

March  
Malaki 2019



# Ola Malaki

## Newsletter



# Empowering Health Through Lā'au

### Look Inside for:

- *Lā'au Lapa'au Workshop schedule*
- *Diabetes Risk Test*
- *Ola Hou I Ka Hula class information!*



## A message from our Board of Directors

Aloha kākou,

This month is the launch of our 2019 series of Lā'au Lapa'au Workshops. A big mahalo to Po'okela Ikaika Dombrignes and the Hui Mālama Ola Nā 'Ōiwi Traditional Health team for the upcoming workshops and for all their hard work to keep the people of Hawai'i healthy. Through sharing about traditional Hawaiian healing, we seek to empower our people in their health including mind, body, and spirit.

Last month, we opened the doors to our Family Medicine Clinic and continue to develop our medical and behavioral health services. Mahalo to our medical staff for their work in the clinic and expanding services.

Aloha to our Mālama Ka Pili Pa'a cancer support group and for their continued support of Hui Mālama and big heart with much Hawaiian aloha for our people. Mahalo nui loa for all these groups and the work they do for our Hawai'i island community. Blessings family and friends. Take care of your health.

Mabel De Silva - Chair



## A message from our Executive Director

Aloha mai kākou,

As time passes, lessons from the past can often be forgotten. I'd like to share with you about my granduncle, Naluahine Kaopua. He was known by most as a great paniolo and rodeo champion. He was also a Hawaiian healer. Born and raised in Kona, he grew up traversing the land, familiar with our mountains and the various plants. He used lā'au to heal. I remember when I was a young boy, I had a boil on my leg. Naluahine pounded pōpolo leaf and mixed it with salt. He rubbed it on my leg, extracting what was inside, and it healed my boil. I learned the power of lā'au lapa'au through my granduncle. This connection to the land is a fleeting gift. There are not many like Naluahine Kaopua left in our world. Now is the time to preserve this knowledge, document it, and share it.

The Hui Mālama Ola Nā 'Ōiwi Lā'au Lapa'au workshops, led by Po'okela Ikaika Dombrignes, are being held March through July this year, free and open to the community. I encourage you to join us and learn the knowledge while it is still with us. Ke akua created all the plants and provides so much to us through nature. The lā'au offers many health benefits and can be used in numerous ways. Personally, I drink māmaki tea for my health. I think back to those lessons I learned as a young man from Naluahine. While his exact birthdate is unknown, he reportedly lived to be over 100 years old, riding horses into his 80s. For his health, he relied on lā'au... with the same plants surrounding us today on our beautiful island. Hui Mālama will continue to share this ancient and cultural knowledge before it is forgotten. Mahalo for letting me share the story of Naluahine Kaopua before his story is one of the past.

Louis Hao - Executive Director



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

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### Join us today!

Visit [HMONO.org/register](https://HMONO.org/register) to sign up as a client for our health education programs.  
Visit [HMONO.org/family-medicine](https://HMONO.org/family-medicine) for information on becoming a patient at our Family Medicine Clinic.

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



# What's Happening Around Hawai'i Island?

## Diabetes Support Group

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

Tuesday, March 19  
1:00pm-2:30pm  
Hui Mālama Office

## Cancer Support Group

Tuesday, March 12  
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

### Basic Stretch & Strengthening in Ka'ū

Tuesday, March 5, and  
Wednesdays, March 13 & 27  
9:30am-10:30am  
Na'ālehu Community Center

Fridays, March 8, 15, & 29  
9:30am-10:30am  
Pāhala Hawai'i County Nutrition  
Center

