



Olakino

Newsletter

June
June 2020

Men's Health

Caring For Our Kāne



Look Inside For:

Mālama Ke Ola Program


The Community Shares Their Stories

Volunteer Highlight

CONTACT US

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 Dombrigues.

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. We have also developed new services to better serve you during this time!
Please visit hmono.org/calendar for updates.*

EXERCISE & FITNESS

Basic Stretch & Strengthening Exercise

Tuesdays & Thursdays, 9:30am - 10:15am
online (visit hmono.org/services for link)

Therapeutic Yoga

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

SUPPORT GROUPS

Breastfeeding Support Group

Fourth Wednesdays, 11:00am - 12:30pm
online (visit hmono.org/services for link)

Cancer Support Group

Second & Fourth Tuesdays, 5:00pm - 6:30pm
online (visit hmono.org/services for link)

Cultural Wellness Support Group

Mondays, 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)

Health and Wellness Support Group

Second & Fourth Fridays, 10:00am - 11:30am
online (visit hmono.org/services for link)

OUT IN THE COMMUNITY!

Here is a glimpse of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i island 'ohana Live Longer and Feel Better during this crucial time.

Mālama Ke Ola Care Package Distribution Program

On Saturday, May 2, Hui Mālama kicked off the Mālama Ke Ola program, a program which aims to uplift the physical, mental, and spiritual well-being of families on Hawai'i island during the COVID-19 pandemic.



Hui Mālama staff distributed 200 care packages to Hilo and Puna 'ohana in just one day, and distributed hundreds more to North Hawai'i, Kona, and Ka'ū 'ohana. Packages included gloves, face masks, hygiene essentials, and more, which were donated by community organizations and members!

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

Interested in contributing? Call us at (808) 969-9220 for information on what we're accepting. Visit hmono.org/malama-ke-ola to read more details about the program.





**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

Men's Health

Caring For Our Kāne



June is Men's Health Month, a national observance to raise awareness about the health of men of all ages.

In Native Hawaiian tradition, kāne (*men*) and wāhine (*women*) strive to live in balance with themselves, one another, and thus the community. Because of this, kāne health reflects the health of the family and community.

In this article, we will discuss the following topics and how we can care for our kāne and our community.

Being Proactive

Health screenings

Balancing a Healthy Lifestyle

Nutrition, exercise, high-risk activities

Connecting Deeper With Yourself

Mental and emotional health

Reaching out

Community organizations & resources

Being Proactive

One of the biggest factors affecting men's health is that men are less likely than women to get routine checkups and receive preventative care. Fortunately, many health risks in men can be detected early, prevented before they begin, or managed with help from healthcare providers.

Consider setting an appointment with a healthcare provider and asking them about men's health screenings, such as the following guidelines:

Screening For...	Type of Test..	When..
Heart Disease	Blood pressure	18 years or older
Heart Disease	Cholesterol	40 to 75 years old
Diabetes	Blood sugar test	40 to 70 years old, those who are overweight or obese
Sexually Transmitted Diseases	Various tests, including HIV	Discuss with your provider
Colorectal Cancer	Colonoscopy or stool test	From 50 to 75 years old
Prostate Cancer	Blood test	50 to 69 years old. Discuss with your provider

Frequency for these screenings vary for each individual's needs, so it's important to discuss details with your provider. More information on these guidelines can be found at uspreventativeservicestaskforce.org.

Balancing a Healthy Lifestyle

Men are more likely to partake in excessive habits that greatly impact their health, such as smoking, alcohol consumption, and other high-risk activities. In addition to health screenings, it's also important to find moderation and balance in everyday lifestyle habits.

An obvious habit is exercise! Mainstream men's exercise advice often focuses on strength, and this has proven ineffective for many men. Instead, balancing exercise in terms of holistic wellness can prevent injury, manage stress, and reduce other health risks.

Another great start is 'ai pono, or nutrition! Adding more fruits and vegetables to your diet is usually an easy start. Incorporating gardening, small-scale farming, and fishing into your routine is another step that will not only offer nutrition but also benefit your physical and mental health.

