



Newsletter

May - July 2022
Mei - Iulai 2022

Mālama kekahi i kekahi

To take care of one another

Look Inside For:

*A special message from our Executive Director
Information on our 5th Annual Mālama Nā Keiki Event
Mental Health Awareness Education*



Hui Mālama Ola Nā 'Ōiwi

CONTACT US

+1 (808) 969-9220
contact@hmono.org

 /HMONO.org
 hui_malama_

HILO OFFICE

Open by appointment only.
Please call to make an
appointment.
+1 (808) 969-9220
1438 Kilauea Ave.
Hilo, HI 96720

FAMILY MEDICINE CLINIC

+1 (808) 796-3125
familymedicine@hmono.org
See page 9 for more information

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

A Message From Our Executive Director



Aloha mai kākou:

Reflecting on our commitment to serving Hawai‘i Island’s healthcare needs over the past 31 years, mālama or to care for as our organization name humbly implies is foremost and heartfelt. We hui together to care for our families, our environment, and our communities with much aloha. It is an honor to be of service and we do so with respect to our past, being present as we continue to learn to be better, and we look toward growth and opportunities for excellent healthcare services for nā po‘e Hawai‘i.

From mauka to makai, Hawai‘i Island’s beauty is felt with awe and gratitude for our land and its people. To be able to live here and be of support to one another is essential. There are no boundaries on how we mālama each other which brings a sense of feeling maika‘i. To know that we can kōkua or aid with one’s needs is beyond words. It is felt within one’s heart and shown with a grateful and genuine smile.

I am reminded of the mana‘o or messages that our dear late Aunty Edna would say: “Mālama with Aloha,” “Treat everyone with Aloha,” “People will learn to be humble, respectful, and responsible when they mālama with aloha!” These are just a few of the many anecdotes of wisdom that she imparted on us. Aunty Edna has been an advocate and champion of Hui Mālama Ola Nā `Ōiwi and she will always be fondly remembered.

Mahalo nui loa for your support over the past 31 years and for joining us in our continued efforts to Live Longer and Feel Better, Together! Mālama i kekahi i kekahi!

Me ke aloha,
Lehua Andrade

Executive Director of Hui Mālama Ola Nā `Ōiwi

CONTENTS

Contact/About Us	1
A message from our Executive Director	2
Services Offered	4
31 Years of Serving Hawai'i Island	5-6
Family Medicine Clinic	7
Mental Health Awareness	8
5th Annual Mālama Nā Keiki Festival	9
Calendar	10-12
How to Sign Up Today!	Back

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.

EXERCISE & FITNESS

SUPPORT GROUPS

OTHER SERVICES

HOLIDAY OFFICE CLOSURES

In observance of the upcoming holidays, Hui Mālama's offices will be closed on the following days:

Monday, May 30, 2022

Friday, June 10, 2022

Monday, July 4, 2022

WHAT WE OFFER

Family Medicine Clinic

- Family Medicine
- Nutrition Counseling & Diabetes Counseling
- Behavioral Health
- Health Education

Health Enhancement

Diabetes

- Diabetes Self-Management

Exercise & Fitness

- Basic Stretch & Strengthening
- Therapeutic Yoga

Heart Health

- Hypertension Management Program
- Ola Hou I Ka Hula: Hula for Health

Immunization Program

- For Keiki Under Two Years Old

Nutrition

- Chronic Kidney Disease
- Hele Mai 'Ai
- Mindful Eating Lab Level 1+2

Special Events

- Ladies' Night Out
- Mālama Nā Keiki Festival

Support Groups

- Cancer
- Youth & Adult Diabetes
- Cultural Wellness



Traditional Hawaiian Healing

La'au Lapa'au

- Grow Your Own La'au
- Mala 101: Beginner's Gardening

Ho'oponopono

- One-on-One Consultations

Lomilomi

- Lomilomi Massage in Hilo & Ka'ū
- Lomilomi Ha Ha

Healthy Hāpai Prenatal Program

- Healthy Hāpai Classes
- Mama to Mama Breastfeeding Support

Makahiki Games

Community Health Workers

Our Community Health Workers are the bridge to the community, offering the following and more!

- ☐ Health Presentations
- ☐ Health Screenings
- ☐ Resource Referrals

Kōkua Hali Specialty Transportation

This program offers transportation to medical appointments for those with mobility restrictions.





31 years

Mission & Vision

‘O Hui Mālama Ola Nā ‘Ōiwi mākou.

We are the group that takes care of the health of Hawaiian people.

Eia ke kuleana: Ho‘oulu ola ka lāhui Hawai‘i.

Our Mission is to uplift the health of the Hawaiian nation.

