



Olakino

Newsletter

July
Iulai 2019



Healthy Summer Living

Look Inside For:

- Mālama Ka Pili Pa'a Softball Tournament
- Volunteer Program information
- Summer Recipes

A message from our Board of Directors

Aloha kākou,

Summer is here and the children are out of school. It's time for family outings, camping, and other summer fun! This summer, please keep these things in mind to ensure a happy, healthy summer. First, be mindful of sun exposure; make sure children and kūpuna have sunscreen on when they're outdoors or down at the beach. Drink a lot of water, and reduce intake of soda and juice. And as always, eat a lot of fruits and vegetables. Take medicine, visit your health care providers, but do enjoy summer vacation! To our kūpuna, enjoy your children and grandchildren, and help them enjoy life with family. To parents, make sure that your children are well cared for and safe throughout the summer. Have a safe and healthy summer!

Mahalo nui loa,
Mabel De Silva - Chair



A message from our Executive Director

Aloha mai kākou,

This summer on the island is much different than last summer when our community was coming together to alleviate the effects of the Puna lava flow. This summer, we can reflect on those times and continue to work together to mālama the community. This includes making sure we're all enjoying a healthy summer.

School is out, so children are enjoying themselves both indoors and outdoors. This summer there are even more opportunities for keiki. Keiki can enjoy the Summer Fun Program and other summer school programs that allow them to go on excursions, do arts and crafts, and learn about sportsmanship.

It's important to ensure that everyone is enjoying themselves this summer in a safe and healthy manner. With all the fun going on, don't forget to check in with your healthcare providers for regular check-ups. Children will be going back to school before we know it, so check-ups with a healthcare provider will be a great time to get updated immunizations. From keiki to kūpuna, eat fresh vegetables frequently, exercise regularly, and mālama yourself and each other. We at Hui Mālama Ola Nā 'Ōiwi wish everyone a safe and fun summer!

Mahalo nui loa,
Louis Hao - Executive Director



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

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HMONO.org
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1438 Kīlauea Ave., Hilo, HI 96720
Facebook: /HMONO.org
Instagram: hui_malama_

Join us today!

Visit HMONO.org/register to sign up as a client for our health education programs.

Visit 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, July 2
5:30pm-7:00pm
Hui Mālama Office
1438 Kīlauea Ave, Hilo

Tuesday, July 16
1:00pm-2:30pm
Hui Mālama Office

Cancer Support Group

Tuesdays, July 9 & 23
5:30pm-7:30pm
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 Ka'ū

Wednesdays, July 3, 17, 24, & 31
9:30am-10:30am
Nā'ālehu Community Center
95-5635 Māmalahoa Hwy,
Nā'ālehu

Fridays, July 5, 12, & 19
9:30am-10:30am
Pāhala Hawai'i County Nutrition
Center
96-1169 Holei Street, Pāhala

Zumba
Fridays, July 12 & 26
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		
	JULY	AUGUST
HILO		
HEALTHY HĀPAI		Thurs 8/8 and 8/22 - 9/12
PUNA		
LĀ'AU LAPA'AU WORKSHOP	Sat 7/13	
LĀ'AU LAPA'AU CLASS	Sat 7/15 - 7/22	
KONA		
DIABETES MANAGEMENT	Tues 6/25 - 7/9	
HEALTHY HĀPAI		Wed 8/14 - 9/11
NORTH HAWAI'I		
HEALTHY HĀPAI		Wed 8/14 - 9/11
NEW SERVICE IN KA'Ū!		
LOMILOMI SERVICES IN NĀ'Ā LEHU	Mon 7/1 and 7/15 - 7/29	
Call us today to set up an appointment!		
Schedule subject to change. To sign up, please call or visit us online today! hmono.org/classes		

Visit our website for information on more services! 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!



7th Annual Mercy Day Fair

Community members met Hui Mālama Ola Nā 'Ōiwi staff and Dr. Gaku Yamaguchi at the 7th annual Mercy Day Fair on June 1 at YWCA in Hilo. Dr. Yamaguchi met with participants and offered free heart rate and blood pressure readings.

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 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

Diabetes Support Group

Dr. Sándor Hernández Morales, O.D. (far left) visited Hui Mālama Diabetes Support Group from Eyeland Eyedoc on June 4. Dr. Morales shared how Diabetes Mellitus can affect your vision, and he expressed the importance of annual eye exams.



Cancer Kine Tings Launch

Meet Laurel Ledward, the Hui Mālama Health Promotion Educator and developer of the Cancer Kine Tings Program. She met with the public at the Kai 'Ōpua Canoe Regatta on June 8 to offer home kits, which include cancer education materials, chemical-free recipes, and household checklists.



**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

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.

