand the program to include more schools by the end of the year.

Afe graduated from the University of Hawai‘i at Hilo in 2017 with his bachelors degree in Kinesiology. He shared, “I really enjoyed learning because I saw how beneficial this information was when applied to myself and others.” His ultimate goal is to bring this knowledge back to Samoa as an athletic trainer at a public school.

Rosilyn Handy
Kea‘au High School Girl’s Soccer Coach

Rosilyn Handy is the Special Programs and Events Coordinator at Hui Mālama, and also wears the coach’s cap after work as head coach of the Kea‘au High School girl’s soccer team. Throughout her childhood, Rosi played many sports including basketball, volleyball, and softball, but soccer was her favorite. After graduating from Canyon University in 2016, she returned home to Hawaii‘i island to serve her community and joined the Hui Mālama team. She knew that she also wanted to serve by coaching soccer at her alma mater. Rosi shares her belief about sports, “Playing sports helps teach important life skills like how to strive to better yourself, how to communicate effectively, and how to work as a team.” She hopes more of our youth join sports and, personally, she hopes to make a positive impact on her community as a soccer coach for years to come.

Hui Mālama offers several youth-focused programs to promote healthy keiki. Contact us today to learn more about the Makahiki Program, Immunization program, and our presentations for schools and community groups. (808) 969-9220
Sometimes this is referred to as a myocardial infarction or MI.

**Stroke** - There are two main types of stroke: ischemic stroke (the most common type) which occurs when a blood vessel that feeds the brain gets blocked by a clot, and hemorrhagic stroke which occurs when a blood vessel within the brain bursts, often caused by uncontrolled hypertension.

When the blood supply to a part of the brain or heart is cut off, brain or heart muscle cells will begin to die. This can result in the loss of functions controlled by that part of the brain, such as walking or talking. Some effects of stroke or heart attack are permanent if too many cells die after being starved of oxygen. It is thus very important to get help quickly to minimize long term damage.

**Heart failure** means the heart is not pumping blood as well as it should. Often times, the heart is working very hard, but the body’s oxygen needs are not being met. This is often accompanied by swelling or fluid buildup where it doesn’t belong. It will get worse if untreated.

**Arrhythmia** refers to an abnormal heart rhythm. There are various types of arrhythmias. The heart can beat too slow (bradycardia), too fast (tachycardia), or simply irregularly. Arrhythmias affect how well your heart works and may cause your heart to not be able to meet your body’s needs.

**Heart valve problems** - Heart valves can become stiff and not open as well; they may not close properly and allow blood to leak through; or they may bulge and prolapse, or push backwards and also affect the way your blood pumps in your heart. All of this affects your heart’s ability to meet your body’s oxygen needs.

**What Can You Do to Improve Your Heart Health?**

The good news is that there are ways to address your cardiovascular health by being more aware of Modifiable Health Behaviors and Health Factors for Heart Disease.

- **Know your blood pressure numbers!** Hypertension (high blood pressure) is the number one modifiable risk factor for stroke, and also contributes to heart attacks, heart failure, kidney failure and coronary artery disease. High blood pressure is often referred to as a “silent killer” as nearly 1/3
of those who have it are not aware they have high blood pressure.

- **Test your blood cholesterol levels.** When cholesterol builds up in the arteries, less blood is able to pass through. The prevalence of high blood cholesterol increases with age, but is common across ethnicities, counties, and people of all educational and household income categories.

- **Do you blood sugar screenings:** Diabetes is a disease defined by high blood sugar that results from improper production or use of the hormone insulin. High blood sugar can lead to hardening or leaking of the blood vessels and is also linked to increases in blood pressure.

- **Avoid Smoking:** Smoking speeds up the process of atherosclerosis and increases the likelihood of a blood clot by causing platelets to clump together.

- **Exercise:** Not getting regular physical activity is a risk factor for high blood pressure, high cholesterol, and diabetes, all of which are the primary risk factors for coronary heart disease (CHD).

- **Maintain a healthy weight:** Body Mass Index (BMI), a surrogate indicator of body fat, is often used as a measure of overweight and obesity. There is some research that suggests other measures of fat distribution, such as waist circumference and waist-to-hip ratio, may be more closely associated with increased risk of poor health outcomes.

