A message from our Board of Directors

Aloha kākou,

We are focusing on keiki health and services this month. To show keiki we care and to show them the value of life, we need to support them as best as we can. It starts by breathing the breath of hā into our keiki to give them life and strength. We need to work hard to strengthen their sense of belonging to love one another, responsibility to work together as one, excellence and pride in what they do, involvement in the well-being of their kūpuna and community, and their sense of aloha. Hawai‘i is unlike anywhere else in the world, where the unique values of the indigenous language, culture, our keiki and kūpuna are perpetuated throughout the Hawaiian islands. As children of Hawai‘i ourselves, we need to teach others our ways of love and aloha. In these ways, we can support our keiki and secure the future of Hawai‘i.

Mahalo nui loa,
Mabel De Silva - Chair

A message from our Executive Director

Aloha mai kākou,

Hui Mālama Ola Nā ‘Ōiwi is happy to serve all ages of our Hawai‘i island community, from keiki to kūpuna. In recent years, we have increased services that address the need for improved keiki health including our Healthy Hāpai prenatal program, immunization program, and most recently, our E Mālama I Ke Olakino O Nā Keiki program focused on nutrition and physical health in schools.

It is evident that the early stages of one’s life are important in healthy development for the years to come. We want to help our keiki be healthy with proper nutrition, physical fitness, preventive health, and opportunities for education. Parents and guardians play a key part with the kuleana to provide keiki with a good start in life.

Our job isn’t done as keiki get older. As we know, everyone is different and our youth need support at all stages of their development. Sometimes our keiki fall to the wayside and find themselves in difficult situations. This is when we need to provide even more support. I’m blessed to be involved with the Youth Challenge Academy here in Hilo. This program teaches our keiki discipline and respect. It shows them that they can achieve their dreams and motivates them to fulfill their potential. Without these types of programs and investment in our youth, what would happen?

I am thankful to see a variety of programs across our island that aim to help our keiki be healthy and successful in life. On June 29, we’re hosting the Third Annual Mālama Nā Keiki Festival in Ka‘ū. Call us to learn more about the festival and our keiki health programs. Our keiki are our future. Let us continue to hui to provide them with a healthy start and opportunities for growth throughout their youth. I mua!

Mahalo nui loa,
Louis Hao - Executive Director
### SCHEDULE OF CLASSES

<table>
<thead>
<tr>
<th></th>
<th>JUNE</th>
<th>JULY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PUNA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lā‘AU LAPA‘AU WORKSHOP</td>
<td></td>
<td>Sat 7/13</td>
</tr>
<tr>
<td>LĀ’AU LAPA‘AU CLASS</td>
<td></td>
<td>Sat 7/22 - 8/5</td>
</tr>
<tr>
<td><strong>KAʻŪ</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LĀ’AU LAPA‘AU WORKSHOP</td>
<td></td>
<td>Sat 6/1</td>
</tr>
<tr>
<td>LĀ‘AU LAPA‘AU CLASS</td>
<td></td>
<td>Sat 6/8 - 6/22</td>
</tr>
<tr>
<td>GROW YOUR OWN LĀ‘AU</td>
<td></td>
<td>Sat 6/22</td>
</tr>
<tr>
<td><strong>KONA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIABETES MANAGEMENT</td>
<td></td>
<td>Tues 6/25 - 7/9</td>
</tr>
<tr>
<td><strong>NORTH HAWAIʻI</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIABETES MANAGEMENT</td>
<td></td>
<td>Mon 6/3 - 6/17</td>
</tr>
<tr>
<td><strong>NEW SERVICE!</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LOMILOMI SERVICES</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>See page 9 for more</td>
<td>Mon 6/3 and 6/17 - 6/24</td>
</tr>
<tr>
<td></td>
<td>information on this</td>
<td></td>
</tr>
<tr>
<td></td>
<td>service.</td>
<td>Mon 7/1 and 7/15 - 7/29</td>
</tr>
</tbody>
</table>

Schedule subject to change. To sign up, please call or visit us online today!