PROVIDERS



Stacy Haumea
DBH, RDN, CDE



Gaku Yamaguchi
MD



Ka'ohimanu Dang Akiona
MD



Donna Dennerlein
LCSW

HĀMĀKUA HARVEST FARM FESTIVAL

On May 19th, Hui Mālama Ola Nā 'Ōiwi joined the 4th Annual Hāmākua Harvest Farm Festival in Honoka'a. Hāmākua Harvest Farm Festival is a community-driven, environmentally and socially conscious festival celebrating community farming and sustenance.



Hui Mālama partnered with the festival for the first time by coordinating the Agriculture Education tent. The education tent featured five guest speakers and a seed exchange with over 200 seed and plant packages. The community engaged in several education topics, including:

- Rat Lungworm Disease
- Biochar for Plant and Soil Health
- Kalo and 'Awa
- Organic Soil Health
- Seed Saving Basics
- Lā'au Lapa'au

If you missed the festival and would like to learn more about the above topics, please contact us at (808) 969-9220 for resources.

We would like to express our appreciation to all of the guest speakers and organizations that attended and shared knowledge and resources with the community:

- Franny Brewer (Big Island Invasive Species Committee)
- Josiah Hunt (Pacific Biochar)
- Keoni Bigno (Hawaiian Sanctuary)
- Dr. Jana Bogs (Beyond Organic Consulting)
- Ilana Stout, M.S. (Hawai'i Community College)



Upcoming Lā'au Lapa'au Events

Join us for our upcoming Lā'au Lapa'au workshop and classes. Led by Po'okela Ikaika Dombrigues, these classes offer an opportunity to learn about native Hawaiian healing practices, such as ho'oponopono, lā'au lapa'au, and lā'au kāhea.

Lā'au Lapa'au Workshop

Saturday, July 13 • 9:00am - 3:00pm
Pāhoa Gym Patio Area

Lā'au Lapa'au Classes

Saturdays, July 20 & 27 • 9:00am - 12:00pm
Hui Mālama Office in Hilo



Volunteer Program

Are you interested in volunteering this summer? The Hui Mālama Ola Nā 'Ōiwi Volunteer Program was developed to provide students and volunteers with opportunities to gain practical and professional experience, and also provide an outlet for helping our community. Volunteer opportunities range from office tasks, program preparation, and art projects, to special events, support groups, and education preparation.

Here's a snapshot of some of our volunteers giving back to their community this year!



Several volunteers donated their time and sewing skills to create beautiful hula skirts for our Ola Hou I Ka Hula Hypertension class. The class performed at the Merrie Monarch Festival in their new skirts.



Volunteers Kyle and Shawnalyn helped set up the seed exchange at the 4th annual Hāmākua Harvest Farm Festival, which featured more than 200 packets of seed. See page 5 for more details about this festival!



After assisting with our Cancer Support Group, Mālama Ka Pili Pa'a, for several months, practicum student Genevie and her family joined in the Wa'a Wellness celebration at Reed's Bay in Hilo.

Interested in giving back to your community? Learn more about our Volunteer Program at hmono.org/volunteer or call us today at (808) 969-9220.

Healthy Summer Living

Summer is here, and there is excitement all around! Keiki are out of school and the beach is calling. As we pass the middle of the year, we encourage finding balance with all the summer fun.



- Wear sunglasses that can protect your eyes from sun exposure.
- Utilize protective clothing and gear. Certain hikes and water sports require protective clothing, such as boots, hats, jackets, sunglasses, and reflective clothing.

OUTDOOR FUN

Time spent outdoors is proven to have numerous health benefits, whether you go outside for a walk, a run, beach time, playing with pets, or gardening. Just being outdoors can decrease blood pressure, increase circulation, relieve stress, increase focus, and of course provide sunlight exposure to absorb vitamin D.

While you're enjoying all these health benefits outside, be sure to also protect yourself in the following ways:

- Use reef-safe sunscreen. Po'okela Ikaika Dombrignes also suggests using coconut oil to hydrate your skin before or after sun exposure.

NUTRITION

Whether you enjoy your summer outdoors or indoors, it's always important to be prepared with nutritious food on hand. Hui Mālama Ola Nā 'Ōiwi health provider Stacy Haumea, DBH, RDN, CDE, suggests trying some of the following to prioritize nutrition this summer:

- Keep fresh produce on-hand as often as possible. If you have children, this is especially important, as keiki will eat what is available when they are hungry and will look to parents as nutrition role models.
- Hit the farmer's market and support local! Bring the keiki and kūpuna to help pick out seasonal produce and learn about the

nutrition of each. See Page 11 for a cool summer recipe!

- Stay hydrated with non-sugary drinks! During summer, it seems easy to grab soda, juice, or sports drinks, but these often contain more sugar than people should consume in one day. See page 11 for hydrating infused water recipes!



SET GOALS TOGETHER!

