<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM Ho'oponopono Class (online)</td>
<td>9:30AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Mindful Eating Lab Reunion (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>3PM Li'au Level 2 Class (online)</td>
</tr>
<tr>
<td></td>
<td>5PM Diabetes Support Group (online)</td>
<td>5PM Hula for Health (online)</td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>5:30PM Cultural Wellness Support Group (online)</td>
<td>1PM Lo'milomi Class (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health and Wellness Support Group (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>5:30PM Cultural Wellness Support Group (online)</td>
<td>1PM Lo'milomi Class (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health and Wellness Support Group (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>5:30PM Cultural Wellness Support Group (online)</td>
<td>1PM Lo'milomi Class (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health and Wellness Support Group (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>5:30PM Cultural Wellness Support Group (online)</td>
<td>1PM Lo'milomi Class (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health and Wellness Support Group (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>10AM MOMS to MOMS Breastfeeding Support Group (online)</td>
<td>1PM Lo'milomi Class (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health and Wellness Support Group (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>10AM MOMS to MOMS Breastfeeding Support Group (online)</td>
<td>1PM Lo'milomi Class (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health and Wellness Support Group (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM Ho'oponopono Class (online)</td>
<td>9AM Ho'oponopono Class (online)</td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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!*

---

**Look Inside For:**
- 4th Annual Mālama Nā Keiki Recap
- Meet Our New Provider!
- Mālama Ke Ola Mahalo to Contributors

---

**Women's Health**
*The Purpose Behind Ladies' Night Out*

---

Sign-up Now: hui_malama_
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
Leilani Kerr, APRN, Vice Chair
Robert Yamada II, Treasurer & Secretary
Michael Sonoda Dias, Director
Moana Ulu Ching, Director

OLAKINO CONTACT

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

contact@hmono.org

FOUNDER'S DAY CELEBRATION

In September, we celebrate the health of women and girls! In the box below write about the wāhine (women) in your life who are your superheroes! Don’t forget to color in the pictures too!

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.

FAMILY MEDICINE CLINIC

Please call before visiting
(808) 796-3125
82 Puʻuhonu Place, Suite 209
Hilo, HI 96720
Hours: Mon - Fri 8:00am - 5:00pm
*Closed from 12:00pm - 1:00pm

HILO OFFICE

Open by appointment only. Please call
(808) 969-9220 to make an appointment.
1438 Kīlauea Avenue
Hilo, HI 96720

CONTACT US

(808) 969-9220
contact@hmono.org
Facebook: HMONO.org
Instagram: hui_malama_

ABOUT US
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
• Hib 1
• Hib 2
• Hib 3
• HepB 1
• HepB 2
• HepB 3
• HepA
• MMR
• Influenza 1
• Influenza 2
• Rotavirus 1
• Rotavirus 2

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 2020 and July 2021.
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!

COVID-19 (2019 Novel Coronavirus)
What to Do If You Have Been Tested
For those awaiting COVID-19 test results, The Hawai‘i State Department of Health recommends following these guidelines to prevent the spread of the virus:
- Stay home except to get medical care until you get your results
  • If results are negative, you should still stay home until fully recovered
- All household contacts should stay home
  • If results are NEGATIVE and household contacts have no symptoms, they may leave home
  • If results are POSITIVE:
    » Household contacts should stay home until 14 days after the person with COVID-19 is released from isolation
- Household contacts who have symptoms should call their healthcare provider
- Avoid using public transportation
- Separate yourself in your home as much as possible
  • Clean and disinfect areas you touch often
  • Avoid sharing things with people in your home
  • Avoid direct contact with pets
- Get rest and stay hydrated
- Monitor your symptoms and call your healthcare provider if symptoms worsen
- Wash your hands often
- Cover your cough and sneeze

This information is from health.hawaii.gov. Visit their website or contact your healthcare provider to stay up-to-date with this information.