Mālama iā Moku o Keawe,
We will take care of Hawai‘i Island,

Mālama i nā kua‘āina,
Country and rural areas,

Mālama i kou olakino,
Your physical, spiritual and mental body,

Mālama i nā mea Hawai‘i.
And Hawaiian culture and practices.

E ho‘oikaika a ola ka lāhui Hawai‘i.

We envision a strong and healthy Hawaiian nation.

Mei 2022 marks 31 years of Hui Mālama Ola Nā ‘Ōiwi serving Hawai‘i island’s health care needs. We have expanded exponentially over the years. Our organization went from a small grassroots organization to building an island-wide non-profit organization dedicated to improving the health and well-being of Hawai‘i island.

The goal in mind is to ensure that all residents can *Live Longer and Feel Better, Together* – a goal that Hui Mālama Ola Nā ‘Ōiwi continues to live by. Our services continue to expand as we offer 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 island.

Giving

If you are interested in giving to Hui Mālama Ola Nā ‘Ōiwi, there are several ways to contribute.

Monetary Donations

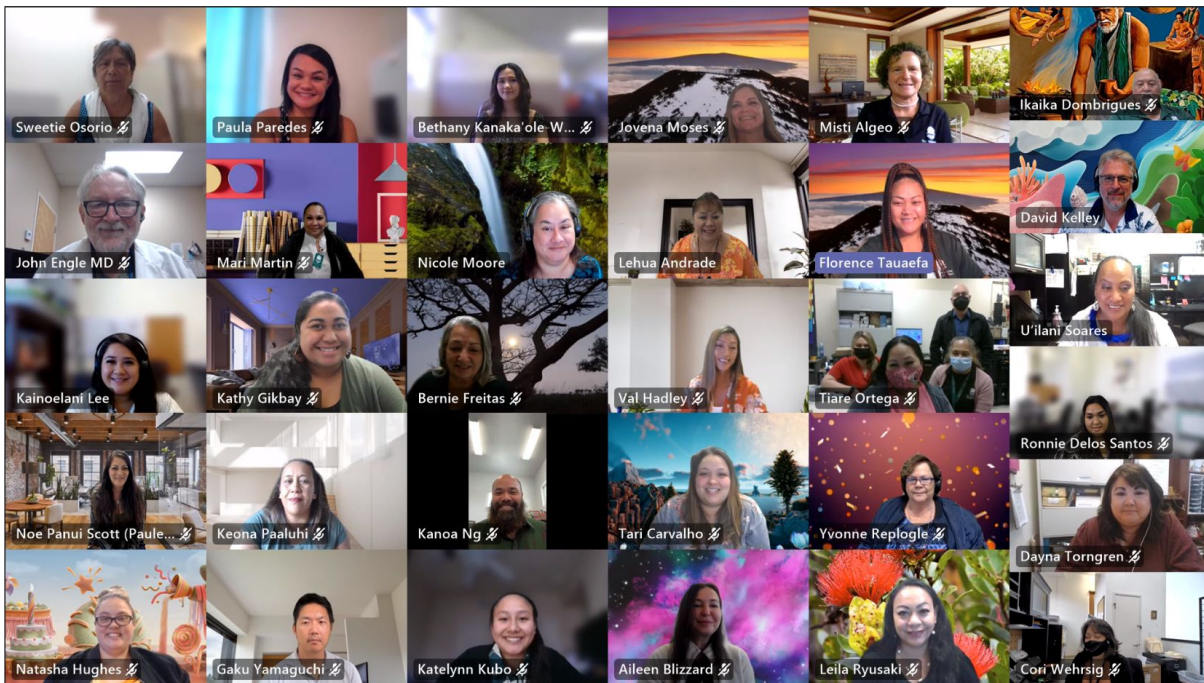
Please visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Malama Ola Na OIwi
1438 Kilauea Avenue
Hilo, HI 96720

Non-Monetary Donations

We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution at (808) 969-9220.



Designate a portion of your purchases on Amazon to **Hui Mālama Ola Nā ‘Ōiwi**. When you shop at smile.amazon.com, Amazon donates 0.5% of your eligible purchases at no cost to you.



Jessalyn Kekona, Makahiki Program Instructor provides Hawai'i island students with traditional Hawaiian sports and activities that are fun and engaging. Makahiki season marks a time of peace, celebration, harvest and relaxation.

“As an instructor, I am grateful to have the opportunity to teach physical activity in schools. It brings me joy to see students challenge themselves and encourage their peers while learning about traditional Hawaiian games,” says Jessalyn.



Florence Tauaefa, Puna Community Health Worker serves her community by advocating for her communities health needs, providing health services, and health care support.

