



Olakino

Newsletter

November
Nowemapa 2019

Nutrition

Eating Well to Live Well

Look Inside For:

Upcoming Hypertension classes
Healthy Hāpai dates
Community Gardens

A message from our Executive Director

Aloha kākou,



It has been a busy first three months as the Executive Director for Hui Mālama Ola Nā 'Ōiwi. With all new beginnings in a business setting, busy transitions can create a life without regular healthy meals. As we discuss Nutrition this month, I reflect on how we can reshape our communities to have abundant, nutritious food accessible to everyone.

Firstly, let's reshape food establishments including workplace and school cafeterias to serve healthier food options particularly vegetables and fruits which are lacking in our everyday meals. In general, the food industry has failed us by promoting products that contain little to no nutrition. The responsibility lies on our government and our communities to demand intervention for nutritious products for us and our keiki to grow properly and reduce the risk of health complications.

This starts with education. Learning about the foods we eat, the products offered to us, and how to promote community-engaged leadership can help us reshape our community to be a healthy, happy place.

Mahalo nui loa,
Kamuela L. Bannister - Executive Director

A message from our Editor



Aloha kākou,

How important is nutrition? While talking story with Po'okela Ikaika Dombrigues a few months ago, he said something that rang true and clear for me about community health: "It is not always medication or lack of medication. It's also the food we eat."

The things we consume, particularly food, can either contribute positively or negatively to our health. But the conversation about nutrition is much more complex than that. Take for example that in the modern world, we jump on and off of things called "diets" yet we were collectively healthier before diets were the norm. To me, this highlights how our views about food and our connections to food have changed. It's time for us to reestablish our connection with food and reclaim our physical, mental, emotional, and spiritual health.

This month's Olakino newsletter features Nutrition in its centerspread. I am excited to help introduce this topic this month as we continue the conversation about nutrition and work towards a thriving, sustainable community.

Me ke aloha,
Lindsay Terkelsen - Editor-In-Chief



Hui Mālama Ola Nā 'Ōiwi

Native Hawaiian

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, November 5
5:30pm-7:00pm
Hui Mālama Office
1438 Kīlauea Ave, Hilo

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

Cancer Support Group

Tuesdays, November 12 & 26
5:30pm-7:30pm
Hui Mālama Office

Exercise & Fitness

Basic Stretch & Strengthening in Ka'ū

Wednesdays, November 6, 20, 27
9:30am-10:30am
Nā'ālehu Community Center
95-5635 Māmalahoa Hwy, Nā'ālehu

Thursdays, November 7, 14, 21
9:30am-10:30am
Hawai'i County Nutrition Program
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

 Hui Mālama Ola Nā 'Ōiwi		
	NOVEMBER	DECEMBER
HILO		
OLA HOU I KA HULA	Wed 10/2 - 12/18	
HEALTHY HĀPAI	Thurs 11/7 - 11/21	
GROW YOUR OWN LA'AU		Sun 12/15
TOBACCO CESSATION	Thurs 11/7 - 11/21	Thurs 12/5 - 12/19
KA'Ū		
HYPERTENSION	Mon 11/26 - 12/10	
KONA		
HEALTHY HĀPAI	Wed 11/6 - 12/4	
NORTH HAWAI'I		
DIABETES MANAGEMENT	Mon 11/18 - 12/9	
HEALTHY HĀPAI	Wed 11/6 - 12/4	
PUNA		
HYPERTENSION	Wed 11/6 - 11/20	
Schedule subject to change. To sign-up, please call or visit us online today! hmono.org/classes		

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!



Hula Hypertension

Hula Hypertension began on Wednesday, October 2 at the Hui Mālama office in Hilo. This class teaches students how to combat the effects of hypertension through the art of hula. Students enjoy both the health benefits and hypertension education from the class.

Waipi'o Valley Outreach

Hui Mālama joined community organizations at the Waipi'o Valley Outreach event on October 4. They came together to provide the community with education as well as a free makana consisting of toiletries, food, and much more!



Daniel K. Inouye Health Fair

On October 12 Hui Mālama joined the Daniel K. Inouye School of Pharmacy at their annual health fair. Staff members taught participants about lā'au (plants) and talked story about our free services.



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

NEW LOCATION!

Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic
82 Pu'uhonu Way, Suite 209
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
DRBH, RDN, CDE



Donna Dennerlein
LCSW

Community Garden

The Traditional Health team of Hui Mālama Ola Nā 'Ōiwi has been awarded a grant from the Office of Hawaiian Affairs (OHA). With this support, the team will install ten lā'au lapa'au (*medicinal plant*) community gardens around Hawai'i island in the next two years. Each of the ten community garden installations will include a four to five hour training workshop.

The goal of these community gardens is to make lā'au lapa'au accessible to all on the island. Installing community gardens will also reduce wild lā'au harvesting and offer a place to access planting materials such as seeds and cuttings. This will allow growers to grow the plants in their own gardens and will also accommodate for those who are unable to grow crops in their place of residence.

The project coincides with our Lā'au Lapa'au Workshops in 2020, where you can learn more about the lā'au uses. We look forward to building community gardens and expanding Traditional Health services for the people of Hawai'i island.



We invite you to help launch this project and build our first community garden!

Hele mai to our first Grow Your Own Lā'au Community Garden Workshop at Pana'ewa Farmers Market on December 15th from 9am to 1pm. For more information contact Carly at carly@hmono.org or (808) 969-9220.

Noni



Noni is one of the many lā'au that Hawaiians have been utilizing for centuries. It is now a popular ingredient in juices and as dietary supplements for chronic diseases. The plant is identifiable by its yellowish-white oblong fruit and distinct pungent smell.

Traditionally, noni was used as a food source, for dyes and oils, and medicinally for a variety of illnesses and injuries. Po'okela Ikaika Dombrignes describes that the young noni fruit can be mashed or pounded, mixed with pa'akai (*sea salt*), and used to ease sprains, torn ligaments, and broken bones.

To learn more about noni and other lā'au, visit lapaau.org.

Are you living with Hypertension?



In Hawai'i, about one in three adults have hypertension, or high blood pressure. Hypertension can increase your risk for heart disease and other diseases.

Hui Mālama Ola Nā 'Ōiwi offers free Hypertension classes for those with high blood pressure interested in reducing their health risks.

Classes focus on introductory hypertension education, including topics like:

- Basic nutrition
- Exercise education
- Medication management
- Blood pressure education (view the table below to learn what your blood pressure readings mean)

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association

heart.org/bplevels

Upcoming Hypertension Classes:

Puna: Wednesdays, November 6 - November 20

Ka'ū: Tuesdays, November 26 - December 10

To sign up or learn more, call us at (808) 969-9220 or visit us online at hmono.org/classes.

Nutrition

Eating Well to Live Well

As a nutritionist, one question that I'm frequently asked during this time of year is "How can I be healthy during the holidays?" Well, *being healthy* is different for everyone and depends on your needs and habits. For most people, changing one habit can make a huge difference and can drastically improve one's physical and mental health.



Here are some tips to help you incorporate healthy habits this holiday season!

Incorporate Fruits and Vegetables With Each Meal

Adding produce to your meals doesn't always mean making a side salad (because let's be honest, salads can get boring). Instead, try adding produce to your meals in creative and delicious ways!

Roasting vegetables such as 'uala (*sweet potato*), kalo (*taro root*), or 'ulu (*breadfruit*) with pa'akai (*Hawaiian salt*) and a bit of coconut or olive oil is not only delicious, but it's also easy! Roasted vegetables can easily be added to an entree, side, or a snack.



Craving pasta? Adding a cup or two of spinach, fresh tomatoes, or making zucchini noodles can help even the pickiest eaters get extra nutrients.

Get creative with ingredients. Fruits like pineapples and oranges can be a refreshing addition to stir fries. Or impress your 'ohana with Coconut 'Ulu Pudding (*see recipe*) as a side to any dish!

Eat Before the Party

Parties are known to have not-so-healthy pūpū (*appetizer*) options that can have you feeling bloated or tired halfway through the party. And no one wants that!

Eating fruits and vegetables *before* the party can supply your body with fiber to aid digestion and help you feel energized and focused.

Staying hydrated before holiday activities is also important to help digestion and help you feel



more full. Plain water might not be your flavor preference, so try adding fruit or lemon to your drink or stay hydrated with unsweetened tea versus sweetened energy drinks or soda.

