



*New Year,  
Healthy  
Habits*

Look Inside For:

'Ono Smoothie Recipes  
Heart Month Awareness  
New Health Enhancement Classes



# Hui Mālama Ola Nā 'Ōiwi

## CONTACT US

+1 (808) 969-9220  
[contact@hmono.org](mailto:contact@hmono.org)

 /HMONO.org

 hui\_malama\_

 @HuiMalama

 /company/hmono

### 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](mailto:familymedicine@hmono.org)  
82 Pu`uhonu Place, Suite 209  
Hilo, HI, 96720  
See page 4 for more information

### OLAKINO CONTACT

To submit feedback, subscribe to our  
electronic newsletter, or inquire about  
Olakino, please contact us at:  
[contact@hmono.org](mailto: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



# CONTENTS

# ONGOING SERVICES

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

For updates, visit [hmono.org/calendar](https://hmono.org/calendar).  
\*To sign up, visit [hmono.org/services](https://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, February 20, 2023**  
**Monday, March 27, 2023**  
**Friday, April 7, 2023**

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# What We Offer

## Family Medicine Clinic

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

## Traditional Hawaiian Healing

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

## 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
  - Advanced Nutrition: A 3-week course that will teach you how to prevent chronic diseases like diabetes, obesity, and hypertension by using mindful eating strategies and following a plant-based diet
- **Exercise and Fitness**
  - Basic Stretch and Strengthening
  - Therapeutic Yoga
  - Hula for Health
- **Immunization Program**
  - For keiki under 3 years old
- **Support Groups**
  - Cancer
  - Diabetes (adult and youth)
- **Kōkua Hali Transportation**
  - Transportation to medical appointments
- **Special Events**
  - Mālama Nā Keiki
  - Ladies' Night Out

All our classes and transportation are completely FREE!







**Hui Mālama  
Ola Nā 'Ōiwi**

## **FAMILY MEDICINE CLINIC**

**ACCEPTING NEW PATIENTS  
AND OFFERING TELEVISITS!**



**Dr. John Engle**



**Dr. Peter Donnelly**



**Byers Naope, LCSW**

### **SERVICES**

**Family Medicine  
Behavioral Health  
Nutrition Counseling  
Diabetes Education  
Home Medical Visits\***  
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\*  
**\*Additional criteria must be met in  
order to utilize this service. Please  
contact us for more information.**

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# Introducing NEW Health Enhancement Classes!

## Advanced Nutrition

Join us for this FREE 3-session class taught by Katelynn Kubo, a registered dietitian nutritionist. Learn how to prevent chronic diseases like diabetes, obesity, and hypertension by using mindful eating strategies and following a plant-based diet.

## Wellness Wednesdays

Join us for this FREE comprehensive 6-week course taught by Paula Paredes, a registered nurse, and Katelynn Kubo, a registered dietitian nutritionist. This program covers Diabetes, Hypertension, Chronic Kidney disease, Nutrition, Fitness, and Stress Management.

## Meet Katelynn

Katelynn Kubo is a native Hawaiian registered dietitian nutritionist that recently graduated with her master's degree in nutrition sciences from the University of Nevada, Las Vegas.

She is an instructor for the Wellness Wednesdays and Advanced Nutrition classes, where she educates clients on ways to prevent and manage chronic diseases through food. Katelynn looks forward to helping you live a healthier life.



## Meet Paula

Paula Paredes is a registered nurse who earned her bachelor's degree at the University of Hawaii at Manoa. She has ten years of healthcare experience in various settings, including medical/surgical and trauma care nursing as well as community health.

She began her role as a community educator at Hui Mālama in February of 2022 and teaches the Diabetes, Hypertension, and Chronic Kidney Disease segments of our Wellness Wednesdays course. Paula looks forward to helping people understand and manage their chronic conditions to live healthier lives.





# February is American Heart Month

According to the Centers for Disease Control (CDC), eating food containing unsaturated fat and limiting your intake of saturated fat can help to fend off health issues with your heart. While saturated fats pose a risk to your health, unsaturated fats can actually improve your health!

