



Olakino

Newsletter

August
'Aukake 2019

Healthy Breastfeeding



Look Inside For:

*Mālama Ka Pili Pa'a Softball Tournament
Upcoming Healthy Hāpai classes
Healthy tips during social challenges*

A message from our Board of Directors

Aloha kākou,

Although many people don't understand the importance of breastfeeding, it is incredibly important for our children, mothers, and community.

Firstly, breastfeeding brings babies and mothers closer to each other. This union makes babies feel safe and receive the love and nutrition they need. During breastfeeding, mothers need to eat the right kind of food and get enough rest. This is a lot to balance when you're breastfeeding, but taking care of yourself is important to taking care of your baby. Similarly, it's necessary to meet with a healthcare professional regularly to ensure both the mother and the baby are healthy and getting appropriate nutrients. And remember, when pumping milk, ensure that it's kept in a cool place. Old milk should always be tossed out.

Keiki and mothers are a special gift, and we can all take part in learning how to mālama them.

Mahalo nui loa,
Mabel De Silva - Chair

Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nā 'Ōiwi serves as the Native Hawaiian Health Care System for Hawai'i island, providing medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i. Hui Mālama Ola Nā 'Ōiwi is dedicated to improving the wellness & well-being of Hawai'i island so that all residents can Live Longer & Feel Better, Together.



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

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(808) 969-9220
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, August 6
 5:30pm-7:00pm
 Hui Mālama Office
 1438 Kīlauea Ave, Hilo

Tuesday, August 20
 1:00pm-2:30pm
 Hui Mālama Office

Cancer Support Group

Tuesdays, August 13 & 27
 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

Zumba

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**

| | AUGUST | SEPTEMBER | OCTOBER |
|----------------------------|---------------------------|----------------|-------------------|
| HILO | | | |
| DIABETES MANAGEMENT | Wed 8/7 - 8/21 | | |
| HEALTHY HĀPAI | Thurs 8/8 and 8/22 - 9/12 | | |
| HYPERTENSION | Wed 8/28 - 9/11 | | |
| KA'Ū | | | |
| HYPERTENSION | | Mon 9/9 - 9/23 | |
| DIABETES MANAGEMENT | Mon 8/5 - 8/19 | | |
| KONA | | | |
| DIABETES MANAGEMENT | | | Tues 10/1 - 10/22 |
| HYPERTENSION | Tues 8/27 - 9/10 | | |
| HEALTHY HĀPAI | Wed 8/14 - 9/11 | | |
| NORTH HAWAI'I | | | |
| HYPERTENSION | | | Mon 10/21 - 10/28 |
| HEALTHY HĀPAI | Wed 8/14 - 9/11 | | |
| PUNA | | | |
| DIABETES MANAGEMENT | Wed 8/7-8/21 | | |

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!



Lā'au Lapa'au Presentation

On June 27, Po'okela Ikaika Dombrignes engaged the Peahi Education Group in Waimea with in-depth conversation about lā'au lapa'au. Students learned about the various plants used in medical practice as well as which ailments they treat.

Hearty Salads with Sarah Josef

Registered Dietitian Sarah Josef joined Hui Mālama Diabetes Support Group on July 2 to demonstrate making hearty salads that are high in nutrients. Participants enjoyed both the demonstration and taste-testing!



Kohala Summer End Bash

Keiki and 'ohana of North Hawai'i celebrated back-to-school by receiving backpacks, prizes, and health education with Hāmākua-Kohala Health Center and Hui Mālama staff on July 12.

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

**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



and learning the basics of planting. This is the best homework for keiki as they get to engage actively in practical knowledge, learn to sustain their plant, and feel empowered to grow food in their own backyards!

Recently, participants planted 'uala (sweet potato) with program instructor Carly Wyman. Keiki were especially excited to learn this plant because it's a common (and delicious) household food. In addition to learning how to plant the sweet potato, students also practice its name in 'ōlelo Hawai'i, the plant parts, and its historical significance as a canoe plant.