CDC RECOMMENDED VACCINATIONS:
• Hib 1
• Hib 2
• Hib 3
• HepB 1
• HepB 2
• HepB 3
• HepA
• MMR
• Influenza 1
• Influenza 2
• Rotavirus 1
• Rotavirus 2

EXERCISE & FITNESS (*ALL ONLINE)
Basic Stretch & Strengthening Exercise
Tuesdays & Thursdays, 9:30am - 10:15am
Therapeutic Yoga
Tuesdays & Thursdays, 5:00pm - 6:00pm

SUPPORT GROUPS (*ALL ONLINE)
Breastfeeding Support Group
Fourth Wednesdays, 10:00am - 11:30am
Cancer Support Group
Second & Fourth Tuesdays, 5:00pm - 6:30pm
Cultural Wellness Support Group
Mondays, 5:30pm - 6:30pm
Diabetes Support Group
First Tuesdays, 5:00pm - 6:30pm
Health and Wellness Support Group
Second & Fourth Fridays, 10:00am - 11:30am

OUT IN THE COMMUNITY
Aunty Edna’s Health Message
Health Updates
What To Do If You Have Been Tested for COVID-19
Keiki Coloring Corner

MĀlama Ke Ola Mahalo to Contributors!
September Calendar

NEW THIS MONTH!
Meet our New Provider!
Sarah Josef, MA, RDN, LD
Women’s Health
Influenza 1
Influenza 2
Rotavirus 1
Rotavirus 2

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.

CONTENTS
**Aloha mai kākou,**

I am Aunty Edna and today I want to talk about the current pandemic. We have all been caught up in the coronavirus issue which has gone viral worldwide.

Unfortunately viruses aren’t something that is visible and can’t always be identified easily.

So, it is critical we follow the required standards to protect ourselves, like social distancing, wearing face masks, and proper hand washing. Following the established health standards is necessary to protecting our environment.

Go to page 9 to learn about what to do if you have been tested for COVID-19.

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.

---

**The 4th Annual Mālama Nā Keiki Festival**

The 4th Annual Mālama Nā Keiki Festival looked a lot different this year. But what was the same? The smiling faces of keiki and mākua (parents) as they received free diapers, baby wipes, backpacks, school supplies, and more!

Hui Mālama staff provided keiki kits and baby kits to Hawai‘i island ‘ohana throughout the month of August. Our Community Health Workers from each ‘āpana (district) distributed kits around the island. (photos 1 through 3)

Baby kits included size 2 and size 3 diapers, baby wipes, a thermometer, health care information for expecting parents and parents of infants, and more! (photo 4)

Keiki kits included a backpack of their choice, school supplies, a water bottle, a jump rope, keiki health information, and more! (photo 5)

Mahalo for allowing our Mālama Nā Keiki Festival to continue promoting prenatal, children, and family health around Hawai‘i island!
Hui Mālama Ola Nā ‘Ōiwi extends our mahalo to all the individuals, organizations, and businesses that offered their services, time, and donations to help make our Mālama Ke Ola package distribution program successful during the COVID-19 pandemic. Mahalo for helping out our Hawai‘i island ‘ohana!

Ada Motonaga
Alexander Santiago
Alison Herzig
Bernie Freitas
County of Hawai‘i
Callie Villanueva
Debbie Kenui
Donna Asia
Discount Fabric Warehouse Hilo
Enola-Gay Osorio
Gail Wung
Lloyd & Deighton Enriques, Steve Hirakami, Nathan Kaluhiwa, and Gail Clark of Hawai‘i Academy of Arts & Sciences
A. Keohuloa, of Hawai‘i County Economic Opportunity Council
Jessie-Ann Marques of Ka‘ū Rural Health Community Association Inc.
Kilauea Kreations
Charlene Taketa of Lanakila Congregational Church
Lili‘uokalani Trust
Mapuana Kure
Noe Scott
Mason Souza, Glenn Kokubun, and Jaye Dempsey of County of Hawai‘i Parks & Recreation
Papa Ola Lōkahi
Renee ‘Keala’ Namahoe
Roxcie Waltjen of County of Hawai‘i
Gary and Ann Todd of The Salvation Army
Sara
Tadeo Adult Residential Care Home
UnitedHealthcare Insurance Company
Sodie Class
Taylor Martin
Tiffany Hatico
U‘ilani and Melvin Soares
Vibrant Hawai‘i