Enjoy your meal

Never underestimate the power of a positive attitude! Thinking positively and decreasing negative talk can hold powerful health benefits, and this includes thinking positively about food. Improving our relationship with food can be difficult, but here are some steps to make it easier.

Breathe – Take several slow, deep breaths before and while you eat.

Chew, chew, chew – Chewing helps break down food for your digestive system and it also helps you mindfully enjoy the food you're eating.

Coconut 'Ulu Pudding

Ingredients:

- 1 medium soft, ripe 'ulu
- 1 can unsweetened coconut milk
- 1-2 inches fresh 'ōlena (turmeric)
- Pinch of salt
- 1 tsp pure vanilla extract
- ¼ cup honey or agave, if desired

Directions:

1. Wash and slice 'ulu into quarters.
2. Steam in pot, covered for 20 minutes. Drain.
3. Cut off outer skin and inner core of 'ulu. Chop 'ulu into ½ inch chunks.
4. Blend all ingredients except 'ulu in a blender or food processor until smooth.
5. Add 'ulu chunks and blend again.
6. Add just enough water to reach desired consistency.

Serve immediately or cover and refrigerate for up to 3 days. Serve with fresh fruit such as mango, if desired.



Ditch electronics – Let's challenge ourselves to enjoy our food without electronics so we can focus on our meals and our bodies.

If these tips are useful, consider scheduling an appointment with a nutritionist for your own self-care goals. Call our Family Medicine Clinic at (808) 796-3125 or join our health education classes by visiting hmono.org/classes!

Stacy Haumea
DRBH, RDN, CDE



19th Annual Ladies' Night Out



Mahalo from the Event Chair

Aloha kākou,

As this year's 19th Annual Ladies' Night Out Event Chair, I would like to thank the 440 women who attended our annual Ladies' Night Out. I hope you all were able to

enjoy not only the fabulous door prizes, special drawings, and pampering services, but also to gain additional health education and resources. Your health and wellbeing is important to us here at Hui Mālama Ola Nā

‘Ōiwi and we hope that you continue to make healthy lifestyle choices with us by attending our various services listed throughout this Olakino newsletter.

This year's event was an astonishing event! It took a lot of hard work, dedication, and heart from Hui Mālama staff and nearly 400 contributing health agencies, companies, and volunteers. For those who have been with our Ladies' Night Out event since day one in September 2001, you have witnessed the incredible growth and community effort it takes

to continuously serve the women throughout our Hawai'i island community. Whether you participated by donating door prizes, healthy foods, a performance, pampering services, resources, and/or education, just know that your generosity has impacted many women in more ways than one. Without each and every one of you, this event would not exist.



On behalf of all the staff here at Hui Mālama, we would like to thank you for being a part of our journey and welcome you to continue with us in our future events so we can all live longer and feel better, together.

Mahalo palena 'ole,

Rosilyn (Rosi) Handy

Special Programs and Events Coordinator

Our Purpose

Ladies' Night Out was developed to promote health awareness and appreciation for the women of Hawai'i island by providing an evening of free pampering and health services. This event is a special tribute to Nancy Everett, a registered nurse who worked closely alongside Hui Mālama Ola Nā 'Ōiwi to provide health care opportunities for women and children.

Here are just a few reasons why we continue to mālama our wāhine at the annual Ladies' Night Out!

Save the date for the
20th Annual Ladies' Night Out on
September 25, 2020!



"..Joy, happiness, meeting old friends and many reminders to take care of my health, body and mind."

"It's definitely beneficial to my mental health because when I feel good about the outside, it elevates how I feel on the inside."



"They made me look and feel great!"

"Everything is perfect for us special women to enjoy our own health!"



"The friendliness of everyone was refreshing. The ladies were so pleased that it was their time to get blessed and refreshed."