It's not New Year's Day anymore, but summertime is a great time to evaluate and set your goals. Goal-setting is a healthy and productive practice according to psychologists. Research also suggests that involving your friends and family makes you more motivated to achieve goals and also helps maintain accountability.

Whether you come alone or bring a friend, join us for any of our free classes and services. Here are just a few free services that Hui Mālama offers that can help you reach your goals:

- Zumba
- Therapeutic Yoga
- Basic Stretch & Strengthening



- Diabetes Support Group
- Mālama Ka Pili Pa'a Cancer Support Group
- Lā'au Lapa'au

HAVE A SAFE AND HEALTHY SUMMER!

No matter what your summer includes, we encourage each member of the community to find balance with each activity. Join Hui Mālama Ola Nā 'Ōiwi this summer for family fun and events this summer, both indoor and outdoor! Check out our online event calendar at hmono.org/events to stay updated.

Upcoming Events

American Cancer Society Relay for Life: Hilo

Saturday, July 20

Luncheon at 2:00pm - Survivor Walk at 4:00pm

Francis Wong Stadium Track

"Chocolate Milk" film showing

Friday, August 2 at 6:00pm

Hui Mālama Office in Hilo

Friday, August 9 at 6:00pm

Waimea (call for location details)



BATting OUT CANCER SOFTBALL TOURNAMENT

August 31 - September 1, 2019

Please come and support our mix softball tournament being held August 31 - September 1, 2019 at Walter Victor.

This year the tournament is being held in memory of Vanita "Nene" Kaleo. The annual tournament is a fundraiser for Mālama Ka Pili Pa'a, a cancer support group co-founded by Nene.

Get a team together. Entrance fee is \$200 and remember that the mix team needs to have at least two women on the roster. It is a time for fun, laughter, comradery and gentle competition.

Funds raised will support the support group's mission and its participation in various cancer-related community service projects and events.

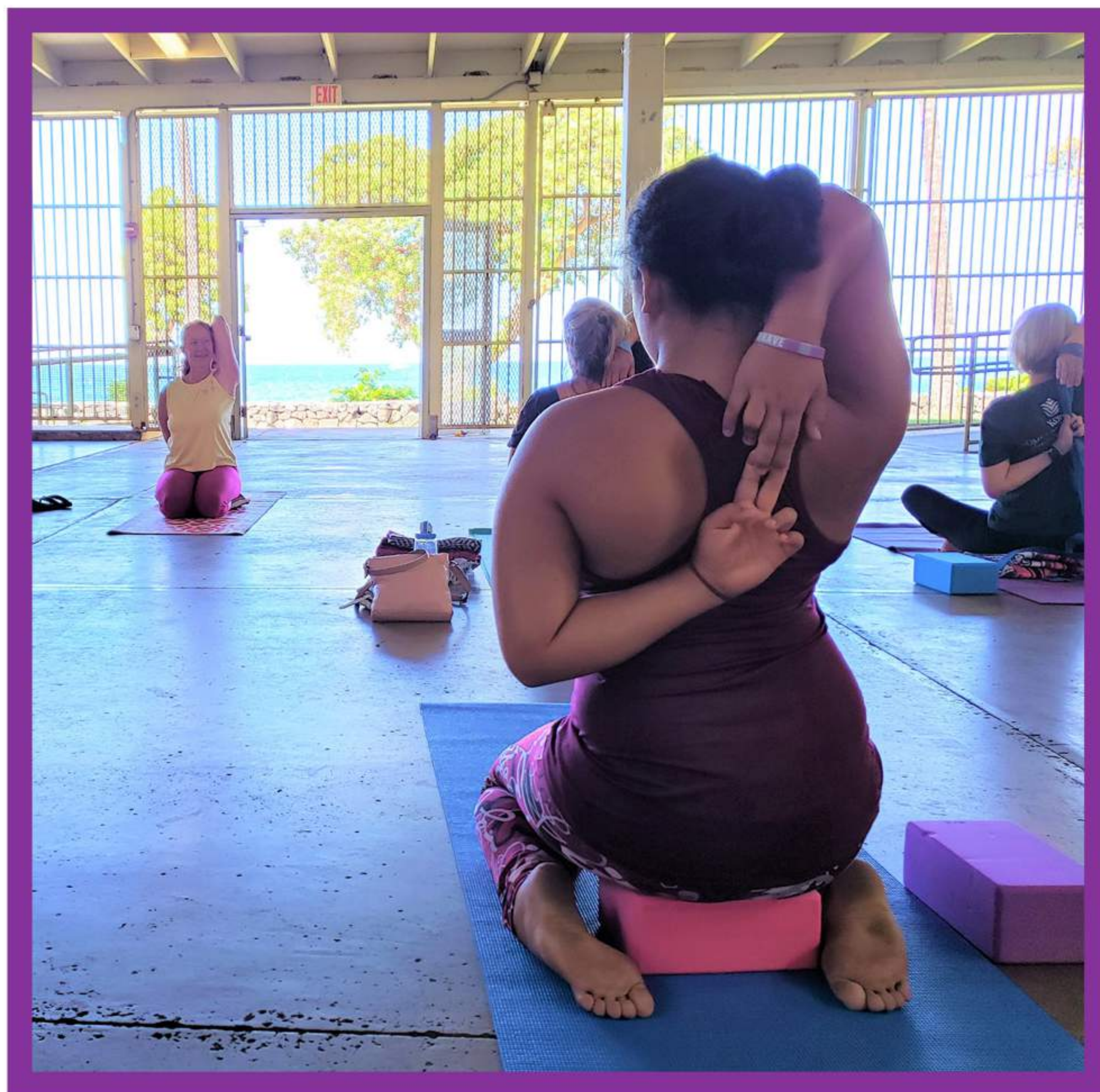
TO SIGN-UP, please contact Sancivee Ahulau-Kaleo at 557-7116, Charley Kaleo at 990-9729 / 959-9729, or Lester Estrella 397-0257.