---

**Diabetes Support Group**
- **Tuesday, June 4**
  - 5:30pm-7:00pm
  - Hui Mālama Office
  - 1438 Kilaeua Ave, Hilo
- **Tuesday, June 18**
  - 1:00pm-2:30pm
  - Hui Mālama Office

**Exercise & Fitness**

**Basic Stretch & Strengthening in Hilo**
- Tuesdays & Thursdays
  - 10:30am-11:30am
  - Malia Puka O Kalani Church Gym
  - 326 Desha Avenue, Keaukaha

**Basic Stretch & Strengthening in Kaʻū**
- Wednesdays, June 12 - 26
  - 9:30am-10:30am
  - Nāʻalehu Community Center
  - 95-5635 Māmalahoa Hwy, Nāʻalehu
- Fridays, June 14 - 28
  - 9:30am-10:30am
  - Pāhala Hawaiʻi County Nutrition Center
  - 96-1169 Holei Street, Pāhala

**Zumba**
- Fridays, June 14 & 28
  - 10:00am-11:00am
  - Hui Mālama Office
- June 17, 19, 24, & 26
  - 5:30pm-6:30pm
  - Malia Puka O Kalani Church Gym

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

Visit our website for information on more services! HMONO.org

📞 (808) 969-9220 • HMONO.org • /HMONO.org • hui_malama
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!

Rainbow Run
Keaukaha students and teachers raced in the Hui Mālama Rainbow Run at Keaukaha Elementary School on May 17. The Rainbow Run celebrated the culmination of the E Mālama I Ke Olakino O Nā Keiki Makahiki program. Learn more about this program on page 10!

Lā‘au Lapa‘au Workshop
Community members gathered in Kona on May 4 to learn about traditional Native Hawaiian healing practices, such as ho‘oponopono. There are two more workshops. See page 5 for dates and locations!

Merrie Monarch
Ola Hou I Ka Hula Hypertension class participants performed during Merrie Monarch week at the Afook-Chinen Civic Auditorium on Easter Sunday, April 27. Learn more on page 11.
FAMILY MEDICINE CLINIC
CURRENTLY ACCEPTING NEW PATIENTS

AVAILABLE SERVICES:
Family Medicine
Behavioral Health
Nutrition Counseling
Diabetes Education

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

Kaʻohimanu Dang Akiona
MD

Donna Dennerlein
LCSW

Ikaika Moreno
APRN

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

Most major insurances accepted.
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

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

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

Light refreshments provided. Please bring your lunch.

Support Provided by:

To sign-up or learn more, contact us today!
☎ (808) 969-9220 • HMONO.org /facebook/HMONO.org  /hui_malama/
Cancer Prevention and Education

Reducing your risk of cancer and other health complications begins with education. In addition to regular screenings and health check-ups, it’s also imperative to learn about how household items, household products, tobacco, vaping devices, and e-cigarettes can negatively impact our health.

To promote cancer prevention and education, Hui Mālama Ola Nā ‘Ōiwi is launching Cancer Kine Tings, a campaign that aims to educate the community about toxins within household items. Cancer Kine Tings includes education about removing toxins from your home and how to incorporate healthier alternatives to keep your ‘ohana healthy.

Home Kits

The Cancer Kine Tings Home Kit is a tote that contains educational material as well as supplies to help you make progressive, healthy changes in your home.

Recipe Cards

Included in the Home Kit are Recipe Cards, which have recipes for non-toxic DIY alternative cleaning products. Here is an example:

**Recipe: All Purpose Cleaner**

**Ingredients:**
- 2 tsp baking soda
- 4 TBSP white vinegar
- 1 ½ cups water

**Directions:**
place ingredients in a squirt bottle
shake to mix well

Ingredients Lists

Also included in the Home Kit are two checklists: the “Hale Checklist” and “Toxic Ingredients” list. These two lists are used side-by-side, so you can go to each room in your house and determine which products have toxic ingredients and need to be replaced or properly stored.

