



Newsletter

May-July 2023
Mei-Iulai 2023

Our Keiki, Our Future

Look Inside For:

Fun Summer Activities

Keiki-Friendly Recipes

Save the Date for our Mālama Nā Keiki Festival!



Hui Mālama Ola Nā 'Ōiwi

CONTACT US

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
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

 /HMONO.org
 hui_malama_
 @HuiMalama
 /company/hmono

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:

Monday, May 29, 2023

Monday, June 12, 2023

Tuesday, July 4, 2023

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What We Offer

FAMILY MEDICINE CLINIC

- Primary Care
- Nutrition Counseling
- Behavioral Health

TRADITIONAL HAWAIIAN HEALING

LĀ'AU LAPA'AU

- Lā'au lapa'au workshops and classes
- Grow Your Own Lā'au/Māla 101
- Community Garden workshops (upon request)

HO'OPONOPONO

- One-to-one consultations with a cultural practitioner

OTHER SERVICES

- Healthy Hāpai Prenatal Program
- Mama to Mama Breastfeeding Support (1:1 consultations)
- Makahiki Games (school-based only)

KŌKUA HALI TRANSPORTATION

- Transportation to medical appointments

SPECIAL EVENTS

- Ladies' Night Out
- Mālama Nā Keiki Festival

HEALTH ENHANCEMENT COMMUNITY WELLNESS

- Health education presentations for schools, businesses, and community groups
- Health screenings and resource referrals

WELLNESS WEDNESDAYS

A comprehensive 6-week course covering diabetes, hypertension, chronic kidney disease, fitness, stress management, and disease-specific nutrition

ADVANCED NUTRITION

A 3-week course on preventing chronic diseases like diabetes, obesity, and hypertension by using mindful eating strategies and following a plant-based diet

EXERCISE & FITNESS

- Basic Stretch & Strengthening
- Yoga
- Hula for Health

SUPPORT GROUPS

- Cancer
- Diabetes



Hui Mālama Ola Nā 'Ōiwi

FAMILY MEDICINE CLINIC

**82 Pu'uhonu Place, Suite 209
Hilo, Hawai'i 96720**

Online Appointments Available

Healthcare at the
tips of your fingers!

Call our clinic at
(808) 796-3125 or visit
hmono.org/family-medicine!

We Offer Home Medical Visits!*



NEW!

*additional criteria must be met in order to utilize this service
Call the clinic for more information: (808) 796-3125



DON'T WAIT, VACCINATE!



Immunization and what you need to know

According to the Centers for Disease Control (CDC), vaccines play a vital role in keeping your baby healthy! They protect your child against many dangerous yet preventable diseases, and have been shown to be safe. It is important that the vaccination schedule below is followed so that your child is protected!

For more information, visit www.cdc.gov/vaccines.

Recommended Immunizations: Newborn-6 years

Newborn: Hepatitis B #1

1-2 months: Hepatitis B #2 (1-2 months after Hep. B #1)

2 months: DTaP #1, IPV #1, Hib #1, PCV #1 & Rota #1

4 months: DTaP #2, IPV #2, Hib #2, PCV #2 & Rota #2

6 months: DTaP #3, Hib #3, PCV #3 & Rota #3 (for 3 dose version)

6-18 months: IPV #3, Hepatitis B #3 (4 months after Hep. B #2) & Influenza (yearly)

12-15 months: MMR #1, Hib #4, PCV #4 & Var #1

12-23 months: Hepatitis A (2 doses, 6 months apart)

15-18 months: DTaP #4

4-6 years: DTaP #5, IPV #4, MMR #2 & Var #2



Key

DTaP = Diphtheria, Pertussis, Tetanus

IPV = Polio

Hib = Haemophilus Influenzae type b

PCV = Pneumococcus

Rota = Rotavirus

MMR = Measles, Mumps, Rubella



Keiki activities!



Hui Mālama
Ola Nā 'Ōiwi

Family friendly!

FREE event!

6th ANNUAL

MĀLAMA NĀ

KEIKI FESTIVAL

This event is FREE and open to the public. It is focused on expecting and first-time mothers, supporting 'ohana, young families, and women considering pregnancy from across the county!

Come join us for a day filled with fun and education!