Mahalo from Mālama Ka Pili Pa'a Cancer Support Group

Yoga on the Beach Cancer Support Event

On May 19th at Hale Hālāwai Park in Kailua-Kona, the community joined Mālama Ka Pili Pa'a at the annual Yoga on the Beach Cancer Support Event. Participants talked story with cancer warriors, caregivers, and supporters. They were also given the opportunity to learn about cancer and receive free self breast exam pads.



Mālama Ka Pili Pa'a would like to thank Victoria Atkinson, RN, Judy Donovan, and Judy Kahler of Kona Community Hospital, as well as Joanne Murray who lead the light yoga class, and of course all of the participants who came out to support!

15th Annual Celebration of Life

Hawai'i Care Choices (formerly Hospice of Hilo) hosted this year's Celebration of Life on May 25 at Reed's Bay in Hilo. Mālama Ka Pili Pa'a Cancer Support Group and other Hui Mālama Ola Nā 'Ōiwi staff participated to provide educational information and resources about cancer.

Mahalo to Hawai'i Care Choices, American Cancer Society, and the Alzheimer Association for providing community resources and support.



If you or someone you know is interested in attending Cancer Support Group, please call us at (808) 969-9220 or join us at the upcoming meetings:

Second and Fourth Tuesdays
5:30pm - 7:30pm
Hui Mālama Ola Nā 'Ōiwi Office
1438 Kīlauea Avenue, Hilo



SUMMER RECIPES

INFUSED WATER

Ditch sugary drinks this summer. Quench your thirst with these delicious recipes using fruits and herbs!

For each recipe, combine ingredients with 2 quarts of water and 1 tbsp agave or natural sweetener. Refrigerate for at least four hours and enjoy!

Pineapple & Mint

- 10 leaves fresh mint or basil
- 1/4 pineapple, thinly sliced

NOTE: add 1/2 mango for a more tropical taste!

Pink Lemonade

- 1 cup strawberries, sliced
- 2 lemons, sliced

NOTE: try raspberries instead!

Orange & 'Ōlena

- 1 tbsp ground turmeric
- 4 slices ginger root
- 1/2 orange, sliced

NOTE: add the orange rind for more nutrients!

SUMMER ROLLS

ADAPTED FROM PRODUCEFORKIDS.COM

Servings

6 PEOPLE

Time

15 MINUTES

Ingredients

- 1 package vermicelli rice sticks
- 1 tbsp olive oil
- 12 rice paper wrappers
- 1/2 red cabbage, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 large cucumber, thinly sliced
- 1 cup matchstick carrots
- 1 cup cilantro
- 2 tbsp sesame ginger or other dressing, perserving