## Unsaturated Fats vs. Saturated Fats



- avocados
- nuts
- seeds
- beans
- seafood
- olive oil
- margarine (with 0 grams trans fat)
- whole grains

- full-fat cheese
- butter
- fatty meats (like bacon)
- cream cheese
- coconut oil
- palm oil



## Pop Quiz!

1. Which oil is high in saturated fat and should be limited?

- a. olive oil
- b. butter
- c. palm oil
- d. b and c

2. Which type of fat should we limit?

- a. unsaturated fat
- b. saturated fat

3. Which food is high in saturated fat and should be limited?

- a. bacon
- b. seafood
- c. whole grains

4. Which snack is a great source of unsaturated fat?

- a. cream cheese and a bagel
- b. full-fat cheese and crackers
- c. nuts and seeds



See page 12 for answers.

Scan these QR codes to explore the CDC's resources regarding healthy eating:



# March is National Nutrition Month

## What are added sugars?

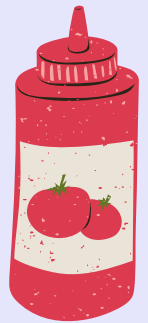
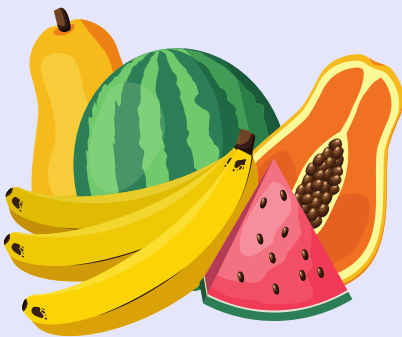
Added sugars are, as the name suggests, sugars that are added while food is being made in a factory. The name also includes actual sugars on their own, such as straight cane sugar that is used for baking; the sugar in syrup and honey; and sugars derived by making very concentrated juices from fruit or vegetables.<sup>1</sup>

## Why should we limit added sugars?

The Food and Drug Administration's Dietary Guidelines for Americans include guidelines regarding added sugars. They recommend letting no more than 10% of daily calories be from added sugars. This is because overconsumption of these sugars means you may either consume too few nutrients or too many calories.<sup>1</sup>

## Time to Check Your Knowledge

Which of the following foods often contain added sugars? (Answers on page 12.)



<sup>1</sup>: <https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label>





# April is National Minority Health Month



## Did you know?

According to the United States Department of Health and Human Services' Office of Minority Health, "It is significant to note that in comparison to other ethnic groups, Native Hawaiians/ Pacific Islanders have higher rates of smoking [...] and obesity. This group also has less access to cancer prevention and control programs. Some leading causes of death among Native Hawaiians/Pacific Islanders include: cancer, heart disease [...] and diabetes."<sup>1</sup>

With health disparities such as these, it is more important than ever to take advantage of the services and resources available on Hawai`i Island to help take your well-being into your own hands.

**Do you smoke but want to quit?** →

See one of our Family Medicine Clinic's providers to pick up a **FREE** nicotine replacement kit! The office on Kīlauea has **FREE** smoking cessation kits!



**Do you want to lose weight and live healthier?** →

Attend our **FREE** Advanced Nutrition class to learn more about diet and health!



**Do you have diabetes?** →

Sign up for our **FREE** Wellness Wednesdays course to learn more about how to manage common chronic diseases such as diabetes. We also have diabetes support groups for youth and adults!



To find out more, visit the Office of Minority Health's website at: <https://minorityhealth.hhs.gov/>

1: <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=65>

# F R U I T

(and hidden vegetable)

## Smoothies



Mango Peach Smoothie



3/4 cup frozen peaches  
1 cup frozen mango  
2 large carrots, peeled and chopped  
2 & 1/2 teaspoons lime juice  
1/2 cup nut milk or lowfat milk

Blend all ingredients in a food processor or blender until smooth. Drink up!

recipe from: [mysequinedlife.com](http://mysequinedlife.com)



Green Smoothie



1/2 cup spinach  
1/4 avocado  
1 apple banana (frozen)  
1 tsp chia seeds  
1 cup nut milk or lowfat milk

Blend all ingredients in a blender until smooth. Enjoy!

recipe from: [choosingchia.com](http://choosingchia.com)

Get creative and try other combinations!



# The Health Benefits of Yoga

According to Johns Hopkins Medicine, a regular yoga practice can lead to:<sup>1</sup>



Why not try it?

We offer **FREE** yoga classes!