Sarah Josef
MA, RDN, LD
CLINICAL AND COMMUNITY NUTRITIONIST

Sarah Josef, MA, RDN, LD, brings 25-years of experience to her current position of Clinical and Community Nutritionist for Hui Mālama Ola Nā ‘Ōiwi. Her career path included working in hospital settings, a dialysis clinic, conducting research on large nutrition clinical trials such as the Women’s Health Initiative, and building a private practice focused on women’s issues. She has many years of experience teaching nutrition in a university setting at both undergraduate and graduate level students. Her career has facilitated a breadth of diverse cultural knowledge and sensitivity having been based in the international community of San Francisco. Her expertise is in weight management, disordered eating, women’s health issues, kidney disease, and gastrointestinal issues. She feels honored to share her MNT knowledge and experience with Hawai‘i island residents through the Family Medicine Clinic.

FOR MORE INFORMATION
Sarah is available for one-to-one and small group appointments. If you are interested in learning more sign up using the link below:
https://hmono.org/services/
Or contact our Family Medicine Clinic at 
(808) 796-3125

https://hmono.org/services/
In celebration of our 20th annual Ladies' Night Out, we asked a few of our wāhine at Hui Mālama to share their mana'o on women’s health.

Leila Ryusaki, LMT, IBC, CLC, CBE and coordinator of the Healthy Hāpai & Papa Lawe Hānai Kalāulu programs offers an ʻŌlelo Noʻeau (traditional proverb) for reflection:

‘E ulu pono ke kupukupu i ka malu o ke kukui’. The literal meaning is, 'The kupukupu fern grows well in the shelter of the kukui tree.' Meaning, we can’t do it alone. It takes you, me, we, us, together, to work collectively and collaboratively to create a safe and nurturing environment and provide meaningful spaces to share, learn and enjoy. We need connection and community to thrive.

It takes a village to raise our keiki... it also takes a village to support our wāhine.

Donna Ling Dennerlein, LCSW and Behavioral Health Specialist offers some healthy ways to manage your fears:

1. Know that you are not alone! Be gentle with yourself and others by allowing emotions to come and go. Ensure you have at least 1 safe and supportive person to talk to about fears and concerns, such as a trusted person or counselor.
2. Create & maintain your normal routine as much as possible. Include daily exercise/physical fitness and good sleep/rest.
3. Distract yourself occasionally with creative hobbies such as games, reading, gardening, puzzles, music, dance, etc. Don’t distract yourself with alcohol or drugs; this will only make things worse.

Hui Mālama Registered Dietitian Nutritionist, Stacy Haumea, DrBH, MPH, RDN, LD, CDCES offers nutrition and healthy lifestyle recommendations:

Every day continues to bring new opportunities as the State of Hawai‘i and the nation recommends changes due to areas of risks of contracting COVID-19; changes to work, school, shopping, and more. In my mind, ‘I want to remain healthy, and keep my family healthy’ and I know this means I need to take action.

So, what are some simple ways that I can nourish myself and others during this time?

- Start each day by drinking a glass of water with a splash of fresh squeezed lemon juice.
- Eat fresh fruits and vegetables.
- Eat throughout the day; smaller meals.
- Be mindful.

We are here in the same canoe with you. This spring and summer have brought challenges and anxiety. Keep your health a priority. You may surprise yourself and find that one or two of these ideas is a simple start to a new beginning on a journey to wellness.

We look forward to continuing the legacy of Ladies’ Night Out and carrying it out in the safest manner possible in the future. For more information on Ladies’ Night Out and women’s health, view our services at hmono.org/services.