Connecting Deeper With Yourself

The social expectation of men to refrain from investing in their mental and emotional health has been a factor in men's higher rates of suicide and depression. It's clear that we must re-imagine how we support kāne mental and emotional health.

Here are some steps we can take together:

- Mindfulness practices such as breathing exercises, yoga, or meditation
- Finding positive outlets for stress, such as exercise, crafting, or music
- Fostering positive, supportive relationships
- Reaching out for help

Contemporary practices of "self-care" might not fit all men in our diverse Hawai'i, and Native Hawaiian healing practices may offer that bridge. Learning about Lā'au Lapa'au, Ho'oponopono, Lomilomi, and other native practices can offer kāne of all cultures a way to connect deeper with themselves.



Reaching Out

There are many ways to learn about caring for yourself and our kāne. Below are some organizations that aim to improve and reimagine the health of kāne in Hawai'i.

Men of Pa'a

"Positive Action Alliance"

facebook.com/Men.of.PAA

Boys to Men

Mentorship for Boys

b2mhawaii.org

'Aha Kāne

"Empowering kāne to empower lāhui"

ahakane.org

Hui Mālama Ola Nā 'Ōiwi

Support Groups, Behavioral Health, Family Medicine, Traditional Hawaiian Healing, Health Education, and more!

hmono.org

When men take responsibility for their own health, they are not only helping themselves, but also helping their friends and families and being a great role model for other men and boys in the community.

WHY CHOOSE HUI MĀLAMA OLA NĀ 'ŌIWI?

The Community Shares Their Stories

"Hui Mālama Ola Nā 'Ōiwi had a Community Health Worker assist with medical insurance coverage benefits, along with food stamps through Department of Health, Housing Assistance, and even more! I would like to express my sincere gratitude towards Hui Mālama for being there throughout my life."

-Lono

"With the COVID-19 pandemic happening, Hui Mālama in their creativeness continues to service our Native Hawaiian community through technology. Even with all this going on the staff also reach out to individuals through phone connections."

-Sandra

"Hui Mālama gave me not only a place to learn and grow but access to a number of educational and financial resources I never previously knew about as well as helped me receive the care I needed and deserved."

-Debbie

"Currently, my spouse and I as well as our children are enrolled in Hui Mālama programs. We've been given the opportunity to take advantage of the programs offered. The perinatal program is highly encouraged."

-Kekai

"I joined in the nutrition classes. Later joined the Basic Stretch & Strengthening Exercise class, followed by Lomilomi sessions. My list is endless. I commend all your accomplishments in providing top quality services to the community at large."

-Sally



Interested in sharing your experience
or giving feedback?

Email contact@hmono.org or
Visit hmono.org/community-needs-questionnaire

Aunty's Health Message

Aloha mai kākou,

I am Aunty Edna and this month is Men's Health Awareness Month, so I want to talk to you about the health of our kāne.

In our community, we are seeing higher rates of cancer, diabetes, obesity, and heart disease in men. Much of this can be connected to our changes in food choices, lifestyle choices, and even a fear of reaching out for help.

Balancing meals with fruits and vegetables, adding regular physical activity, and including our 'ohana in a supportive, encouraging, and healthier way of living is not only doable, but will make us feel better and live longer too!

Join us for any of our free Exercise & Fitness classes, Health Education classes, or support groups. Details about these services can be found on page 2 or the back page calendar.

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!



VOLUNTEER SPOTLIGHT

Jaden Padamada

Jaden has been a volunteer at Hui Mālama throughout his senior year at Waiākea High School! Jaden has assisted with large events like Ladies' Night Out, and daily tasks like organizing educational and health makana, and mentoring new youth volunteers.

When it was announced that schools would close for the remainder of the academic year, Jaden didn't hesitate to find ways to help the community. Jaden jumped in to assist with the Mālama Ke Ola care package distribution program, where he helped with traffic logistics, care package organization, and keeping us all smiling!