Keiki o Ka 'Āina

Fresh new outfits, new phones, new school supplies, but same old homework! That's how back-to-school feels for many keiki. But the Hui Mālama Ola Nā 'Ōiwi Grow Your Own Lā'au program allows keiki to experience a more intriguing type of homework: growing your own food! In the Grow Your Own Lā'au program, participants gain hands-on experience by getting their hands dirty



In Hawaiian, all people - young and old - can be called "keiki o ka 'āina" (children of the land), because of the cultural ideal that we all originate from 'āina and all need 'āina to survive. Similarly, the Grow Your Own Lā'au program empowers participants of all ages to become more connected to the foods we eat and more connected to our 'āina.

Hui Mālama's Traditional Health Program offers the Grow Your Own Lā'au program as well as Lā'au Lapa 'au workshops, classes, and one-on-one consultations. For more information on the Traditional Health Program services, visit hmono.org/traditional-health or call us at (808) 969-9220.



Mahalo From Hui Mālama Ola Nā 'Ōiwi



mā.lama 1. (verb). To take care of, tend, attend to, support, honor, preserve, protect. Mālama nā keiki. Take care of the children.

To mālama children, it takes a community. Fortunately, Hawaiian culture and local island culture have established values that emphasize the importance of taking care of keiki and 'ohana.



On Saturday, July 29th, community agencies from around the island brought in truck loads of food, diapers, water, plants, school supplies, backpacks, games, and educational materials. These resources were provided to keiki and their 'ohana for free at the third annual Mālama Nā Keiki Festival, hosted by Hui Mālama Ola Nā 'Ōiwi at Pāhala Community Center.



Mahalo to the following agencies for attending and sharing resources with the community:

- American Red Cross
- Bay Clinic, Inc
- Center for the Study of Active Volcanoes
- Family Support Hawai'i - Early Head Start
- Hawai'i Diaper Bank
- HI Child Passenger Safety Program
- Mother's Milk, LLC
- P.A.R.E.N.T.S. Inc.
- Partners in Development Foundation - Hui Ho'omalu
- Project Vision Hawai'i
- The Food Basket, Inc.



Mahalo also to our contributors for their generosity:

- | | |
|---------------------------|---|
| • ACE Hardware | • Mizuno Superette |
| • Hana Hou Restaurant | • Punalu'u Bake Shop |
| • Hawaiian Brain Freeze | • Project Blue Zones |
| • Shave Ice and Ice Cream | • Project Vision Hawai'i |
| • Hawai'i Diaper Bank | • The Food Basket, Inc. |
| • KTA Super Stores | • The Wave FM |
| • Meadow Gold | • And the various volunteers who kindly donated their time! |



We at Hui Mālama Ola Nā 'Ōiwi look forward to offering more keiki and prenatal programs across the island throughout the year. Come join us! See page 8 for upcoming Healthy Hāpai classes.

Healthy Breastfeeding

Benefits of Breastfeeding

Have you ever wondered why you should breastfeed your baby? Breastfeeding can have many positive effects on the overall health of your baby. Many of the cells, hormones, and antibodies assist in protecting your baby from a variety of illnesses. A woman's breast milk is unique and changes every day to meet your baby's growing needs.



According to research, breastfed babies have lower risks of:

- Asthma
- Childhood leukemia
- Childhood obesity
- Ear infections
- Type 2 diabetes
- And other illnesses

Mothers can also benefit from the act of breastfeeding. It can assist in the healing following childbirth and having a lower risk of:

- Type 2 diabetes
- Certain Types of breast cancer
- Ovarian Cancer



Pumping and Storing Milk

For mothers who are unable to breastfeed directly or prefer not to, make sure to pump during the times your baby would normally eat. This will help you to continue to produce milk. After pumping your milk, you can:

Keep milk at room temperature. Breast milk is okay for up to 4 hours after pumping at room temperature (up to 77°F).

Refrigerate it. Breast milk is okay in the refrigerator for up to 4 days.

Place milk in the freezer. If you're not going to use refrigerated breast milk within 4 days of pumping, freeze it right after pumping.

Use cooler packs. You can put breastmilk in a cooler or insulated cooler pack with frozen ice packs for up to 24 hours after pumping. After 24 hours in a cooler the breast milk should be refrigerated or frozen.

When storing milk, do not use containers with the recycle number 7, which may contain BPA. Do not use disposable bottle liners or other plastic bags to store breastmilk.

