



Olakino

Newsletter

December
Kekemapa 2019

Holiday Health

Avoiding the flu not the holidays

Look Inside For:

Makahiki Games Program

Healthy Habits for the Holidays

Mana'o from Po'okela Ikaika Dombrigues



Hui Mālama Ola Nā 'Ōiwi

NATIVE HAWAIIAN HEALTH CARE SYSTEM

Live Longer & Feel Better, Together

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A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Aloha,

The holidays are here once again and it's time for celebrations, quality family and friend time, reflection, and busy routines. We all know that feeling of getting caught up in the busiest time of the year then being stopped in our tracks by a cold, the flu, fatigue, or all of the above! Let's work together to keep ourselves and each other healthy this holiday season so the flu doesn't get us down.

Staying current on your healthcare exams and screenings might not be your idea of holiday fun, but taking a day or two for appointments can help ensure your household isn't hindered by the flu. Getting updated vaccinations can help prevent spreading illnesses and help save lives.

Nutrition is always central to our health and it can be an area where you foster illness or prevent illness. Eating nutrient-dense foods and incorporating fruits and vegetables into your holiday dishes will help your body maintain a strong immune system to fight off illness.

This doesn't just include what we cook and eat, but also where and how we cook and eat. Practice maintaining sanitary eating spaces, and include keiki to teach them about sanitary food preparation processes.

In Hawai'i, these winter months mean increased rainfall and lower temperatures. So pull out your favorite jacket, boots, socks, umbrella, and hat from storage and have them ready.

With the many lessons learned throughout the year, possibly the most important lesson is to slow down and take time to mālama each other and mālama ourselves. We at Hui Mālama Ola Nā 'Ōiwi wish you a safe and healthy holiday season!

Mele Kalikimaka me ka Hau'oli Makahiki Hou!

Kamuela L. Bannister
Executive Director



ONGOING SERVICES

EXERCISE & FITNESS CLASSES

Basic Stretch & Strengthening in Ka'ū

Wednesday, December 11

9:30am-10:30am

Nā'ālehu Community Center

95-5635 Māmalahoa Hwy, Nā'ālehu

Thursday, December 12

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 (except December 25)

5:30pm-6:30pm

Malia Puka O Kalani Church Gym

Therapeutic Yoga

Tuesdays & Thursdays

5:00pm-6:00pm

Malia Puka O Kalani Church Gym

LOMILOMI SERVICES

Mondays, December 2, 16, 23, & 30

Call for appointment

Hawai'i County Economic Opportunity Council

95-5635 Māmalahoa Hwy, Nā'ālehu

SUPPORT GROUPS

Diabetes Support Group

(See page 11 for more information)

Tuesday, December 3

5:30pm - 7:00pm

Hui Mālama Office

1438 Kīlauea Ave, Hilo

Tuesday, December 17

1:00pm - 2:30pm

Hui Mālama Office

Cancer Support Group

Tuesday, December 10

5:30pm - 7:30pm

Hui Mālama Office

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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!



Pink Out Color Run

On November 2, Mālama Ka Pili Pa'a (MKPP), the cancer support group at Hui Mālama, participated in the in the Pink Out Color run in Hilo. MKPP's own Sandi Claveria won the beautiful bra contest.

Akamai Living Health Fair

The 19th Annual Akamai Living Health Fair took place on October 18 at the Edith Kanaka'okle Stadium in Hilo. This free event included free health screenings, flu shots, and many health demonstrations.



Ho'okupu Hula No Ka'ū Cultural Festival

The Traditional Health team offered services at the Ho'okupu Hula No Ka'ū Cultural Festival on November 2. The festival provides island residents with a social gathering where they can celebrate the history of their community.

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





**Hui Mālama
Ola Nā 'Ōiwi**

FAMILY MEDICINE CLINIC

ACCEPTING NEW PATIENTS!



