



Olakino

Newsletter

September
Kepakemapa 2020



Women's Health

The Purpose Behind Ladies' Night Out

Look Inside For:

4th Annual Mālama Nā Keiki Recap

Meet Our New Provider!


Mālama Ke Ola Mahalo to Contributors

CONTACT US

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 /HMONO.org

 hui_malama_

HILO OFFICE

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(808) 969-9220 to make an appointment.
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FAMILY MEDICINE CLINIC

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(808) 796-3125
82 Pu'uhonu Place, Suite 209
Hilo, HI 96720
Hours: Mon - Fri 8:00am - 5:00pm
*Closed from 12:00pm - 1:00pm

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.

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 (*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
Third Tuesdays, 1:00pm - 2:30pm

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

out in the Community!

A glimpse of what Hui Mālama Ola Nā 'Ōiwi is doing to help our Hawai'i island 'ohana Live Longer and Feel Better!

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 mākuā (*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!



Sarah Josef

MA, RDN, LD
CLINICAL AND COMMUNITY NUTRITIONIST

WHO SHE IS

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



Hui Mālama
Ola Nā 'Ōiwi



WOMEN'S HEALTH

The Purpose Behind Ladies' Night Out



About Ladies' Night Out

Ladies' Night Out is the largest event hosted by Hui Mālama Ola Nā 'Ōiwi, 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.



Mana'o From Wāhine at Hui Mālama

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 'Ōiwi

MĀLAMA KE OLA

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*

Alision 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

Aunty's Health Message



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.

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.

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!***



HEALTH UPDATES

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.

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!

CDC RECOMMENDED VACCINATIONS:

- | | |
|------------------|---------------|
| • DTP/Dtap 1 | • Hib 1 |
| • DTP/Dtap 2 | • Hib 2 |
| • DTP/Dtap 3 | • Hib 3 |
| • DTP/Dtap 4 | • HepB 1 |
| • IPV 1 | • HepB 2 |
| • IPV 2 | • HepB 3 |
| • IPV 3 | • HepA |
| • Pneumococcal 1 | • MMR |
| • Pneumococcal 2 | • Influenza 1 |
| • Pneumococcal 3 | • Influenza 2 |
| • Pneumococcal 4 | • Rotavirus 1 |
| • VZV | • Rotavirus 2 |

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

Keiki Coloring Corner

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!





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>1 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Diabetes Support Group <i>(online)</i></p>	<p>2 5PM Hula for Health <i>(online)</i></p>	<p>3 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Mindful Eating Lab Reunion <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>4 BS&SEC Basic Stretch & Strengthening Exercise Class</p>	<p>5 9AM Ho'oponopono Class <i>(online)</i></p> <p>1PM Lā'au Level 2 Class <i>(online)</i></p>
<p>7 OFFICE CLOSED</p>	<p>8 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Beginners Gardening Class <i>(call for information)</i></p> <p>5PM Cancer Support Group <i>(online)</i></p>	<p>9 1PM Lomilomi Class <i>(online)</i></p> <p>5PM Hele Mai 'Ai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>10 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>11 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>12 9AM Ho'oponopono Class <i>(online)</i></p>
<p>14 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>15 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>16 1PM Lomilomi Class <i>(online)</i></p> <p>5PM Hele Mai 'Ai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>17 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>18</p>	<p>19 9AM Ho'oponopono Class <i>(online)</i></p>
<p>21 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>22 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>23 10AM MOMS to MOMS Breastfeeding Support Group <i>(online)</i></p> <p>5PM Hele Mai 'Ai <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>24 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>25 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>26 9AM Ho'oponopono Class <i>(online)</i></p>
<p>28 5:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>29 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>30</p>	<p>SIGN-UP TODAY!</p> <p>To sign-up for our classes, visit hmono.org/services</p> <p>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:</p> <p>contact@hmono.org or www.HMONO.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>		