



Ulakino

Newsletter

July
Iulai 2020



Hurricane Preparedness

Look Inside For:

Traditional 'Ike
Mālama Ke Ola Distribution Program
COVID-19 & Health Updates

CONTACT US

(808) 969-9220

contact@hmono.org

 /HMONO.org

 hui_malama_

HILO OFFICE

Closed until further notice

1438 Kīlauea Avenue

Hilo, HI 96720

FAMILY MEDICINE CLINIC

See page 4

OLAKINO CONTACT

To submit feedback, subscribe to our electronic newsletter, or inquire about Olakino, please contact us at:

contact@hmono.org

ABOUT US

OLAKINO

Olakino is a newsletter written, designed, and edited in-house by Hui Mālama Ola Nā 'Ōiwi staff members. Printing of Olakino is provided by Kamehameha Schools East Hawai'i Region.

All Hawaiian language in the Traditional Hawaiian Healing department is translated by Po'okela Ikaika Dombrignes.

WHO WE ARE

Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nā 'Ōiwi 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.

BOARD OF DIRECTORS

C. Noelani Ho'opai, Chair
Leilani Kerr, APRN, Vice Chair
Robert Yamada II, Treasurer & Secretary
Michael Sonoda Dias, Director
Moana Ulu Ching, Director

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ONGOING SERVICES

In light of COVID-19, Hui Mālama is now offering many regular services online.

For updates, visit hmono.org/calendar.

**To sign up, visit hmono.org/services.*

EXERCISE & FITNESS

Basic Stretch & Strengthening Exercise

Tuesdays & Thursdays, 9:30am - 10:15am
*online**

Therapeutic Yoga

Tuesdays & Thursdays, 5:00pm - 6:00pm
*online**

SUPPORT GROUPS

Breastfeeding Support Group

Fourth Wednesdays, 2:00pm - 3:30pm
*online**

Cancer Support Group

Second & Fourth Tuesdays, 5:00pm - 6:30pm
*online**

Cultural Wellness Support Group

Mondays, 5:30pm - 6:30pm
*online**

Diabetes Support Group

First Tuesdays, 5:00pm - 6:30pm
Third Tuesdays, 1:00pm - 2:30pm
*online**

Health and Wellness Support Group

Second & Fourth Fridays, 10:00am - 11:30am
*online**

out in the Community!

Mālama Ke Ola ~ Care Package Distribution ~ Phase 2

Hui Mālama kicked off Phase 1 of the Mālama Ke Ola program in May, and continued with Phase 2 in June, distributing over 1,000 care packages around the island so far!

The program has a total of three phases, and aims to uplift the physical, mental, and spiritual well-being of families on Hawai'i island during the COVID-19 pandemic.

Care package contents consisted almost entirely of items donated by community organizations, including fabric for material masks donated by Discount Fabric Warehouse (*pictured bottom left and center*), and N-95 masks donated by USPS Hilo Airport (*pictured bottom right*), and more!

Mahalo nui to everyone who has contributed so far to the Mālama Ke Ola program!

Interested in contributing to Phase 3?
Call us at (808) 969-9220 for information on what we're accepting.





**Hui Mālama
Ola Nā 'Ōiwi**

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

Hui Mālama Ola Nā 'Ōiwi
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



HURRICANE PREPAREDNESS

Keeping Everyone Safe & Healthy During Hurricane Season

The Central Pacific Hurricane Season officially runs from June 1 until November 30, but tropical cyclones can occur at any time of the year. The ongoing COVID-19 pandemic makes hurricane preparedness even more important.

Stay prepared and keep everyone safe and healthy during hurricane season by following some of these tips to prepare an emergency kit, household plans, stress management, and additional resources.



EMERGENCY KIT

Emergency kits should be able to sustain you and your 'ohana for at least 14 days. To ensure the contents don't expire, the kit should be checked and updated regularly (about every three to six months). All emergency kit supplies should be gathered together in a designated cool, dry place, such as a bin or storage shed.