### Zumba

Fridays, March 8 & 22  
10:00am-11:00am  
Hui Mālama Office

Mondays & Wednesdays  
5:30pm-6:30pm  
Malia Puka O Kalani Church Gym

### Therapeutic Yoga

Tuesdays & Thursdays  
5:00pm-6:00pm  
Malia Puka O Kalani Church Gym

# SCHEDULE OF CLASSES



**Hui Mālama  
Ola Nā 'Ōiwi**

	MARCH	APRIL	MAY
<b>HILO</b>			
DIABETES MANAGEMENT			Wed 5/8 - 5/22
HEALTHY HĀPAI			Thurs 5/9 - 6/6
OLA HOU I KA HULA HYPERTENSION		Mon & Wed 3/11 - 5/22	
<b>PUNA</b>			
DIABETES MANAGEMENT			
HYPERTENSION	Wed 3/6 - 3/20		
<b>KA'Ū</b>			
DIABETES MANAGEMENT			Mon 5/6 - 5/20
HYPERTENSION		Mon 4/8 - 4/22	
<b>KONA</b>			
DIABETES MANAGEMENT	Tues 3/5 - 3/19		
HEALTHY HĀPAI		Wed 4/3 - 5/1	
HYPERTENSION		Tues 4/9 - 4/23	
<b>NORTH HAWAI'I</b>			
DIABETES MANAGEMENT	Mon 3/4 - 3/18		
HYPERTENSION		Mon 4/8 - 4/22	

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 for most up-to-date event and class schedule! [hmono.org/events](http://hmono.org/events)





# 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!



## Ola Hou I Ka Hula

Participants at the last hula class of our inaugural Ola Hou Ka Hula series on January 30 in Hilo. Join us for our next class series beginning March 11 at our office! See page 9 for more information.

## Cancer Support Group

Sarah Josef, Registered Dietitian, spoke with Mālama Ka Pili Pa'a about nutrition and cancer during the cancer support group meeting on February 12.



## Stretching and Strengthening in Keaukaha

Participants have fun every Tuesday and Thursday improving their mobility with instructor Sode Kabalis, as seen here in the February 14 class. Classes also offered in Na'ālehu and Pāhala! Details on page 2.



## Grow Your Own Lā'au

The Hui Mālama Traditional Health team visited Mā'ona Gardens in Kona on February 16 to teach participants how to grow their own lā'au.

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)



# Hui Mālama Ola Nā 'Ōiwi Medical and Behavioral Health Services

## Family Medicine

*Developing Services to Meet the Needs of Our People*

The Hui Mālama Ola Nā 'Ōiwi Family Medicine team consists of five medical providers:

Ka'ohimanu Dang Akiona, MD

Gaku Yamaguchi, MD

Ikaika Moreno, MSN, NP-C

Donna Dennerlein, LCSW

Stacy Haumea, DBH, RDN, CDE

The team was formed in 2018 and has worked to develop the Hui Mālama medical and behavioral health program. Initial services included diabetes and nutrition counseling with Dr. Haumea. In December and January, free health screenings were offered for both behavioral and medical health. In February, the doors opened to the Family Medicine Clinic office located in Hilo. The medical team will continue to roll out new services in phases with sights on serving all ages and offering more family-focused medicine including pediatric screening, vaccinations, and oral health. Future phases include plans for a home health visit program and health screenings in remote, underserved areas of the island. What makes the Hui Mālama Ola Nā 'Ōiwi Family Medicine team unique is the combination of medical expertise with a community care approach. Dr. Akiona shares, "We aim to offer patient-centered integrated care. Integrating community care is key. It takes a village. At Hui Mālama Ola Nā 'Ōiwi, we believe in providing a complete circle of care which includes, medical, behavioral, and health education to improve prevention and management of diseases. In addition, linking our patients to the available services in the greater community ensures various needs can be met. Together, we form a fishing net, working together to catch and address health concerns." Ikaika Moreno adds, "Being resourceful and facilitating the right connections for our patients is crucial to overall health." The medical team describes their style as having a "team-based approach", with both a focus on prevention as well as the ability to support crisis. Together, they bring their medical expertise, cultural connection, and community awareness to deliver services. Learn more at [www.HMONO.org](http://www.HMONO.org) or call us today at (808) 796-3125.

## New Patient Registration

New Patient Registration packets are available at the Family Medicine Clinic in Hilo. Packets are also available online at [www.HMONO.org/family-medicine](http://www.HMONO.org/family-medicine)



Part of the Hui Mālama Ola Nā 'Ōiwi medical team on February 11 when Family Medicine services opened to the public.



Executive Director Louis Hao with Medical Program Manager Noelani Scott and the CMA team: Tiare Ortega, Shelby Lankford, and Stephanie Kung.