Breastfeeding Challenges

For many, breastfeeding can be extremely challenging especially in the earlier days. It is important to remember that you're not alone and lactation counselors can aid in making breastfeeding work for both you and your child.

Low Milk Supply

There can be times when mothers may think their supply is low but is actually fine. When a child is about 6 weeks to 2 months old a woman's breasts will no longer feel full, and this is considered normal.

Some children will go through growth spurts and may need to nurse more often. Your supply may seem low but by following your baby's lead you will tend to nurse more often which in turn will eventually increase your supply. Counselors suggest checking your baby's growth and weight to determine whether he or she is getting enough milk.



Engorgement

It is very normal for a woman's breast to become larger, heavier, and have some tenderness when they first begin making milk. However, there are times when the fullness can turn into engorgement, which is when milk builds up in your breasts and they can feel hard and painful.

In order to prevent engorgement women are encouraged to breastfeed as often as possible after giving birth. It can also help to wait until your child is 3 or 4 weeks old to use pacifiers or bottles to supplement feeding. Counselors recommend massaging your breasts and pumping a little milk prior to breastfeeding your child.

Learning More

The idea of breastfeeding can sound overwhelming at times. Learning more about the benefits and understanding the challenges is the first step to healthy breastfeeding. For more resources, contact us at (808) 969-9220 to speak with our Certified Lactation Counselor and Healthy Hāpai instructor, Leila Ryusaki.



Upcoming Healthy Hāpai Classes

Hilo

Hui Mālama Ola Nā 'Ōiwi Office
1438 Kilauea Avenue
Hilo, HI 96720

Thursdays 8/8 and 8/22 - 9/12
(5:30pm - 7:30pm)

Thursdays 11/7 - 12/12
(10am - 12pm)

Waimea

Mana Christian 'Ohana Church
67-1182 Lindsey Road
Waimea, HI 96743

Wednesdays 8/14 - 9/11
(3pm - 5pm)

Wednesdays 11/6 - 12/4
(3pm - 5pm)

Kona

West Hawai'i Community Health
Center
75-5751 Kuakini Highway
Kailua-Kona, HI 96740

Wednesdays 8/14-9/11
(9am - 11am)

Wednesdays 11/6 -12/4
(9am - 11am)

Chocolate Milk

Screen Times & Locations

- ❖ August 2 @ 6pm
Hui Mālama Ola Nā 'Ōiwi office in Hilo
- ❖ August 9 @ 1pm
Tutu's House in Waimea