The Hawai'i State Department of Health "Take 10" plan recommends these items for your emergency kit:

1. Water
2. Non-perishable food
3. Radio & Flashlight
4. Electronics
5. Health & Medical Supplies
6. Clothes
7. Hygiene & Personal Items
8. First Aid & Safety Supplies
9. Cash & Documents
10. Supplies for Unique Needs





HOUSEHOLD PLANS

When creating an emergency plan, it's important to include everyone in your household and assess what the potential risk could be to your home.

Consider making plans for the following:

- Evacuation locations
- Reducing hazards around your home
- Household contacts list
- Emergency contacts list
- Household medical needs list
- Connecting with individuals and/or organizations in the community

In addition, establishing a Primary Care Provider (PCP) and getting regular check-ups for the whole 'ohana will help prepare for medical needs when creating household emergency plans.

The American Red Cross suggests practicing your household plan regularly.



MANAGING STRESS

Any type of emergency is stressful on the whole 'ohana. As Hui Mālama Licensed Clinical Social Worker Donna Dennerlein recommends for those experiencing stress, "Everyone responds differently to stress and fear. It's important to know how you and your 'ohana respond to stress."

Establishing these connections and support systems within your family and neighborhood can also help you feel more secure in reaching out for help when it's needed.

Knowing this, preparing ahead of time and knowing how to stay informed can help reduce stress in the event of a hurricane or other emergency.



RESOURCES

American Red Cross
Hawai'i Region
[redcross.org/local/hawaii](https://www.redcross.org/local/hawaii)

Crisis Line of Hawai'i 24/7
1-800-753-6879

Hawai'i State Department of Health
Office of Public Health Preparedness
health.hawaii.gov/prepare

Hui Mālama Ola Nā 'Ōiwi
Family Medicine Clinic
(808) 796-3125
82 Pu'uhonu Place, Suite 209
Hilo, HI 96720
hmono.org/family-medicine

Traditional 'Ike

Knowledge from our Traditional Hawaiian Healing team to help keep you and your 'ohana healthy.



“Don't let this situation overwhelm you, have faith that we will overcome this. Be conservative in your finances and way of living. We are here to support you with advice, if you need to talk to someone. *Ho'olohe*. Pay attention and be observant.”

*-Po'okela Ikaika Dombrignes
La'au Lapa'au Practitioner*



“Protect yourself by practicing good hand hygiene, cough/sneeze etiquette, and safe physical distancing during pregnancy and while breastfeeding your keiki.”

*-Leila Ryusaki
Healthy Hāpai Facilitator*



“Lokahi brings balance to the body, mind, and spirit. Stay active, be creative, and pray when you don't know what to do. Ke Akua will show you the way.”

*-Lehua Hobbs
Lomilomi Practitioner*

"I encourage everyone who is able to try gardening. Anyone can learn to grow some of their own food at home. One key to success is to start small and build from there. Consider growing vegetables and herbs in a pot if you don't have a yard. Gardening is a great low-impact physical activity, plus food tastes better when you grow it yourself!"

*-Carly Wyman
Grow Your Own La'au Instructor*



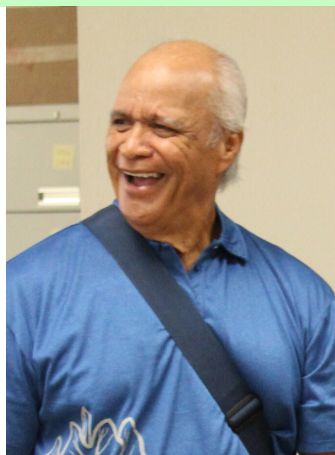
"Stay active especially with everything that is going on, don't allow yourself to be complacent. One step at a time, keep moving around whether it's exercising, walking or cleaning, whatever it is, keep moving. Fa'amoemoe i le Atua mo le malosi. Lean on God for strength!"