- **Eat your fruits and vegetables!** Diets rich in fruits, vegetables, whole grains, fat free or 1% milk, lean meats, poultry, fish, beans, eggs, and nuts, and diets low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars are optimal for maintaining a healthy weight.

Through better management of health factors like blood pressure, cholesterol, blood glucose, and BMI as well as proactive healthy behaviors like quitting tobacco, exercising daily and eating a well balanced diet, patients can take control of their heart health in a positive way. We do know that the state of Hawai‘i is unique in geography and ethnic diversity. Health information is available by county, age, and ethnicity to look at particularly vulnerable populations. For example, rates of smoking, obesity and prevalence of hypertension and diabetes is higher in Native Hawaiians, and rates of smoking were higher in Hawai‘i county when compared to Honolulu county. As our population ages, the burden of heart disease is expected to increase.

Maui, Kaua‘i and Hawai‘i counties all had higher cardiovascular disease mortality rates than the state average. And, with nearly one-third the state population, neighbor island counties will need to address unique issues of access to and quality of care. A first step you can take is discussing your heart health with your primary care team. Each of us can strive for “he ʻōpū ali‘i” or the heart of a chief.

**Sources:**


hawaiihealthmatters.org


Kōkua Hali Specialty Transportation Program

The Kōkua Hali Specialty Transportation Program provides transportation services on Hawai‘i island specifically for Hui Mālama Ola Nā ʻŌiwi clients:

- with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes)
- visually impaired clients requiring a blind walking stick

Transportation is restricted to medical and health related appointments including: physician visits, hospitals, dental appointments, x-ray, laboratory, physical & occupational therapy, traditional healing practitioners, and approved Hui Mālama Ola Nā ʻŌiwi health classes.

The Specialty Transportation Program is available Monday through Friday by appointment only. To access this service, clients must make requests directly to Hui Mālama Hilo Office Monday through Friday from 8:00 am - 4:30 pm. Specialty transportation is provided to clients upon availability. All requests need to be made at least 3 business days prior to appointments.

Please call our office if you would like more information or to register for our Kōkua Hali Specialty Transportation program.

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

📞 (808) 969-9220 • HMONO.org /facebook/HMONO.org  /instagram/hui_malama_
Volunteer Spotlight
Kahele Joaquin

Kahele Joaquin, one of the volunteers at Hui Mālama Ola Nā ʻŌiwi, is a current student at the University of Hawaiʻi at Hilo. She is majoring in Kinesiology and minoring in Hawaiian Studies. While volunteering with Hui Mālama, Kahele has created visual presentations showing the muscle groups that are used for certain youth Makahiki games and exercises. These presentations will be used to teach keiki from different schools about cultural practices while promoting a healthy lifestyle. Kahele is passionate about serving the community and wants to open a ʻālu laʻau laʻau dispensary where people can purchase natural remedies.

Practicum and Internships

Hui Mālama Ola Nā ʻŌiwi has partnered with many organizations to offer people the professional experience they need for their future careers. We have worked with many students from different colleges such as Stanford University, University of Hawaiʻi at Hilo, and University of Hawaiʻi at Mānoa to facilitate their learning and passion for community health education.

Past projects include:

- Makahiki program
- Kimo and Kahea
- Taking vitals at community events and health education classes
- Coping Skills Assessment and Stress Awareness
- Cancer Education

We want to express our gratitude and say thank you to all the students who have worked with Hui Mālama to make a positive impact in the community. Are you interested in community health? Want to make a difference in your community? Join Hui Mālama for your practicum or internship, or as a volunteer! Call us at (808) 969-9220.
Managing Diabetes: Aileen’s Story

According to the American Diabetes Association, about 154,365 people in Hawai‘i have diabetes. Aileen Alvarez is living with type 2 diabetes. She sat down to talk story with us and share her journey to a healthy A1C.

Aileen was diagnosed about 20 years ago. Initially, she tried to manage her diabetes on her own. She was a Hui Mālama Ola Nā Ōiwi client, but primarily used the transportation services until one day she saw Aunty Edna Baldado teaching a Hele Mai ‘Ai nutrition class. When she asked, she learned that Hui Mālama also offered Diabetes Management classes. Aileen decided to sign up for the class. Additionally, she came in for one-on-one consultations with Registered Nurse Wanda Louis.