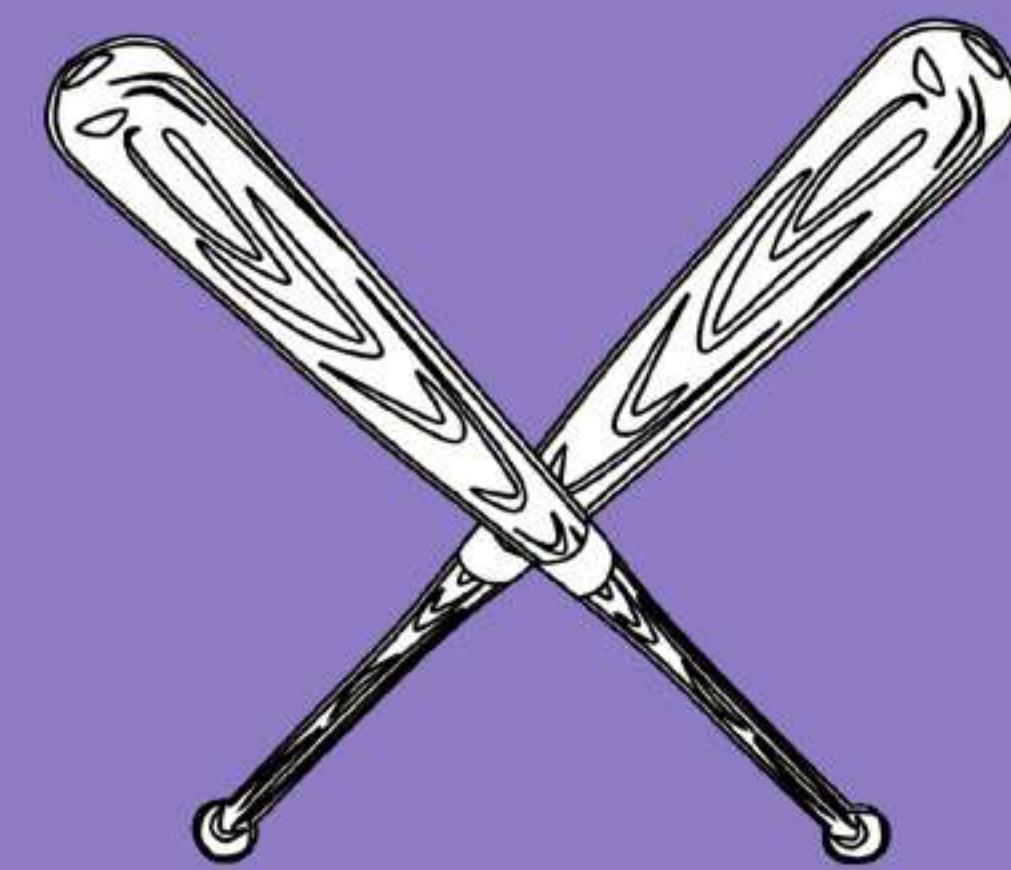
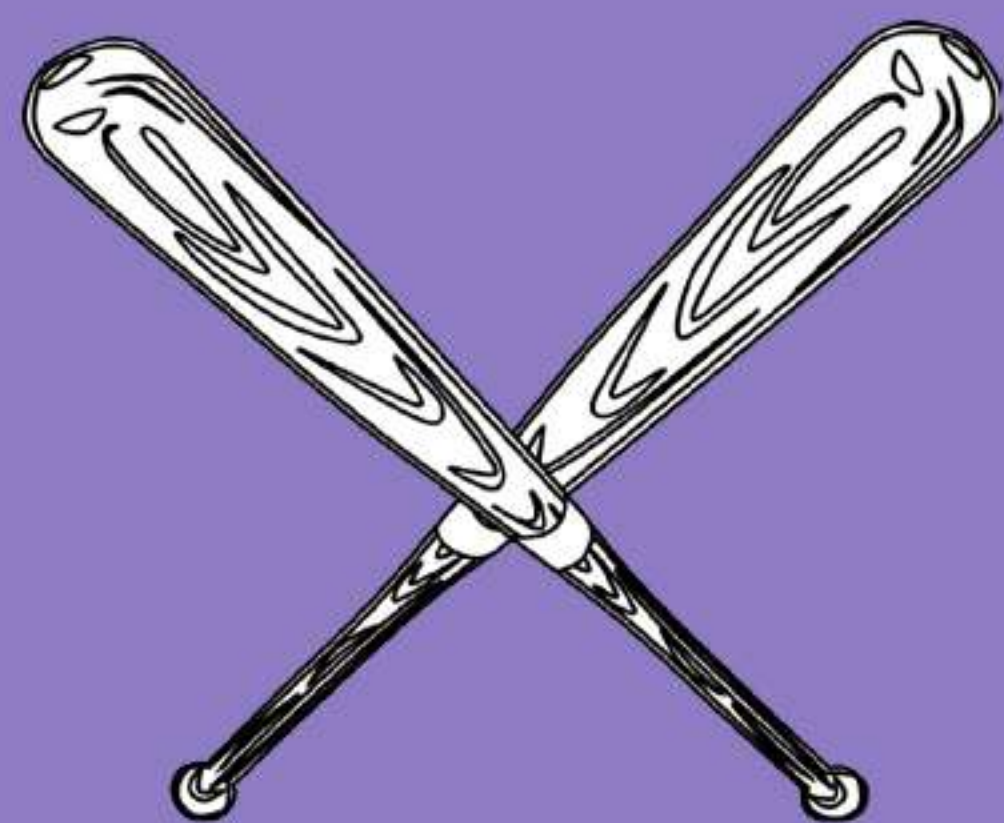
What is Chocolate Milk?