*Gaku Yamaguchi,
MD*



*Stacy Haumea,
DRBH, RDN, CBE*



*Donna Dennerlein,
LCSW*

SERVICES

Family Medicine
Behavioral Health
Nutrition Counseling
Diabetes Education

New Patient Registration is
available at the Family Medicine
Clinic in Hilo and online at
HMONO.org/family-medicine.

CONTACT US

Hui Mālama Ola Nā 'Ōiwi
Family Medicine Clinic

82 Pu'uhonu Way, Suite 209
Hilo, HI 96720

Phone: (808) 796-3125
Fax: (808) 796-3128

Hours: Mon - Fri 8:00am - 5:00pm
closed from 12:00pm - 1:00pm



Pōpolo berries

Mana‘o from Po‘okela Ikaika



Po‘okela Ikaika Dombrignes

Although the pōpolo plant is a member of the nightshade family, it is not poisonous in Hawai‘i nei. Pōpolo gets its name from its dark berries that turn black when they mature. Historically, its fruits were used as a source of food and purple dye. The plant has significant healing uses and is especially useful during cold and flu season.

The young shoot of pōpolo can be chewed to reduce coughing. By taking the leaves and stems of the plant, cleaning them and boiling them in water, you can make tea. This tea can help soothe cold symptoms.

For more information about pōpolo and other lā‘au lapa‘au (*healing plants*), visit lapaaui.org or join us at our Grow Your Own Lā‘au events listed below!

Grow Your Own Lā‘au

Did you know that Hui Mālama Ola Nā ‘Ōiwi offers free classes and workshops where you can learn about and grow your own lā‘au (*plants*)?

With the Grow Your Own Lā‘au program, participants learn about propagation, cultivation, and harvesting of six important lā‘au or traditional Hawaiian plants. Participants not only get to learn about the plants, but also learn their ‘Ōlelo Hawai‘i (*Hawaiian language*) names and get to bring their plants home to grow in their own backyards!

Join us for one (*or both!*) of the upcoming Grow Your Own Lā‘au program events!

Community Garden Workshop Grow Your Own Lā‘au

December 15 | 9:00am - 1:00pm
Keaukaha Pana‘ewa Farmers Market
363 Railroad Ave, Hilo

Grow Your Own Lā‘au Class

December 22 | 10:30am - 12:30pm
Hāmākua Harvest Farmers Market
44-2600 Māmalahoa Hwy, Honoka‘a





COMMUNITY GARDEN WORKSHOP: GROW YOUR OWN LĀ'AU

**KEAUKAHA PANA'EWA FARMERS MARKET
363 RAILROAD AVE, HILO
DECEMBER 15 | 9:00AM - 1:00PM**

Learn about Hawaiian medicinal plants known as Lā'au Lapa'au while helping us install a garden with these important plants. Other components that will be part of the workshop are propagation, cultivation, harvesting, and proper protocol.

To maximize your experience please bring your gardening gloves and be prepared to do a lot of lifting and bending. Hui Mālama Ola Nā 'Ōiwi will be providing light refreshments.



Presented by Grow Your Own Lā'au instructor
Carly Wyman



**Hui Mālama
Ola Nā 'Ōiwi**



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

HAWAII TOURISM

*Support provided by Hawai'i Tourism
through the Kūkulu Ola Program*

Holiday Health



Avoiding the flu not the holidays

With the holiday season comes a time of giving, friendship and family bonding. However, the holidays can also be a time where we are most susceptible to catching colds and the flu. The flu or influenza virus is a viral infection that can impact an individual's respiratory system, on average this virus can last about one to four days. Symptoms of the virus include the onset of fever, and respiratory symptoms such as cough, sore throat, headache, muscle aches, and fatigue.



The idea of being under the weather during such a fun and busy time can be inconvenient, but did you know that there is a reason why we catch the flu more often during the winter seasons? The influenza virus is known to peak during times of cold weather which is why more people come down with the flu during the holidays.

Along with the cold weather, a combination of the lack of vitamin D exposure and other lifestyle changes during the holiday season (i.e. eating habits, less exercise, etc.) can also increase your chances of catching the flu.