With the information learned in the classes and advice from aunty Wanda, Aileen learned to track her blood pressure, daily blood sugar levels, and the foods she ate in a journal. She learned these changes could significantly help in managing her diabetes.

While Aileen was making progress, she couldn’t help but compare herself to the progress of others in the Diabetes Management classes. She saw that others had lower blood sugar levels that were more steady. She was disheartened and wanted to make more progress more quickly. Knowing that carbohydrates can cause increase in blood sugar, she thought that cutting carbohydrates completely out of her diet would help her reduce her blood sugar levels. She soon started experiencing symptoms of hypoglycemia, low blood sugar. She felt extremely tired all the time and, on one day, she began to see spots in her vision. Aileen knew something was wrong so she called the ambulance and was rushed to the emergency room at Hilo Medical Center. Her doctor said that she was on the verge of going into a diabetic coma and needed to make a change in lifestyle. As Aileen was tracking her blood sugar and food, the doctor was able to look over her logs and food journal to discover that she was not eating any carbohydrates. After making modifications to her diet recommended by her doctor, Aileen began to feel and do better. The doctor also advised that she continue seeking support at Hui Mālama and learning more about managing diabetes.

Aileen has come a long way from the hospital incident of 2016. She is happy to share that as of November 2018, she has succeeded in decreasing her blood sugar levels and recently got her A1C level down to 6.5. A sought after goal for those living with diabetes is to achieve an A1C lower than 7 percent. Aileen has surpassed this through steady progress, healthy changes, and increased knowledge about her condition!

Living with diabetes can be a difficult journey, but Aileen has some advice for those diagnosed with diabetes. “First, take care of yourself right away. Don’t procrastinate and wait until you lose your eyesight or have to go to dialysis. Also, find out more information about your diagnosis. Read up as much as you can about diabetes. That will educate you about your disease. If you don’t know about your disease, you can’t help yourself live a healthy life. Sharing and talking to other people about your diabetes is a very good way to help yourself. The more you share, the more you will try to work on it. This will help motivate you. When it comes to meals, be mindful of your portions and eat more veggies! And lastly, get rid of stress as much as you can or find healthy ways to cope with stressors.”

Hui Mālama Ola Nā Ōiwi offers free Diabetes Management classes to those diagnosed with type 1 or type 2 diabetes. Participants learn about how to manage their diagnosis through proper nutrition, exercise, and monitoring of their blood glucose levels. A Diabetes Support Group is also available with meetings twice a month in Hilo. To learn more about our classes or support group meeting, call us at (808) 969-9220 or sign up online at hmono.org/classes.

**Upcoming Diabetes Management Classes**

- **Ka‘ū** - Mondays, February 4 - February 25
- **Puna** - Wednesdays, February 6 - February 20
- **Hilo** - Wednesdays, February 13 - February 27
- **North Hawai‘i** - Mondays, March 4 - March 18
- **Kona** - Tuesdays, March 5 - March 19

**Diabetes Support Group Meetings**

First Tuesday of the month from 5:30pm - 7:00pm
Third Tuesday of the month from 1:00pm - 2:30pm
Hui Mālama office

Stacy Haumea, Registered Dietician Nutritionist and Certified Diabetes Educator, encourages people to make connections and create a support system to help manage diabetes.

“My patients are always surprised by how much more they learn in a group setting and they find motivation and support from fellow participants. Lifestyle changes and improved blood glucose values are a common result for group participants and my patients find sticking to health changes is much easier with group support than by themselves.”

Dr. Haumea offers nutrition lifestyle behavior education, training, and support with a specialty in diabetes. For a one-on-one appointment, please contact our Hui Mālama Family Medicine Clinic at (808) 796-3125.
**Aloha mai kākou,**

I am Aunty Edna and today I want to talk with you about your heart. February is Heart Health Month. This is a good time to think about how to mālama, or care for, your organ of love - the heart. Fold your hand into a fist and place it over the center of your left breast area. Compare the area to the size of your whole body. That little area is the size of your heart, and the only part of your body that never rests and works every minute of your life from the moment you are born.

