



Olakino

Newsletter

July
Iulai 2021



In loving memory of

AUNTY EDNA BALDADO




Hui Mālama Ola Nā 'Ōiwi

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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
Dr. Malia Tallett, PT, DPT, Secretary
Michael Sonoda Dias, Director
Kale Gumapac, Director

ONGOING 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.

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The July Olakino newsletter is dedicated in loving memory to Aunty Edna Baldado. Read inside to learn about Aunty's work and impact.

In remembrance of Aunty Edna, the July Olakino newsletter displays a red theme and various flowers to reflect Aunty's favorite color and her famous floral attire and hair pieces.

For more information on class times, see our services calendar on the back page.

EXERCISE & FITNESS (*ALL ONLINE)

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

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

SUPPORT GROUPS (*ALL ONLINE)

Mama to Mama Breastfeeding Happy Hour
Every Wednesday, 11:00am - 12:00pm

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

Cultural Wellness Support Group
Second, Third & Fourth Mondays
(**exception: July dates are July 19 and 26**)
5:00pm - 6:00pm

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

Patchwork Wellness
First Mondays
(**exception: July date is July 12**)
5:00pm - 6:30pm

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

A TRIBUTE TO AUNTY EDNA BALDADO

Aloha mai kākou,

It is with a heavy heart that we say a hui hou to our dear friend and colleague, Aunty Edna Baldado.

I first met Aunty Edna when I was hired on as the Outreach Clinical Supervisor for Hui Mālama Ola Nā 'Ōiwi back in 2007. Aunty was working as the Community Health Educator for our Health Education classes at that time. I remember the welcoming spirit and the aloha she exhibited as she shared her mana'ō (*thoughts*) with me from her experience as a nurse. I quickly learned that there was no one else like Aunty Edna. She had a special way of keeping clients engaged during her presentations, radio messages, and talk story sessions throughout the island.

Aunty Edna will always be one of my role models, not only as a nurse, but as a devoted wife and mother. I look up to her humbleness in every situation and her compassion for serving her community. She would never let us forget our mission here at Hui Mālama Ola Nā 'Ōiwi and always made sure we never got lost in the busyness of each day but instead stayed focused on uplifting the health of our Hawai'i island community.

Mahalo nui loa, Aunty Edna, for the many life lessons all these years and for being the same genuine person from the first day I met you. I am privileged to have learned from you and worked alongside you.

Mahalo palena 'ole,

Lehua Andrade, Executive Director



OUR MEMORIES

"Aunty Edna was a woman who loved the Hawaiian culture and led by example. With an encouraging spirit, she always had a way of making you feel better just by talking with her. Anake (*aunty*) would always remind us of the value of our vision and mission and living it everyday.

Anake will be missed, and although not physically present, her memories and the stories she shared will always remain a beacon as we continue our work. Mahalo anake, for all the unconditional love and care that you and anakala (*uncle*) Sam have given on behalf of Hui Mālama Ola Nā 'Ōiwi.

'There but for the grace of God,' was your favorite quote learned from your makuahine (*mother*) and thus your legacy will continue on. Your faith in Ke Akua (*God*) has led you into the next journey, where we have another angel to guide and lead us in our mission toward perpetuating the health of our Hawaiian Nation. You will forever be cherished. *E malama mau ea oe.*"

-Bernie Freitas, Director of Programs



"When I think about Aunty Edna, I think about Proverbs 31 from the Bible:

10: Who can find a virtuous woman? For her price is far above rubies.

25: Strength and honour are her clothing; and she shall rejoice in time to come.

26: She openeth her mouth with wisdom; and her tongue is the law of kindness.

27: She looketh well to the ways of her household and eateth not the ways of idleness.

28: Her children rise up and call her blessed; her husband also, and he praiseth her.

Aunty Edna was a godly woman who served Hui Mālama Ola Nā 'Ōiwi and her church wholeheartedly and with goodness and grace. A hui hou! Till we meet again!"