There are many ways to prevent getting the influenza virus. The first is being vaccinated. The flu vaccination is one of the most effective ways to combat this virus. In fact, by taking the vaccine you are around 40% to 60% less likely to catch the flu.

In the case that you do catch the flu, research has found that those who have taken the vaccine have shown reduced signs of the illness.



Getting yourself vaccinated may also protect the people around you, including those who are most vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Here are extra steps when trying to protect against the flu:

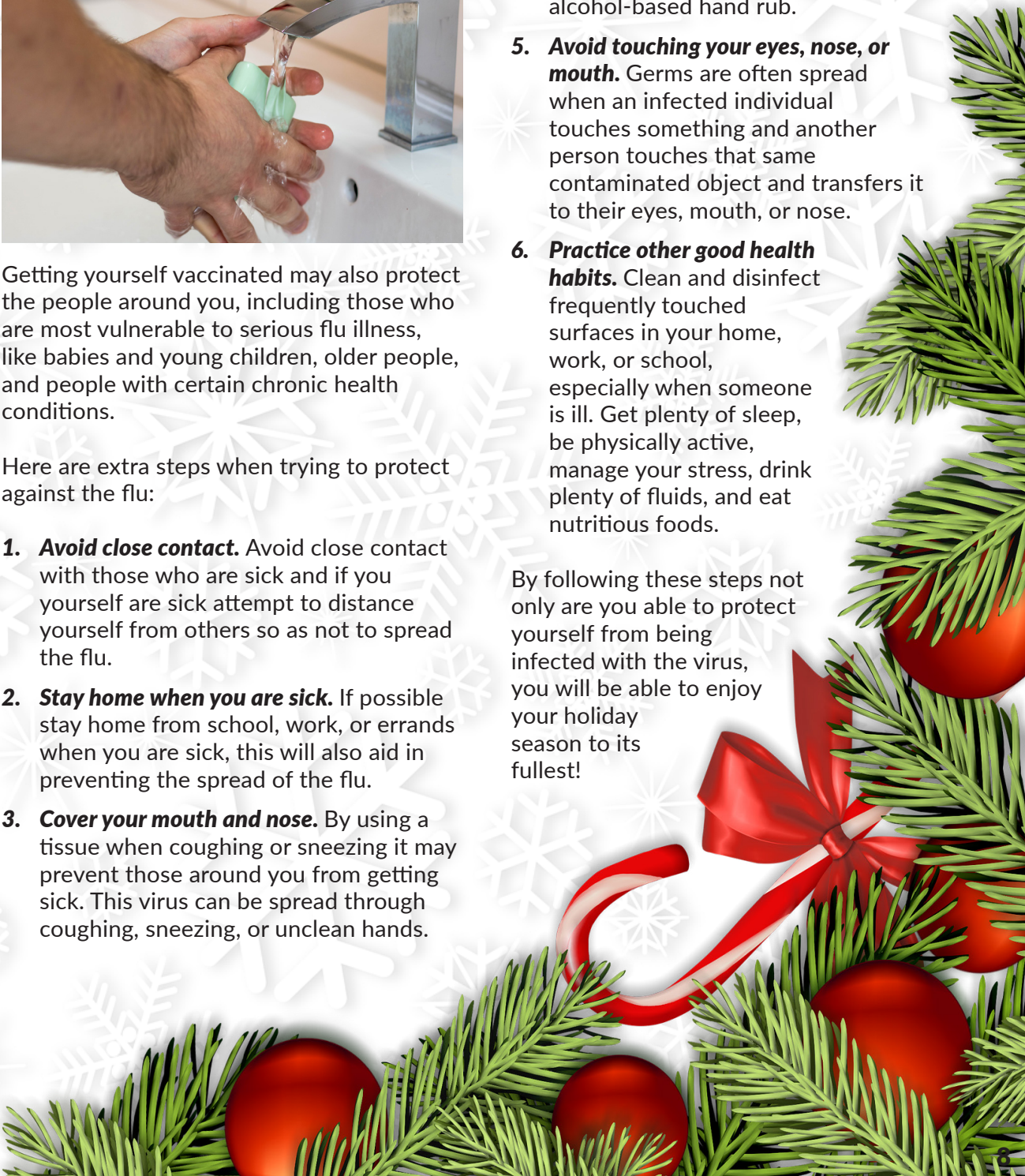
- 1. Avoid close contact.** Avoid close contact with those who are sick and if you yourself are sick attempt to distance yourself from others so as not to spread the flu.
- 2. Stay home when you are sick.** If possible stay home from school, work, or errands when you are sick, this will also aid in preventing the spread of the flu.
- 3. Cover your mouth and nose.** By using a tissue when coughing or sneezing it may prevent those around you from getting sick. This virus can be spread through coughing, sneezing, or unclean hands.