![Heart Icon]

The heart fills a very special role. It pumps blood around your body. The blood provides your body with oxygen and nutrients it needs. It also carries away waste. Knowing how important your heart is, this month we should pay extra close attention to what we need to do or change so that our small, but mighty heart can continue to do its big job of keeping you alive, healthy, and well throughout the year. Some key tips include exercising, eating plenty of fruits and vegetables, limiting soda or other sugary drinks, and not smoking. High blood pressure, high blood cholesterol, and high blood sugar can negatively impact your heart health so make sure to do your doctor recommended health screenings!

Questions? 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!**

---

**Answer Key**

Keiki Coloring Corner crossword on page 14

**ACROSS**

3 - Dentist
6 - Toothpaste
7 - Toothbrush

**DOWN**

1 - Cavity
2 - Mouthwash
4 - Tartar
5 - Floss
Diphtheria, Tetanus, and Pertussis

DTaP - Whooping Cough (Pertussis) & DTap Vaccine

Pertussis, or the whooping cough, is a highly contagious respiratory tract infection. Pertussis can cause severe cough, runny nose, apnea, and can lead to pneumonia and death. The best way to prevent pertussis is by getting the diphtheria-tetanus-pertussis shot (also known as DTaP). Children should receive their five doses of the DTaP before the age of seven, with one dose of the vaccination administered at each of the following ages:

- 2 months
- 4 months
- 6 months
- 15-18 months
- 4-6 years

Why should my child get the DTaP shot?
The DTaP shot:

- Helps protect your child from whooping cough, a potentially serious and even deadly disease, as well as diphtheria and tetanus.
- Helps to prevent your child from having violent coughing fits from whooping cough.

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.
February is National Children’s Dental Health month! Complete the crossword puzzle below to learn more about dental care:

ACROSS
3 - The Tooth Doctor
6 - Cleanser for teeth
7 - Tool used to clean your teeth

DOWN
1 - A hole in a tooth
2 - Liquid to rinse mouth and freshen breath
4 - Crusty build-up on teeth
5 - String used to clean between teeth

Answer Key on page 12
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| 5PM Diabetes Class  
-Kaʻu | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | 9:30AM Healthy Hāpai-Kona  
-Puna | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | 1 | 2 |
| 5:30PM Zumba  
-Keaukaha | 5PM Yoga  
-Keaukaha | 3PM Healthy Hāpai  
-Waimea | 5PM Yoga  
-Keaukaha | | |
| 5:30PM Diabetes Support Group  
-Hilo | 9AM Diabetes Class  
-Puna | 5:30PM Zumba  
-Keaukaha | | | |
| 11 | 12 | 13 | 14 | 15 | 16 |
| 10AM Healthy Hāpai  
-Hilo | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | 3PM Healthy Hāpai  
-Waimea | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | | |
| 5PM Diabetes Class  
-Kaʻu | 5:30PM Cancer Support Group  
-Hilo | 5PM Diabetes Class  
-Hilo | 5PM Yoga  
-Keaukaha | | |
| 5:30PM Zumba  
-Keaukaha | 5PM Yoga  
-Keaukaha | 9AM Diabetes Class  
-Puna | | | |
| 18 | 19 | 20 | 21 | 22 | 23 |
| OFFICE CLOSED  
Presidents’ Day | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | 5PM Diabetes Class  
-Hilo | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | 10AM Zumba  
-Hilo | |
| | 5PM Yoga  
-Keaukaha | 9AM Diabetes Class  
-Puna | 5PM Yoga  
-Keaukaha | | |
| | 1PM Diabetes Support Group  
-Hilo | 5:30PM Zumba  
-Keaukaha | | | |
| 25 | 26 | 27 | 28 | 1 | 2 |
| 10AM Healthy Hāpai  
-Hilo | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | 5PM Diabetes Class  
-Hilo | 10:30AM Basic Stretch & Strengthening  
-Keaukaha | | |
| 5PM Diabetes Class  
-Kaʻu | 5PM Yoga  
-Keaukaha | 5:30PM Zumba  
-Keaukaha | 5PM Yoga  
-Keaukaha | | |
| 5:30PM Zumba  
-Keaukaha | 5:30PM Cancer Support Group  
-Hilo | | | | }

*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.

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

Live Longer & Feel Better, Together!