Jaden's support has demonstrated not only his dedication to learning new things, but also his dedication to helping others. As he now advances as a Waiākea High School Class of 2020 Graduate, we congratulate him on graduating and wish him the best in his future endeavors!

HEALTH UPDATES

COVID-19 (2019 Novel Coronavirus)

In recent events the Hawai'i State Department of Health has seen a relatively low number of cases of COVID-19 in the State of Hawai'i. However, what that means is we must continue to follow the safety standards set out for us. Some ways to help in lowering the spread of COVID-19 are to:

- Wear a mask or face covering
- Wash your hands before eating, cooking, or touching your face
- Disinfect potentially affected areas
- Stay home if you're sick
- Promote a healthy immune system by getting rest, staying hydrated, and eating fruits and vegetables

To help our Hawai'i island community easily find trusted and current information about COVID-19 community resources, we have created a COVID-19 Resource page. Visit hmono.org/covid-19-resources to get all the updated information and links.



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!

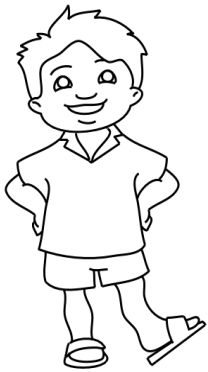
CDC RECOMMENDED VACCINATIONS:

- 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

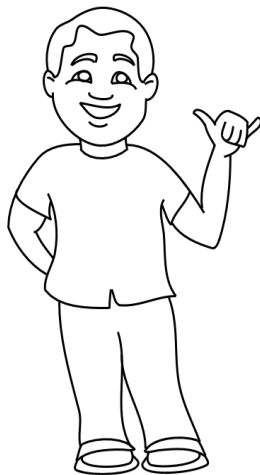
For more information about our immunization program, visit our website at hmono.org/immunization-program.

Keiki Coloring Corner

In June, we celebrate Father's Day and the health of men and boys! Color the photos below and match the words in 'Ōlelo Hawai'i (*Hawaiian*) and 'Ōlelo Haole (*English*)!



keiki kāne



kāne



makuakāne



tūtū kāne

man

grandpa

boy

father



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:30PM Cultural Wellness Support Group <i>(online)</i>	2 9:30AM BS&SEC <i>(online)</i> 5PM Diabetes Support Group <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	3 5PM Hypertension <i>(online)</i>	4 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	5 BS&SEC Basic Stretch & Strengthening Exercise Class	6
8 5:30PM Cultural Wellness Support Group <i>(online)</i>	9 9:30AM BS&SEC <i>(online)</i> 5PM Cancer Support Group <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	10 5PM Hypertension <i>(online)</i>	11 OFFICE CLOSED	12 10AM Health and Wellness Support Group <i>(online)</i>	13
15 5:30PM Cultural Wellness Support Group <i>(online)</i>	16 9:30AM BS&SEC <i>(online)</i> 1PM Diabetes Support Group <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	17 5PM Hypertension <i>(online)</i>	18 9:30AM BS&SEC <i>(online)</i> 4PM Mindful Eating Lab <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	19	20
22 5:30PM Cultural Wellness Support Group <i>(online)</i>	23 9:30AM BS&SEC <i>(online)</i> 5PM Cancer Support Group <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	24 11AM MOMS to MOMS Breastfeeding Support Group <i>(online)</i> 5PM Hula for Health <i>(online)</i>	25 9:30AM BS&SEC <i>(online)</i> 4PM Mindful Eating Lab <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	26 10AM Health and Wellness Support Group <i>(online)</i>	27
29 5:30PM Cultural Wellness Support Group <i>(online)</i>	30 9:30AM BS&SEC <i>(online)</i> 5PM Basic Therapeutic Yoga <i>(online)</i>	<p>SIGN-UP TODAY!</p> <p>To sign-up for our classes, visit hmono.org/services</p> <p>GET AUTOMATIC UPDATES BY SUBSCRIBING TO OUR EMAIL LIST AT:</p> <p>contact@hmono.org or www.HMONO.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>			