



Newsletter

November 2022–January 2023
Nowemapa 2022–Ianuali 2023

Healthy Holidays



Look Inside For:

Holiday Recipes

Ladies' Night Out Recap and Mahalo


Diabetes Awareness and Support Groups



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 pages 5-6 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
Deirdre Imagire, Secretary
Michael Sonoda Dias, Director
Kale Gumapac, Director

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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:

Friday, November 11, 2022
Thursday, November 24, 2022
Friday, November 25, 2022
Friday, December 23, 2022 (Half day)
Monday, December 26, 2022
Friday, December 30, 2022 (Half day)
Monday, January 2, 2023
Monday, January 16, 2023

What We Offer

Family Medicine Clinic

- Family Medicine
- Behavioral Health
- Nutritional Counseling and Diabetes Education



Traditional Hawaiian Healing

- La`au Lapa`au
 - Workshops and Classes
 - Grow Your Own La`au/Mala 101
 - Community Garden Workshops (as requested)
- Ho`oponopono
 - One-to-One Consultations
- Hawaiian Massage
 - Hawaiian Massage in Hilo and Ka`ū
- Other Services
 - Healthy Hāpai Prenatal Program
 - Mama to Mama Breastfeeding Support 1:1 Consultations
 - Makahiki Games



Need a doctor, mental health counselor,
or nutritionist?
The clinic is accepting new patients!

Contact us today!

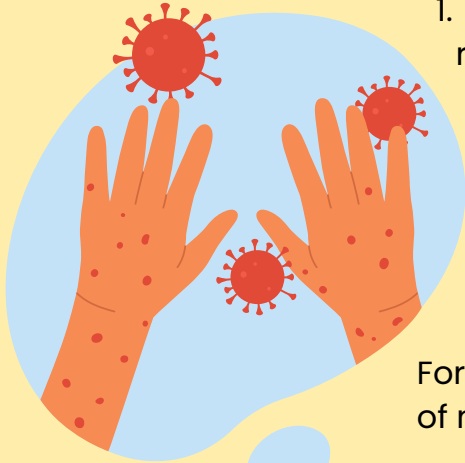


Health Enhancement

- **Community Wellness**
 - Health presentations for schools, businesses, and community groups
 - Health screenings and resource referrals
- **Classes**
 - Wellness Wednesdays: A newly redesigned comprehensive 6-week course covering diabetes, hypertension, chronic kidney disease, fitness and stress management
 - Nutrition: A 3-week course that includes content on basic nutrition, plant based foods and ways to enhance food pleasure and nutritional benefits
- **Exercise and Fitness**
 - Basic Stretch and Strengthening
 - Therapeutic Yoga
 - Hula for Health
- **Immunization Program**
 - For keiki under 2 years old
- **Support Groups**
 - Cancer
 - Diabetes (adult and youth)
- **Kōkua Hali Transportation**
 - Transportation to medical appointments
- **Special Events**
 - Mālama Nā Keiki
 - Ladies' Night Out

What is Monkeypox?

According to the CDC, monkeypox is a rash illness that results from exposure to the monkeypox virus. It is so far rare in the United States. Prevention at this point consists of three components:



1. Avoid skin-to-skin contact with anyone who has a rash that looks like monkeypox.
2. Don't touch anything someone with monkeypox has touched.
3. Keep your hands clean! Wash them with soap and water often.

For further information on and pictures of monkeypox, visit:

<https://www.cdc.gov/poxvirus/monkeypox/symptoms/index.html>

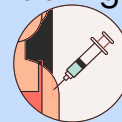


COVID-19 Prevention

COVID prevention recommendations from the Centers for Disease Control (CDC) vary depending on where you live. To easily search using your county, visit: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

In general, follow these tips to lower your risk of contracting COVID-19:

1. Stay up to date with COVID-19 vaccines.
2. Get tested if you have symptoms.



Some people have concerns about the COVID vaccines authorized for use in the USA; thankfully, the CDC has addressed these concerns. The vaccines: contain safe components, serve as better protection than contracting the virus, do not generate variants of the virus, do not contain microchips, do not make one magnetic, do not shed, do not alter one's DNA, and cannot make one sick with COVID-19. To learn more about vaccination, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>



FAMILY MEDICINE CLINIC

HEALTHY EATING OVER THE HOLIDAYS



We offer a warm welcome to:
Joanne Chow, RDN, LD
Nutrition and Health Counselor

NEW
PROVIDER!