## 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

## Providers



Stacy Haumea  
DBH, RDN, CDE



Gaku Yamaguchi  
MD



Donna Dennerlein  
LCSW



Ka'ohimanu Dang Akiona  
MD



Ikaika Moreno  
MSN, NP-C





# Preserving and Sharing a Healing Art

## Talk Story with Sweetie Osorio

Longtime Hui Mālama Ola Nā 'Ōiwi employee, Sweetie Osorio, began working with the Traditional Health Program in early 2017. The program offers workshops and classes that share about traditional kānaka maoli lapa'au. The Traditional Health team coordinates programs such as the annual Lā'au Lapa'au workshop series and Grow Your Own Lā'au classes. During some talk story with Sweetie, she shared about future initiatives for the program and also opened up about her personal experiences with lā'au lapa'au. When reminiscing on her childhood, Sweetie shared, "Lā'au lapa'au wasn't really taught; it was more a part of everyday life." She described that her 'ohana utilized "Honohono grass for bee stings, laukahi for boils, kukui for cold sores, and honey as an antibacterial remedy." Some other particularly notable lā'au she discussed were māmaki, 'awapuhi pake (ginger paste), and Hawaiian salt.



**Laukahi**

With these invaluable life lessons in lā'au, Sweetie was able to work alongside Po'okela Ikaika as Hui Mālama launched the annual Lā'au Lapa'au workshops. Over the past year, the Traditional Health Program expanded with the development of the Grow Your Own Lā'au initiative to educate and empower the community to cultivate their own lā'au.

Sweetie expressed the importance of the cultural aspect of the class as it teaches propagation, cultivation, and harvesting in accordance to the Hawaiian moon calendar. "Now that you know about the plants, you can grow them," Sweetie said, as she described the future vision for the classes.

In addition to learning from the past, Sweetie and her team are always looking forward to the future of the Tradition Health Program. In 2019, she envisions adding more Lomilomi Ha Ha classes and Level 2 Lā'au Lapa'au classes. Today, she invites you to come learn about how lā'au was used to sustain Native Hawaiian people, how you can use lā'au today, and how to grow lā'au in your own backyard!

## Upcoming Grow Your Own Lā'au Classes

Kohala Center, Honoka'a:  
Saturday, March 30 at 10:00am

Ka'ū Gym Community Center, Pāhala:  
Saturday, June 22 at 1:00pm

### Traditional Health Team

Sweetie Osorio  
Traditional Health Supervisor



Natasha Hughes  
Traditional Health Program Assistant



Grow Your Own Lā'au program supported by:



Health Resources and Services Administration



# Meet the Health Education team!

The Hui Mālama Ola Nā 'Ōiwi Health Education team serves island-wide, providing educational services to the community.

Nutrition, Hypertension, & Diabetes Classes  
Healthy Hāpai Prenatal Program  
Disease Prevention Education  
Exercise & Fitness Program  
Health Resource Referrals  
Specialty Transportation  
Support Groups



**Bernie Freitas, CHW, CMA**  
*Director of Programs*



**Mari Martin, CCMA**  
*Assistant to Director of Programs*



**Wanda Louis, RN**  
*Community Health Coordinator*



**Leenal Castro, CHW, CMA**  
*Health Resources Specialist II*



**Val Hadley, CCMA**  
*Health Resources Specialist*



**Stephanie Kung, CCMA**  
*Health Resources Specialist*



**Keamalu Waltjen, CHW**  
*West Hawai'i Mobile Health Resources Specialist*



**Leila Ryusaki, CLC, CBE**  
*Healthy Hāpai Facilitator*



**Napualani Puniwai, CCMA**  
*Health Resources Specialist,  
Makau Kino Exercise Program*



**Aunty Edna Baldado, RN, BSN**  
*Community Cultural Specialist*



**Rosi Handy, CCMA**  
*Special Programs and Events Coordinator*



**Albert Gomes Jr.**  
*Transportation Specialist*

Call to connect with the Health Education team for presentations, education at community events, and information on health resources in the community. (808) 969-9220





## Lā'au Lapa'au Workshops for Hawai'i Island

The 2019 series of Lā'au Lapa'au Workshops for Hawai'i island begins this month. The "Ho'omana Ke Ola Nā Kānaka 'Ōiwi" (*empowering the health of the Hawaiian people*) workshops provide the opportunity to learn about the ancient Hawaiian healing practices of Lā'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and Lā'au Kahea. The workshops are led by Po'okela Ikaika Dombrignes who emphasizes the importance of empowering people to learn to improve their health with a focus on mind, body, and spirit, "Illnesses stem from stress, depression, cultural conflict, and lifestyle choices. The goal is to remind us of resources

all around us that can help people take better care of themselves."

