



Olakino

Newsletter

October
'Okakopa 2019



Health Literacy

Better understanding your health

Look Inside For:

Hula Hypertension
Grow Your Own Lā'au
Street Medicine

A message from our Executive Director



Aloha kākou,

When I find myself in need of kupuna wisdom, I make it a point to talk story with Auntie Edna. She recently taught me about initiatives that were launched decades ago that focused on promoting awareness of health concerns affecting our island's Native Hawaiian community, including concerns that still affect us today.

These initiatives focusing on health education began a new trend that contributed to making everyone accountable for their own health, provided that the pathway to preventative health, strengthens the patient-provider relationship, and encouraged health literacy.

Thanks to Auntie Edna's mo'olelo, I was reminded that Hui Mālama Ola Nā 'Ōiwi has remained pa'a (steadfast) in providing our lāhui with health education. Because of this, I thank our Health Education team for their contributions in keeping our organization resilient. We maintain the belief that when patients are actively engaged, they are able to make more informed decisions, their patient satisfaction level increases, and they ultimately improve their own health outcomes. As we move forward, we will uphold our commitment to empower our lāhui to be engaged in their own care through the promotion of health literacy.

Mahalo nui loa,

Kamuela L. Bannister - Executive Director



Hui Mālama Ola Nā 'Ōiwi

Native Hawaiian

Health Care System

Live Longer & Feel Better, Together

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Editor-In-Chief: Lindsay Terkelsen

lindsay@HMONO.org

Content Writer: Ja'ie Victorine-Dyment

HMONO.org

(808) 969-9220

1438 Kīlauea Ave., Hilo, HI 96720

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Join us today!

Visit [HMONO.org/register](https://www.HMONO.org/register) to sign up as a client for our health education programs.

Visit [HMONO.org/family-medicine](https://www.HMONO.org/family-medicine) for information on becoming a patient at our Family Medicine Clinic.

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A message from our Editor



Aloha kākou,

Welina mai a mahalo iā 'oukou no kou heluhelu 'ana i Olakino! 'O 'Okakopa ka mahina o ka Health Literacy. I kēia me kēia mahina, 'o kā mākou pahuhopu ma ke 'ano he mea kākau, ho'olaha i nā hana hou, a i kēia mahina makemake mākou e kālele ma luna o kēia ma o ke olakino a me kou 'ike o kou kino iho. 'O ka mua, mana'o anei 'oe, manuahi nā papa

Health Education o Hui Mālama Ola Nā 'Ōiwi ma nā pe'a a pau o nei mokupuni? Ke heluhelu 'oe i kēia mahele, e kama'āina ana me nā hana a me nā hui kāko'o, ka polokalamu Immunization, a me ka Family Medicine Clinic. Mana'olana mākou, he kōkua a he le'ale'a nō kēia mahele, a e ha'i mai inā he mau kumuhana āu i makemake e 'a'apo i ka wā ma mua.

Welcome back and thank you for reading our Olakino newsletter! The month of October is Health Literacy Month. Each month, our goal as writers is to keep you informed on current and upcoming services, and this month we want to especially emphasize this in the scope of health literacy and understanding your health. For starters, do you know that all of our Health Education classes are free and available island-wide? When reading this month's issue, you can learn more about those services as well as our support groups, immunization program, and Family Medicine Clinic. I hope you find this month's issue helpful and enjoyable, and do let us know if there are any topics you'd like to see covered in the future.

Me ke aloha,

Lindsay Terkelsen - Editor-In-Chief

What's Happening Around Hawai'i Island?

Diabetes Support Group

Tuesday, October 1
5:30pm-7:00pm
Hui Mālama Office
1438 Kīlauea Ave, Hilo

Tuesday, October 15
1:00pm-2:30pm
Hui Mālama Office3

Cancer Support Group

Tuesdays, October 8 & 22
5:30pm-7:30pm
Hui Mālama Office

Breastfeeding Support Group

Wednesday, October 9
1:00pm-2:00pm
Tutu's House
64-1032 Māmalahoa Hwy #305,
Waimea

Exercise & Fitness

Basic Stretch & Strengthening in Ka'ū

Wednesdays, October 2, 9, 23, 30
9:30am-10:30am
Nā'ālehu Community Center
95-5635 Māmalahoa Hwy, Nā'ālehu

Thursdays, October 3, 10, 24, 31
9:30am-10:30am
Pāhala Hawai'i County Nutrition
Center
96-1169 Holei Street, Pāhala