Joanne comes to our clinic with over 32 years of experience in her field. Originally from Honolulu, she is thankful to be back home and looks forward to helping her clients make positive choices to improve their health and life through healthy eating. Joanne offered the following tips for healthy eating.

Holiday season is upon us. With it comes more eating, drinking and being merry. How do you stay healthy for not just the day of but for the whole season? Review the following tips and pick what fits you.

Take the time to think about and write down your health goals this holiday season. Be specific and have it fit your lifestyle. However, respect your body. Appreciate your body and body size without placing unrealistic goals on yourself. Share your goals with your family, so they may be on the same page as you.

There can be an overabundance of sugary, fatty or salty treats at this time – choose your splurges intentionally and do not eat food just because it's there. You may choose to limit them to once a day or have a smaller portion size and save the rest for another day. You may choose to just eat your splurge, but in moderation.

Make your own healthy treat or dish options to share at your work or with family or friends. There are lots of good ideas and resources on the web or you can modify a favorite recipe by decreasing, eliminating or substituting fat, sugar or salt to make it a healthier treat or dish.

For the day of a holiday potluck festivity, try the plate method where half your plate is fruit and veggies, $\frac{1}{4}$ is protein and $\frac{1}{4}$ is starch/carbohydrate. Remember, you don't have to try everything. Choose your splurges intentionally, and if you feel you did overindulge, you can always make your next meal healthy and incorporate some walking or physical activity in your day.

Choose your drinks intentionally. You may want to choose a lower calorie drink, water, tea or seltzer. A pitcher of infused water with a hint of flavor from fresh fruit and herbs can give a festive flare to water. Alcohol is a big contributor to empty calories and can cause poor judgement with food. If you do choose to drink, do so in moderation.

Practice mindful eating. Intentionally slow down your eating and savor your food. Notice all the colors, smells, flavors and textures of the food. Notice hunger and fullness signals that guide you to start and stop eating. Notice your reaction to food. You may notice the first two bites of a food as the most flavorful – savor those bites. By the third or fourth bite, the flavor may not appear pleasurable any more, and you may be ready to stop and move on to the next part of your meal. This may be helpful in controlling your portion size.

Most importantly, enjoy your time with your friends and loved ones this holiday season, and remember the reason for the season. Be kind to yourself and make time to give thanks and have that heart of gratitude for what has been given to you.

Contact us today to schedule an appointment with Joanne or one of our other providers, so we can assist with your healthcare needs!

Phone: (808) 796-3125 ✨ Fax: 1-866-372-2766

Please call before visiting: 82 Pu'uohonu Place, Suite 209 ✨ Hilo, HI, 96720

Hours: Mon - Fri: 8:00am - 5:00pm ✨ *Closed from 12:00pm - 1:00pm*

November is

Diabetes Awareness Month

What is Diabetes?

According to the Centers for Disease Control (CDC), "Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 122 million Americans are living with diabetes (37.3 million) or prediabetes (96 million)." For more information on diabetes, visit:

<https://www.cdc.gov/diabetes/basics/index.html>

Type 1

According to the CDC, there are currently no ways to prevent Type 1 Diabetes. Its presence is often made apparent when one is a child, teen, or young adult. People with Type 1 diabetes do not produce their own insulin and must take it daily for the rest of their lives.

Type 2

In contrast to Type 1 Diabetes, Type 2 can be delayed or even prevented by making important (but not always easy) lifestyle changes. Type 2 diabetes is the more common form of diabetes.

How to Prevent or Delay Type 2 Diabetes



Get active!



Eat healthy!



Lose weight!



Hui Mālama Ola Nā 'Ōiwi is here to help!
We have support groups for people with diabetes, one for youth and one for adults.
Reach out to us today to learn more!