Laurel Ledward and Jerold Cabel of the University of Hawai‘i at Hilo School of Nursing presenting Cancer Kine Tings education.

Take charge of reducing your cancer risk! There are quick and easy things you can do today. For more information about Cancer Kine Tings, call us at (808) 969-9220.
At Mālama Nā Keiki Festival each year, hundreds of participants experience family activities, music, ‘ono food, health screenings, education, and prizes. Approximately thirteen local agencies attend the festival each year to share health resources with the community, and ‘ohana who are issued a passport that contains a map. The map guides explorers and ‘ohana on a day of exploration for keiki and wellness services. Along the map trail there are surprises, and once the map is completed, each keiki wins a backpack with school supplies! And if that’s not enough excitement, each participant is also entered into a raffle for more prizes, including grand prizes of car seats, diapers, and more from the following donors:

- KTA Super Stores
- ACE Hardware
- Mizuno Superette
- Hana Hou Restaurant
- Punalu’u Bake Shop

Community excitement grows every summer as festivals, holidays, and events take place around the island. This year, the 3rd Annual Mālama Nā Keiki Festival will take place in the middle of summer, on Saturday, June 29 at Pāhala Community Center.
While Mālama Nā Keiki Festival is a lot of fun, it was developed to address the need for more prenatal and young keiki health education on Hawai‘i island. The festival aims to serve expecting and first-time mothers, women considering pregnancy, young families, and supporting ‘ohana. In addition to all the fun, participants have the opportunity to complete free health screenings, such as height, weight, vision tests and hearing tests.

Join us and gain knowledge from the following agencies that will provide services and resources for this year’s festival:

- Family Support Hawai‘i
- Partners in Development Foundation
- Tūtū and Me
- Hawai‘i Diaper Bank
- The Food Basket, Inc.
- Project Vision Hawai‘i
- More!

We at Hui Mālama Ola Nā ‘Ōiwi look forward to serving you and your ‘ohana at this festival. We look forward to offering more keiki and prenatal programs across the island and throughout the year. For more information, call us at (808) 969-9220 or visit hmono.org/events.
Hui Mālama Ola Nā ‘Ōiwi is now offering lomilomi services in Nā‘ālehu. These services are provided by an experienced lomilomi practitioner and Licensed Massage Therapist.

practitioners are particularly focused on restorative healing, such as balancing the energy of the body, mind, and spirit. With that focus, traditional lomilomi can benefit more than your physical health; it can also enhance your mental well-being and overall health.

**What is lomilomi?**

Massage is one of the oldest forms of muscle therapy in the world. In Hawai‘i, massage is known as lomilomi and is a unique form of traditional healing that was passed down from master healers, kahuna, and cultural practitioners.

Lomilomi can benefit your physical health by alleviating muscle pain, improving circulation, and restoring digestive health. Lomilomi

**Interested in lomilomi massage and its health benefits?** Services are offered during business hours on the following Mondays in Nā‘ālehu:
- June 3, 17 and 24
- July 1, 15, 22 and 29

Openings are limited, so please call our office at (808) 969-9220 to set up an appointment and to learn more about this service.
“E Mālama I Ke Olakino O Nā Keiki”
Makahiki Program

The Hui Mālama Ola Nā ‘Ōiwi E Mālama I Ke Olakino O Nā Keiki program was created to raise awareness of the importance of fitness and wellness for youth. As Hawai‘i has seen rising rates of childhood obesity, this program aims to decrease the risks of obesity in an engaging, fun, and cultural approach.

The program occurs during Makahiki season, so its cultural significance makes it particularly unique. E Mālama I Ke Olakino O Nā Keiki allows keiki and ‘ōpio (youth) an opportunity to experience and perpetuate the traditional Makahiki games.

Afeafeauptoaluga (Afe) Filemoni, is the program facilitator and instructor for E Mālama I Ke Olakino O Nā Keiki. During the program, the students first learn about the different muscle groups they use for particular movements. Then, the students utilize those muscles by competing in Makahiki games with their classmates. While the students enjoy Makahiki games, they also learn to strengthen physical skills, such as hand-eye coordination, body awareness, and stretching. The combination of cultural and physical education the program offers is vital for Hawai‘i’s youth to understand and maintain their overall health.