Mana'o From Wāhine at Hui Mālama

Leila Ryusaki, LMT, IBC, CLC, CBE and coordinator of the Healthy Hāpai & Papa Lawe Hānai Kalāulu programs offers an ʻŌlelo Noʻeau (traditional proverb) for reflection:

‘E ulu pono ke kupukupu i ka malu o ke kukui’. The literal meaning is, 'The kupukupu fern grows well in the shelter of the kukui tree.' Meaning, we can’t do it alone. It takes you, me, we, us, together, to work collectively and collaboratively to create a safe and nurturing environment and provide meaningful spaces to share, learn and enjoy. We need connection and community to thrive.

It takes a village to raise our keiki... it also takes a village to support our wāhine.

Donna Ling Dennerlein, LCSW and Behavioral Health Specialist offers some healthy ways to manage your fears:

1. Know that you are not alone! Be gentle with yourself and others by allowing emotions to come and go. Ensure you have at least 1 safe and supportive person to talk to about fears and concerns, such as a trusted person or counselor.
2. Create & maintain your normal routine as much as possible. Include daily exercise/physical fitness and good sleep/rest.
3. Distract yourself occasionally with creative hobbies such as games, reading, gardening, puzzles, music, dance, etc. Don’t distract yourself with alcohol or drugs; this will only make things worse.

Hui Mālama Registered Dietitian Nutritionist, Stacy Haumea, DrBH, MPH, RDN, LD, CDCES offers nutrition and healthy lifestyle recommendations:

Every day continues to bring new opportunities as the State of Hawai‘i and the nation recommends changes due to areas of risks of contracting COVID-19; changes to work, school, shopping, and more. In my mind, ‘I want to remain healthy, and keep my family healthy’ and I know this means I need to take action.

So, what are some simple ways that I can nourish myself and others during this time?

- Start each day by drinking a glass of water with a splash of fresh squeezed lemon juice.
- Eat fresh fruits and vegetables.
- Eat throughout the day; smaller meals.
- Be mindful.

We are here in the same canoe with you. This spring and summer have brought challenges and anxiety. Keep your health a priority. You may surprise yourself and find that one or two of these ideas is a simple start to a new beginning on a journey to wellness.

We look forward to continuing the legacy of Ladies’ Night Out and carrying it out in the safest manner possible in the future. For more information on Ladies’ Night Out and women’s health, view our services at hmono.org/services.

About Ladies’ Night Out

Ladies’ Night Out is the largest event hosted by Hui Mālama Ola Nā ʻŌiwi, with 400 to 600 women attending each year. The event traditionally consists of massages, hair cuts, manicures, giveaways, food, and more. But it’s not all just fun and games. These services are offered to help address health disparities and give back to the women in our community. For this reason, the event is also a time for community members and health organizations to gather and provide their services and free health screenings to uplift the health of the women attending.

Ladies’ Night Out began in 2001 as a tribute to Nancy Everett, a registered nurse who worked closely alongside Hui Mālama to provide healthcare opportunities to women and children.
In celebration of our 20th annual Ladies’ Night Out, we asked a few of our wāhine at Hui Mālama to share their mana’o on women’s health.

Leila Ryusaki, LMT, IBC, CLC, CBE and coordinator of the Healthy Hāpai & Papa Lawe Hānai Kaiāulu programs offers an ‘Ōlelo No‘eau (traditional proverb) for reflection:

‘E ulu pono ke kupukupu i ka malu o ke kukui’. The literal meaning is, ‘The kupukupu fern grows well in the shelter of the kukui tree.’ Meaning, we can’t do it alone. It takes you, me, we, us, together, to work collectively and collaboratively to create a safe and nurturing environment and provide meaningful spaces to share, learn and enjoy. We need connection and community to thrive.

It takes a village to raise our keiki… it also takes a village to support our wāhine.