**Tuesdays and Thursdays**

**5:00pm - 6:00pm**

**Online**

**Call (808) 969-9220 or visit [hmono.org/services](https://www.hmono.org/services)**

1: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>



# Tips for Keeping Your New Year's Resolutions

For lasting change, it is important to focus on habits!<sup>1</sup>

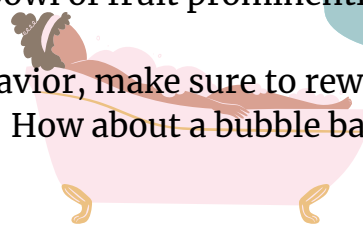
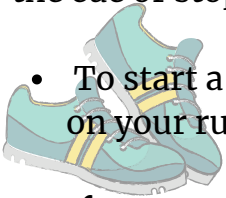
Charles Duhigg's book *The Power of Habit* details how to stop negative habits and establish positive ones. Duhigg encourages people to separate a habit into its three parts: cue, routine, and reward.

- The article gives this example of a **negative habit**:
  - cue: feeling disconnected
  - routine: checking Twitter too much
  - reward: feeling in sync with others



To change the habit, one would need to find a different routine to address the cue or stop the cue from being felt in the first place

- To start a **positive habit**, you need to use simple cues - like just putting on your running shoes, or featuring a bowl of fruit prominently
- If you practice the desired positive behavior, make sure to reward yourself with someone you truly enjoy! How about a bubble bath, or a phone call with a friend?



What new habits would you like to create for the new year? What are some old habits that you need to let go of? Make sure your goals are measurable.

1: <https://www.nytimes.com/guides/smarterliving/resolution-ideas>



# HEALTHY HABITS FOR 2023

- start a gratitude journal
- try out a new hobby or passion project
- spend one-on-one time with a good friend
- start keeping a reflective diary
- read a transformational book
- show up for those you love
- eat a healthy breakfast – see our smoothie recipes on page 9!
- do your dishes immediately
- start investing
- volunteer with a nonprofit organization
- try meditating



sourced from: [thepioneerwoman.com](http://thepioneerwoman.com)

## ANSWER KEY

For page 6:

1. d
2. b
3. a
4. c

For page 7:

Top row: cookies and ketchup

Bottom row: soda, tea with honey, juice pouches (non-100% juice), cereal





# Traditional Hawaiian Healing

Since the pandemic, many of us have faced challenges, but have also discovered new ways to ola (thrive) in life and heal our mind, body and spirit.

Hui Mālama Ola Nā 'Ōiwi is proud to offer free health education services which include the traditional Hawaiian healing practices of lā`au lapa`au (Hawaiian healing plants and herbs), Ho'oponopono (to make things right), and Lomilomi Ha Ha (Hawaiian massage from a spiritual perspective). These special workshops offer an enriching experience of learning about Native Hawaiian culture and protocols practiced by Native Hawaiian ancestors.

With our commitment to uplifting the health of the Hawaiian people and our community, we are excited to announce the return of our in-person workshops!

The workshops are presented by Pookela Ikaika Dombrigues and his haumana (students). His 'ike (knowledge) in the traditional Hawaiian practice of lā`au lapa`au was passed on from his Tahuna (keepers of the Huna Mana) and ancestors. He is dedicated to restoring and preserving traditional Hawaiian cultural practices while respecting our 'āina and to mālama (take care) of the health and well-being of our community through his special techniques of Tahuna Lapa'au (the healing arts).



We invite you to our workshops to learn and practice lā`au lapa`au so that you may continue to live longer & feel better, together with your ohana and loved ones!

**Upcoming Lā`au Lapa`au Workshops:**

Saturday, March 11, 2023 at Auntie Sally's Lū`au Hale 9:00 am - 2:00 pm

Saturday, April 1, 2023 at Waimea Community Center 10:00 am - 3:00 pm

Saturday, May 6, 2023 at Old Kona Airport 10:00 am - 3:00 pm

Saturday, June 3, 2023 at Kea`au Senior Community Center 9:00 am - 2:00pm

To pre-register for these upcoming workshops, please contact our Traditional Hawaiian Healing Department at (808) 969-9220. We hope to see you there!

*Healthy Hāpai Program is Honored by Mayor*

On December 21st, 2022, Mayor Mitchell Roth proffered a "special mahalo" to our Healthy Hāpai program at the Mahalo Luncheon for Mālama Makuahine - Year of the Mother 2022.

In his official message, he noted that Healthy Hāpai is an "impactful" program.