-Sweetie Osorio, Traditional Hawaiian Healing Department Supervisor

"Her smile and her faith in God will always be the two things I will remember Aunty Edna for. With the pain that she was in, you couldn't tell because of her smile and in staff meetings when she would open up in prayer, it always brought joy and peace because you can tell someone who loves the Lord by how they pray.

One memory I will cherish with Aunty Edna is when she called the front desk to let us know that she couldn't make it to work because she wasn't feeling well. I was covering the front desk at the time and felt led to pray for her, so I asked if that would be okay. She cried and said yes. After praying, she was still crying and said, 'God bless you and thank you'. I will always cherish that last conversation Aunty Edna and I shared together, a moment to pray over and receive a blessing from her.

I'm positive that God will say, 'Well done my good and faithful servant...enter into the joy of the Lord,' as mentioned in the book of Matthew.

Rest in Love Aunty Edna."

-Afe Filemoni, Makahiki Instructor



"We have just lost someone so beautiful. Her memory will always be with us."

-Po'okela Ikaika Dombrigues

"I will always remember her famous sentence, 'Don't work too hard now Makana'. She always gave me a reminder each time she called and spoke directly that it's okay to step away from my desk and take a break. Our phone calls were no more than a five to ten minute conversation; it was a blessing and joyful tune to hear her wisdom, warmth, as well as aloha."

**-Makanaalohaakalani Wong
Receptionist Assistant, Front Desk**



TO OUR DEAR FRIEND & COLLEAGUE

"She always went out of her way to help people who wanted to be helped. It didn't matter what time it was, day or night 24/7. She even went on weekends and where you lived she traveled far for everyone who needed help. She would even go to O'ahu to accompany the people if they need someone to go with them. She always did what our mission and vision statement says, *'We are the group that takes care of the health of Hawaiian people'* etc. *'We envision a strong and healthy Hawaiian nation'*.

She had to trust you before you could present any education classes. She made sure you were saying the right things and making sure it wouldn't jeopardize our reputation in the community. If she heard you say something that wasn't right she would let you know. She was very knowledgeable and everyone respected her. I will never forget her saying on the radio *'Tell them Aunty Edna sent you'*.

She will be missed but remembered for all that she has done for the community and our organization."

-Leenal K. Castro, Clinic Coordinator

"Through the stories I've heard and the few interactions I was able to share with her, Aunty Edna was a woman of heart. Her warm demeanor and sharp mind, fueled by passion for her community's well-being, has blessed us with lasting knowledge and growth. Mahalo nui, Aunty Edna."

-Chloe Regidor, Program Assistant

"I met Aunty Edna when I started assisting the Diabetes Support Group four years ago. I admired her dedication to helping people diagnosed with diabetes understand their disease and how to improve their health through balanced nutrition. She was passionate about uplifting the people of her community and lived her life by her ideals.

I also enjoyed Aunty Edna's sense of humor which made it fun to work with her. She was a good role model and left her mark on our island home!"

**-Sarah Josef, MA, RDN, LD
Community & Clinical Nutritionist**





"Tell them Aunty Edna sent you!" Her famous ending to Aunty's health minute will forever resonate just a fraction of who Aunty Edna Baldado is. Although we have lost such a great treasure, referring to Aunty as 'is' and not 'was' is because Aunty's Legacy will continue to live onward.

'Passionate', if there was a word that could describe Aunty Edna that would be the word. Listening to Aunty's many stories of her humble childhood in Ho'okena started her road toward caring for others that lasted her entire lifetime. Everything she did comprised desire and determination to uplift the health of her community. Her expertise on a vast variety of subjects from all the types of kalo (there are over 100) to diabetes but always inserting cultural protocol. Watching her teach a group of people always amazed me. She captured everyone's attention when she spoke, providing clear images of the topic she was speaking about. Her role as a registered nurse, educator, community figure, mentor, wife and mother all encompassed that main goal of serving.

Closing my eyes, I can see the first moment I met Aunty Edna what seems like just yesterday but in reality, almost ten years now. I hear her high pitch giggle and countless conversations with unsurmountable words of wisdom.