4. Clean your hands. Washing your hands often will help protect against germs. If soap or water is not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose, or mouth. Germs are often spread when an infected individual touches something and another person touches that same contaminated object and transfers it to their eyes, mouth, or nose.

6. Practice other good health habits. Clean and disinfect frequently touched surfaces in your home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

By following these steps not only are you able to protect yourself from being infected with the virus, you will be able to enjoy your holiday season to its fullest!





E Mālama I Ke Olakino O Nā Keiki *Makahiki Games Program*

This Makahiki season marks the second season that Hui Mālama Ola Nā 'Ōiwi is offering its E Mālama I Ke Olakino O Nā Keiki Makahiki Games program in schools around Hawai'i island. The program aims to decrease the risks of childhood obesity, and promote coordination, teamwork, positivity, and cultural education.

In this short interview, program instructor Afeafeaupitoaluga "Afe" Filemoni talks about the offerings of the program and how he shares his passion for culture and kinesiology.

What makes this program different from other physical education programs in schools?

Afe Filemoni (AF): "This program is culturally-based, and I love culture. In American Sāmoa, we grew up speaking our language and practicing our culture. Adding Hawaiian into a physical education program and seeing local kids learn about Hawaiian culture and have fun while being active is the most rewarding!"



Afe and student practicing pā uma



Kūkini

What type of education and training do you offer in the program?

AF: “Well, I teach how to perform the Makahiki games, but also what muscles are being activated and engaged while playing each game. It’s really important to teach the kids how to do warm-up stretches (dynamic stretches) and cool-down stretches (static stretches) properly. And it varies for each skill and age level.”

How do you handle those variations in age and skills?

AF: “Fourth grade and up is easy, they can do almost all the exercises and games. Second grade and below can be challenging in some ways, so we change the warm-ups to make them more simple and to avoid injuries. All of the curriculum is easy to alter so that everyone can participate and be included.”

What are your hopes for the future of this program?

AF: “I hope we can expand the program to more schools and continue encouraging kids to take home what they learned and share it with their families.”

Anything else you’d like to add about the program?

AF: “Mahalo to the schools, parents, and teachers for allowing us to offer the program and for helping make it happen. I’d also like to thank God for this opportunity. I give Him all the glory. God Bless!”

With support and funding from the County of Hawai‘i and the Office of Hawaiian Affairs, E Mālama I Ke Olakino O Nā Keiki is now offered for free at six schools. Interested in seeing this program at your child’s school? Give us a call at (808) 969-9220!





DIABETES SUPPORT GROUP

Join us for the month of December, where Donna Dennerlein, our Licensed Clinical Social Worker (LCSW), will join us to teach us about Mindfulness Education!

Keep an eye out for topics such as Grow Your Own Lā'au, Medication Management Education, and so much more in 2020!

When: 1st and 3rd Tuesday of each month

Time: 1st Tuesday meets 5:30pm - 7:00pm
3rd Tuesday meets 1:00pm - 2:30pm

Where: Hui Mālama, 1438 Kīlauea Ave, Hilo





Aloha Mai Kākou,

I am Aunty Edna and as many people are aware, the holiday season has begun and with the holidays people tend to experience the highest incidents of colds and the flu. Although we do not have a lot of control over the seasons, we can definitely play a role in preventing the flu from taking us away from what is most important.