Workshop participants will learn about lā'au lapa'au, the ancient Hawaiian practice of using herbs and plants to heal the body. There are

over 3,500 different types of lā'au that can be used to treat a multitude of health conditions, including hypertension, diabetes, cancer, arthritis, and stress.

The practice of lā'au lapa'au has existed for thousands of years, but in modern day, the ancient knowledge is quickly disappearing. Without a commitment to sharing the 'ike (*knowledge*), lā'au lapa'au is at risk of being lost forever.



Po'okela Ikaika Dombrignes

Po'okela Ikaika began learning about the healing powers of lā'au lapa'au from a young age, with knowledge passed on from his kahuna and ancestors. He explains, "Lā'au lapa'au is a practice that's been in the



Hawaiian islands for thousands of years. It has to do with natural herbs from the land, plants, animals, and minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies. It's a very spiritual connection that falls upon the person who needs help."

While learning to use lā'au for healing is a lifelong lesson, starting with basic concepts and common lā'au with the community will increase the chance of preserving the important cultural health practice. The free workshops are open to the public and are offered March through July 2019 in Hilo, Waimea, Kona, Ka'ū, and Puna.

The lā'au lapa'au workshops are part of Hui Mālama Ola Nā 'Ōiwi efforts to preserve and share traditional Hawaiian health practices. The Traditional Health Program is dedicated to sharing the knowledge of Hawaiian cultural values, beliefs, history, and the practice of traditional kanaka maoli lapa'au (Hawaiian medicine). To learn more about upcoming workshops and classes, please contact the Hui Mālama Traditional Health team at (808) 969-9220.



# Hui Mālama Ola Nā 'Ōiwi

**2019  
FREE  
ISLAND-WIDE  
HAWAIIAN TRADITIONAL  
LA'AU LAPA'AU WORKSHOPS**

*Presented by Po'okela Ikaika Dombrigues*

## "Ho'omana Ke Ola Na Kanaka 'Oiwi"

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

**KA'Ū - Saturday, June 1, 2019**  
Ka'ū District Gym • 10am - 3pm

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

*Light refreshments provided. Please bring your lunch.*




Funded by:



Health Resources & Services Administration



'Ōlena



Noni



# Ola Hou I Ka Hula

## Hypertension class

Manage and prevent hypertension through hula!