The program is currently offered at three different schools on the east side of Hawai‘i island, serving approximately 3,300 students from 3rd grade to 12th grade. To learn more about our Makahiki program and to see if it will be offered at your child’s school, please call (808) 969-9220.
The most recent course ran from March to May. When reminiscing, one haumāna said, “Dancing with this group, I'm learning new songs, learning how to care for my hypertension, as well as having fun and laughing through it all. The time goes by so quick that you don't even think that you're exercising.” Other haumāna expressed that the health education, cultural education, and community support that the class provided helped them thrive in setting goals for a healthy lifestyle.

Ola Hou I Ka Hula Hypertension Class

Ola Hou I Ka Hula Hypertension Class is a class where participants learn to manage and prevent hypertension through hula. The class, taught by kumu hula Lori Lei Shirakawa and Wanda Louis, RN, is offered twice per year at the Hui Mālama Ola Nā ‘Ōiwi office in Hilo. Each class begins with hypertension education with Wanda, who discusses medication, exercise, nutrition, and other health issues related to hypertension. After, haumāna stretch and begin hula exercises with the kumu.

During this spring course, haumāna had the opportunity to participate in the largest hula festival in Hawai‘i and, arguably, the world: Merrie Monarch Festival. For kumu hula Lori Lei, this is the busiest and most exciting week of the year. For the haumāna, many of whom had no prior hula experience, the event was as exciting as it was nerve-racking. According to haumāna, despite the nerves, their performance was a way to share what they had learned and celebrate their health.

Interested in setting goals to a healthier lifestyle through hula? Learn about upcoming Ola Hou I Ka Hula Hypertension classes by calling us at (808) 969-9220 or visiting hmono.org/classes.
Aloha mai kākou,

I am Aunty Edna and recently I was reminded of a quote I grew up with: "Time flies when you're having fun." We are already halfway through the year and celebrating big holidays like Mother’s Day, Father’s Day, and Mālama Nā Keiki Festival! These celebrations are reminders of the things that we are blessed with as time moves on.

While we want to celebrate and enjoy these moments, we also need to take care of ourselves and our ʻohana, so we can keep up with the busyness of life. Here are some tips to take care of yourself and your ʻohana:

- Prepare healthy meals with fruits, vegetables, and whole grains
- Let the kids help prepare meals at least once a week
- Play and do activities together throughout the week
- Attend family-friendly events during the summer
- Get regular check-ups with your healthcare provider

As we celebrate life over the next few weeks, remember mālama pono. Enjoy these moments, because they’re fun! But also take time to take care of your body, mind, and spirit.

Want or need to talk story? Come see us at Hui Mālama Ola Nā ʻŌiwi, working 28 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!
Hepatitis A is a serious liver disease caused by the hepatitis A virus (HAV) which causes inflammation of the liver. Hepatitis A can be caused by ingesting heavy amounts of toxins into the body, such as from alcohol and drug abuse. Hepatitis A can also be contracted when a person ingests the virus from contaminated objects, food, or the feces of an infected person. Good personal hygiene and proper sanitation can help prevent the spread of hepatitis A.

The best way to protect against hepatitis A is by receiving the vaccines. The hepatitis A vaccine is inactive (killed) and often given in two doses at least six months apart. Both shots are needed for long-term prevention of HAV infection. Children and adolescents older than 23 months can receive the vaccine, as well as adults of any age.

Symptoms of HAV may include:
- Fever, fatigue, loss of appetite, nausea, vomiting, and/or joint pain
- Severe stomach pains and diarrhea (mainly in children)
- Jaundice
Symptoms usually appear two to six weeks after exposure and usually last less than two months, although some people have symptoms for as long as six months. If a person is not vaccinated and contracts HAV, a doctor may recommend vaccination to help prevent severe illness.