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

	OCTOBER	NOVEMBER	DECEMBER
HILO			
OLA HOU I KA HULA HYPERTENSION		Wed 10/2 - 12/18	
HEALTHY HĀPAI		Thurs 11/7 - 11/21	
KA'Ū			
DIABETES MANAGEMENT	Mon 10/21 - 11/4		
HYPERTENSION		Mon 11/25 - 12/9	
KONA			
HYPERTENSION		Tues 11/5 - 11/19	
HEALTHY HĀPAI		Wed 11/6 - 12/4	
NORTH HAWAI'I			
DIABETES MANAGEMENT		Mon 11/18 - 12/9	
HEALTHY HĀPAI		Wed 11/6 - 12/4	
HYPERTENSION	Mon 10/21 - 11/4		
PUNA			
HYPERTENSION		Wed 11/6 - 11/20	

Schedule subject to change. To sign-up, please call or visit us online today!
hmono.org/classes



(808) 969-9220 • HMONO.org



/HMONO.org



hui_malama_2

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!



Convoy of Hope

Mālama Ka Pili Pa'a cancer support group attended the Big Island Convoy of Hope in Hilo on August 24. The event provided free groceries, health and dental screenings, meals, and more.

Healthy Hāpai Waimea

On September 9 in Waimea, expecting parents participated in the last Healthy Hāpai class. Over the five week program parents learn about breastfeeding, postpartum care, and more!



Hypertension Class Hilo

Community members completed their final Hypertension class (a three-week course) in Hilo on September 11 and received makana upon completion of the class!



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 Donations

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

Hours: Monday through Friday
8:00am - 12:00pm and 1:00pm - 5:00pm

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



Ka'ohimanu Dang Akiona, MD
Medical Director



Gaku Yamaguchi
MD



Stacy Haumea
DBH, RDN, CDE



Donna Dennerlein
LCSW

Grow Your Own Lā'au

Have you ever been interested in learning about the traditional plants used in Hawaiian practices? Hui Mālama Ola Nā 'Oiwi offers free Grow Your Own Lā'au classes! Our classes focus on teaching its students about the variety of plants that can be used to benefit one's health.

Instructor Carly Wyman demonstrates how each plant can be planted, cared for, as well as explains the plants' medicinal purposes.



Carly Wyman, Grow Your Own Lā'au Program Instructor.

There are about 19 species of ko'oko'olau, and lowland or highland environment determines where each species grows. Commonly, ko'oko'olau is identified by its bright yellow flower and wide green leaves. The flower can be made into a tea that helps lower blood pressure, assist your immune system, and is ideal for detoxing.



Participants will also get the chance to learn about the propagation, cultivation, pest and disease control, harvesting, and agroforestry about the local plants. One of the many plants participants will learn about is ko'oko'olau.



Grow Your Own Lā'au Dates

- Kona
4th Annual Lā 'Ohana Day
Nov. 16, 9:00 am - 3:00 pm
- Hilo
Hui Mālama Office
Nov 23, 1:00 pm - 3:00 pm
- Pana'ewa
Pana'ewa Farmer's Market
Dec 14, 9:00 am - 3:00 pm

Cancer Kine Tings

October is Breast Cancer Awareness Month. Researchers have identified specific chemicals that are linked to breast cancer. In fact, many of these chemicals can be found in household items.



The good news! Reducing access to these chemicals in and around your home can greatly reduce your risk of being impacted. Hui Mālama Ola Nā 'Ōiwi now offers the Cancer Kine Tings program to help reduce toxins in your home and reduce your risk of cancer.

The program includes a Home Kit with non-toxic recipes you can try yourself. Take the first step to reducing toxins in your home by using this recipe!



Cancer Kine Tings was developed by Registered Nurses and nursing students and adapted from Fran Drescher's "Detox Your Home" program and the Cancer Schmancer Movement.

Hui Mālama offers Cancer Kine Tings presentations in schools, community organizations, and more. For more recipes, pick up your own Cancer Kine Tings Home Kit today! Call us at (808) 969-9220.

Hui Mālama
Ola Nā 'Ōiwi



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

Talk Story

with Aunty
Wanda Louis, RN



Wanda Louis, RN, is the Community Health Coordinator at Hui Mālama.

We are a couple months into the school year, and it's natural for us to fall out of routines. Here are some helpful tips for you and your 'ohana to stay focused and feel better, together.

1. **Plan healthy menus.** Start a week at a time. Need help planning menus? Bring the whole 'ohana to our free classes to learn about nutrition. Go to hmono.org/classes to sign up!
2. **Eat together.** Eating together gives you the opportunity to share your day with each other, and it encourages social skills of communion instead of isolation.
3. **Get a good night's rest.** Getting an average of six to eight hours of sleep per night often correlates to being less distracted and more focused throughout the day.
4. **Prepare for the next day.** Get your backpack ready to go. Pick out your clothes. Communicate with everyone to plan out who is driving, doing errands, or other activities.

Going back to school is a time for learning new things and growing wiser than the year before. Let's work together to make it a wonderful experience.



