Proudly Celebrating Nurses Week
May 6 - 12, 2020

Mahalo, Nurses for serving our community!

Hui Mālama Ola Nā ʻŌiwi
Family Medicine Clinic
82 Puʻuhonu Way, Suite 209
Hilo, HI 96720
(808) 796-3125 | HMONO.org

Honoring our Nurses
Wanda Louis, RN
Edna Baldado, BSN
UH-Hilo School of Nursing Interns

Honoring our clinic staff
Susan Cauley, MD
Gaku Yamaguchi, MD
Stacy Haumea, DrBH, MPH, RDN, LD, CDCES
Donna Dennerlein, LCSW
Tiare Ortega, CCMA
Tammy Domingo
Momi Leopoldino

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Look Inside For:
May Services
Dedicated Volunteer Spotlight
COVID-19 & Health Updates
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 Yamada II, Treasurer & Secretary
Leilani Kerr, APRN, Director
Michael Sonoda Dias, Director
Moana Ulu Ching, Director
Kealohanuipuna Kinney, Ph.D., Director

WHO WE ARE
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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.

HILO OFFICE
Closed until further notice
1438 Kīlauea Avenue
Hilo, HI 96720

FAMILY MEDICINE CLINIC
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OLAKINO CONTACT
To submit feedback, subscribe to our electronic newsletter, or inquire about Olakino, please contact us at:
contact@hmono.org

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COVID-19 (2019 Novel Coronavirus)

To help prevent the spread of COVID-19, the statewide stay-at-home order has been extended through May 31. This means that customers entering essential businesses should be wearing face coverings as recommended by the CDC. Don’t have a face covering? No problem! Here is an easy, no-sew technique to make your own face covering provided by the CDC. For more techniques, visit cdc.gov.

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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:

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For more information about our immunization program, visit our website at hmono.org/immunization-program.

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Available any time at hmono.org/exercise-fitness

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Breastfeeding Support Group
TBD: Find out dates and times by signing up at hmono.org/services

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5:30pm - 6:30pm
online (visit hmono.org/services for link)

Diabetes Support Group
First Tuesdays
5:00pm - 6:30pm
Third Tuesdays
1:00pm - 3:30pm
online (visit hmono.org/services for link)

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- Child and Family Services Resources
- Keiki Lunches
- Hawai‘i Food Resources
- Financial Assistance

Visit hmono.org/covid-19-resources to get all the updated information and links.

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OUT IN THE COMMUNITY!
Here is a glimpse of what Hui Mālama Ola Nā ʻŌiwi is doing to help our Hawaiʻi island ʻohana Live Longer and Feel Better during this crucial time.

Donations at Any Time of Day!
Hui Mālama and community leaders put timelines aside and rallied together to donate first aid kits, blankets, and other health supplies for Miloliʻi ʻohana in need of supplies.

Mālama Food Drive Donations
BISAC teamed up with community organizers for the Mālama Food Drive to provide food donations for Hui Mālama Ola Nā ʻŌiwi kūpuna clients.

Interested in Contributing?
If you’re interested in helping contribute to a healthy Hawaiʻi island, contact us at contact@hmono.org to learn what items we currently need and are accepting.

We also graciously accept monetary donations at hmono.org/donate.

Aunty’s Health Message

Aloha mai kākou,
I am Aunty Edna and the month of May marks our 29th anniversary of serving Hawaiʻi island, so we want to say mahalo for joining us in our journey to a healthy Hawaiʻi.

During this challenging time, we need to mālama each other and ourselves. This includes making sure that you’re still getting the appropriate healthcare services that you need. We are happy to offer new virtual services for you to connect with from the comfort of your own home.

Join us for our online Diabetes Self Management and Support Class. All ages are welcome, and you can choose from morning or evening classes on Wednesdays or Thursdays throughout May.

Diabetes Support Group
TWICE A MONTH:
1ST TUESDAY 5:00PM - 6:30PM
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Need help or want to talk story? Connect with us at Hui Mālama Ola Nā ʻŌiwi, working 29 years to help our Hawaiʻi island be a healthy and happy place. Visit our website at hmono.org.

Hele mai, connect with us... and tell them Aunty Edna sent you!

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His support and dedication not only helped Hui Mālama carry out the mission of its Diabetes program, but also the mission of the organization. Hui Mālama and the entire Hawai’i island community are beyond grateful for his commitment to keeping Hawai’i island a healthy and happy place.