**When:** Mondays & Wednesdays  
5:30pm-6:30pm

March 11, 2019 - May 22, 2019

**Where:** Hui Mālama Office  
1438 Kīlauea Ave. Hilo

**Only 25 spots available. Sign up today!**

*Receive an educational makana when you attend all classes!*

*Class is free. Donations accepted.*



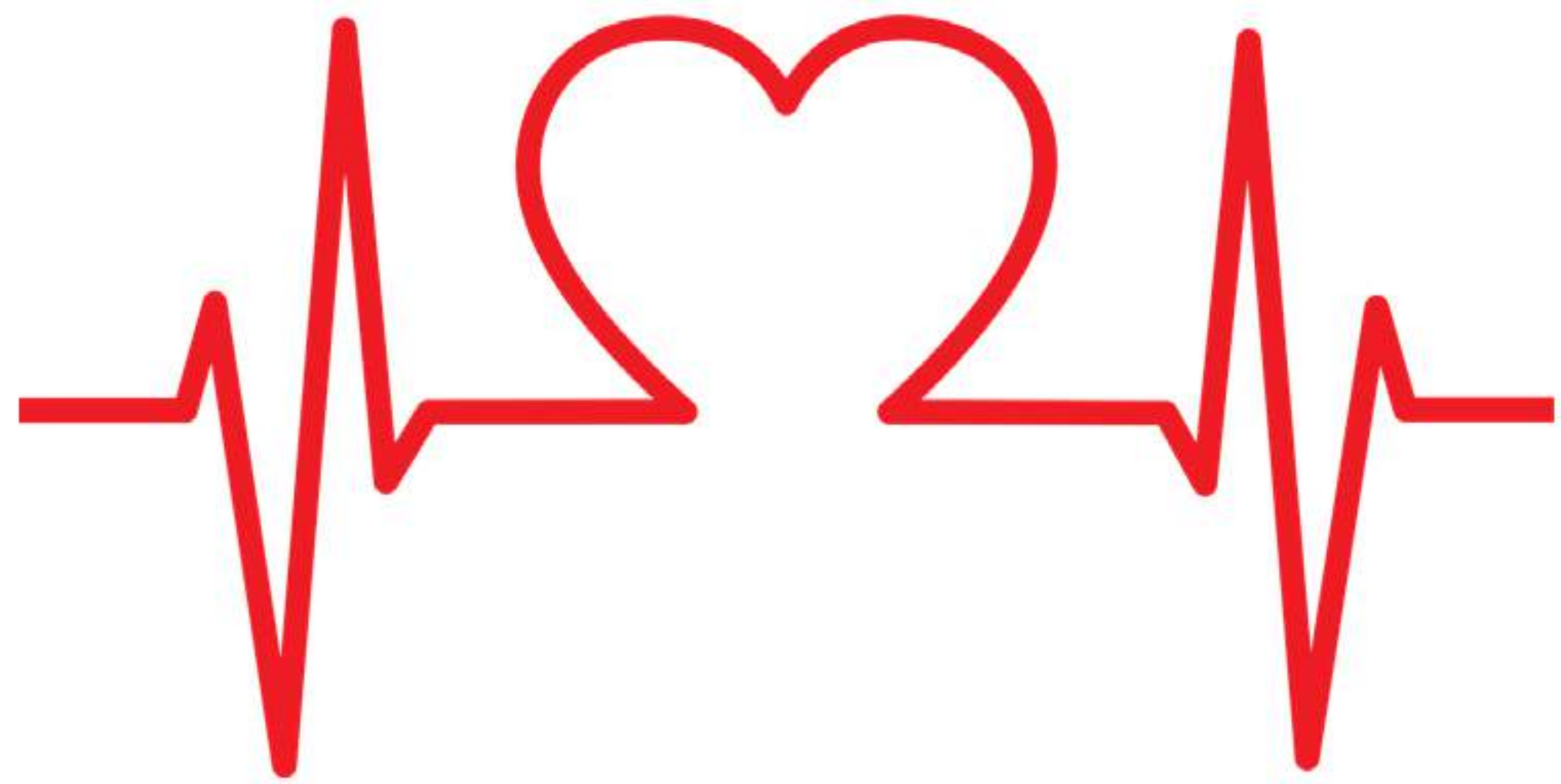
**Hui Mālama  
Ola Nā 'Ōiwi**

Funded by Ulu Community Fund Program and the  
Health Resources and Services Administration

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

☎ (808) 969-9220 • HMONO.org  /HMONO.org  hui\_malama\_





# Heart Health

Do you remember the last time you got your blood pressure checked? According to the Hawai'i Department of Health, approximately one in three Hawai'i adults has hypertension, and knowing your numbers is the first step to living a healthy lifestyle.

When it comes to preventing or managing hypertension, there are many things that you can do to stay proactive. Being physically active, getting proper nutrition, managing stress, and getting regular check-ups with your doctor are great ways to prevent or manage hypertension. Read more to find out how these impact your blood pressure!

Just like any other muscle, your heart gets stronger with **physical activity**. A stronger heart means that your blood can be pumped throughout your body with less effort. Physical activity is also a great way to cope with stress which can, in turn, help to reduce high blood pressure. It is recommended by the American Heart Association that we get at least 150 minutes of physical activity per week. Breaking it down, that's about 30 minutes a day, five days a week.

**Nutrition** is another important factor in preventing and managing hypertension. This means including more fruits and vegetables, as well as reducing the sodium in your diet. Reducing the sodium in the foods you eat can help lower your blood pressure.

**Kick the habit.** Smoking tobacco and drinking alcohol are both proven risk factors for heart attack, stroke, and high blood pressure. Avoid smoking and reduce or eliminate your alcohol intake to live a healthier lifestyle.