22nd Annual Ladies' Night Out

Our 22nd Annual Ladies' Night Out drive-through event, a tribute to Aunty Edna Baldado, RN, was a great success! Over 300 wahine received overnight oats meal kits, COVID kits, sanitizing wipes, water donated from Waiākea Water, sandwiches and pasta salad purchased from Millie's, juice bought from So Juicy, self-care kits and other donated goodies inside of breast-cancer themed pink and black bags. Ku'ehu from KWXX kept the crowd, our staff, and volunteers happy and entertained during the event!





22nd Annual Ladies' Night Out

Hui Mālama Ola Nā 'Ōiwi extends a mahalo nui loa to all the individuals, businesses, and agencies that offered their time and donations free of charge to help make our 22nd Annual Ladies' Night Out a huge success!

Mahalo to the following individuals and businesses for their generous donations and support:

AlohaCare
Aloha Grown
Aloha `Īlio
Asami's Kitchen
Big Island Beef Jerky & Snacks
Big Island Candies
Big Island Climbing
Big Island Delights
Cafe 100
Coalition for a Tobacco-Free Hawai'i
Colleen Auld-Aviles
Creative Arts
Crib.
Don's Grill
Dragon Mama
Frankie's Pizza
Hawai'i County Civil Defense
Hawaiian Force
Hilo Axe Lounge
Hilo Farmers Market
Ho'onanea Massage
HMSA
HPM Building Supply
Hua Ho`āla
`Imiloa
Island Healing Massage
Kahānioke LLC

Kawamoto Store
KD's Gifts & Crafts
Keaukaha General Store
Ken's House of Pancakes
Kozmic Cones
KTA Superstores
Kui & I
Kukuau Studio
Kuleana Creations
KWXX
LexBreezy Hawaii
Little Caesars
Mary Kay - Jenny Y.
Mauna Kea Beach Hotel
Mountain View Bakery
`Ohana Health Plan
Opihi Reveal
Poke N Sides
Ponds Hilo
Project Vision
Punalu'u Bake Shop
Renee Kurata
Shaunna Cota
Sig Zane
Simply Sisters
Tea Time Hawaii
United Healthcare
Waiakea Water

Mahalo to our volunteers for providing their time:

Cherich Ravenscraft
Chiemi Sasaki
Dao Le
Deray "Keawe" Parker, POL
Drizella Mae Robert
Elena Medeiros
Evan Salvador-Stevens
Gail Wung
Joseph Andrade
Joseph Kaupu-Gabriel
Joshua Andrade
Kawehi "Marjorie" Elia
Kim Birnie, POL
Ku`ehu Mauga
Lei Andrade
Leshell Dela Cruz
Mark Kiyuna
Maysee Kagimoto
Napua Casson, POL
Nevaeh Kealoha
Paulette Ke
Sandra Claveria

Mahalo to our sponsors:

This event was made possible through funding from Papa Ola Lokahi, the Safeway Foundation, and the Health Resources & Services Administration.

Healthy Holiday Recipes

Healthy Thanksgiving Recipe: Plant-based Green Bean Casserole

Ingredients

- 3.5 to 4 cups green beans
 - (washed, stems removed, halved)
- black pepper
- 2 Tbsp olive oil
- 1 medium shallot (cut finely)
- 2 cloves garlic (cut finely)
- 1 cup finely chopped mushrooms
- 2 Tbsp all-purpose flour
- 3/4 cup vegetable broth
- 1 cup unsweetened plain almond milk
- 1 1/2 cups crispy fried onions



Instructions

- Preheat oven to 400 degrees.
- Boil the green beans in water for 5 minutes.
- Drain the beans.
- Using an oven-safe pan, cook olive oil, shallot, and garlic for 2-3 minutes over medium heat.
- Add mushrooms and cook for 3-4 more minutes.
- Add flour, whisk in, and cook for 1 minute.
- Slowly whisk in veggie stock.
- Whisk in almond milk.
- Bring to slow boil, then change heat to low.
- Cook for 5-7 minutes, until it is thickened. Taste and add pepper as needed.
- Take off the stove, add 1/2 cup of the fried onions, and all of the green beans.
- Stir and top with the rest of the fried onions.
- Bake for 15 minutes (handle pan carefully). Enjoy!