“It’s rewarding to meet and greet everyone with the warmest aloha. Mahalo to our leaders who make it all possible for me to share our amazing programs and resources available to aid the health care needs of our community,” says Florence.

Latest Career Opportunities

- Medical Assistant - Home Medical Visit Program
- Community Health Worker (Ka‘ū & North Hawai‘i)
- Outreach Worker - Covid Team (Hilo & North Hawai‘i)
- Transportation Specialist (Kona & North Hawai‘i)

Apply at hmono.efficientapply.com/jobs/



**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 and online at HMONO.org/family-medicine.

CONTACT US

Please call before visiting
82 Pu'uhonu Place, 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

MAY

MENTAL HEALTH AWARENESS MONTH



The purpose of **Mental Health Month** is to help eliminate the stigma associated with mental illness by raising awareness of mental health conditions and those who have them. Mental health includes our emotional, psychological, and social well-being. Our mental health affects how we feel, act, think, behave, make decisions, and handle stress.



1 in 5 people experience mental illness



Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors. Examples of signs or symptoms include:

- Feeling sad or down
- Confused thinking or reduced concentration
- Excessive fears or worries or feelings of guilt
- Extreme mood changes
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality, paranoia or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking



Hawai'i Cares Line is open 24 hours a day, 7 days a week. They provide local support for mental health and substance abuse. Support is available for adults and adolescents going through crisis, treatment and recovery.

Call from any island
(808) 832-3100
Toll-Free
(800) 753-6879

NATIONAL
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

The National Suicide Prevention Lifeline is a national network of crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

The National Crisis Text Line

The National Crisis Text Line is support that is available 24 hours a day, 7 days a week.

Text "ALOHA" to
74174
from anywhere in the
United States.

First 100 keiki attendees receive a FREE \$20 Famous Footwear gift card!

First 100 keiki attendees to bring proof of immunization receive a FREE \$20 gas card!



Hui Mālama
Ola Nā 'Ōiwi

5th Annual Mālama Nā Keiki Event

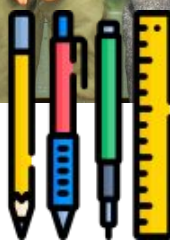
FREE EVENT!

**School Supply
Drive-Thru**



**Saturday,
July 16, 2022
9 AM - 1 PM**

**Visit our website for
more information at
HMONO.org**



**This event is FREE and
open to the public.
FREE school supplies,
backpacks and shoes!**

****while supplies last****



(808) 969-9220

HMONO.org



@huimalama



/HMONO.org



hui_malama_

MEI 2022

PŌ'AKAHI	PŌ'ALUA	PŌ'AKOLU	PŌ'AHĀ	PŌ'ALIMA
<p>2 5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>3 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i> 5-6:30PM Diabetes Support Group <i>(online)</i></p>	<p>4 5-6:30PM Hula for Health <i>(online)</i> 5-7PM Hele Mai 'Ai <i>(online)</i> 5:30-7:30PM Healthy Hāpai <i>(online)</i></p>	<p>5 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>6</p> <div data-bbox="1081 170 1330 397" style="border: 2px solid white; padding: 5px; text-align: center;">  <p>BS&SEC Basic Stretch & Strengthening Exercise Class</p> </div>
<p>9 5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>10 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i> 5-6:30PM Cancer Support Group <i>(online)</i></p>	<p>11 5-6:30PM Hula for Health <i>(online)</i> 5-7PM Hele Mai 'Ai <i>(online)</i> 5-7PM Diabetes Education <i>(online)</i> 5:30-7:30PM Healthy Hāpai <i>(online)</i></p>	<p>12 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>13</p>
<p>16 5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>17 9:30-10:30AM BS&SEC <i>(online)</i> 3:30-4:30PM Youth Diabetes Support Group <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>18 5-6:30PM Hula for Health <i>(online)</i> 5-7PM Hele Mai 'Ai <i>(online)</i> 5-7PM Diabetes Education <i>(online)</i> 5:30-7:30PM Healthy Hāpai <i>(online)</i></p>	<p>19 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>20 12-1PM Papa Kuke 'Oli'Oli <i>(online)</i></p>
<p>23 5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>24 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i> 5-6:30PM Cancer Support Group <i>(online)</i> 6-8 PM Infant Massage w/Ka'anohi Pe'a <i>(online)</i></p>	<p>25 11AM-12PM Breastfeeding Support Group <i>(online)</i> 5-6:30PM Hula for Health <i>(online)</i> 5-7PM Diabetes Education <i>(online)</i> 5:30-7:30PM Healthy Hāpai <i>(online)</i></p>	<p>26 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>27</p>
<p>30 OFFICE CLOSED Memorial Day</p>	<p>31 9:30-10:30AM BS&SEC <i>(online)</i> 5-6PM Basic Therapeutic Yoga <i>(online)</i></p>			<p>10</p>

SIGN-UP TODAY!