To learn more about HAV and the Hepatitis A vaccine, visit www.cdc.gov

The 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
- Hep A
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- RV1 or RV5

For more information about our Immunization Program, call us at (808) 969-9220.
In June, we celebrate keiki health! Color each picture below and circle the word that matches the picture. The first one is done for you.

**Answers:** Run, Jump, Hear, See, Stretch
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Lomilomi Services</td>
<td>10:30AM BS&amp;SEC</td>
<td>10:30AM BS&amp;SEC</td>
<td>10:30AM BS&amp;SEC</td>
<td>*10AM Lāʻau Lapaʻau Workshop</td>
<td>*10AM Lāʻau Lapaʻau Class</td>
</tr>
<tr>
<td>- Nāʻālehu</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td>- Kaʻu</td>
<td>- Kaʻu</td>
</tr>
<tr>
<td>*4:30PM Diabetes Management</td>
<td>5PM Yoga</td>
<td>5PM Yoga</td>
<td>5PM Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Waimea</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30PM Diabetes Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Hilo</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*4:30PM Diabetes Management</td>
<td>OFFICE CLOSED</td>
<td>King Kamehameha Day</td>
<td>9:30AM BS&amp;SEC</td>
<td>9:30AM BS&amp;SEC</td>
<td>*10AM Lāʻau Lapaʻau Class</td>
</tr>
<tr>
<td>- Waimea</td>
<td></td>
<td></td>
<td>- Nāʻālehu</td>
<td>- Pāhala</td>
<td>- Kaʻu</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5PM Yoga</td>
<td>5PM Yoga</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1PM Diabetes Support Group</td>
<td>1PM Diabetes Support Group</td>
<td>*1PM Grow Your Own</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Keaukaha</td>
<td>- Keaukaha</td>
<td>Lāʻau Class</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Kaʻu</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Lomilomi Services</td>
<td>10:30AM BS&amp;SEC</td>
<td>9:30AM BS&amp;SEC</td>
<td>9:30AM BS&amp;SEC</td>
<td>*10AM Lāʻau Lapaʻau</td>
<td>*10AM Lāʻau Lapaʻau Class</td>
</tr>
<tr>
<td>- Nāʻālehu</td>
<td>Keaukaha</td>
<td>- Nāʻālehu</td>
<td>- Pāhala</td>
<td>- Kaʻu</td>
<td>- Kaʻu</td>
</tr>
<tr>
<td>*4:30PM Diabetes Management</td>
<td>5PM Yoga</td>
<td>5:30PM Zumba</td>
<td>5PM Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Waimea</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30PM Zumba</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Keaukaha</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*4PM Diabetes Management</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Kona</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>*Lomilomi Services</td>
<td>10:30AM BS&amp;SEC</td>
<td>9:30AM BS&amp;SEC</td>
<td>10:30AM BS&amp;SEC</td>
<td>9:30AM BS&amp;SEC</td>
<td>9AM Mālama Nā Keiki Festival</td>
</tr>
<tr>
<td>- Nāʻālehu</td>
<td>Keaukaha</td>
<td>- Nāʻālehu</td>
<td>- Pāhala</td>
<td>- Pāhala</td>
<td>- Pāhala</td>
</tr>
<tr>
<td>5:30PM Zumba</td>
<td></td>
<td>5PM Yoga</td>
<td>5:30PM Zumba</td>
<td>5PM Yoga</td>
<td></td>
</tr>
<tr>
<td>- Keaukaha</td>
<td></td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td>Keaukaha</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5:30PM Zumba</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Keaukaha</td>
<td>10AM Zumba</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Hilo</td>
<td></td>
</tr>
</tbody>
</table>

*CLASS SIGN-UP:*
Please call or visit us online to sign up. [hmono.org/classes](http://hmono.org/classes)

CONTACT US TO SUBSCRIBE TO THE ELECTRONIC NEWSLETTER:
contact@hmono.org or www.HMONO.org

Live Longer & Feel Better, Together!