Saturday,

June 24, 2023

10AM - 2PM

Pāhala

Community Center

Activities:

- Makahiki games
- Make and take crafts
- Grow your own plant

GAMES

Education:

- Prenatal and newborn information
- Breastfeeding education with lactation specialists

Health Screenings

Prizes from various donors, free food, entertainment, partnering organizations and more!

SUMMER ACTIVITIES FOR KEIKI

Try these free or low-cost activities to keep your keiki engaged and entertained!



Play with hairdos! Let your keiki have fun with non-permanent colored hairsprays, braids, and hair gel for various looks!

Create a photoshoot! Have the keiki wear fun outfits.



Visit the Panaewa Zoo. Admission is free!

Find a list of upcoming events at: <https://hilozoo.org/events/>



Play charades!



Pack a picnic and head to Coconut Island!

Play balloon tennis.

Sign yourself and your keiki up for a reading challenge!

Visit: <https://www.librarieshawaii.org/summerreading/>



Help your children to write in a journal daily.



Paint rocks! You and your children can paint "pet" rocks, rocks to identify garden plants, or paperweights!



Get creative with a polymer clay variety that is safe for kids to use. Bake their creations to harden them!

Have a board game and card game night!
You could even have games for adults, too.



KEIKI-FRIENDLY RECIPES

If they are old enough, get your keiki involved in making these delicious and nutritious culinary creations!



FROZEN YOGURT BANANA POPS

Recipe created by: Natalie Monson



Ingredients

3 medium bananas
1 cup low-fat yogurt
1 cup toppings of choice
(chopped nuts, sprinkles,
mini chocolate chips,
crushed pretzels, shredded
coconut)

Instructions

1. Peel bananas and cut in half.
2. Insert a popsicle stick half way into each banana.
3. Line a baking sheet with parchment paper.
4. Lay bananas on the baking sheet and freeze for an hour.
5. Dip each banana in yogurt and roll in toppings.
6. Put back on the baking sheet and freeze for another hour.



EASY NO-BAKE GRANOLA BARS

Recipe created by: Jessica Clara Noelle Grant



Ingredients

2 cups rolled oats
1 and 1/4 cups chunky
natural peanut butter
1 cup ground flaxseed
3/4 cup honey
3/4 cup dried cranberries
1/2 cup chocolate chips
1/4 cup sliced almonds

Instructions

1. Stir all ingredients together in a bowl.
2. Press mixture into a 9 x 11 baking dish, using the back part of a spatula to press flat.
3. Refrigerate for at least an hour.
4. Cut into 12 bars and wrap each in plastic wrap for storage.
5. Keep in the refrigerator.



OUT IN THE COMMUNITY



BRUDDAH KUZ YOUTH JAMM



Leenal, Jed, and Nicole spread awareness of our services and gave out free COVID test kits at this event. Emma (not pictured) met representatives from other groups in our community - potential future partners!

HEALTH FAIR AT THE DEPT. OF HEALTH

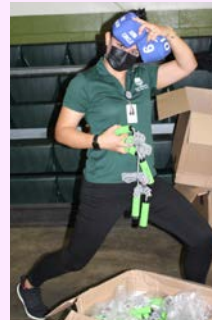


Jed, Kainoelani, and Paula shared information with the public about our free services, while also educating about Breast Cancer Awareness.

OLA'A FAMILY FAIR



Our volunteer nursing students, Paula, Tari, and Arthur interacted with attendees at this fair.



Paula and Spike led an exercise activity with the keiki.



Our volunteer nursing students and Paula educated keiki about sun protection. After the keiki answered comprehension questions, they received wide brimmed hats!

60th Annual Merric Monarch Parade

The Hui Mālama Ola Nā 'Ōiwi 'ohana came together to plan, build our float, pass out much-appreciated fans to parade watchers, and represent our organization at this year's historic 60th annual parade.



Support Groups

Cancer Support Group

Our cancer support group is a welcoming place for those affected by cancer: current cancer patients, survivors, and caregivers.

Join us every second (online) and fourth (in-person) Tuesday of the month from 5:00PM - 7:00PM!




Diabetes Support Group

Our online adult diabetes support group is a monthly meeting for those who are diagnosed with diabetes and their caregivers. Education is provided by Katelynn Kubo, MS, RDN, LD and Paula Paredes, RN. They share current information on monitoring, medications, and health news. This group is appropriate for those who are 18 and older with diabetes type 2.