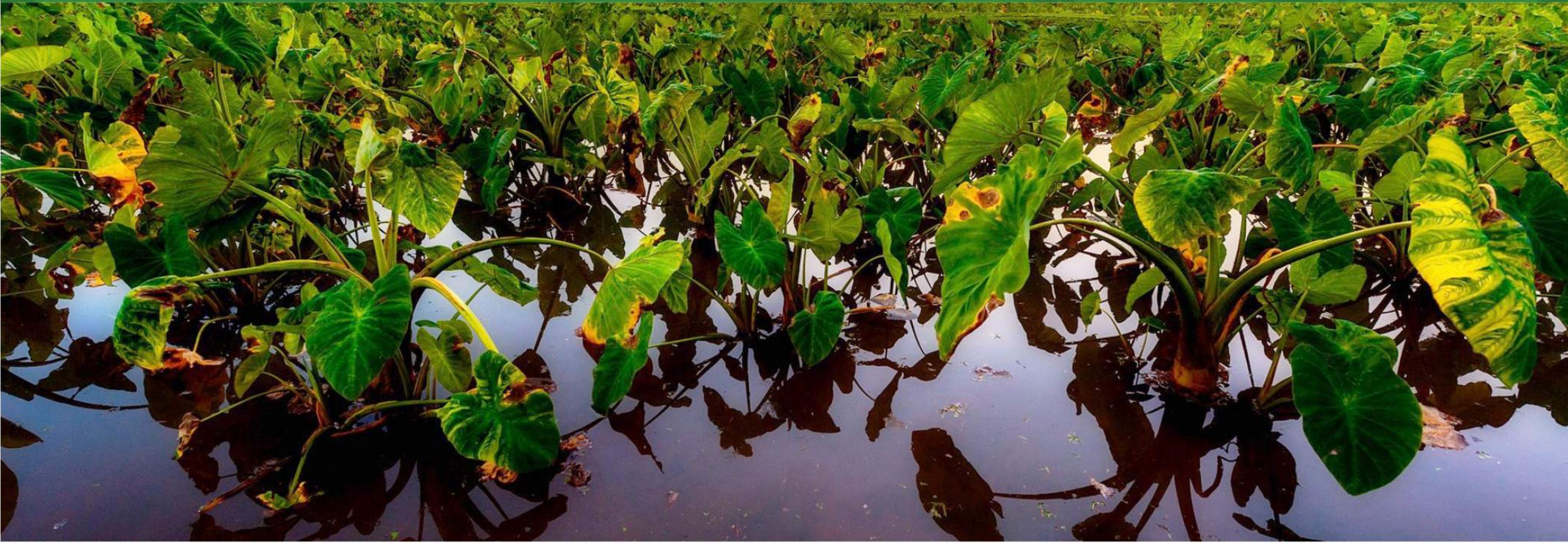
Instructions

1. Cook rice sticks as directed on packaging.
2. Fill large bowl with warm water and submerge one rice paper wrap at a time for 15 seconds, or until softened.
3. Place wet rice paper wrapper on hard surface with a damp kitchen towel. Add noodles and vegetables close to one corner of wrapper.
4. Roll wrapper from side closest to fillings; roll it over once then fold in the sides and continue rolling to complete the wrap.
5. Serve with dressing for dipping.

Nutritional Information

CALORIES: 336, FAT: 7g, SATURATED FAT: 1g, CARBOHYDRATES: 60g, SUGAR: 8.5g, SODIUM: 454mg, FIBER: 4g, PROTEIN: 7g, CHOLESTEROL: 5mg

Aunty's Health Message



Aloha mai kākou,

I am aunty Edna and today I want to talk about healthy summer living. Summer is full of fun, excitement, and activities, but we have to remember to slow down and mālama ourselves and our communities.



The kids are out of school, and many of them are finding activities outside the house. One of the fastest growing trends with Hawai'i's youth is vaping and using e-cigarettes. Although these seem like safer alternatives, many of these devices contain nicotine, arsenic, cadmium, benzene, lead, and other dangerous chemicals.

While we as adults should be role models for healthy living, we should also educate ourselves on the things around us that impact our community's health. Here are some tips to help keep our community a healthy and safe place this summer:

- Research the dangers of vaping and e-cigarettes, and discuss what you've learned.
- Clean the community together! Make an afternoon stroll even more productive by picking up rubbish.
- Have a weekly or daily check-in with your 'ohana or neighbors!



Let's enjoy our summer days in a clean, safe and healthy environment so we can keep ourselves - mind, body, and spirit - healthy and loving!

Need help or want to talk story? Come see us at Hui Mālama Ola Nā 'Ōiwi, working 28 years to help our Hawai'i island be a healthy and happy place. Visit our website at hmono.org or call us at (808) 969-9220.

