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| 6               | 9:30AM BS&SEC       | 5PM Mindful Eating Lab Level 1 (online) | 5PM Basic Therapeutic Yoga (online) | OFFICE CLOSED       | 5:30PM Cultural Wellness Support Group (online) |
|                 | (online)            | (online)            | (online)              | (online)            | (online)          |
|                 | 5PM Basic Therapeutic Yoga (online) | 5PM Basic Therapeutic Yoga (online) | 5PM Basic Therapeutic Yoga (online) | 5PM Cancer Support Group (online) | 5PM Basic Therapeutic Yoga (online) |

| 10              | 9:30AM BS&SEC       | 5PM Basic Therapeutic Yoga (online) | 10AM Health and Wellness Support Group (online) |
|                 | (online)            | (online)            | (online)              |
|                 | 5PM Basic Therapeutic Yoga (online) | (online) | (online) | 5PM Cancer Support Group (online) |

| 17              | 9:30AM BS&SEC       | 5PM Basic Therapeutic Yoga (online) | 10AM Health and Wellness Support Group (online) |
|                 | (online)            | (online)            | (online)              |
|                 | 5PM Basic Therapeutic Yoga (online) | (online) | (online) | 10AM Health and Wellness Support Group (online) |

| 24              | 9:30AM BS&SEC       | 5PM Basic Therapeutic Yoga (online) | 10AM Health and Wellness Support Group (online) |
|                 | (online)            | (online)            | (online)              |
|                 | 5PM Basic Therapeutic Yoga (online) | (online) | (online) | 5PM Cancer Support Group (online) |

| 28              | 10AM Health and Wellness Support Group (online) | 5PM Basic Therapeutic Yoga (online) | 10AM Health and Wellness Support Group (online) |
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**SIGN-UP TODAY!**
To sign-up for our classes, visit hmono.org/services

**SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:** contact@hmono.org or www.HMONO.org/olakino

Live Longer & Feel Better, Together!
WHO WE ARE

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OLAKINO

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HILO OFFICE

Open by appointment only. Please call (808) 969-9220 to make an appointment.
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

CONTACT US

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Keiki Coloring Corner

In August, we celebrate going back to school safely! Draw lines between Kekoa and the items that are safe, then color the pictures!
COVID-19 (2019 Novel Coronavirus) VISITING BEACHES & POOLS SAFELY
While restrictions on incoming travel will be in effect until September 1, there are still many daily activities we need to educate ourselves on in order to remain healthy. For instance, the Centers for Disease Control and Prevention (CDC) outlines all the ‘need-to-knows’ when visiting our local beaches or pools.

BEFORE YOU GO
• Stay home if you are feeling unwell, have been diagnosed with COVID-19, are waiting for test results, or if you were recently exposed to an individual with COVID-19.
• Check local sites to see if guidelines are in place for the area you are visiting.
• Clean and disinfect equipment.
• Bring sanitization supplies, like hand sanitizer, soap, wipes, and tissues. Safely store disinfectant items away from children.

WHEN YOU’RE THERE
• Keep a distance of 6 feet from others when you are in and out of the water.
  Studies suggest no new evidence that the virus can spread to people through water. The virus continues to spread through person-to-person, respiratory droplets that are released from an infected person that coughs, and sneezes or talks, and contaminated hands that touch the nose, mouth, or eyes.
• When you are out of the water, wear a cloth face covering. It is recommended that all individuals that are 2 years and over should wear a mask.
• Continue to wash your hands.

For more information, visit cdc.gov or hmono.org/covid-19-resources.

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For updates, visit hmono.org/calendar.
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Tuesdays & Thursdays, 9:30am - 10:15am online*
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1. Your child turns 2 years old between August 2020 and July 2021.
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Contact us at contact@hmono.org to submit your child’s immunization card, register your child, and receive their makana!