Recipe sourced from: www.minimalistbaker.com

Healthy Christmas Recipe: Santa Fruit Kabobs

Ingredients/Supplies

- 2 bananas, peeled
- 6 strawberries
- 2 regular marshmallows
- 6 mini marshmallows
- 12 candy eyes
- 6 small, round red candy
- 6 shish kebab skewers

Instructions

- Cut the bananas and regular marshmallows into thirds.
- Cut the ends off of the strawberries.
- Put a skewer through all the bananas, leaving room for the other ingredients.
- Put a cut piece of marshmallow, then a strawberry, and then a mini marshmallow onto each skewer.
- Put 2 candy eyes and a red candy on each banana to make a face. Enjoy!

Recipe sourced from: www.suburbansimplicity.com



For more recipes
and to download a
FREE healthy recipe
book, scan this
code:



During this holiday season, let's help our community!

"The greatness of a community is most accurately measured by the compassionate actions of its members."

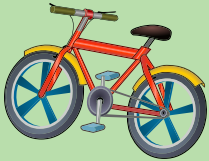
- Coretta Scott King



DONATE:



The Hilo Woman's Club will be putting on a toy drive for children! Stop by their office on December 3rd, from 11 a.m. to 1 p.m. at 7 Lele St. Hilo, HI 96720



The Salvation Army will once again be collecting donations, from the end of November to December 16th, at their office: 219 Ponahawai St, Hilo, HI 96720



Toys for Tots will be collecting toys around Hawai'i Island! For a list of local drop-off sites and their numbers, scan this QR code:



VOLUNTEER :



For the Animal Lover:

The Hawai'i Island Humane Society is now accepting volunteers! To learn more about the process, visit: <https://www.hihs.org/programs/program-volunteer>



For those who love working with food:

You might consider volunteering with our very own food bank in Hilo! Visit: <https://www.hawaiifoodbasket.org/volunteer>



For a broad range of backgrounds:

Take the American Red Cross' Quiz to find a volunteer role in your area perfect for you: <https://www.redcross.org/volunteer/volunteer-role-finder.html>

**generous,
altruistic,
community-
focused.**

Aren't you?

INVEST IN THE HEALTH OF
HAWAI'I ISLAND BY MAKING A
TAX-DEDUCTIBLE DONATION TO
HUI MĀLAMA OLA NĀ 'ŌIWI TODAY!

GIVE US A CALL:

(808) 969-9220



The logo for Amazon Smile, featuring the word "amazon" in black and "smile" in orange, with the orange arrow underneath "amazon" pointing to the right.

amazon smile

You shop. Amazon gives.

1

smile.amazon.com

Search: Hui Malama Ola Na Oiwi

2

Log-in to Amazon

3

Start shopping

For every purchase, Amazon will donate
0.5% to our organization

NOVEMBER 2022

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sign up at hmono.org/services



Basic Stretch & Strengthening Exercise Class (Online)

Basic stretches and muscular endurance exercises that will help improve your flexibility and strength. Designed for all ages; geared toward those needing to maintain or increase mobility, and those wanting a gentle stretch.

**Tuesdays & Thursdays
9:30AM-10:30AM**

Basic Therapeutic Yoga Exercise Class (Online)

Get active, increase flexibility, and improve your overall health at our yoga classes! Beginners and experienced are welcome. Enjoy a free class that is sure to make you feel relaxed. All in the comfort of your home!

**Tuesdays & Thursdays
5:00PM-6:00PM**

Hula for Health (Online)

Join us for our Hula classes!
This weekly class incorporates health and nutrition.

Wednesdays
5:00PM-6:30PM

Diabetes Support Group (Online)

Get your questions answered and learn about diabetes management including nutrition, exercise, and medication.

Tuesday, November 1st
5:00PM-6:30PM

Healthy Hāpai (Online)

This course explores prenatal health, childbirth preparation, and positive parenting!

Tuesdays
November 1st, 8th, 15th
6:00PM-8:00PM

Cancer Support Group (Online & In-person)

A space to connect for current cancer patients, survivors, and caregivers.

Tuesday, November 8th - Online
Tuesday, November 22nd - In-person
5:00PM-7:00PM

Youth Diabetes Support Group (Online)

A safe place to learn about diabetes, share stories, have fun, and connect.

Tuesday, November 15th
3:30PM-4:30PM

Wellness Wednesdays (Online)

A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management.

