This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $3,384,836.00 with 20% financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

* SIGN-UP:
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!

(808) 969-9220 HMONO.org /HMONO.org /hui_malama_
ABOUT US

Olakino is a newsletter written, designed, and edited in-house by Hui Mālama Ola Nā ʻŌiwi staff members. Printing of Olakino is provided by Kamehameha Schools East Hawaiʻi Region. All Hawaiian language in the Traditional Hawaiian Healing department is translated by Poʻokela Ikaika Dombrigues.

WHO WE ARE

Hui Mālama Ola Nā ʻŌiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nā ʻŌiwi serves as the Native Hawaiian Health Care System for Hawaiʻi island, providing traditional Hawaiian healing, medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawaiʻi.

BOARD OF DIRECTORS

C. Noelani Hoʻopai, Chair
Robert Shimamoto, Vice Chair
Robert Yamada II, Treasurer & Secretary
Mabel De Silva, Director
Leilani Kerr, APRN, Director
Michael Sonoda Dias, Director
Hannah Preston-Pita, PsyD, CSAC, Director
Moana Ulu Ching, Director
Kealohanulopuna Kinney, Ph.D., Director

WORD KEY:

ALOE
LAUKAHI
MĀMAKI
ʻŌLENA

In March, we celebrate traditional Hawaiian healing! Find the lāʻau below and color in the pictures!

V Ā J P P J I L
V A H V ‘A H Ā Y
V L S A A ‘A B I
U O ‘Ō K U L E Y
H E U L ‘A W A A
N A A B E S M J
L Q R V T N H ‘Ō
M Ā M A K I A B

OLAKINO

To submit feedback, subscribe to our electronic newsletter, or inquire about Olakino, please contact us at:
(808) 969-9220
contact@hmono.org

HILO OFFICE

Monday - Friday, 8:00am - 4:30pm
(808) 969-9220
1438 Kīlauea Avenue
Hilo, HI 96720

FAMILY MEDICINE CLINIC

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OLAKINO CONTACT

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• 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

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pg 7 Transforming Communities with Aloha
pg 8 Mālama Ka Pili Pa‘a Huaka‘i

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The students pictured at the right helped check vitals and facilitate the Diabetes Management Class in January and February!

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Many people know Aunty Edna Baldado from her involvement in the community, hearing her voice on the radio, or reading her monthly message in the Olakino newsletter. Those who have talked story with her know she is always spreading messages of aloha, healthy living, and a positive attitude!
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Community Health Workers, also known as CHWs, are frontline public health workers who serve as the bridge between health services and the community. As the CHWs of Hui Mālama Ola Nā ʻŌiwi service all areas of Hawaiʻi island, they are equipped with several tools to best care for our community.

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**SERVICES**

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- 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 ʻŌiwi
Family Medicine Clinic
82 Puʻuhonu Way, Suite 209
Hilo, HI 96720

Phone: (808) 796-3125
Fax: 1-866-372-2766

Hours: Mon - Fri 8:00am - 5:00pm
*closed from 12:00pm - 1:00pm*
Although the practice of la‘au lapa‘au (healing) has been a traditional practice for thousands of years, the ancient knowledge was at risk of disappearing in the last century. With a commitment to sharing and revitalizing this knowledge, Hui Mālama Ola Nā ‘Ōiwi is offering free La‘au Lapa‘au workshops available island-wide.

The workshops provide a first-hand opportunity to learn about traditional Hawaiian healing practices, including an introduction into la‘au lapa‘au, ho‘oponopono, lomilomi ha ha, and la‘au kahea. Workshops are presented by Po‘okela Ikaika Dombrigues who emphasizes the importance of traditional wisdom as a way to uplift and heal people of Hawai‘i.

Po‘okela Ikaika began learning about the healing powers of La‘au Lapa‘au from a young age, with knowledge passed on from his kahuna and ancestors. He explains, “La‘au lapa‘au is a practice that’s been in the Hawaiian islands for thousands of years. It has to do with natural herbs from the land, plants, animals, and minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies. It’s a very spiritual connection that falls upon the person who needs help.”

This traditional knowledge about plants and herbs can help to manage a multitude of health conditions, including hypertension, diabetes, cancer, arthritis, and stress. The La‘au Lapa‘au workshops are offered island-wide.

**Upcoming La‘au Lapa‘au Workshops:**

- **Hilo**
  - Saturday, March 14    |   9:00am - 3:00pm
  - Aunty Sally’s Lū‘au Hale

- **Waimea**
  - Saturday, April 4    |   10:00am - 3:00pm
  - Waimea Park Community Center

- **Kona**
  - Saturday, May 2    |   10:00am - 3:00pm
  - Old Kona Airport Special Events Pavilion

- **Ka‘ū**
  - Saturday, June 6    |   10:00am - 3:00pm
  - Ka‘ū District Gym

- **Puna**
  - Saturday, July 11   |   9:00am - 3:00pm
  - Pāhoa Community Center

The La‘au Lapa‘au workshops are part of efforts to preserve and share the knowledge of Hawaiian cultural values, beliefs, history, and the practice of traditional kanaka maoli lapa‘au (Hawaiian healing). To learn more about these upcoming workshops and classes, please contact the Hui Mālama Traditional Hawaiian Healing team at (808) 969-9220.