CDC RECOMMENDED VACCINATIONS:
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• DTP/Dtap 4
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• 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
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• Influenza 2
• Rotavirus 1
• Rotavirus 2

For more information about our immunization program, visit our website at hmono.org/immunization-program.
As keiki begin another school year, remember mālama pono. Enjoy these moments, because they’re fun! But also take time to take care of your body, mind, and spirit.

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!
Kōkua Hali
Specialty Transportation

The Kōkua Hali Specialty Transportation Program provides transportation services to medical and health-related appointments on Hawai’i island for Hui Mālama Ola Nā ‘Ōiwi clients:

- with mobility restrictions that require the assistance of durable medical equipment (DME) (e.g. wheelchairs, walkers, crutches, and canes)
- who are visually impaired, requiring a blind walking stick

Support provided by: County of Hawai‘i

TRADITIONAL HAWAIIAN HEALING

NEW training and informational videos now available! To access the videos, sign up at hmono.org/services.

Grow Your Own La‘au
Healthy Hapai
Ho‘oponopono
La‘au Lapa‘au

Lomilomi
Lomilomi Ha Ha
Makahiki Games

The 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 $2,820,697.00 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.
Emotional & Mental Health

Coping with school in addition to coping with a global pandemic can be confusing and stressful for anyone, including keiki.

Hui Mālama Behavioral Health Specialist Donna Dennerlien provides some suggestions for coping with stress during this time:

**Face Masks**

The Hawai‘i Department of Education plans to have students wear face coverings outside of the classroom, when physical distancing is difficult, and at certain times in the classroom. There can be a lot of anxiety regarding face coverings, so here are some steps that can help reduce anxiety for you and your keiki:

- Start having keiki wear masks for 15-30 minute periods before school starts. Start small and practice how to put on, remove, and wear a mask safely. (Pro tip: make it playful by having young keiki pretend to be “doctor” with their mask and taking care of a stuffed animal!)  
- Talk to your children about the purpose of wearing a mask. Not sure how to start that conversation? Try trusted keiki-friendly resources like kidshealth.org.
- Decorate masks or have keiki make their own! This can help your keiki stay involved, get creative, and make it a positive experience.
- Prepare to pack an extra face covering in your child’s backpack in case they lose one during the school day.

**Hand Washing**

Although soap doesn’t kill viruses, it removes viruses and germs from skin (which germs LOVE to stick to) and flushes them down the drain! This is why handwashing is one of the most important and simple habits to prevent the spread of viruses and germs.

Help your keiki by practicing proper handwashing daily, so they are ready to show their kumu (teacher) how much they know about handwashing! Especially for keiki, the most important times to wash your hands are:

- After using the bathroom
- Before and after eating or drinking
- After coughing, sneezing, or blowing your nose

**Nutrition & Immune Support**

Whether your keiki or ‘ōpio (youth) is eating lunch at school bringing bag lunch, prioritizing these things into their daily food routine can help with their immune support:

- Colors! Encourage keiki to eat their colors, meaning colorful fruits and vegetables.
- Drink less sugar and more water. Drinks with high sugar content can decrease keiki focus and do not benefit their immune system substantially, whereas water does!
- Vitamin ABC’s! We all know vitamin C helps our immune system. But did you know that vitamin D is also important for immune support? Luckily, the main source of vitamin D is from the sun!

Because everyone is different, it’s always important to discuss individual nutritional needs with a qualified nutritionist. To set up an appointment with one of our nutritionists and get the process started early in the school year, visit hmono.org/services.

**Emotional & Mental Health**

Communicate daily with your keiki about how they’re feeling, no matter how young or old they are, and encourage them to express themselves positively and honestly. As always, but especially now, if keiki aren’t feeling well they should stay home from school.

The health of our keiki determines the future health of our community. As we navigate this new school year, and without Mālama Nā Keiki Festival this year, we can still strive to mālama nā keiki (take care of the children) so we can all live longer and feel better, together.
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**Take breaks from watching media coverage about the pandemic.**

**Take care of your body (hula, dancing, exercise, stretching, deep breaths).**

**Create an artistic space for music, art or crafts.**

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