But most of all the sparks that twinkled in her eyes when she and Uncle Sam would talk. Her famous words to me were 'We Know How' meaning whatever it takes... Go do it! Aunty Edna's legacy will never cease but will forever bloom for she planted infinite gardens in so many people. So, when you hear her famous phrase *'Tell them Aunty Edna sent you,'* plant a seed of encouragement, inspiration, laughter and love like Aunty planted in you."

-Wanda Louis, RN
Community Health Educator/Coordinator



 **Hui Mālama Ola Nā 'Ōiwi**
Live Longer & Feel Better, Together

MAHALO, AUNTY EDNA

FOR SERVING HAWAI'I ISLAND

“Aloha mai kākou and welcome to Aunty’s Health Minute brought to you by Hui Mālama Ola Nā ‘Ōiwi...” is one of the many ways our community connected with Aunty.

Aunty Edna’s health minute has played on local radio stations since 2015, allowing everyone throughout Hawai’i island to regularly hear Aunty Edna’s voice and health messages. And for those who didn’t listen to the radio, our community could also connect with her messages in our monthly Olakino newsletter or on our television commercials.

In addition to the radio and newsletters, Aunty’s work and connection extended much further than that. Aunty Edna provided services through Hui Mālama Ola Nā ‘Ōiwi for 28 years as a Community Health Educator and nurse. She assisted and led services in several Health Education programs, ensuring that every participant felt heard, seen, included, and safe to ask health questions.

On behalf of the entire Hui Mālama Ola Nā ‘Ōiwi ‘ohana: Thank you, Aunty Edna, for 28 years of services and guidance. We carry on Aunty’s legacy of dedication by continuing to help Hawai’i island Live Longer and Feel Better, Together.

Me ke aloha,

The Hui Mālama Ola Nā ‘Ōiwi ‘ohana



Aunt Edna in the KAPA-fm studio recording "Aunt Edna's Health Minute". Pictured left with former KAPA radio host, Keith.

Aunt Edna was frequently out in the community, providing diabetes, hypertension, and nutrition education through programs like Let's Talk Story, pictured left at Hale 'Anuenue and television commercials pictured right.



Aunt Edna was an active member of Mālama Ka Pili Pa'a Cancer Support Group, pictured here gathering to celebrate member birthdays.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 hmono.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>			<p>¹ 9:30AM BS&EC (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>²</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>BS&EC Basic Stretch & Exercise Class</p> </div>	<p>³</p>
<p>⁵ OFFICE CLOSED</p>	<p>⁶ 9:30AM BS&EC (online)</p> <p>5PM Diabetes Support Group (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>⁷ 11AM Breastfeeding Support Group (online)</p> <p>5PM Hula for Health (online)</p>	<p>⁸ 9:30AM BS&EC (online)</p> <p>5PM Mala 101 (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>⁹</p>	<p>¹⁰ 9AM La'au Lapa'au Workshop (online)</p>
<p>¹² 5PM Patchwork Wellness (online)</p>	<p>¹³ 9:30AM BS&EC (online)</p> <p>5PM Cancer Support Group (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>¹⁴ 11AM Breastfeeding Support Group (online)</p> <p>5PM Hula for Health (online)</p>	<p>¹⁵ 9:30AM BS&EC (online)</p> <p>5PM Mala 101 (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>¹⁶</p>	<p>¹⁷</p>
<p>¹⁹ 4:30PM La'au Lapa'au Level 1 (online)</p> <p>5PM Cultural Wellness Support Group (online)</p>	<p>²⁰ 9:30AM BS&EC (online)</p> <p>1PM Diabetes Support Group (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>²¹ 11AM Breastfeeding Support Group (online)</p> <p>5PM Hula for Health (online)</p>	<p>²² 9:30AM BS&EC (online)</p> <p>5PM Mala 101 (online)</p> <p>5PM Basic Therapeutic Yoga (online)</p>	<p>²³ 5PM Lomilomi (online)</p>	<p>²⁴ 9AM Lomilomi (online)</p>
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