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



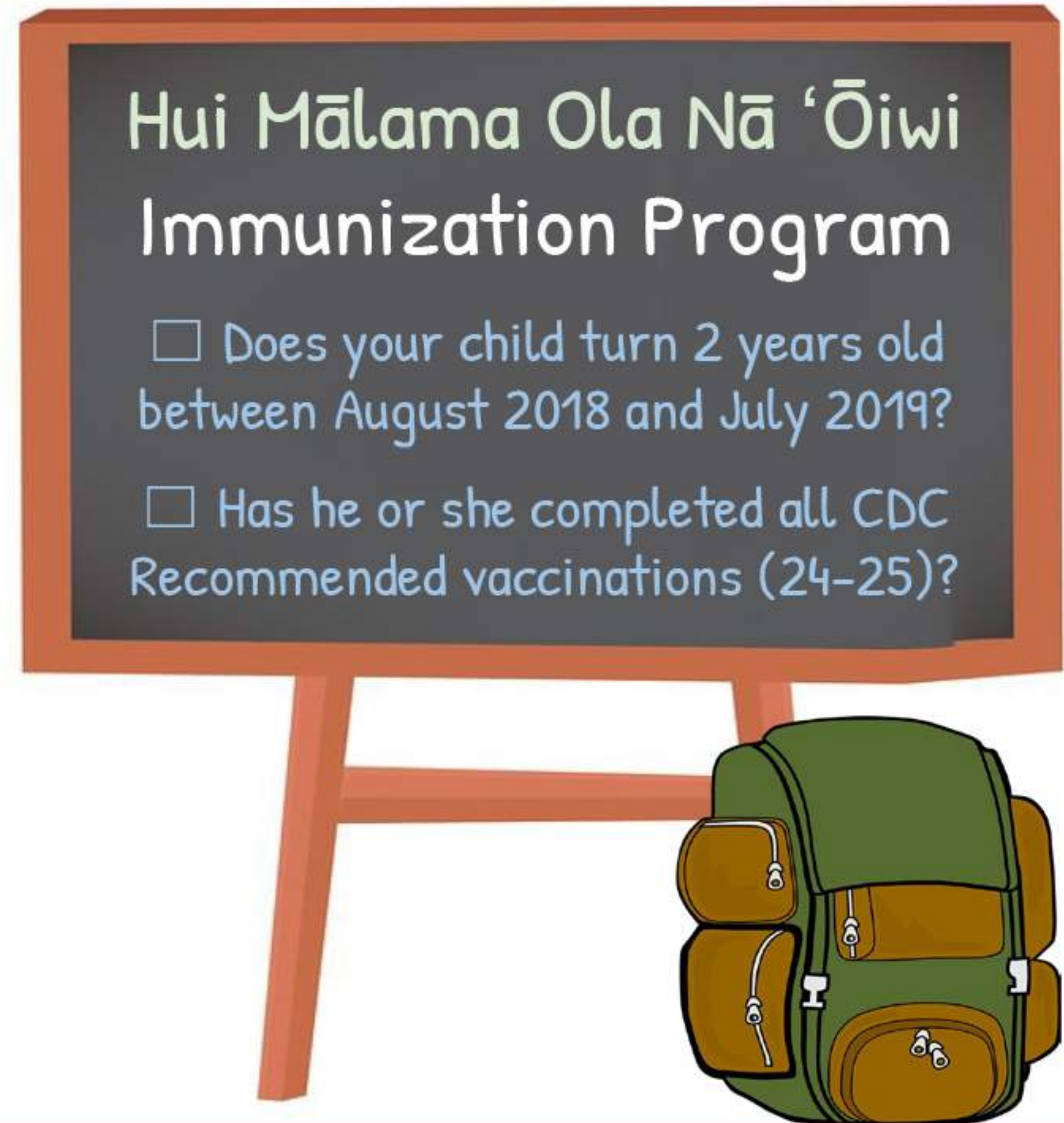
Influenza Vaccine (Flu)

Influenza, or the flu, is a respiratory disease caused by the infection of the influenza virus. When people come into contact with infected droplets from coughing, sneezing, or speaking, there is a possibility of catching the virus.

The most successful way to prevent the virus is by receiving the influenza vaccine yearly. There are a variety of different influenza vaccines based on a person's age group, and those 6 months and older should start receiving the vaccine.

Where can you get a flu shot? Most insurances are accepted and no appointments are needed at the following pharmacies:

Hilo	Kona
Longs Drugs Downtown	Longs Drugs Keauhou
Longs Pharmacy Hilo Shopping Center	Longs Drugs Kailua-Kona
Longs Drugs Prince Kuhio Plaza	Longs Pharmacy Kona
Longs Pharmacy in Target	Costco Pharmacy
Safeway Pharmacy	Longs Pharmacy in Target
Sack n Save Pharmacy	Safeway Pharmacy Kona
Longs Pharmacy Ponahawai	Waimea
Longs Pharmacy Pu'uhonu Place	Foodland
Shiigi Drug	Longs Drugs
Puna	Ka'ū
Longs Drugs Pāhoa & Kea'au	Longs Pharmacy Pāhala



Did you know if your child meets the requirements above, he or she can receive a **FREE** backpack or sleeping bag? Visit our Hilo office to submit your child's immunization records, register, and choose a makana!

