

Olakino

Newsletter

October
'Okakopa 2020

HEALTHY LUNG MONTH



See pages 5-6 on how to keep your lungs healthy!

CONTACT US

(808) 969-9220

contact@hmono.org

 /HMONO.org

 hui_malama_

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

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
Dr. Malia Tallett, PT, DPT, Director
Kale Gumapac, 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, 5:00pm - 6:00pm

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!

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

20th Annual Ladies' Night Out

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.



Breast Cancer Awareness

October marks a month to increase our awareness of breast cancer. Due to the current pandemic, we were unable to attend this year's Pink Out Color Run: a breast cancer awareness initiative benefiting the American Cancer Society.

Despite the postponement of this event, we still spread this awareness by taking a look back at last year's impactful event. Our very own Cancer Support Group, Mālama Ka Pili Pa'a, was invited to help raise funds and donations to fund breast cancer research and provide free, vital patient services across Hawai'i island.

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





**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.

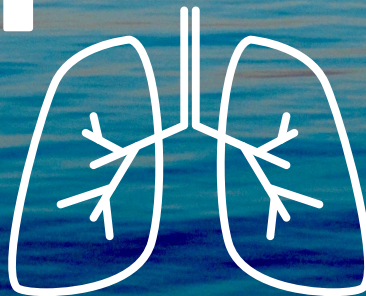
CONTACT US

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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

HEALTHY LUNG MONTH



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.

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.”

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!

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.

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

Mana'o From Po'okela Ikaika Dombrigues

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

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





HEALTHY HĀPAI

FREE five week ONLINE/VIRTUAL class series of prenatal, postpartum, and parenting classes for expecting families!
Spouses, parents & support persons are welcomed!

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



TOPICS:

-  Healthy Pregnancy
-  Childbirth Preparation
-  Breastfeeding Beginnings
-  Postpartum Planning
-  Newborn Care
-  Pregnancy to Parenting Transition



TUESDAYS: OCTOBER 20 & 27 | NOVEMBER 10, 17, & 24
TIMES OF CLASSES WILL BE PROVIDED UPON REGISTRATION:
SIGN UP AT HMONO.ORG/SERVICES

Aunty's Health Message



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.

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!**



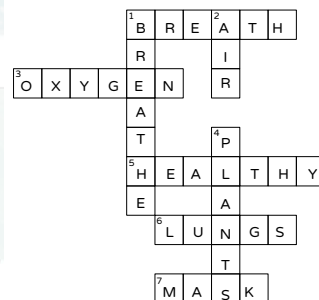
Tips and tricks for breast self exams

To learn current tips and tricks, visit hmono.org/LNO for a video demonstration by Registered Nurse, Wanda Louis.

Interested in receiving a free Aware Breast Self Exam kit? Give us a call at (808) 969-9220.



Answers to Keiki Coloring Corner puzzle



HEALTH UPDATES

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

KONA

- 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
- 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

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
- 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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SIGN-UP TODAY! To sign-up for our classes, visit hmono.org/services</p> <p>SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES: contact@hmono.org or hmono.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>			<p>1 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>2 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>3 9AM Ho'oponopono <i>(online)</i></p>
<p>5 5PM Cultural Wellness Support Group <i>(online)</i></p>	<p>6 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>7 5PM Hula for Health <i>(online)</i></p>	<p>8 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>9 10AM Health and Wellness Support Group <i>(online)</i></p>	<p>10 9AM Ho'oponopono <i>(online)</i></p>
<p>12 OFFICE CLOSED</p>	<p>13 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>14 5PM Diabetes Self Management Education & Support Class <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p>	<p>15 9:30AM BS&SEC <i>(online)</i></p> <p>1PM Lomilomi <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Mindful Eating Lab Level II <i>(online)</i></p>	<p>16 1PM Lomilomi <i>(online)</i></p>	<p>17 9AM Ho'oponopono <i>(online)</i></p>
<p>19 5PM Cultural Wellness Support Group <i>(online)</i></p>	<p>20 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>Healthy Hāpai <i>(Register for details)</i></p>	<p>21 5PM Diabetes Self Management Education & Support Class <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM La'au Lapa'au Beginners Class/Level I <i>(online)</i></p>	<p>22 9:30AM BS&SEC <i>(online)</i></p> <p>1PM Lomilomi <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Mindful Eating Lab Level II <i>(online)</i></p>	<p>23 10AM Health and Wellness Support Group <i>(online)</i></p> <p>1PM Lomilomi <i>(online)</i></p>	<p>24 9AM Ho'oponopono <i>(online)</i></p>
<p>26 5PM Cultural Wellness Support Group <i>(online)</i></p>	<p>27 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>Healthy Hāpai <i>(Register for details)</i></p>	<p>28 10AM MOMS to MOMS Breastfeeding Support Group <i>(online)</i></p> <p>5PM Diabetes Self Management Education & Support Class <i>(online)</i></p> <p>5PM Hula for Health <i>(online)</i></p> <p>5PM La'au Lapa'au Beginners Class/Level I <i>(online)</i></p>	<p>29 9:30AM BS&SEC <i>(online)</i></p> <p>5PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5PM Mindful Eating Lab Level II <i>(online)</i></p>	<p>30</p>	<p>31</p>

BS&SEC
Basic Stretch &
Strengthening
Exercise Class