Join us online every first Tuesday of the month from 5:00PM - 6:30PM!





"I would recommend this [Advanced Nutrition class] to all family and friends."

"I really enjoy the lā'au lapa'au classes."

Client Testimonials

Mahalo nui loa to all of our wonderful clients who have participated in our programs! If you are interested in any of our FREE services or our Family Medicine Clinic, visit HMONO.org/services!

"I really liked this [Wellness Wednesdays] class and would like to continue joining more [...]."

"I enjoyed the two GYOL/Māla classes with Keahi. He is so knowledgeable."

Stress Relief

According to the American Heart Association, "Chronic stress can keep you from feeling and performing your best – mentally, physically and emotionally."¹

We all have some sort of stress in our lives, and it is helpful to know how to address it.

Follow these tips from the American Heart Association to reduce your stress.¹

Stress-busting Tips

Start talking positively to yourself! Catch yourself when you are thinking something negative about yourself, and switch it to something positive instead. Think "I can" instead of "I can't," and "I am worthy!" instead of "I am worthless." You get the idea!

Get moving! Exercising is a great way to counter stress and avoid its negative effects. Find a physical activity you like doing, and incorporate it into your routine.

Do something you enjoy! This may be different for everyone. Maybe you like to read, paint, or garden. Perhaps spending time with a loved one is more your cup of tea.

¹ <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

For further information and resources, scan the QR code:



May is Mental Health Awareness Month

According to [mayoclinic.org](https://www.mayoclinic.org), these activities are helpful in avoiding becoming overwhelmed:

- eat healthy
- avoid detrimental habits
- meditate
- practice deep breathing
- find ways to laugh more
- learn to say no
- try yoga, especially hatha yoga
- keep a journal
- enjoy a hobby
- listen to music

Crisis line:
Dial 988
Emergencies:
Dial 911

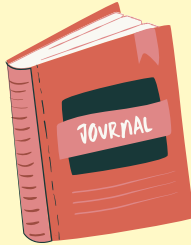
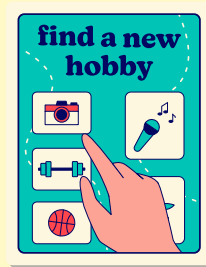
Mentalhealth.gov provides these tips to maintain good mental health:

- get professional help if you need it
- connect with others
- stay positive
- get physically active
- help others
- get enough sleep

it's
OKAY
to say
NO

Volunteers
needed

YOU CAN
DO IT!



This way to continued well-being!

WELL BEING



June: National Men's Health Awareness Month

Important Wellness Checks for Kāne

Test	Information
Abdominal aortic aneurysm	Have a one-time ultrasound imaging of your heart and aorta (the large blood vessel that comes off the heart) between the ages of 65 and 75 if you have ever smoked.
Blood pressure	Have your blood pressured at least once every two years if it is in the healthy range (under 120/80) or once a year if it is above normal (between 120/80 and 139/89).
Colorectal cancer	Recommended for men ages 50-75. Talk to your doctor about which screening test, or combination of tests, is best for you, how often you need it, and if you should continue having these tests after 75.
Diabetes	Get tested for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
Lipid profile (total cholesterol, LDL, HDL, and triglycerides)	Starting at age 35, all men should have their cholesterol checked regularly. Men at high risk for developing heart disease should start at age 20.
Lung cancer	Annual testing with low-dose computed tomography (LDCT) between ages 55 and 80 if you have smoked the equivalent of a pack a day for 30 years and currently smoke or have quit within the past 15 years.

Information in chart obtained from:

<https://www.health.harvard.edu/topics/screening-tests-for-men>

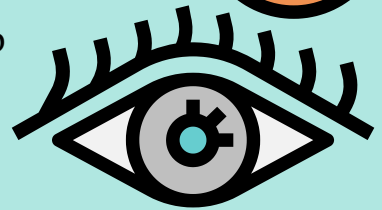
Always discuss your healthcare decisions with your doctor.

This is not an exhaustive list of all recommended wellness checks.

July: Dry Eye Awareness Month

Did you know?