IN LOVING MEMORY

FAMILY MEDICINE CLINIC

ACCEPTING NEW PATIENTS
AND OFFERING TELEVISITS!

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

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Family Medicine Clinic
82 Pu'uhonu 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*
May marks 29 years of Hui Mālama Ola Nā ʻŌiwi serving as the Native Hawaiian Health Care System of Hawaiʻi island! In 29 years, Hui Mālama went from a small grassroots organization whose staff walked door-to-door, to an island-wide non-profit offering a multitude of health services for keiki through kupuna. With time, we have expanded, but just as important as 29 years ago, we aim to mālama our people through sincere care and support in their health journey.

Hui Mālama has worked diligently to fulfill our mission and vision, and expand our services to reach all of our community, especially during these times when the needs of Hawaiʻi island are changing every day.

Help us continue meeting the ever-changing needs of our Hawaiʻi island by completing our Community Needs Questionnaire at hmono.org/community-needs-questionnaire. For more information about our services, visit hmono.org/services.

Hearing from Clients

CLIENTS SHARE THEIR EXPERIENCES ABOUT HUI MĀLAMA OLA NĀ ʻŌIWI SERVICES

“Hui Mālama services and classes made me a better supporter to my family members with Diabetes, and I found myself adopting the lifestyle changes that Hui Mālama taught, which has positively benefited my health.”

- Heidi

“I am very happy and thankful that I registered for Hui Mālama services. I have learned a lot on how to manage my health conditions. The health education classes are presented very well. Thank you so much Hui Mālama!”

- Iwa

“Hui Mālama health education classes are great! Topics are well discussed and participants were able to share their experience and knowledge about health in general.”

- Jeana

“They made me feel valued and they sincerely care about my well-being. Since my participation, I have adopted healthier lifestyle choices. Thank you Hui Mālama for your commitment to uplift the health of the Hawaiian Nation.”

- Malcolm

“Mahalo to Hui Mālama for all that they are doing for our communities. I would definitely recommend this class to anyone who needs the extra encouragement, education and support. My health is improved and I know that Hui Mālama has helped me get there.”

- Donna

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Mission and Vision

'O Hui Mālama Ola Nā ʻŌiwi mākou. We are the group that takes care of the health of the people of Hawaiʻi. Eia ke kuleana: Hoʻoulu ola ka lāhui Hawaiʻi. Our mission is to uplift the health of the Hawaiian nation. Mālama iā Moku o Keawe. We will take care of Hawaiʻi Island. Mālama i nā kuaʻaina, Country and rural areas, Mālama i kou okalino, Your physical, spiritual, and mental body, Mālama i nā mea Hawaʻi, And Hawaiian culture and practices. E hoʻoikaika a ola ka lāhui Hawaiʻi. We envision a strong and healthy Hawaiian nation.

Our Roots

October 1987
Staff from community health organizations gather to address the health of Native Hawaiians in Hawaiʻi county. They form the Native Hawaiian Community Caring Health Task Force.

October 1988
U.S. Congress enacts the Native Hawaiian Health Care Act to improve the health status of Native Hawaiians. Papa Ola Lōkahi Weramed.

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The Task Force begins receiving Native Hawaiian Health Care Act funds from Papa Ola Lōkahi to develop a nonprofit organization.

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-Donna

"I am a Native Hawaiian woman born and raised in Waipiʻo Valley. It was always a struggle to understand the recommendations made by my doctor. Due to Hui Mālama, I now feel empowered and capable of managing my health."

-Iwa

Celebrating 29 years of serving Hawaiʻi island

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Nurses Week 2020

MAY SERVICES

In light of COVID-19, Hui Mālama is now offering many regular services online. We have also developed new services to better serve you during this time! Please visit hmono.org/calendar for updates.

EXERCISE & FITNESS

Basic Dynamic Stretching & Exercise
Available any time at hmono.org/exercise-fitness

Therapeutic Yoga
Tuesdays & Thursdays
5:00pm - 6:00pm
online (visit hmono.org/services for link)

SUPPORT GROUPS

Diabetes Support Group
First Tuesdays
5:00pm - 6:30pm
online (visit hmono.org/services for link)

Breastfeeding Support Group
TBD: Find out dates and times by signing up at hmono.org/services
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 Hawai‘i 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 Hawai‘i.

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In May, we celebrate serving Hawai‘i island for 29 years! Print this page and color the moku (districts) below!

CHALLENGE: Can you name them all?

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May Services
Dedicated Volunteer Spotlight
COVID-19 & Health Updates