- ❖ *Chocolate Milk* is a documentary on the exploration of the racial divide within breastfeeding.
- ❖ The documentary features the narratives of three African American women: a new mother, a midwife, and a WIC lactation educator.
- ❖ The film hopes to answer the question: “*Why aren’t African American women breastfeeding?*”

Join us for the film, light refreshments, and the chance to be a part of the moving discussion of how communities can better help support African American mothers. Discussion will be facilitated by Leila Ryusaki, CBE, CLC, LMT and Kehau Kealoha, RN, IBCLC.

Questions? Contact us at (808) 969-9220 or visit chocolatemilkdoc.com for more information on the film.





BATting OUT CANCER!

SOFTBALL TOURNAMENT

IN MEMORY OF VANITA "NENE" KALEO

August 31 - September 1, 2019
Walter Victor Baseball Complex

Vanita Kaleo, better known as "Aunty Nene," brought laughter to everyone around her, especially in the cancer support group Mālama Ka Pili Pa'a. Aunty Nene alongside "Aunti Sandi" Claveria co-founded Mālama Ka Pili Pa'a, because they saw how important it was for cancer survivors to have a community and safe space to share their struggles and victories. Their perseverance led to a partnership with Hui Mālama Ola Nā 'Ōiwi and this partnership has continued since 2010. The group continues to grow together and remains active in the Hawai'i island community.

After years of fighting cancer, surviving cancer, then fighting again, Aunty Nene passed on in December 2017. Aunty Nene was a shining example of a woman of faith who taught others how to not lose hope in the face of adversity. She taught us the importance of laughter as part of the healing process. Friends and family will always remember her favorite line, "Love you moa" and how it exemplifies her abundant love for everyone.



Aunty Nene's 'ohana wish to pay special tribute to honor her memory at this year's "Batting Out Cancer" Softball Tournament being held on August 31 to September 1, 2019 at Walter Victor Baseball Complex. Mahalo to the creator of the tournament, her husband Charles Kaleo and the hard work of their daughter Sanvicee Ahulau-Kaleo.

The annual tournament is a fundraiser for the Mālama Ka Pili Pa'a cancer support group. It is a time for fun, laughter, comradery and gentle competition. Come support cancer survivors and warriors at the softball tournament! To sign up, contact:

- Sancivee Ahulau-Kaleo at 557-7116
- Charley Kaleo at 990-9729 / 959-9729
- Lester Estrella at 397-0257

Mālama Ka Pili Pa'a meets twice a month:

2nd & 4th Tuesdays 5:30-7:30pm

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



**Hui Mālama
 Ola Nā 'Ōiwi**



Staying Healthy During Social and Cultural Challenges



Hawai'i, a paradise to most of the world, is not without its share of social and cultural challenges. From the controversial Thirty Meter Telescope to a high rate of homelessness, residents of all demographics can encounter social and cultural challenges at some time or another.

Some social challenges can result in risks to your physical health. But any type of sustained long-term conflict can be detrimental to your mental health.

For those who experience the effects of social or cultural challenges, there is not one solution

but instead many dynamic lifestyle choices you can make to mālama your physical, mental, and spiritual body.



- Intentional mindfulness on your body and wellbeing can help you recognize tension. Take a moment to release your shoulders, relax your jaw, and breathe.
- “Self-care” isn’t just a new millennial term for pampering. Self-care can include taking a break from social media, setting boundaries with your loved ones, or indulging in a positive activity without judgement.
- Mental health professionals aren’t always accessible, but when they are, utilize them! Free mental health service through your employer? Utilize it! Free support group in your area? Utilize it!
- Remember that you’re not alone in cultural conflict. Many people find solace in communities that are also healing from conflict. Engaging in culturally-specific activities reinforces purpose and significance.

Hui Mālama Ola Nā ‘Ōiwi offers support groups, traditional Hawaiian workshops, and consultations free and open to the community. Call us at (808) 969-9220 or visit hmono.org for more information.

Hui Mālama Family Medicine Clinic also offers mental health services. See page 4 for information about our providers.

Aunty's Health Message



Aloha mai kākou,

I am Aunty Edna and I wanted to say mahalo for taking the time to listen to and read our health message, and more importantly for sharing what you learned with your 'ohana and friends.