To sign-up for our classes, visit hmono.org/services

SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:

contact@hmono.org or hmono.org/olakino

Live Longer & Feel Better, Together!

JUNE 2022

PŌ‘AKAHI

PŌ‘ALUA

PŌ‘AKOLU

PŌ‘AHĀ

PŌ‘ALIMA

SIGN-UP TODAY!

To sign-up for our classes, visit hmono.org/services

SUBSCRIBE TO OUR EMAIL LIST TO GET AUTOMATIC UPDATES:

contact@hmono.org or hmono.org/olakino

Live Longer & Feel Better, Together!

1
5-6:30PM Hula for Health
(online)

5:30-7:30PM Healthy Hāpai
(online)

2
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

3

BS&SEC

Basic Stretch &
Strengthening
Exercise Class

6
5-6:30PM Cultural Wellness
Support Group (online)

7
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

5-6:30PM Diabetes Support
Group
(online)

8
5-6:30PM Hula for Health
(online)

5-7PM Diabetes Education
(online)

9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

5-7PM Hypertension
Education
(online)

13
4:30-7:30 PM La'au Lapa'au -
Level 1 (online)

14
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

5-6:30PM Cancer Support
Group
(online)

15
5-6:30PM Hula for Health
(online)

5-7PM Diabetes Education
(online)

16
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

5-7PM Hypertension
Education
(online)

17

20
4:30-7:30 PM La'au Lapa'au -
Level 1 (online)

21
9:30-10:30AM BS&SEC
(online)

3:30-4:30PM Youth
Diabetes
Support Group (online)

5-6PM Basic Therapeutic
Yoga (online)

5-6:30PM Cancer Support
Group
(online)

22
5-6:30PM Hula for Health
(online)

5-7PM Diabetes Education
(online)

23
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

5-7PM Hypertension
Education
(online)

24

27
5-6:30PM Cultural Wellness
Support Group (online)

28
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

5-6:30PM Cancer Support
Group
(online)

29
11AM-12PM Breastfeeding
Support Group (online)

5-6:30PM Hula for Health
(online)

6-8PM Healthy Hāpai
(online)

30
9:30-10:30AM BS&SEC
(online)

5-6PM Basic Therapeutic
Yoga (online)

IULAI 2022

PŌ‘AKAHI	PŌ‘ALUA	PŌ‘AKOLU	PŌ‘AHĀ	PŌ‘ALIMA
<p>4 OFFICE CLOSED Independence Day</p>	<p>5 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5-6:30PM Diabetes Support Group <i>(online)</i></p>	<p>6 5-6:30PM Hula for Health <i>(online)</i></p> <p>6-8PM Healthy Hāpai <i>(online)</i></p>	<p>7 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>8</p> <div data-bbox="1081 211 1330 446">  <p>BS&SEC Basic Stretch & Strengthening Exercise Class</p> </div>
<p>11 4:30-7:30 PM La‘au Lapa‘au – Level 2 <i>(online)</i></p> <p>5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>12 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5-6:30PM Cancer Support Group <i>(online)</i></p>	<p>13 5-6:30PM Hula for Health <i>(online)</i></p> <p>6-8PM Healthy Hāpai <i>(online)</i></p>	<p>14 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></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 hmono.org/olakino</p> <p>Live Longer & Feel Better, Together!</p>
<p>18 4:30-7:30 PM La‘au Lapa‘au – Level 2 <i>(online)</i></p> <p>5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>19 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>3:30-4:30PM Youth Diabetes Support Group <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	<p>20 5-6:30PM Hula for Health <i>(online)</i></p> <p>6-8PM Healthy Hāpai <i>(online)</i></p>	<p>21 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	
<p>25 5-6:30PM Cultural Wellness Support Group <i>(online)</i></p>	<p>26 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p> <p>5-6:30PM Cancer Support Group <i>(In-Person)</i></p>	<p>27 11AM-12PM Breastfeeding Support Group <i>(online)</i></p> <p>5-6:30PM Hula for Health <i>(online)</i></p> <p>6-8PM Healthy Hāpai <i>(online)</i></p>	<p>28 9:30-10:30AM BS&SEC <i>(online)</i></p> <p>5-6PM Basic Therapeutic Yoga <i>(online)</i></p>	

SIGN UP TODAY!
Scan the QR code below with
your smartphone:



Or visit HMONO.org/services