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

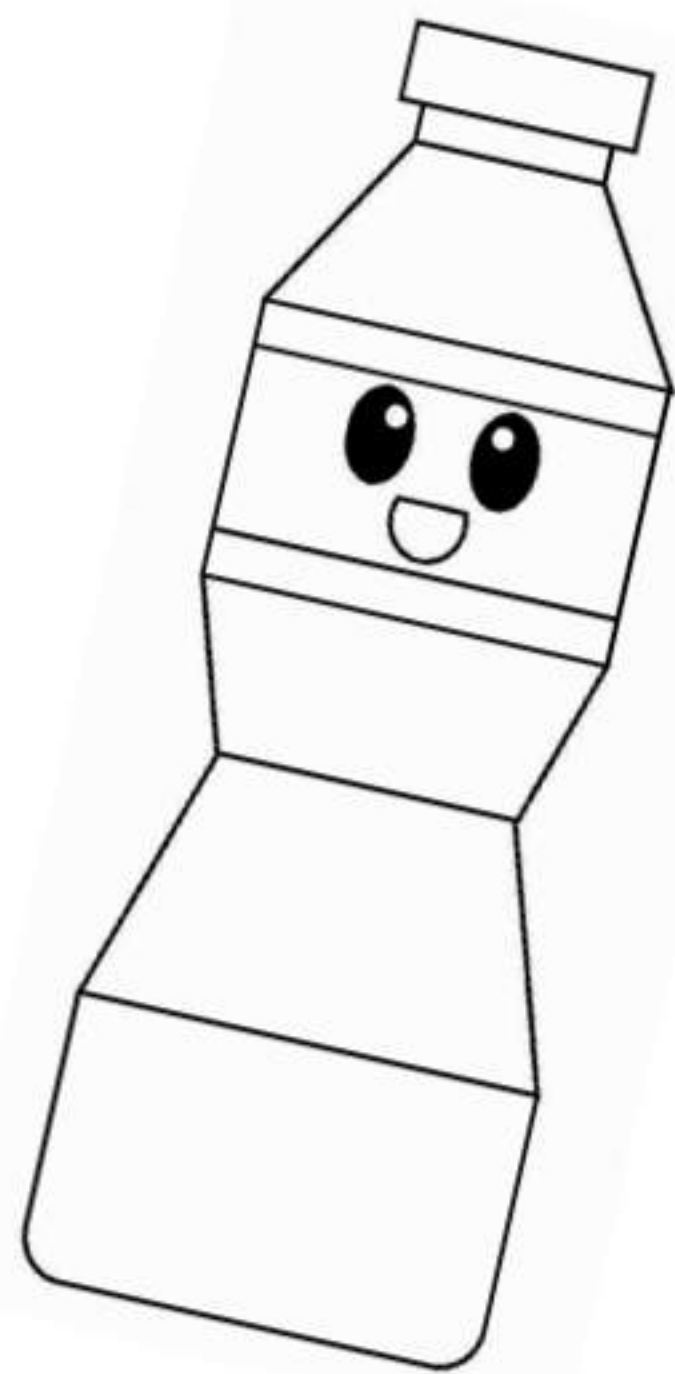
For more information about our Immunization Program, call us at (808) 969-9220.