Donna Ling Dennerlein, LCSW and Behavioral Health Specialist offers some healthy ways to manage your fears:

1. Know that you are not alone! Be gentle with yourself and others by allowing emotions to come and go. Ensure you have at least 1 safe and supportive person to talk to about fears and concerns, such as a trusted person or counselor.

2. Create & maintain your normal routine as much as possible. Include daily exercise/physical fitness and good sleep/rest.

3. Distract yourself occasionally with creative hobbies such as games, reading, gardening, puzzles, music, dance, etc. Don’t distract yourself with alcohol or drugs; this will only make things worse.

Hui Mālama Registered Dietitian Nutritionist, Stacy Haumea, DrBH, MPH, RDN, LD, CDCES offers nutrition and healthy lifestyle recommendations:

Every day continues to bring new opportunities as the State of Hawai‘i and the nation recommends changes due to areas of risks of contracting COVID-19; changes to work, school, shopping, and more. In my mind, ‘I want to remain healthy, and keep my family healthy’ and I know this means I need to take action.

So, what are some simple ways that I can nourish myself and others during this time?

• Start each day by drinking a glass of water with a splash of fresh squeezed lemon juice.
• Eat fresh fruits and vegetables.
• Eat throughout the day; smaller meals.
• Be mindful.

We are here in the same canoe with you. This spring and summer have brought challenges and anxiety. Keep your health a priority. You may surprise yourself and find that one or two of these ideas is a simple start to a new beginning on a journey to wellness.”

We look forward to continuing the legacy of Ladies’ Night Out and carrying it out in the safest manner possible in the future. For more information on Ladies’ Night Out and women’s health, view our services at hmono.org/services.
Hui Mālama Ola Nā ʻŌiwi extends our mahalo to all the individuals, organizations, and businesses that offered their services, time, and donations to help make our Mālama Ke Ola package distribution program successful during the COVID-19 pandemic. Mahalo for helping out our Hawai'i island 'ohana!

Sarah Josef, MA, RDN, LD, brings 25 years of experience to her current position of Clinical and Community Nutritionist for Hui Mālama Ola Nā ʻŌiwi. Her career path included working in hospital settings, a dialysis clinic, conducting research on large nutrition clinical trials such as the Women’s Health Initiative, and building a private practice focused on women’s issues. She has many years of experience teaching nutrition in a university setting at both undergraduate and graduate level students. Her career has facilitated a breadth of diverse cultural knowledge and sensitivity having been based in the international community of San Francisco. Her expertise is in weight management, disordered eating, women’s health issues, kidney disease, and gastrointestinal issues. She feels honored to share her MNT knowledge and experience with Hawai'i island residents through the Family Medicine Clinic.

https://hmono.org/services/

Or contact our Family Medicine Clinic at (808) 796-3125
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.

Aloha mai kākou,
I am Aunty Edna and today I want to talk about the current pandemic. We have all been caught up in the coronavirus issue which has gone viral worldwide.

Unfortunately viruses aren’t something that is visible and can’t always be identified easily.

So, it is critical we follow the required standards to protect ourselves, like social distancing, wearing face masks, and proper hand washing. Following the established health standards is necessary to protecting our environment.

Go to page 9 to learn about what to do if you have been tested for COVID-19.

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

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 2020 and July 2021.
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!

COVID-19 (2019 Novel Coronavirus)
WHAT TO DO IF YOU HAVE BEEN TESTED

For those awaiting COVID-19 test results, The Hawai’i State Department of Health recommends following these guidelines to prevent the spread of the virus:

- Stay home except to get medical care until you get your results
  - If results are negative, you should still stay home until fully recovered
- All household contacts should stay home
  - If results are NEGATIVE and household contacts have no symptoms, they may leave home
  - If results are POSITIVE:
    » Household contacts should stay home until 14 days after the person with COVID-19 is released from isolation
- Household contacts who have symptoms should call their healthcare provider
- Avoid using public transportation
- Separate yourself in your home as much as possible
  - Clean and disinfect areas you touch often
  - Avoid sharing things with people in your home
  - Avoid direct contact with pets
- Get rest and stay hydrated
- Monitor your symptoms and call your healthcare provider if symptoms worsen
- Wash your hands often
- Cover your cough and sneeze

This information is from health.hawaii.gov. Visit their website or contact your healthcare provider to stay up-to-date with this information.