*-Afe Filemoni
Makahiki Games Instructor*



"Ho'omanawanui! Be patient with yourself. Don't put yourself down. You will be amazed what you have in you! Ke Akua gave it to us. It's a matter of discipline. Life will teach you that! Oh! Life will teach you to discipline yourself."

*-Howard Pe'a
Ho'oponopono Practitioner*



To Learn More

Visit hmono.org/traditional-healing or call us at (808) 969-9220.

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and in light of the COVID-19 pandemic and now being in hurricane season, I am reminded of the very important need for us to be prepared in the case of an emergency, especially when it involves our medical needs.

It is crucial to have a list of:

- all your medications
- the scheduled times and dosages
- the names of your doctors and pharmacists with their phone numbers
- and a family member or friend as an emergency contact

It is also important to include a list of allergies and any necessary medical supplies (like syringes)

or scheduled healthcare (like dialysis). In an emergency, there may be no time to do these things, so it is best to be prepared.

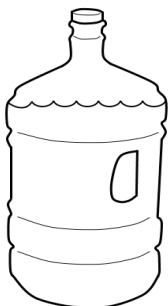
Need help or want to talk story? Connect with us at Hui Mālama Ola Nā 'Ōiwi, working 29 years to help our Hawai'i island be a healthy and happy place. Visit our website at hmono.org.

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



Keiki Coloring Corner

Help your 'ohana prepare an emergency kit. Which items do you need to pack?
Color all the pictures, then draw a line to put things in the emergency kit!



Water



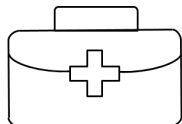
Canned Food



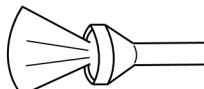
Clothes



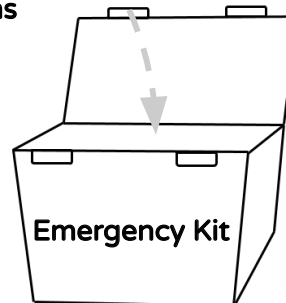
Hygiene Items



First Aid



Flashlight



Emergency Kit

HEALTH UPDATES

COVID-19 & INTERISLAND TRAVEL

As of June 16, interisland travel in the state is allowed without a 14-day quarantine period. There are two new procedures in place to enable us to travel interisland safely, which include:

1. Traveler health form
 - Allow two to five minutes to complete the form.
 - The form can be downloaded at health.hawaii.gov and completed up to 24 hours before your trip, or picked up and completed at the airport.
2. Temperature check at the airport
 - Anyone with fever of over 104 degrees will not be able to travel that day.
 - Depending on results, travelers may be offered a COVID-19 test.

To reduce the impact of COVID-19 on the community, we should also continue regular physical distancing, handwashing, sanitizing, and face covering habits while in public places. Additionally, hydration, sleep, nutrition, and staying home when ill will help with prevention.

For trusted information and updates regarding COVID-19, visit hmono.org/covid-19-resources.

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).

Contact us at contact@hmono.org to submit your child's immunization card, register your child, and receive their makana!

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.





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SIGN-UP TODAY! To sign-up for our classes, visit hmono.org/services</p> <p>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES: contact@hmono.org or www.HMONO.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>		<p>¹ 5PM Hula for Health <i>(online)</i></p>	<p>² 9:30AM BS&SEC <i>(online)</i></p> <p>4PM Mindful Eating Lab <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>³</p> <p>BS&SEC Basic Stretch & Strengthening Exercise Class</p> <p>OFFICE CLOSED</p>	<p>⁴</p>
<p>⁶ 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>⁷ 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Diabetes Support Group <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>⁸ 5PM Hula for Health <i>(online)</i></p>	<p>⁹ 9:30AM BS&SEC <i>(online)</i></p> <p>4PM Mindful Eating Lab <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>¹⁰ 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>¹¹</p>
<p>¹³ 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>¹⁴ 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Cancer Support Group <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>¹⁵ 5PM Hula for Health <i>(online)</i></p>	<p>¹⁶ 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>¹⁷</p>	<p>¹⁸</p>
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