Health Literacy

Understanding Your Health

In a year, how much time do you spend talking face-to-face with your doctor or provider? How much time do you spend asking them questions? For most people, it doesn't amount to much time, if any. You may have even left with more questions about your health than answers.

These are normal challenges. To shed light on them, organizations from around the world observe October as Health Literacy Awareness Month.

What is Health Literacy?

Health literacy is the ability to obtain, process, and understand basic health information and services. Because you need health literacy to make informed health decisions, it can be an important factor in advocating for and understanding your own health.

“...community health literacy also matters to your personal health status. Health literacy is an important factor at both the individual and community level.”

*-Dr. Tetine Sentell, UH Mānoa
Office of Public Health Studies*

Health Education

Seeing and experiencing the low health literacy rates in Hawai'i, Hui Mālama Ola Nā 'Ōiwi and other healthcare systems developed Health Education classes to help you better understand your health. And Hui Mālama offers all of our Health Education classes for free!



Our classes promote communicative and informed patient-provider relationships, so that patients not only feel comfortable to ask questions, but also understand what types of questions to ask. See Figure 1 for some of our services and classes.



Traditional Health

Although Hawai'i is one of the most ethnically diverse places in the world, many people from each ethnic group experience cultural challenges caused by assimilation and Western influence. These challenges have been a major factor affecting community health literacy.

Access to traditional health knowledge plays an important role in remedying this challenge by empowering communities to reconnect with spiritual, mental, and physical wellness practices.



The Hui Mālama Traditional Health program offers free workshops and classes that share traditional kanaka maoli knowledge. See page 5 for information on upcoming Traditional Health classes.

Figure 1

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

Building Relationships

Connecting with each other and building trusting relationships is the key to ensuring health literacy and understanding your health.



Here are some ways you can help strengthen your relationship with your provider.

- Make a list of your symptoms and questions before seeing your doctor.
- Make sure you know who to call with any questions when you leave.
- Attend health education programs and bring your 'ohana and friends!
- If you're in doubt about translations, request that your medical clinic provides interpreter services.

We're Here For YOU

Hui Mālama Ola Nā 'Ōiwi is dedicated to uplifting the health of the Hawaiian nation. We aim to empower our community to understand their own health by working with you side-by-side.

We offer free services island-wide for your and your 'ohana. If you have any questions or need support, please call us at (808) 969-9220.

"Hui with HOPE"

Street Medicine Program

In May 2019, Hui Mālama Ola Nā 'Ōiwi and HOPE Services Hawai'i partnered to offer a new program that brings medical care to the streets for those experiencing homelessness. This program is "Hui with HOPE" Street Medicine.

In the Street Medicine program, medical professionals collaborate with homeless outreach workers to seek out people in need. Because the goal of the program is to bridge the gap between available medical resources, the Street Medicine team makes every effort to offer care at the point of contact.

This means providing wound care, support accessing medication, infection treatment and shots on location.



Dr. Kā'ohimanu Dang Akiona, Hui Mālama Medical Director and Street Medicine team member, expresses that, "the healthcare system is set up in a way that puts up barriers to care for the most vulnerable people in our community."

She goes on to explain that many people they meet on the street have low health literacy, limited access to care, and have experienced discrimination in the past when seeking care. The Street Medicine program was introduced to address these factors and help counter barriers to care.

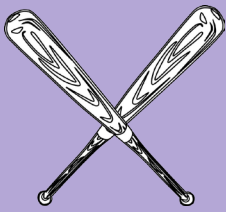
Dr. Dang Akiona emphasizes that, "We need to actively engage with these folks, and seek out ways to overcome these barriers, so that we can truly deliver quality care to everyone."



"We need to actively engage with these folks, and seek out ways to overcome these barriers, so that we can truly deliver quality care to everyone."

Since its implementation, the team has assisted 56 people over 13 missions, and the program hopes to expand its services.

If you know anyone who could benefit from a Street Medicine assessment, or would like to help support the program, please email streetmedicine@hopeserviceshawaii.org or call the Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic at (808) 796-3125.



BATTING OUT CANCER! SOFTBALL TOURNAMENT

Mahalo from Mālama Ka Pili Pa'a

On the last weekend of the summer, 26 softball teams united for the Batting Out Cancer Softball Tournament where they faced off not only against each other, but more importantly, against cancer.

The Batting Out Cancer Softball Tournament is a special tribute in memory of Vanita Kaleo, better known as "Aunty Nene". This mix tournament is hosted annually by Mālama Ka Pili Pa'a cancer support group.

And mahalo to all the teams that competed, participated, and contributed to Batting Out Cancer!