EXERCISE & FITNESS (*ALL ONLINE)

Basic Stretch & Strengthening Exercise
Tuesdays & Thursdays, 9:30am - 10:15am

Therapeutic Yoga
Tuesdays & Thursdays, 5:00pm - 6:00pm

SUPPORT GROUPS (*ALL ONLINE)

Breastfeeding Support Group
Second & Fourth Tuesdays, 5:00pm - 6:30pm

Cancer Support Group
First Tuesdays, 5:00pm - 6:30pm

Cultural Wellness Support Group
Mondays, 5:30pm - 6:30pm

Diabetes Support Group
Third Tuesdays, 1:00pm - 2:30pm

Health and Wellness Support Group
Second & Fourth Fridays, 10:00am - 11:30am

OUT IN THE COMMUNITY

Aunty Edna’s Health Message
3

Health Updates
4

What To Do If You Have Been Tested for COVID-19
5-6

Keiki Coloring Corner
7

September Calendar
back
**WHO WE ARE**

Hui Mālama Ola Nāʻōiwi is a 501(c)(3) nonprofit organization. Incorporated in 1991, Hui Mālama Ola Nāʻōiwi 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 Hoʻopai, Chair
Leilani Kerr, APRN, Vice Chair
Robert Yamada II, Treasurer & Secretary
Michael Sonoda Dias, Director
Moana Ulu Ching, Director

**ABOUT US**

**OLAKINO**

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

**WHO WE ARE**

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

**OLAKINO CONTACT**

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

contact@hmono.org

**FAMILY MEDICINE CLINIC**

Please call before visiting
(808) 796-3125
82 Puʻuhonu Place, Suite 209
Hilo, HI 96720

Hours: Mon - Fri 8:00am - 5:00pm
*Closed from 12:00pm - 1:00pm

**HILO OFFICE**

Open by appointment only. Please call
(808) 969-9220 to make an appointment.
1438 Kilauea Avenue
Hilo, HI 96720

**CONTACT US**

(808) 969-9220
contact@hmono.org

facebook.com/HMONO.org

instagram.com/hui_malama_
### September 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>31 5:30PM Cultural Wellness Support Group (online)</td>
<td>1 9:30AM BS&amp;SEC (online)</td>
<td>2 9:30AM BS&amp;SEC (online)</td>
<td>3 9:30AM BS&amp;SEC (online)</td>
<td>4 9AM Hoʻoponopono Class (online)</td>
<td>5 PM Liʻau Level 2 Class (online)</td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
<td>5PM Mindful Eating Lab Reunion (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5PM Diabetes Support Group (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 5:30PM Cultural Wellness Support Group (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 9:30AM BS&amp;SEC (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 1PM Lomilomi Class (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1PM Hele MaiʻAʻi (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3PM Hula for Health (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 9:30AM BS&amp;SEC (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 10AM Health and Wellness Support Group (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 9AM Hoʻoponopono Class (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 5:30PM Cultural Wellness Support Group (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16 5PM Basic Therapeutic Yoga (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 1PM Lomilomi Class (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1PM Hele MaiʻAʻi (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3PM Hula for Health (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 9:30AM BS&amp;SEC (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 5:30PM Cultural Wellness Support Group (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23 1PM Lomilomi Class (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1PM Hele MaiʻAʻi (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3PM Hula for Health (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 9:30AM BS&amp;SEC (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28 5:30PM Cultural Wellness Support Group (online)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SIGN-UP TODAY!**

To sign-up for our classes, visit [hmono.org/services](http://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!