In addition to La‘au Lapa‘au workshops, Hui Mālama also offers a free Grow Your Own La‘au class. In this class, instructor Carly Wyman teaches about propagating, cultivating, and harvesting six plants that are beneficial for your health.

The best part? You get to take all six plants home with you to grow in your garden!

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Grow Your Own Laʻau class participants growing lukini (lemongrass, top), and mamaki (bottom left and right).
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### MONTHLY VACCINE FEATURE

**INACTIVE POLIO VACCINE (IPV)**

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### EXERCISE & FITNESS CLASSES

**Basic Stretch & Strengthening in Hilo**
- **Tuesdays & Thursdays**
- **10:30am - 11:30am**
- Malia Puka O Kalani Church Gym
  - 326 Desha Avenue, Keaauka

**Zumba**
- **Mondays & Wednesdays**
- **5:30pm-6:30pm**
- Malia Puka O Kalani Church Gym

**Therapeutic Yoga**
- **Tuesdays & Thursdays**
- **5:00pm - 6:00pm**
- Hui Mālama Office

**Mondays (Call for appointment)**
- Hawai‘i County Economic Opportunity Council
  - 95-5635 Māmalahoa Hwy, Nāʻālehu

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### LOMILOMI SERVICES

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### EVERY MONTH

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### MARCH FEATURES

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Leilani Kerr, APRN, Director
Michael Sonoda Dias, Director
Hannah Preston-Pita, PsyD, CSAC, Director
Moana Ulu Ching, Director
Kealohanuiopuna Kinney, Ph.D., Director

OLAKINO CONTACT
To submit feedback, subscribe to our electronic newsletter, or inquire about Olakino, please contact us at:
(808) 969-9220
contact@hmono.org

HILO OFFICE
Monday - Friday, 8:00am - 4:30pm
(808) 969-9220
1438 Kīlauea Avenue
Hilo, HI 96720

FAMILY MEDICINE CLINIC
See page 4

OLAKINO
Olakino is a newsletter written, designed, and edited in-house by Hui Mālama Ola Nā ʻŌiwi staff members. Printing of Olakino is provided by Kamehameha Schools East Hawaiʻi Region. All Hawaiian language in the Traditional Hawaiian Healing department is translated by Poʻokela Ikaika Dombrigues.

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Keiki Coloring Corner
In March, we celebrate traditional Hawaiian healing! Find the lāʻau below and color in the pictures!

WORD KEY:
ALOE
LAUKAHI
MĀMAKI
ʻŌLENA

V Ā J P P J I L
V A H V ʻ A H Ā Y
V L S A A ʻ A B I
U O ʻ Ō K U L E Y
H E U L ʻ A W A A
N A A B E S M J
L Q R V T N H ʻ Ō
M Ā M A K I A B
### Hui Mālama Ola Nā ʻŌiwi

#### March 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td>2  <em>Lomilomi Services - Nā ʻālehu</em></td>
<td>3  10:30AM BS&amp;SEC - Keaukaha</td>
<td>4  <em>9AM Diabetes Management - Hilo</em></td>
<td>5  10:30AM BS&amp;SEC - Keaukaha</td>
<td>6  3PM Youth Diabetes Support Group - Hilo</td>
<td>7  <em>SIGN-UP:</em> Please call us for locations and to sign up, or sign up online at hmono.org/classes</td>
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<tr>
<td>5:30PM Wellness Support Group - Hilo</td>
<td>5PM Yoga - Keaukaha</td>
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<td>5:30PM Zumba - Keaukaha</td>
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<td>9  <em>Lomilomi Services - Nā ʻālehu</em></td>
<td>10 10:30AM BS&amp;SEC - Keaukaha</td>
<td>11 <em>9AM Diabetes Management - Hilo</em></td>
<td>12 10:30AM BS&amp;SEC - Keaukaha</td>
<td>13 9AM Liʻau Lapaʻau Workshop - Aunty Sally’s ʻLei Hawaiʻi Hale, Hilo</td>
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<tr>
<td>5:30PM Caeser - Keaukaha</td>
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<td>5:30PM Zumba - Keaukaha</td>
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<td>17 10:30AM BS&amp;SEC - Keaukaha</td>
<td>18 <em>9AM Diabetes Management - Hilo</em></td>
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<td>20 *9AM Liʻau Lapaʻau Class - Hilo</td>
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<tr>
<td>5:30PM Wellness Support Group - Hilo</td>
<td>1PM Diabetes Support Group - Hilo</td>
<td>*5PM Hula for Health - Hilo</td>
<td>5PM Yoga - Keaukaha</td>
<td>21 *9AM Hoʻoponopono Training - Kohala</td>
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<tr>
<td>*5:30PM Hypertension Class - Keaukaha</td>
<td>5PM Yoga - Keaukaha</td>
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<td>26 OFFICE CLOSED</td>
<td>27 *9AM Liʻau Lapaʻau Class - Hilo</td>
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<td>Prince Kūhiō Day</td>
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<tr>
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SUBSCRIBE TO THE ELECTRONIC NEWSLETTER AT: contact@hmono.org or www.HMONO.org/olakino

Live Longer & Feel Better, Together!

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(808) 969-9220  HMONO.org  /HMONO.org  @hui_malama

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