Lastly, one of the most important things that you can do to prevent and manage hypertension is to schedule regular **check-ups with you doctor**. Having your blood pressure numbers checked is crucial to knowing if any lifestyle changes are needed. Your doctor can prescribe any necessary medications and also refer you to specialists if needed, such as tobacco cessation classes, hypertension education classes, and nutrition classes.

Read more about hypertension at [heart.org](http://heart.org).

## Hypertension Education Classes

Hui Mālama Ola Nā 'Ōiwi offers hypertension education classes where you can learn how to manage your high blood pressure and ask your health-related questions to a registered nurse.

### Upcoming classes:

Puna: Wednesdays, March 6 - March 20

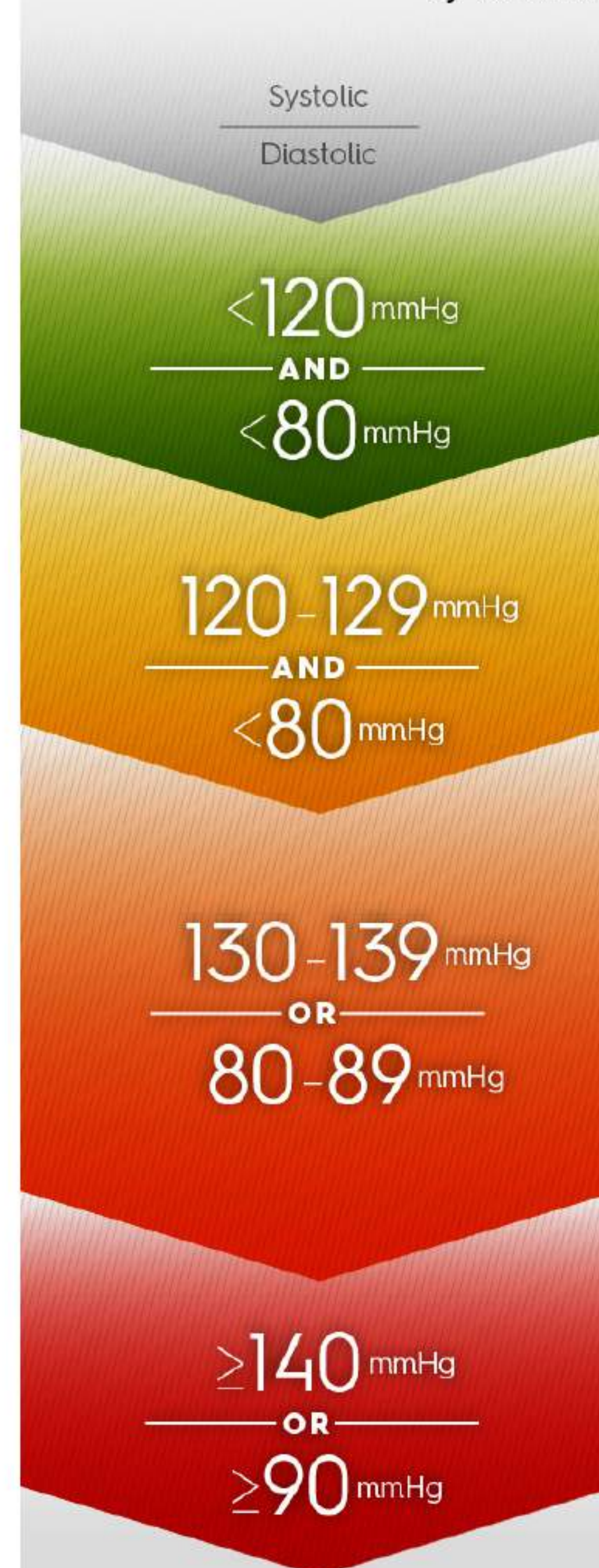
North Hawai'i: Mondays, April 8 - April 22

Ka'ū: Mondays, April 8 - April 22

Kona: Tuesdays, April 9 - April 23

## KNOW YOUR BLOOD PRESSURE —AND WHAT TO DO ABOUT IT

By AMERICAN HEART ASSOCIATION NEWS



The newest guidelines for hypertension:

### NORMAL BLOOD PRESSURE

\*Recommendations: Healthy lifestyle choices and yearly checks.