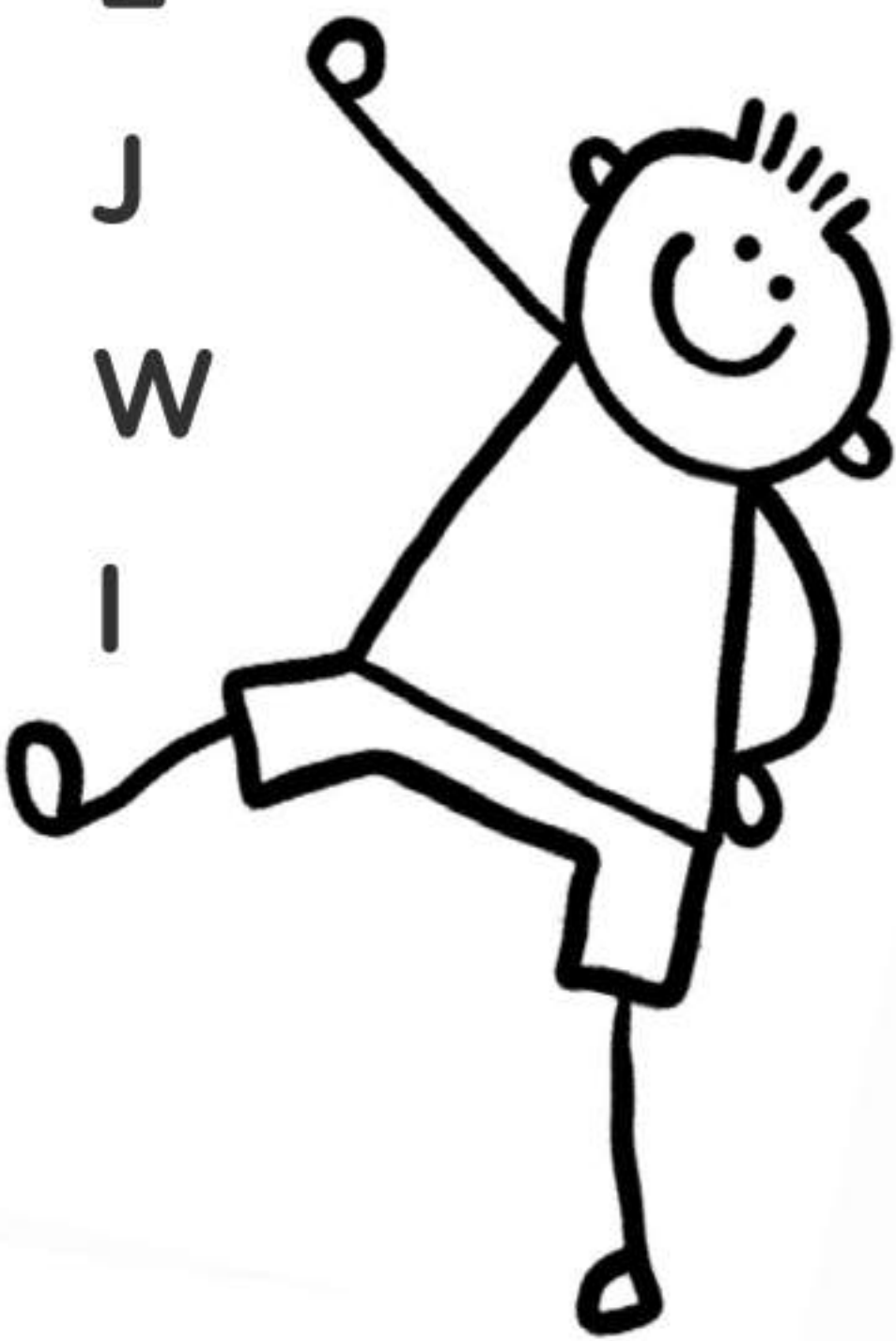
Keiki Coloring Corner

In July, we celebrate safe and healthy summer fun! Find the words below and color each picture.

- 1. BEACH
- 3. SUNSCREEN
- 5. SUMMER
- 2. HYDRATE
- 4. SUNSHINE
- 6. WATER



B	R	N	S	H	Q	N	U	C	Z
E	K	E	N	U	U	J	E	X	W
A	C	E	A	Z	M	N	M	A	T
C	L	R	Y	G	I	M	T	L	M
H	X	C	H	H	S	E	E	Q	M
P	C	S	S	V	R	A	T	R	K
Z	X	N	H	Y	D	R	A	T	E
R	U	U	K	X	O	Q	Y	N	J
S	L	S	Y	F	G	D	C	L	W
O	H	S	X	M	U	N	P	W	I





Hui Mālama Ola Nā 'Ōiwi

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 *Lomilomi Services -Pāhala</p> <p>5:30PM Zumba -Keaukaha</p>	<p>2 10:30AM BS&SEC -Keaukaha</p> <p>*4PM Diabetes Management -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>3 9:30AM BS&SEC -Nā 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>4 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>5 9:30AM BS&SEC -Pāhala</p>	<p>6 BS&SEC Basic Stretch & Strengthening Exercise Class</p>
<p>8 5:30PM Zumba -Keaukaha</p>	<p>9 10:30AM BS&SEC -Keaukaha</p> <p>*4PM Diabetes Management -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>10 5:30PM Zumba -Keaukaha</p>	<p>11 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>12 9:30AM BS&SEC -Pāhala</p> <p>10AM Zumba -Hilo</p>	<p>13 *9AM Lā'au Lapa'au Workshop -Puna</p>
<p>15 *Lomilomi Services -Pāhala</p> <p>5:30PM Zumba -Keaukaha</p>	<p>16 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p>	<p>17 9:30AM BS&SEC -Nā 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>18 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>19 9:30AM BS&SEC -Pāhala</p>	<p>20 *9AM Lā'au Lapa'au Class -Hilo</p>
<p>22 *Lomilomi Services -Pāhala</p> <p>5:30PM Zumba -Keaukaha</p>	<p>23 5:30PM Cancer Support Group -Hilo</p>	<p>24 9:30AM BS&SEC -Nā 'ālehu</p>	<p>25</p>	<p>26 10AM Zumba -Hilo</p>	<p>27 *9AM Lā'au Lapa'au Class -Hilo</p> <p>*1PM Grow Your Own Lā'au Class -Hilo</p>
<p>29 *Lomilomi Services -Pāhala</p> <p>5:30PM Zumba -Keaukaha</p>	<p>30 10:30AM BS&SEC -Keaukaha</p> <p>5PM Yoga -Keaukaha</p>	<p>31 9:30AM BS&SEC -Nā 'ālehu</p> <p>5:30PM Zumba -Keaukaha</p>	<p>*CLASS SIGN-UP: Please call or visit us online to sign up. hmono.org/classes</p> <p>CONTACT US TO SUBSCRIBE TO THE ELECTRONIC NEWSLETTER: contact@hmono.org or www.HMONO.org</p> <p>Live Longer & Feel Better, Together!</p>		

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/HMONO.org

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