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Color the pictures and ask a parent to help you take the Keiki Hero Pledge at KeikiHeroes.org/Keiki-Heroes-Pledge!

Together, they are going to keep their ‘ohana safe.

“We can’t do it alone. Will you join us and be a Keiki Hero?”

January 2021 Keiki Coloring Corner illustration is created and provided by KeikiHeroes.org.

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COVID-19 vaccines are being rapidly developed and approved, but they may not be available to everyone right away. Although you might not receive the vaccine right away, there are still effective ways to reduce your risk of getting COVID-19.

Reduce Your Risk
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- Cover your nose and mouth with a mask when around others
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- Stay hydrated and maintain a nutritious diet
- Monitor your health daily

Learn More
For more information about the upcoming vaccine, visit www.cdc.gov/coronavirus/2019-ncov/vaccines.

IMMUNIZATION PROGRAM
As part of the Hui Mālama Ola Nā ‘Olīwi 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.

NEW THIS MONTH!
Family Medicine Clinic Providers
New Year, New Services!
Happy Holidays Message
January Calendar

EVERY MONTH
Out in the Community
Meet Your New Community Health Workers
Getting the Word Out at The Wave

Aunty’s Health Message
Health Updates
Keiki Coloring Corner
Take the Keiki Hero Pledge!

CONTENTS
So, I make a promise, a resolution to myself to eat healthy, think healthy, lose weight, but unless I really make a commitment to do so, I reinforce the saying, "resolutions are made to be broken." We do have a choice and it can be a reality. So, 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!

Meet Your New Community Health Workers

The Hui Mālama Community Health Worker (CHW) team added two new CHW’s to the ‘ohana to serve the Puna and North Hawai‘i communities.

Leo Bitte (photo 1, left) is the CHW of Puna district. In addition to his other outreach, he joined Kirra Tomori, our CHW of Hilo (not pictured), to distribute produce, health information, and Baby Kits to Big Island Substance Abuse Council (BISAC), Hale Hanakahi shelter in Hilo, and Hale ‘Iki Center in Kea‘au.

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Hui Mālama Information Coordinator, Lindsay Terkelsen, recorded in The Wave@92FM studio to help get the word out about all that Hui Mālama has to offer. Tune in to The Wave, The Beach, and Koa County to hear our 2021 radio message!

Aloha mai kākou,

I am Aunty Edna reminding us all that as we come to the end of another year and look ahead at a New Year, we are faced with many challenges.

December, as I recall, was not just about giving and getting presents, but it also was a time of reflecting on the past and resolving for a happier and better New Year.

It is common for people to prepare for the New Year by making New Year Resolutions. In essence, it meant we were facing the new year by resolving to learn from the experiences of the past year and choosing those things that would improve, enrich, and change our lifestyles so that our bodies and our minds would be healthier.

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Aunty’s Health Message
Happy Holidays!

MELE KALIKIMAKA
ME KA
HAUʻOLI MAKAHIKI HOU

FAMILY MEDICINE CLINIC
Accepting New Patients & Offering Televisits!

Gaku Yamaguchi, MD
Family Medicine

Susan Cauley, MD
Family Medicine

Donna Dennerlein, LCSW
Behavioral Health

Stacy Haumea, DBH, RDN, CDE
Nutrition & Health Education

Sarah Josef, MA, RDN, LD
Nutrition & Health Education

Contact Us
Please call before visiting: 82 Puʻu honu Place, Suite 209 | Hilo, HI 96720
Phone: (808) 796-3125 | Fax: 1-866-372-2766
Hours: Monday-Friday, 8:00am-5:00pm | *closed from 12:00pm-1:00pm*

New Patient Registration is available at the Family Medicine Clinic and online at HMONO.org/family-medicine.
Hui Mālama Ola ʻŌiwi is here to help you achieve your New Year goals. Check out our new and upcoming services to get you started with your 2021 health and wellness goals! All of these classes are free and online, so you can join from any part of the island.