Hui Mālama Ola Nā 'Ōiwi

Healthy Hāpai

Prenatal Education • Postpartum Care • Postnatal Education • Breastfeeding

KONA - Wednesdays, 11/6 - 12/4
West Hawai'i Community Health Center
75-5751 Kuakini Hwy., Kailua-Kona
Time: 9am - 11am

NORTH HAWAII - Wednesdays, 11/6 - 12/11
Mana Christian 'Ohana (Kahilu Town Hall)
67-1182 Lindsey Rd., Kamuela
Time: 3pm - 5pm

HILO - Thursdays, 11/7 - 11/21, 12/5 - 12/12
Hui Mālama Ola Nā 'Ōiwi Office
1438 Kīlauea Avenue, Hilo, HI 96720
Time: 10am - 12pm



Presented by Leila Ryusaki
Healthy Hāpai Coordinator, Childbirth Educator,
Certified Lactation Counselor, Licensed Massage Therapist,
Indigenous Breastfeeding Counselor



Receive a **FREE Keepsake Pregnancy Journal & Calendar** for joining and something **SPECIAL FOR YOUR BABY** when you attend all classes!

Funded By:



Health Resources and Services Administration

This project is sponsored by the Office of Hawaiian Affairs, working to improve the lives of Native Hawaiians.

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

(808) 969-9220 • HMONO.org

/HMONO.org

[hui_malama_](https://www.instagram.com/hui_malama_)



Aloha Mai Kākou,

I am Aunty Edna and I wanted to send out a big Happy Thanksgiving to everyone! It is that time of the year when we can all come together to cherish one another's company and eat lots of food. Although there are many delicious foods that we all enjoy, it is very important to consider our nutrition.

November is a crucial time to remember our nutrition, it can be very difficult to continue eating healthy once the holidays begin, but an easy way that I keep myself accountable is remembering "N" = Nutritious November!

- Keep a daily log of your food intake. This way you are able to physically see what you are eating and drinking every day. This will help you review your diet and know if you need to eat more or less from a certain food group.
- Consider consulting with a dietitian. They can develop a special diet specific to your needs. Visit the Hui Mālama Ola Nā 'Ōiwi Family Medicine Clinic where our registered dietitian, Stacy Haumea, can assist you in bettering your health!

Serving sizes, proteins, carbohydrates, vegetables, and fruits need to be managed in a nutritionally healthy way. Learning what we need to do and then acting on what we learn helps us to sustain a healthy body.



To maintain a healthy body we must eat the proper serving sizes as well as keeping a nutritious diet by balancing which foods are good for us.

Here are a few tips to keep up your nutrition:

- Ask yourself: What are my strong and weak points in my current diet? Am I eating 4-5 cups of fruits and vegetables every day? How about calcium? Whole grain and high-fiber foods? If you answered yes to these, you're going in the right direction! If not, adding these to your daily diet can help with a more nutritious way of life.



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!



PNEUMOCOCCAL VACCINES

Pneumococcal disease is an infection that is caused by streptococcus pneumoniae bacteria, often referred to as pneumococcus. This disease can cause a large variety of illnesses, such as ear infections, meningitis, chest pain, and much more. If not properly treated the disease can become life-threatening.

Children under 2 years old, those with certain illnesses (i.e. sickle cell, diabetes, etc.), and adults 65 years or older are more susceptible to contracting the disease.

The best way to prevent pneumococcal disease from developing is to receive the vaccine(s). There are two pneumococcal vaccines in the United States:

- Pneumococcal Conjugate Vaccine (4 doses for children, 1 for adults)
- Pneumococcal Polysaccharide Vaccine (1-2 doses)

Like many medications, there are potential side effects that come with taking them. Some side effects include:

- Reactions where the shot was given
- Fever
- Loss of appetite
- Fussiness
- Feeling tired
- Headache
- Chills

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



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:

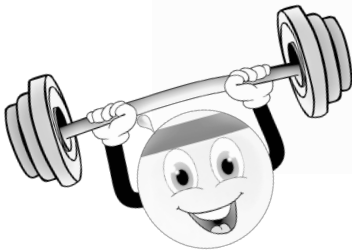
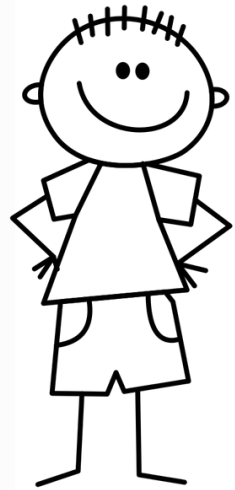
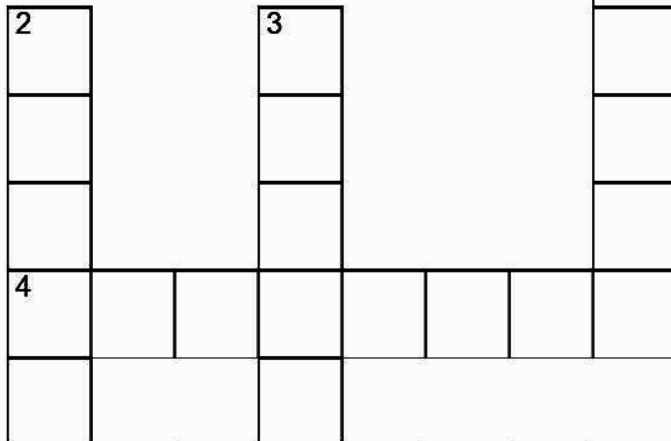
- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4