The flu in Hawai'i circulates year-round but is more common in the fall and winter months, and tends to increase in October. Due to our location, climate, and the amount of tourists traveling in and out of Hawai'i, the flu virus appears differently than in the mainland. It has also been found that different islands have different flu trends than other islands.

There are a few steps that can greatly minimize the spread of the influenza virus. First and foremost, if you are the person who happens to be sick, be sure to always cover your mouth and nose every time before you sneeze or cough.

Be sure to properly discard of the tissue and not leave them lying around, germs can be transferred to individuals from them touching the same surface as an infected person. Washing your hands constantly with warm water and soap can help combat the virus, in the case where soap and water are not available use hand wipes or antibacterial hand sanitizers.

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!



IMMUNIZATION PROGRAM



As part of the Hui Mālama Ola Nā 'Ōiwi Immunization Program, your child can receive a **FREE** backpack or sleeping bag if they meet the two criteria below:

1. Your child turns 2 years old between August 2019 and July 2020.
2. Your child has completed all 24-25 CDC recommended vaccinations (below).

Come to our Hilo office to submit your child's immunization card, register your child, and receive their makana!

MONTHLY VACCINE FEATURE

MMR VACCINE

Measles, mumps, and rubella (MMR) are all harmful viruses that can impact an individual's health drastically. The viruses can induce high fevers, rashes, brain damage, and be very dangerous for pregnant women.

The only way to protect against these viruses is by getting the MMR vaccine. The Centers for Disease Control and Prevention (CDC) recommends that all children take two doses as follows:

- First dose: between 12 to 15 months of age
- Second dose: between 4 to 6 years of age

The MMR vaccine is very safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective. The vaccine has a few side effects such as soreness at the injection site, fever, mild rash, and temporary pain and stiffness in joints.

To learn more about the MMR vaccine, visit cdc.gov or call our office.

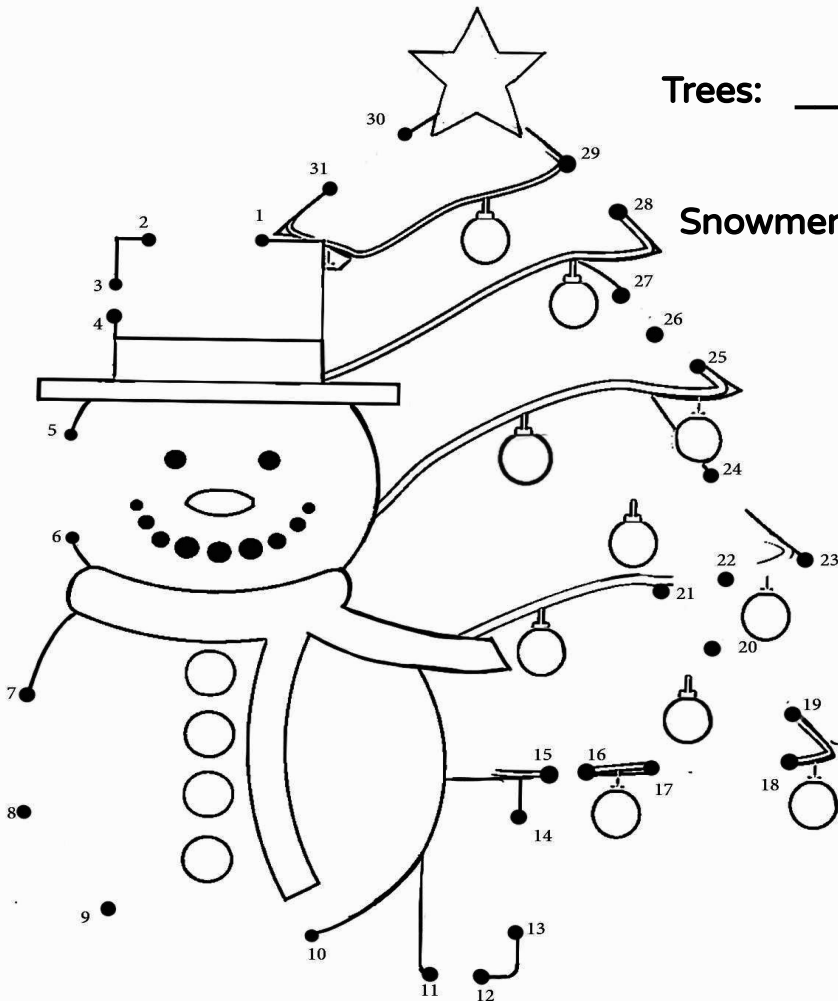
CDC RECOMMENDED VACCINATIONS:

- DTP/Dtap 1
- DTP/Dtap 2
- DTP/Dtap 3
- DTP/Dtap 4
- IPV 1
- IPV 2
- IPV 3
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4
- VZV
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- HepA
- MMR
- Influenza 1
- Influenza 2
- Rotavirus 1
- Rotavirus 2

For more information about our immunization program, visit our website at hmono.org/immunization-program or call our office at (808) 969-9220.

Keiki Coloring Corner

In December, we celebrate being healthy during cold and flu season! Connect the dots below to discover a holiday picture! Also how many trees and snowman can you find in the Olakino?



Trees: _____



Snowmen: _____



Trees: 4

Answer: Snowmen: 5



Hui Mālama Ola Nā ‘Ōiwi

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday
1	2 *Lomilomi Services -Nā ālehu 5:30PM Zumba -Keaukaha *5:30PM Diabetes Management -Waimea	3 10:30AM BS&SEC -Keaukaha *5PM Hypertension Class -Kaū 5PM Yoga -Keaukaha 5:30PM Diabetes Support Group -Hilo	4 *9AM Healthy Hāpai -Kona *5PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha	5 *10AM Healthy Hāpai -Hilo 10:30AM BS&SEC -Keaukaha *2PM Tobacco Cessation -Hilo 5PM Yoga -Keaukaha
8	9 5:30PM Zumba -Keaukaha 5:30PM Diabetes Management -Waimea	10 10:30AM BS&SEC -Keaukaha *5PM Hypertension Class -Kaū 5PM Yoga -Keaukaha 5:30PM Cancer Support Group -Hilo	11 *9AM Hypertension Class -Puna *9AM Healthy Hāpai -Kona 9:30AM BS&SEC -Nā ālehu *5PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha	12 9:30AM BS&SEC -Pāhala *10AM Healthy Hāpai -Hilo 10:30AM BS&SEC -Keaukaha *2PM Tobacco Cessation -Hilo 5PM Yoga -Keaukaha
15 9AM Community Garden Workshop -Hilo	16 *Lomilomi Services -Nā ālehu 5:30PM Zumba -Keaukaha	17 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha 1PM Diabetes Support Group -Hilo	18 *9AM Hypertension Class -Puna *5PM Hula Hypertension -Hilo 5:30PM Zumba -Keaukaha	19 10:30AM BS&SEC -Keaukaha *2PM Tobacco Cessation -Hilo 5PM Yoga -Keaukaha
22 10:30AM Grow Your Own Lā'au Class -North Hawai'i	23 *Lomilomi Services -Nā ālehu 5:30PM Zumba -Keaukaha	24 10:30AM BS&SEC -Keaukaha *5PM Yoga -Keaukaha	25 OFFICE CLOSED 	26 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha
29	30 *Lomilomi Services -Nā ālehu 5:30PM Zumba -Keaukaha	31 10:30AM BS&SEC -Keaukaha 5PM Yoga -Keaukaha	*Please call us for locations and to sign up, or sign up online at hmono.org/classes SUBSCRIBE TO THE ELECTRONIC NEWSLETTER AT: contact@hmono.org or www.HMONO.org/olakino Live Longer & Feel Better, Together!	



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