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**SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:**
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Live Longer & Feel Better, Together!
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BOARD OF DIRECTORS

C. Noelani Hoʻopai, Chair
Leilani Kerr, APRN, Vice Chair
Robert Yamada II, Treasurer & Secretary
Michael Sonoda Dias, Director
Dr. Malia Tallett, PT, DPT, Director
Kale Gumapac, Director

OHIO 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

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.

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OLAKINO CONTACT

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

HOMO, O! LUNGE, MS, and COLT WAY the sea at hii apout olakino.

Answers on page 8
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- 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

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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!

Sourced from hawaiicounty.gov/coronavirus.

COVID-19 TESTING SITES

The purpose of testing is to identify positive cases as early as possible to help slow the spread of the virus. Testing is available at the following locations. Additional sites may be available as needed and will be announced by the Hawai‘i County Civil Defense.

HILO

- Big Island Pain Center
  - Must register first for walk-up testing
  - Call (808) 934-9675 for details

- Kaiser Clinic Hilo
  - For Kaiser patients only
  - Call (808) 334-4400 for details

S&G Labs Hawai‘i

- Must register first for drive-thru testing
  - Call (808) 329-9675 for details

Ali‘i Health Center

- Drive-up available
  - Call (808) 747-8321 for details

KONA

- Kaiser Clinic Kona
  - For Kaiser patients only
  - Call (808) 334-4400 for details

- West Hawai‘i Community Health Center
  - Walk-ins accepted
  - Call (808) 326-5629 for details

HĀMĀKUA

- Hāmākua Health Center
  - For Hāmākua Health Center patients
  - Call (808) 775-7204 for details

PUNA

- Puna Community Medical Center
  - Walk-ins accepted
  - Call (808) 930-6001 for details

Sourced from hawaiicounty.gov/coronavirus.
Aloha mai kākou,

Did you know that it is also Breast Cancer Awareness month? As our cancer rates continue to get higher it has become very important that we focus on what we need to change to become healthier and cancer-free.

While breast cancers are more commonly identified in women, we are seeing a growing count in men also. Fortunately, breast cancer is a type we can identify before it progresses to something worse. Learn how to do regular breast exams and check in with your doctor as soon as you notice something abnormal.

It is also recommended that we schedule for regular exam check-ups. Eat healthy, stop smoking, and call us if you need any help.

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In September, Hui Mālama staff reenvisioned the 20th annual Ladies’ Night Out as a drive-through event. The event included extra special Ladies’ Night Out videos, which included a cooking demonstration, self-care and lomilomi techniques, breast self-exam guidelines, and more! Interested in learning more about the videos and the event? Visit hmono.org/LNO.

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Want to learn current tips and tricks for self breast exams? Visit hmono.org/LNO for a video demonstration!

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PRESENTED AND FACILITATED BY: LEILA RYUSAKI LMT, CBE, IBC, CLC

TOPICS:
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- Childbirth Preparation
- Breastfeeding Beginnings
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82 Puʻuhonu 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*
Preventing Infection

It turns out that washing your hands with soap and water isn’t just to prevent COVID-19, but can be one of the easiest ways to maintain your lung health in general!

Another simple way to prevent infection is to practice good oral hygiene, so that the germs in your mouth don’t lead to infections.

Regardless of your age or ability, regular exercise can help keep your lungs healthy. It can be as simple as walking, swimming, or chair exercises, as long as it’s done regularly, like the recommended 30 minutes five days per week.

In the midst of a global pandemic, all of our lives have been impacted in one way or another. Now more than ever, it’s important to take deep breaths, check in with our bodies, be mindful of our lung health, and talk to healthcare professionals when we have questions.

Sourced from www.cchchealthcare.com/october-is-healthy-lung-month

Use these items in a hot tea to help maintain respiratory health and more!

Mana'o From Po'okela
Ikaika Dombrigues

Awapuhi Pake (ginger)
Olena (turmeric)
Meli (honey)

Environmental Pollutants

We don’t always feel like we have a choice of what environmental pollutants we come into contact with. However, there are some ways we can minimize our exposure!