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



Keiki Coloring Corner

In November, we celebrate nutrition and the benefits of eating healthy! Solve the crossword puzzle below and color in the pictures!



Down:

1. An ____ a day keeps the doctor away.
2. Stomachs ____ your food.
3. Drinking water keeps you ____.

Across:

4. Another word for working out.
5. N_t_i_ion comes from eating healthy
6. S_d_um can be found in salt



Hui Mālama Ola Nā ‘Ōiwi

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>				1	2
<p>4 *Lomilomi Services -Nā ‘ālehu</p> <p>*5PM Diabetes Management -Ka‘ū</p> <p>5:30PM Zumba -Keaukaha</p>	<p>5 10:30AM BS&SEC -Keaukaha</p> <p>*4:30PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Diabetes Support Group -Hilo</p>	<p>6 *9AM Hypertension Class -Puna</p> <p>*9AM Healthy Hāpai -Kona</p> <p>9:30AM BS&SEC -Nā ‘ālehu</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>*5PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>7 9:30AM BS&SEC -Pāhala</p> <p>*10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*2PM Tobacco Cessation -Hilo</p> <p>5PM Yoga -Keaukaha</p>	8	9
<p>11 OFFICE CLOSED</p>	<p>12 10:30AM BS&SEC -Keaukaha</p> <p>*4:30PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>13 *9AM Hypertension Class -Puna</p> <p>*9AM Healthy Hāpai -Kona</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>*5PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>14 *10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*2PM Tobacco Cessation -Hilo</p> <p>5PM Yoga -Keaukaha</p>	15	16
<p>18 *Lomilomi Services -Nā ‘ālehu</p> <p>5:30PM Zumba -Keaukaha</p> <p>*5:30PM Diabetes Management -Waimea</p>	<p>19 10:30AM BS&SEC -Keaukaha</p> <p>1PM Diabetes Support Group -Hilo</p> <p>*4:30PM Hypertension Class -Kona</p> <p>5PM Yoga -Keaukaha</p>	<p>20 *9AM Hypertension Class -Puna</p> <p>*9AM Healthy Hāpai -Kona</p> <p>9:30AM BS&SEC -Nā ‘ālehu</p> <p>*3PM Healthy Hāpai -Waimea</p> <p>*5PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>21 9:30AM BS&SEC -Pāhala</p> <p>*10AM Healthy Hāpai -Hilo</p> <p>10:30AM BS&SEC -Keaukaha</p> <p>*2PM Tobacco Cessation -Hilo</p> <p>5PM Yoga -Keaukaha</p>	22	23
<p>25 *Lomilomi Services -Nā ‘ālehu</p> <p>*5:30PM Diabetes Management -Waimea</p> <p>5:30PM Zumba -Keaukaha</p>	<p>26 10:30AM BS&SEC -Keaukaha</p> <p>*5PM Hypertension Class -Ka‘ū</p> <p>5PM Yoga -Keaukaha</p> <p>5:30PM Cancer Support Group -Hilo</p>	<p>27 9:30AM BS&SEC -Nā ‘ālehu</p> <p>*9AM Healthy Hāpai -Kona</p> <p>*5PM Hula Hypertension -Hilo</p> <p>5:30PM Zumba -Keaukaha</p>	<p>28 OFFICE CLOSED</p>	<p>29 OFFICE CLOSED</p>	30

BS&SEC
Basic Stretch & Strengthening Exercise Class



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/HMONO.org



hui_malama_