- Dry eye is **twice as common** for women compared to men
- Dry eye is **more common** in adults age 50 and up
- Almost **5 million** American adults 50 and up have severe dry eye
- Approximately **20 million** Americans 50 and up have non-severe dry eye
- Treatments include **eye drops and topical creams**
- Dry eye can be exacerbated by long hours spent **in front of a computer monitor or staring at one thing**
- If you work in front of a screen and experience dry eye, make sure you **take regular breaks** where you rest your eyes



**Experiencing symptoms of dry eye?
Talk with your eye doctor today!
Need a primary care provider?
Call our clinic at (808) 796-3125.**



MAY 2023

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28	29	30	31			

Sign up at hmono.org/services

Basic Stretch & Strengthening (Online)

Basic stretches and muscular endurance exercises that will help improve your flexibility and strength.

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

Yoga (Online)

Get active, increase flexibility, and improve your overall health at our yoga classes!

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

Grow Your Own Lā‘au Forest Restoration (In-Person) Umauma Farms - Hāmākua coast

Restoring a native forest on old sugarcane land.

This class has limited enrollment.

Saturday, May 13th
9:00AM-12:00PM

Lā‘au Lapa‘au Level 2 (Online)

Traditional Hawaiian Healing wisdom and spiritual knowledge.

Monday, May 15th
Monday, May 22nd
4:30PM-7:30PM

Lā'au Lapa'au Workshop (In-Person, Old Kona Airport)

A firsthand experience with a cultural practitioner on traditional Hawaiian healing lā'au and cultural practices. Bring your own lunch. If you are not registered, come at 9:30AM or earlier.

**Saturday, May 6th
10:00AM-3:00PM**

Diabetes Support Group (Online)

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

**Tuesday, May 2nd
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, May 9th - Online
Tuesday, May 23rd - In-person
5:00PM-6:30PM**

Healthy Hāpai (Online)

If you're pregnant, join this free, online five-week class series on prenatal health, postpartum health, breastfeeding, positive parenting, and more. This is the first of five classes.

**Tuesday, May 30th
6:00PM-8:00PM**

Wellness Wednesdays (Online)

A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management. The last class is in June.

**Wednesdays
May 3rd-31st
5:00PM-7:00PM**

JUNE 2023

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18	19	20	21	22	23	24
25	26	27	28	29	30	

Sign up at hmono.org/services

Cancer Support Group (Online and In-Person)

The journey through cancer is difficult, but you don't have to do it alone. Join our cancer support group for a safe space to connect.

Tuesday, June 13th - Online
Tuesday, June 27th - In-person
5:00PM-6:30PM

Wellness Wednesdays (Online)

The last class in a 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management.

Wednesday, June 7th
5:00PM-7:00PM

Grow Your Own Lā'au/Māla 101 (Online)

In this introductory online series, learn the basics of selecting plants to grow, building healthy soil, and growing on a budget.

Friday, June 9th
5:00PM-8:00PM

Saturday, June 10th
9:00AM-12:00PM

Basic Stretch & Strengthening (Online)

Stretches and muscular endurance exercises for flexibility and strength.

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

Yoga (Online)

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

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

Diabetes Support Group (Online)

Get your questions answered and learn more about diabetes management.

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

Advanced Nutrition (Online)

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

Wednesdays
June 14th, 21st, 28th
5:00PM-7:00PM

Healthy Hāpai (Online)

The last four sessions of this free, online five-week class series on prenatal health, postpartum health, breastfeeding, positive parenting, and more.

Tuesdays, June 6th-27th
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

JULY 2023

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16	17	18	19	20	21	22
23	23	25	26	27	28	29
30	31					

Sign up at hmono.org/services


**Lā'au Lapa'au (In-Person Workshop)
Kea'au Community Center
16-186 Pili Mua Street, Kea'au, HI, 96749**

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

If you are not a registered client, please come in at 8:30AM or earlier.

Bring your own brown bag lunch.

**Saturday, July 8th
9:00AM-2:00PM**



Basic Stretch & Strengthening (Online)

Stretches and muscular endurance exercises for flexibility and strength.

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



Yoga (Online)

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

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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



Cancer Support Group (Online and In-person)

The journey through cancer is difficult, but you don't have to do it alone. Join this group for a safe space to connect.

Tuesday, July 11th - Online
Tuesday, July 25th - In-person
5:00PM-6:30PM

Provide for vital health care services on Hawai'i island



DONATE TODAY!

Visit hmono.org/donate

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



Or visit HMONO.org/services

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