# New year, new priorities

STAY  
Healthy

DONATE

LIFE  
— IS —  
GOOD

All donations stay right here on Hawai'i Island!





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

# FEBRUARY 2023

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26	27	28				

*Sign up at [hmono.org/services](https://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**



## Grow Your Own Lā`au In-Person Workshop

Ka`ili Mali`e Farms LLC - Pahala

Explore gardening techniques and learn different forms of farming. Engage in conversations with our farming expert – *Keahi Tajon*, who is highly knowledgeable in agroforestry.

Saturday, February 11th

9:00AM-2:00PM

## Diabetes Support Group (Online)

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

Tuesday, February 7th  
5:00PM-6:30PM

## Hula for Health (Online)

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

Wednesdays  
5:00PM-6:30PM

## Cancer Support Group (Online & In-person)

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

Tuesday, February 4th - Online  
Tuesday, February 28th - In-person  
5:00PM-7:00PM

## Youth Diabetes Support Group (Online)

A safe place to learn about diabetes, share stories, ask questions, get advice from Health Education professionals, and connect.

Tuesday, February 21st  
3:30PM-4:30PM

## Wellness Wednesdays (Online)

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

Wednesdays  
February 8th, 15th, 22nd  
5:00PM-7:00PM



# MARCH 2023

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

*Sign up at [hmono.org/services](https://hmono.org/services)*

## **Basic Stretch & Strengthening Exercise Class (Online)**

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)**

Beginners and experienced are welcome. Enjoy a free class that is sure to make you feel relaxed.

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

## **Grow Your Own Lā`au/Mala 101 In-person Workshop Kahalu`u Kūāhewa - Kona**

Explore gardening techniques and learn different forms of farming. Engage in conversations with our farming expert – *Keahi Tajon*, who is highly knowledgeable in agroforestry.

**Saturday, March 4th  
9:00AM-3:00PM**

### **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)**

These are the last 3 of 6 sessions of a  
course about diabetes, heart health &  
chronic kidney disease.

**Wednesdays  
March 1st, 8th, 15th  
5:00PM-7:00PM**

### **Diabetes Support Group (Online)**

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

**Tuesday, March 7th  
5:00PM-6:30PM**

### **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, March 7th-28th  
6:00PM-8:00PM**

### **Youth Diabetes Support Group (Online)**

A safe place to learn about diabetes,  
share stories, ask questions, get advice  
from Health Education professionals,  
and connect.

**Tuesday, March 21st  
3:30PM-4:30PM**

### **Lā'au Lapa'au Workshop (In-Person, Venue TBD - call (808) 969-9220)**

A firsthand experience with a cultural  
practitioner on traditional Hawaiian  
healing lā`au and cultural practices.

**Saturday, March 11th  
9:00AM-2:00PM**

### **Lā'au Lapa'au Level 1 (Online)**

Traditional Hawaiian Healing wisdom  
and spiritual knowledge.

**Monday, March 20th  
Monday, March 27th  
4:30PM-7:30PM**

### **Cancer Support Group (In-person & Online)**

The journey through cancer is difficult,  
but you don't have to do it alone.

**Tuesday, March 14th -Online  
Tuesday, March 28th - In-Person  
5:00PM-7:00PM**



# APRIL 2023

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

*Sign up at [hmono.org/services](https://hmono.org/services)*

## **Lā‘au Lapa‘au In-person Workshop Waimea Community Center**

A firsthand experience with a cultural practitioner on traditional Hawaiian healing lā‘au and cultural practices.

**Saturday, April 1st  
10:00AM-3:00PM**

## **Diabetes Support Group (Online)**

Get your questions answered and learn more about diabetes management.

**Tuesday, April 4th  
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, April 11th - Online  
Tuesday, April 25th - In-person  
5:00PM-7:00PM**



## **Grow Your Own Lā‘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 Lā‘au Guidebook, plus other gardening supplies.

**Friday, April 21st  
5:00PM-8:00PM**

**Saturday, April 22nd  
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, April 18th  
3:30PM-4:30PM**

## **Advanced Nutrition (Online)**

Learn about disease prevention through mindful eating and a plant-based diet.

**Wednesdays  
April 5th, 12th, 19th  
5:00PM-7:00PM**

## **Healthy Hāpai (Online)**

This is the last session of this free, online five-week class series on prenatal health, postpartum health, positive parenting and more.

**Tuesday, April 4th  
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](https://HMONO.org/services)**

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