While our Hawai'i island has been faced with many challenges from the volcano eruption, lava flow, and earthquakes we have continued to move on with positive behaviors and attitudes, which leads to making healthy choices, resulting in healthy bodies and minds. And believe it or not, this can even result in healthy blood sugar numbers.

While what we eat is very important, how we manage daily stresses and life challenges are equally important.

Stresses of any kind will affect our blood sugar numbers so balancing food intake and managing stress helps us keep our blood sugar numbers healthy.



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!

Interested in learning more about diabetes? Join us at our Diabetes Support Group, which we offer twice a month at our Hui Mālama office:

**First Tuesday of the month,
1:00pm - 2:30pm**

**Third Tuesday of the month,
5:30pm - 7:00pm**



DTaP Vaccine

(Diphtheria, Tetanus, and Pertussis)

The DTaP vaccine is recommended to infants as soon as they turn 2 months of age. Women who are pregnant should also receive the vaccine during their 3rd trimester of every pregnancy. It is used in order to protect against pertussis or whooping cough. Whooping cough is considered a potentially serious and deadly disease. The symptoms include having violent coughing fits that often make it difficult to breathe. The vaccine also helps protect against diseases such as diphtheria and tetanus.

Many who are vaccinated with the DTaP show little to no side effects. For those who have experienced side effects have shown symptoms of redness, swelling, or pain where the shot was given, as well as fever and vomiting. The potential for side effects occurs roughly to about 1 out of every 4 children.

To learn more about the DTaP vaccine, visit cdc.gov or call us at (808) 969-9220 to receive information about our immunization program!

Hui Mālama Ola Nā 'Ōiwi Immunization Program

- Does your child turn 2 years old between August 2018 and July 2019?
- Has he or she completed all CDC Recommended vaccinations (24-25)?



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.