### ELEVATED BLOOD PRESSURE

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

### HIGH BLOOD PRESSURE / STAGE 1

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

### HIGH BLOOD PRESSURE / STAGE 2

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

\*Individual recommendations need to come from your doctor.  
Source: American Heart Association's journal Hypertension  
Published Nov. 13, 2017

*Did you know that the blood pressure guidelines have changed since November 2017? Need your blood pressure checked? Visit our office at 1438 Kilauea Avenue in Hilo during business hours and one of our certified staff can assist you.*

Hypertension education program supported by:





**Did you know that one in eight adults in Hawai'i has diabetes, and over 41% of the adult population has prediabetes with blood glucose levels higher than normal?** Each March, the American Diabetes Association holds an Alert Day to raise awareness and encourage all to take the diabetes risk test. March 27, 2019 is this year's Alert Day. Take the risk test and get your blood sugar checked! Living with diabetes? Hui Mālama Ola Nā 'Ōiwi offers Diabetes Management classes, free to the public with upcoming March classes held in Kona and North Hawai'i. Call us today to sign-up! (808) 969-9220



# Are you at risk for type 2 diabetes?

WRITE YOUR SCORE IN THE BOX.

1. **How old are you?** .....   
 Less than 40 years (0 points)  
 40-49 years (1 point)  
 50-59 years (2 points)  
 60 years or older (3 points)
2. **Are you a man or a woman?** .....   
 Man (1 point)      Woman (0 points)
3. **If you are a woman, have you ever been diagnosed with gestational diabetes?** .....   
 Yes (1 point)      No (0 points)
4. **Do you have a mother, father, sister or brother with diabetes?** .....   
 Yes (1 point)      No (0 points)
5. **Have you ever been diagnosed with high blood pressure?** .....   
 Yes (1 point)      No (0 points)
6. **Are you physically active?** .....   
 Yes (0 points)      No (1 point)
7. **What is your weight category?** .....   
*See chart at right.*

Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+

ADD UP YOUR SCORE.

1 point	2 points	3 points
If you weigh less than the amount in the left column: <b>0 points</b>		

## If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

**Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.**

**Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).**



The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at [diabetes.org/hawaii](http://diabetes.org/hawaii) or call (808) 947-5979.



# Aunty's Health Message

**Aloha mai kākou,**

I am Aunty Edna and this month I'd like to share about a serious disease that impacts one in eight adults in Hawai'i, diabetes. Diabetes is a disease where the body does not produce or respond to the hormone insulin correctly, causing sugars to build up in your blood.



Diabetes and high blood sugar levels can lead to serious health problems including heart disease, blindness, and kidney failure.

Early detection and treatment is crucial to decrease the risk of complications. Please have your blood sugar checked to know your numbers.

In both prevention and management of diabetes, proper physical activity, good nutrition, and stress management are important.

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!*



## Upcoming Diabetes Management classes

North Hawai'i: Mondays, March 4 - March 18

Kona: Tuesdays, March 5 - March 19

Ka'ū: Mondays, May 6 - May 20

Hilo: Wednesdays, May 8 - May 22

Living with diabetes? Hui Mālama Ola Nā 'Ōiwi offers Diabetes Management classes for those living with diabetes! Sign up online at [hmono.org/classes](http://hmono.org/classes) or call (808) 969-9220!

## WHO'S AT RISK for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:



45+ years old



Physically active less than 3 times/week



Family history of type 2 diabetes



High blood pressure



History of gestational diabetes\*



Overweight

\*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

**DID YOU KNOW...** African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

**If you have any of the risk factors, ask your doctor about getting your blood sugar tested.**





# Measles, Mumps, and Rubella (MMR)

Measles is a highly contagious rash caused by a virus. Infected persons can spread the virus up to 4 days before or after showing symptoms. Measles can cause severe illness for children younger than 5, adults older than 20, pregnant women, and those with compromised immune systems. Measles symptoms include:

- High fever
- Cough
- Runny nose
- Red, water eyes

A rash may develop about three to five days after these symptoms.