One of the most prominent outdoor pollutants on Hawai‘i island is vog (volcanic fog), which contains sulfur dioxide (SO2). You and your ‘ohana can limit exposure to vog by staying up-to-date on vog forecasts, and closing windows and using fans and masks when recommended. For updates on vog and SO2 forecasts, visit the Hawai‘i Interagency Vog Information Dashboard at vog.ivhhn.org.

Sulfur dioxide emission is also caused by fossil fuels, so can be found in urban areas and around heavy traffic. One way to minimize your exposure is to avoid walking or exercising near heavy traffic.

Environmental pollutants can also include what’s in our house. Indoor pollutants can include secondhand smoke, third hand smoke (smoke residue left in fabric, on walls, and in furniture), carbon monoxide (from gas stoves or a running car near the home), mold, and more. It’s important to minimize exposure to these pollutants and talk to your healthcare provider if you think something in your home may be making you sick.

October is Healthy Lung Month! Although most of us don’t regularly think about breathing, our lungs are working all day, all night, and helping all parts of our body. Now more than ever, it’s important we take care of our lungs, so they can take care of us!

Smoking and Vaping

The best way to protect your lungs is to avoid habits that put your lungs at the most risk, like smoking and vaping.

It is well-researched that smoking can cause any of the following:

- Lung cancer
- COPD (chronic obstructive pulmonary disease)
- Chronic bronchitis
- Emphysema
- Chronic lung inflammation
- Damage to lung tissue

E-cigarettes, vape pens, and similar devices are much newer than traditional cigarettes, so there is still much to learn about the long-term effects of using these devices.

“Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain harmful chemicals, and ultra-fine particles that are inhaled into the lungs... The aerosols produced by the chemicals in e-juice, enter into the user’s lungs unfiltered and leave chemical residue behind.”

If you use these devices or smoke, it’s never too late to help your lungs by quitting. Give us a call at (808) 969-9220 to talk story about our Cancer Kine Tings program, which has more information about vaping and smoking!

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It has become clear though that many of these devices do pose negative health risks, and according to the Stanford University Division of Adolescent Medicine,

"Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain harmful chemicals, and ultra-fine particles that are inhaled into the lungs...The aerosols produced by the chemicals in e-juice, enter into the user’s lungs unfiltered and leave chemical residue behind."

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

Aunty's Health Message

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• Rotavirus 2

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

As part of the Hui Mālama Ola Nā ʻŌiwi 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!
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

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Kale Gumapac, Director

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.

OLAKINO CONTACT

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

contact@hmono.org

ABOUT US

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

1. My two lungs help me _______.
2. I go outside to breathe fresh _______.
3. These can help clean the air.
4. I hold my _______ when I go under water.
3. My body needs to breathe _______.
5. The doctor can help me keep my lungs _______.
6. I have two of these. They help me breathe.
7. This face covering can help protect myself and others.

ACROSS

1. I hold my _______ when I go under water.
3. My body needs to breathe _______.
5. The doctor can help me keep my lungs _______.
6. I have two of these. They help me breathe.
7. This face covering can help protect myself and others.

DOWN

1. My two lungs help me _______.
2. I go outside to breathe fresh _______.
4. These can help clean the air.

Answers on page 8
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>6PM Cultural Wellness Support Group (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>5PM Hula for Health's (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>10AM Health &amp; Wellness Support Group (online)</td>
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<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Diabetes Support Group (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>1PM Lomilomi (online)</td>
<td>9AM Ho'oponopono (online)</td>
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<td>OFFICE CLOSED</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Diabetes Self Management Education &amp; Support Class (online)</td>
<td>7PM Basic Therapeutic Yoga (online)</td>
<td>9AM Ho'oponopono (online)</td>
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<td>5PM Beginners Gardening Class (call for information)</td>
<td>9:30AM BS&amp;SEC (online)</td>
<td>5PM Health for Health (online)</td>
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See pages 5-6 on how to keep your lungs healthy!