**UPCOMING HEALTH EDUCATION SERVICES**

**HYPERTENSION MANAGEMENT PROGRAM**
This 3-week class focuses on an introduction of high blood pressure education and management.

**DIABETES SELF MANAGEMENT EDUCATION PROGRAM**
Learn more about diabetes management, including nutrition, exercise, and medication in this service directed by a Registered Nurse and other healthcare professionals.

Must have a diabetes diagnosis.

**MINDFUL EATING LAB LEVEL 1**
This 4-week, experiential course aims to enhance food pleasure and nutritional benefits. Learn how to slow down the eating process, listen to physiological cues of hunger/fullness/satisfaction, while making mindful food choices that enhance nutritional benefits and overall health.

**PATCHWORK WELLNESS 2021**
Includes 12 classes, one for each month in 2021! Each month has a different wellness focus, such as Hawaiian Moon Cycles, Kanikapila, Dance, Natural Skin Care, Meal Planning on a Budget, and more!

**MALA 101 BEGINNERS GARDENING CLASS**
Learn to garden at home in this 4-session series! Learn the basics of selecting plants to grow, building healthy soil, and growing to a budget. Participants will receive a raised garden bed, several plants, a Grow Your Own La’au Guidebook, plus other gardening supplies.

**HEALTHY HAPA’I PERINATAL CLASSES**
This 5-week class series focuses on prenatal, postpartum, and parenting for expecting families! Spouses, parents, and support persons are welcomed!

**LA’AU LAPA’AU WORKSHOP & LEVEL 1 CLASS**
Po‘okela Ikaika Dombrigues presents La’au Lapa‘au workshops and Level 1 classes about traditional Hawaiian healing wisdom and spiritual knowledge.

The workshop includes an introduction to La’au Lapa‘au, Ho‘oponopono, Lomilomi Ha Ha, and La‘au Kamea.

**HO‘OPONOPONO TRAINING 0 ‘OE**
In this 2-session training, Kumu Howard Pe‘a will teach a spiritual perspective of Ho‘oponopono, the Hawaiian healing practice of reconciliation and forgiveness.

**HUMU‘U‘U**
Learn more about diabetes management, including nutrition, exercise, and medication in this service directed by a Registered Nurse and other healthcare professionals.

Must have a diabetes diagnosis.

**UPCOMING TRADITIONAL HAWAIIAN HEALING SERVICES**

**Sign up at HMONO.ORG/SERVICES or call (808) 969-9220**
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Learn more about mindfulness and meditation.

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ON GOING SERVICES
In light of COVID-19, Hui Mālama is now offering our regular ongoing services online!

For updates, visit hmono.org/calendar. *To sign up, visit hmono.org/services.

EXERCISE & FITNESS (*ALL ONLINE)
Basic Stretch & Strengthening Exercise
Every Tuesday & Thursday
9:30am - 10:15am

Basic Therapeutic Yoga
Every Tuesday & Thursday
5:00pm - 6:00pm

SUPPORT GROUPS (*ALL ONLINE)
MOMs to MOMs Breastfeeding Support Group
4th Wednesdays of Each Month
2:00pm - 3:30pm

Cancer Support Group
2nd & 4th Tuesdays of Each Month
5:00pm - 6:30pm

Cultural Wellness Support Group
2nd, 3rd, & 4th Mondays of Each Month
5:00pm - 6:00pm

Diabetes Support Group
First Tuesdays, 5:00pm - 6:30pm
Third Tuesdays, 1:00pm - 2:30pm
## January 2021

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<td>5PM Diabetes Self Management Education Program (online)</td>
<td>5PM Hula for Health (online)</td>
<td>5PM Basic Therapeutic Yoga (online)</td>
<td>5PM Mindful Eating Lah level 1 (online)</td>
<td>3PM Basic Stretch &amp; Strengthening Exercise Class</td>
</tr>
</tbody>
</table>

**Hui Mālama Ola Nā ‘Ōiwi**

**January 2021**

**SIGN-UP TODAY!**

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

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**New Year, New Services**

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**Hau‘oli Makahiki Hou**

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