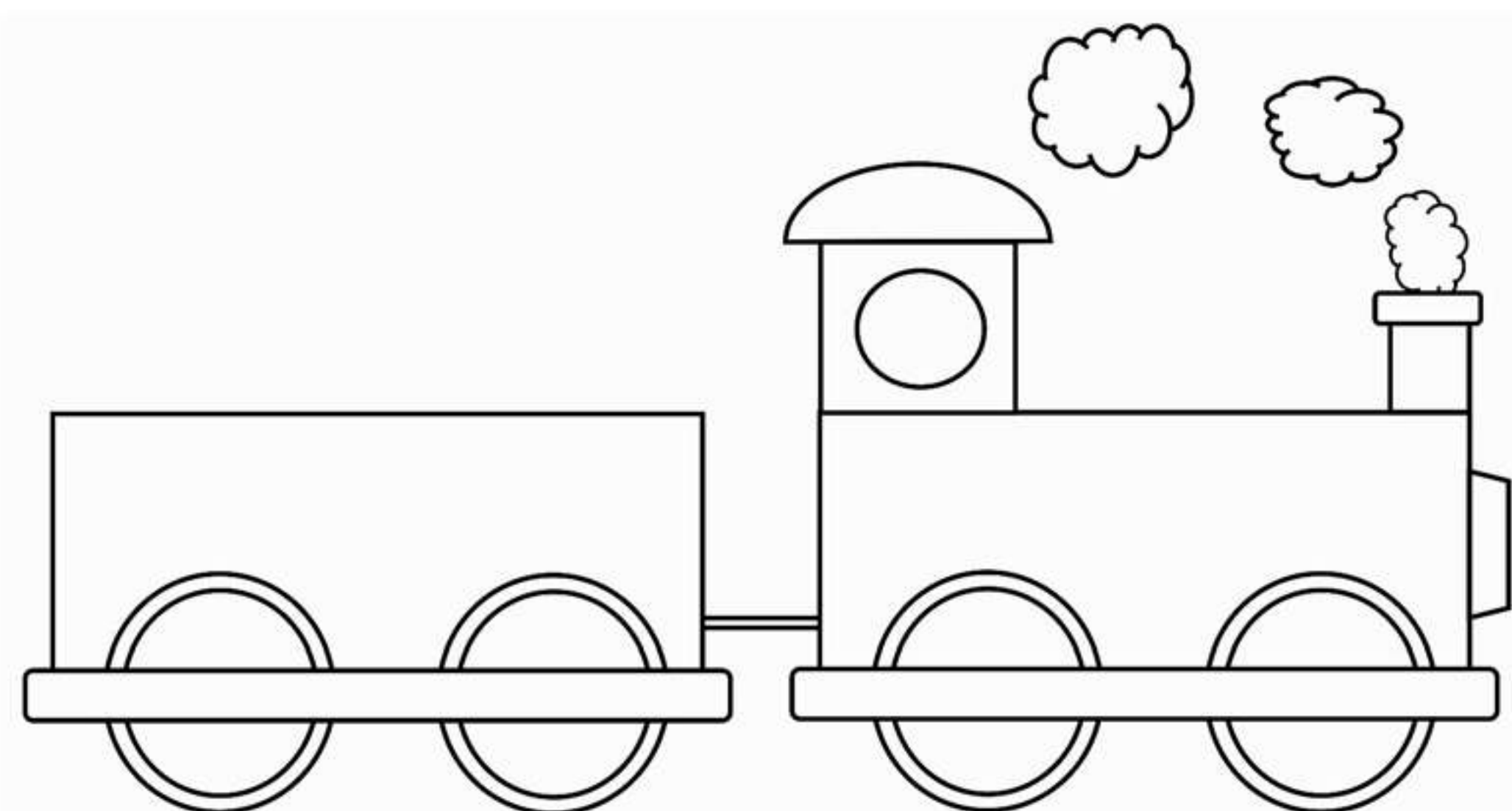
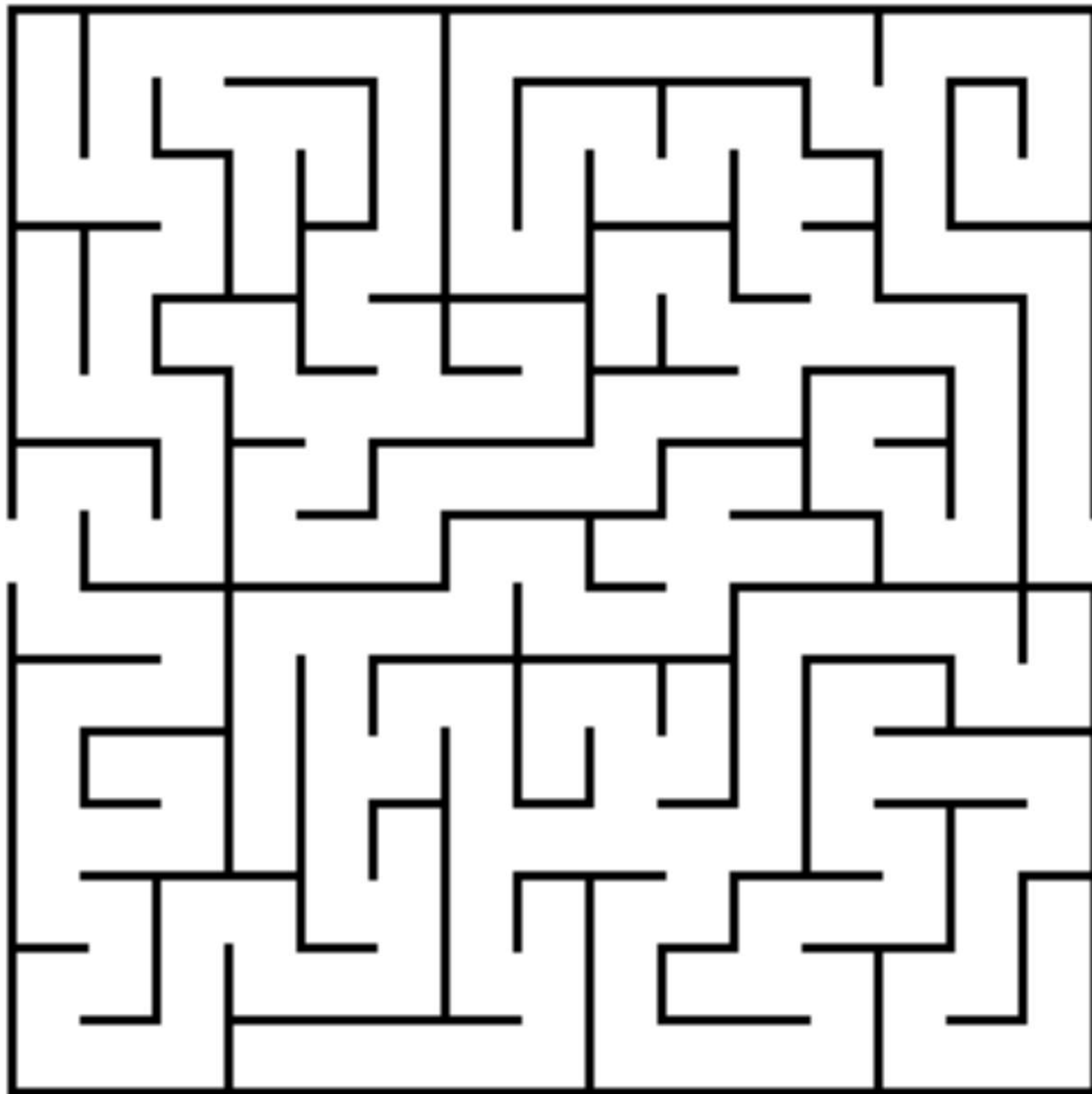