- Oldies but Goodies
- Haili
- Who Dat
- Outta Shape
- Team Ching
- Bad Batch
- Home Tech
- Ua 'Ohana
- High End Bullies
- PTA
- One Drop
- B Pono
- Holo Mua
- Up Rising
- Ka'ū
- GoodTimes
- HI Vibes
- Au Pono
- Honomū Kūpuna
- Cabaraba Kūpuna
- Puueo Kūpuna
- Epic Lava Kūpuna
- Kona Gold Kūpuna
- Tsunami Kūpuna
- Kuikahi Kūpuna
- Pōmaika'i Kūpuna

We hope to see you all next year!

Interested in attending next year's tournament?

Mālama Ka Pili Pa'a will host the next tournament on August 15 - 16, 2020! To learn more, call us at (808) 969-9220 or join the support group on the following days of each month:

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

Mahalo

On behalf of Mālama Ka Pili Pa'a, we would like to extend our sincerest appreciation to everyone who contributed in carrying out this tribute for Aunty Nene. We are thankful for all those who made this tournament possible, including:

- The creators of the tournament and Aunty Nene's 'ohana: Charles Kaleo and Sanvicee Ahulau-Kaleo
- The scorekeepers: Marlo Mello, Shirley Filoteo, Greer and Robyn McKeen, and Paulette Ke's 'ohana
- Trophy artists: Corinne Moses, Kaipulani Hassard, Jasmine LeFever, and Paulette Ke



Aunty Sandi (left center) and Aunty Nene (right) co-founded Mālama Ka Pili Pa'a.



Ola Hou i Ka Hula Hypertension Class

Manage and prevent hypertension through hula!



Wednesdays, October 2 - December 18
5:00pm - 6:30pm

Hui Mālama Ola Nā 'Ōiwi Office
1438 Kīlauea Avenue, Hilo

*Sign up today! 25 spots available.
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!



Aloha Mai Kākou,

I am Aunty Edna and I want to say aloha mai and welcome to one of my favorite months of the year, and an especially fun time for our keiki. It is Halloween time! A time for visiting homes in our neighborhood, collecting candies and goodies, and essentially having a relaxing, fun time.

But did you know that it is also Breast Cancer Awareness month? As our cancer rates continue to get higher, it has become very important that we focus on what we need to change to become healthier and cancer-free.



While breast cancers are more commonly identified in women, we are seeing a growing count in men also. Fortunately, breast cancer is a type we can identify before it progresses to something worse.

Eating healthy, avoiding smoking, limiting alcohol, and staying physically active are all ways you can reduce your risks of breast cancer. However, early detection and self-exams are your best protection, no matter your gender.

Here are some tips to know about breast self-exams:

1. Anyone 20 years and older should start self-exams.
2. Self-exams should be a regular routine. For women, it's recommended to do self-exams once a month, preferably after your menstrual cycle.
3. Stop by our office to pick up an AWARE Breast Self-Exam Kit for free. The kits come with detailed instructions and we have certified staff at our office to help you!
4. Meet with your doctor annually for breast exams in addition to self-exams.

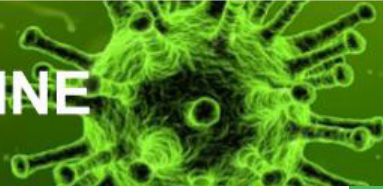


Need help or want to talk story? Come see us at Hui Mālama Ola Nā 'Ōiwi, working 28 years to help our Hawai'i island be a healthy and happy place. Visit our website at hmono.org or call us at (808) 969-9220.

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



HIB VACCINE



Haemophilus Influenzae Type B or Hib disease is considered the leading cause of childhood bacterial meningitis, pneumonia, and other serious infections. The Hib vaccine is extremely effective, relatively safe, and can be given to those as early as infancy. This vaccine is included in most routine childhood vaccination programs.

The Centers for Disease Control or CDC recommends the Hib Vaccine to children younger than 5 years old, adults and older children do not need the vaccine. However, depending on an individual's medical condition the CDC recommends consulting with one's doctor about taking the vaccine.

Most children who receive the vaccine have little to no side effects, and for those that do, they experience them mildly. Mild side effects include:

- Fever
- Redness
- Warmth
- Swelling where the vaccine was injected.

To learn more about the Hib 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 2019 and July 2020?
- Has he or she completed all CDC Recommended vaccinations (24-25)?



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.



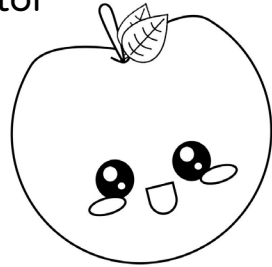
Keiki Coloring Corner

In October, we celebrate better understanding your health! Find the words below and color each picture.

1. Medicine
2. Learning

3. Health
4. Support

5. Vaccine
6. Doctor



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