Mumps in particular has been a growing concern for Hawai'i residents this past year. The number of confirmed cases of mumps within the state has amounted to 1,009, with 134 of those cases occurring on Hawai'i island. Mumps symptoms include:

- Swollen glands in front of jaw or ears
- Fever
- Headache
- Muscle ache
- Tiredness
- Loss of appetite

The measles, mumps, and rubella (MMR) vaccination is often administered at a young age to prevent these diseases. Two doses of the MMR vaccine are recommended for all children:

Dose 1: 12 to 15 months of age

Dose 2: 4 to 6 years of age

Learn more from Hawaii State Department of Health at <http://health.hawaii.gov/docd/advisories/mumps>

## 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.





# Keiki Coloring Corner

**Do you know your lā'au?**

**Complete the word search below to learn more.**



*Kukui*



*'Ōlena*



*Māmaki*



*Kalo*

Y Z K Ā C T N A Ū S  
 R M U P A C O K P L  
 B Y K D Ō F N Y K Ū  
 M J U E U P I Q A K  
 G Ā I K C R O E L I  
 F Z M 'Ō K 'E A L O N  
 N N F A L H G X O I  
 T X Z X K E F D W T  
 D 'Ā Y X C I N T T H  
 X M S T H P M A B D

***Māmaki***

***Pōpolo***

***'Ōlena***

***Lūkini***

***Kukui***

***Kalo***

***Noni***





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*CLASS SIGN-UP:</b> Most classes offered are 3-weeks long (one session a week). Please call or visit us online to sign up. <a href="http://hmono.org/classes">hmono.org/classes</a></p> <p><b>RECEIVE THE OLAKINO ELECTRONICALLY EACH MONTH!</b> Email <a href="mailto:contact@hmono.org">contact@hmono.org</a> or visit <a href="http://hmono.org">hmono.org</a> to subscribe.</p> <p><b>Live Longer &amp; Feel Better, Together!</b></p>				1	2
<p>4 *10AM Healthy Hāpai -Hilo</p> <p>*4:30PM Diabetes Management-Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>5 9:30AM Basic Stretch &amp; Strengthening -Na 'ālehu</p> <p>10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>*4:30PM Diabetes Management-Kona</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Diabetes Support Group-Hilo</p>	<p>6 *9AM Hypertension Class-Puna</p> <p>5:30PM Zumba -Keaukaha</p>	<p>7 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga-Keaukaha</p>	<p>8 9:30AM Basic Stretch &amp; Strengthening -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>9 <b>9AM Lā'au Lapa'au Workshop</b> -Aunty Sally's Lū'au Hale, Hilo</p>
<p>11 *10AM Healthy Hāpai -Hilo</p> <p>*4:30PM Diabetes Management-Waimea</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5:30PM Hula Hypertension-Hilo</p>	<p>12 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>*4:30PM Diabetes Management-Kona</p> <p>5PM Yoga-Keaukaha</p> <p>5:30PM Cancer Support Group-Hilo</p>	<p>13 *9AM Hypertension Class-Puna</p> <p>9:30AM Basic Stretch &amp; Strengthening -Na 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5:30PM Hula Hypertension-Hilo</p>	<p>14 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga-Keaukaha</p>	<p>15 9:30AM Basic Stretch &amp; Strengthening -Pāhala</p>	<p>16 *10AM Lā'au Lapa'au Class -Hilo</p>
<p>18 *10AM Healthy Hāpai -Hilo</p> <p>*4:30PM Diabetes Management-Waimea</p> <p>*5:30PM Hula Hypertension-Hilo</p>	<p>19 1PM Diabetes Support Group-Hilo</p> <p>*4:30PM Diabetes Management-Kona</p>	<p>20 *9AM Hypertension Class-Puna</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5:30PM Hula Hypertension-Hilo</p>	<p>21 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>22 10AM Zumba -Hilo</p>	<p>23</p>
<p>25 5:30PM Zumba -Keaukaha</p> <p>*5:30PM Hula Hypertension-Hilo</p>	<p>26 <b>OFFICE CLOSED</b> Prince Kūhiō Day</p>	<p>27 9:30AM Basic Stretch &amp; Strengthening -Na 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5:30PM Hula Hypertension-Hilo</p>	<p>28 10:30AM Basic Stretch &amp; Strengthening -Keaukaha</p> <p>5PM Yoga-Keaukaha</p>	<p>29 9:30AM Basic Stretch &amp; Strengthening -Pāhala</p>	<p>30 <b>*10AM Grow Your Own Lā'au Class</b> -Kohala Center, Honoka'a</p> <p><b>*8AM Wa'a Wellness Ride</b> -Hilo</p>