Keiki Coloring Corner

In August, we celebrate mākuahine and keiki wellbeing!

Help the baby find his way back to his mommy!

Mai poina (don't forget) to color the pictures!





Hui Mālama Ola Nā 'Ōiwi

August 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|----------|
| 29 Diabetes Mgmt Diabetes Management Class | 30 BS&SEC Basic Stretch & Strengthening Exercise Class | 31 | 1 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha | 2 6PM Film Screening: Chocolate Milk Documentary -Hilo | 3 |
| 5 *5PM Diabetes Mgmt -Ka'ū 5:30PM Zumba -Keukaha | 6 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha 5:30PM Diabetes Support Group -Hilo | 7 *9AM Diabetes Mgmt -Puna *5PM Diabetes Mgmt -Hilo 5:30PM Zumba -Keukaha | 8 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha *5:30PM Healthy Hāpai -Hilo | 9 1PM Film Screening: Chocolate Milk Documentary -Waimea | 10 |
| 12 *5PM Diabetes Mgmt -Ka'ū 5:30PM Zumba -Keukaha | 13 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha 5:30PM Cancer Support Group -Hilo | 14 *9AM Healthy Hāpai -Kona *9AM Diabetes Mgmt -Puna 9:30AM BS&SEC -Nā 'ālehu *3PM Healthy Hāpai -Waimea *5PM Diabetes Mgmt -Hilo 5:30PM Zumba -Keukaha | 15 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha | 16 OFFICE CLOSED | 17 |
| 19 *5PM Diabetes Mgmt -Ka'ū 5:30PM Zumba -Keukaha | 20 10AM BS&SEC -Keukaha 1PM Diabetes Support Group -Hilo 5PM Yoga -Keukaha | 21 *9AM Diabetes Mgmt -Puna *9AM Healthy Hāpai -Kona *3PM Healthy Hāpai -Waimea *5PM Diabetes Mgmt -Hilo 5:30PM Zumba -Keukaha | 22 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha *5:30PM Healthy Hāpai -Hilo | <p>*SIGN-UP: Please call us for locations and to sign up, or sign up online at hmono.org/classes</p> <p>SUBSCRIBE TO THE ELECTRONIC NEWSLETTER AT: contact@hmono.org or www.HMONO.org/olakino</p> <p>Live Longer & Feel Better, Together!</p> | |
| 26 5:30PM Zumba -Keukaha | 27 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha 5:30PM Cancer Support Group -Hilo | 28 *9AM Healthy Hāpai -Kona *3PM Healthy Hāpai -Waimea *5PM Hypertension Class -Hilo 5:30PM Zumba -Keukaha | 29 10AM BS&SEC -Keukaha 5PM Yoga -Keukaha *5:30PM Healthy Hāpai -Hilo | | |

***SIGN-UP:**
Please call us for locations and to sign up, or sign up online at hmono.org/classes

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contact@hmono.org or www.HMONO.org/olakino

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