Wednesdays
November 9th, 16th, 23rd, 30th
5:00PM-7:00PM

DECEMBER 2022

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18	19	20	21	22	23	24
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Sign up at hmono.org/services

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Get active, increase flexibility, and improve your overall health at our yoga classes! Beginners and experienced are welcome. Enjoy a free class that is sure to make you feel relaxed. All in the comfort of your home!

**Tuesdays & Thursdays
5:00PM-6:00PM**

Cancer Support Group (In-person & Online)

The journey through cancer is difficult, but you don't have to do it alone. Join Mālama Ka Pili Pa'a Cancer Support Group for a safe space to connect.

Tuesday, December 13th-Online
Tuesday, December 27th - In-Person
5:00PM-7:00PM

Diabetes Support Group (Online)

Get your questions answered and learn about diabetes management: nutrition, exercise, and medication.

Tuesday, December 6th
5:00PM-6:30PM

La'au Lapa'au Level 1 (Online)

Traditional Hawaiian Healing wisdom and spiritual knowledge.

Monday, December 5th
Monday, December 12th
4:30PM-7:30PM

Hula for Health (Online)

Join us for our hula classes! This weekly class incorporates health and nutrition.

Wednesdays
5:00PM-6:30PM

Wellness Wednesdays (Online)

This is a course about diabetes, heart health & chronic kidney disease.

Wednesday, December 7th
Wednesday, December 14
5:00PM-7:00PM

Grow Your Own La'au/Mala 101 (In-Person & Online)

Learn how to design your own succulent garden at this in person workshop. This class is a special project for the holiday season, which will include a small ceramic container for planting varieties of cactus (for those attending in person).

Saturday, December 3rd
9:00AM-12:00PM

JANUARY 2023

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22	23	24	25	26	27	28
29	30	31				

Sign up at hmono.org/services

La‘au Lapa‘au Level 2 (Online)

Traditional Hawaiian Healing practices.

**Monday, January 23rd
Monday, January 30th
4:30PM-7:30PM**

Diabetes Support Group (Online)

Get your questions answered and learn more about diabetes management.

**Tuesday, January 3rd
5:00PM-6:30PM**

Cancer Support Group (Online and In-person)

The journey through cancer is difficult, but you don't have to do it alone. Join Mālama Ka Pili Pa‘a Cancer Support Group for a safe space to connect.

**Tuesday, January 10th - Online
Tuesday, January 24th - In-person
5:00PM-7:00PM**

Grow Your Own La'au/Mala 101 (Online)

In this introductory online series, learn the basics of selecting plants to grow, building healthy soil, and growing on a budget. Participants will receive a raised garden bed, several plants, a Grow Your Own La'au Guidebook, plus other gardening supplies.

**Friday, January 6th
5:00PM-8:00PM**

**Saturday, January 7th
9:00AM-12:00PM**

Basic Stretch & Strengthening Exercise Class (Online)

Stretches and muscular endurance exercises for flexibility and strength.

**Tuesdays & Thursdays
9:30AM-10:30AM**

Basic Therapeutic Yoga (Online)

Get active, increase flexibility, and improve your overall health!

**Tuesdays & Thursdays
5:00PM-6:00PM**

Youth Diabetes Support Group (Online)

A safe place to learn about diabetes, share stories, have fun and connect with others.

**Tuesday, January 17th
3:30PM-4:30PM**

Nutrition (Online)

Courses on nutrition, plant based foods, and ways to enhance food pleasure.

**Wednesdays
January 11th, 18th, 25th
5:00PM-7:00PM**

Healthy Hāpai (Online)

If you're a parent-to-be, join this free, online five-week class series on prenatal health, postpartum health, positive parenting and more.

**Tuesdays
January 3rd, 10th, 17th, 24th, 31st
6:00PM-8:00PM**

Hula for Health (Online)

Join us for our hula classes! This weekly class incorporates health and nutrition.

**Wednesdays
5:00PM-6:30PM**

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



Or visit HMONO.org/services

+1 (808) 969-9220  HMONO.org  [/HMONO.org](https://www.facebook.com/HMONO.org)  [hui_malama_](https://www.instagram.com/hui_malama_)  [@HuiMalama](https://twitter.com/HuiMalama)

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,384,836.00 with 20% financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.