



Newsletter

August - October 2023  
'Aukake - 'Okakopa 2023

*Let's Make Fall Healthy!*

**Look Inside For:**

**Save the Date for Ladies' Night Out!**

**Healthy Halloween Treats**

**Eye, Joint, and Bone Health Tips**



# 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 Imagine, Secretary  
Michael Sonoda Dias, Director  
Kale Gumapac, Director  
C. Loke Evans-Bautista, 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](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:

Friday, August 18, 2023  
Monday, September 4, 2023  
Monday, October 9, 2023

# Services We Offer



## **FAMILY MEDICINE CLINIC**

- Primary Care
- One-to-One Nutrition Counseling
- Home Medical Visit Program\*
- Most Insurances Accepted
- Sliding Fee Scale for Uninsured
- Serving patients 15 years and up

## **FREE SERVICES**

## **TRADITIONAL HAWAIIAN HEALING**

- Grow Your Own Lā'au/Mālā 101
- Community Garden workshops (upon request)
- Healthy Hāpai Prenatal Program
- Mama to Mama Breastfeeding Support (1:1 consultations)
- Makahiki Games (school-based only)

## **KŌKUA HALI**

## **TRANSPORTATION**

- Transportation to medical appointments

\*Patients must meet certain criteria in order to utilize this service

## **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

## **SPECIAL EVENTS**

- Ladies' Night Out
- Mālama Nā Keiki Festival



**Hui Mālama  
Ola Nā 'Ōiwi**

# **FAMILY MEDICINE CLINIC**



**82 Pu'uhonu Place  
Suite 209  
Hilo, HI, 96720**



**Dr. John Engle**



**Dr. Gaku Yamaguchi**



**Lauren Butcher, APRN**



**Katelynn Kubo, MS, RDN, LD**



**Alice Suncloud, RDN, LD, CDCES**



**Primary Care**



**Nutrition  
Counseling**



**Home  
Medical Visits\***



**Most Insurances  
Accepted**



**Sliding Fee  
Scale Offered**



**Telemedicine  
Available**



**Patients 15  
Years and Up**

## **CONTACT US :**



**(808) 796-3125**



**HMONO.org**



**contact@HMONO.org**

**\*Criteria must be met in order to utilize this service.**

# 6th Annual Mālama Nā Keiki Festival: Smiles All Around!





# Hui Mālama Ola Nā ‘Ōiwi

*Native Hawaiian Health Care System*

## **Mahalo to those who contributed to the success of our 6th Annual Mālama Nā Keiki Festival!**

‘Aha Pūhala O Puna  
Joseph Andrade  
Joshua Andrade  
Asian Pacific Partners for  
Empowerment, Advocacy and  
Leadership  
Big Island Climbing  
Big Island Delights  
Big Island Substance Abuse Council  
Blue Zones Project  
Boys and Girls Club  
Coca-Cola Bottling Co.  
Coco Moon Hawai‘i  
County of Hawai‘i Parks and Rec.  
Kathleen Engle  
Erin Datlof  
Department of Education  
Domino's Pizza  
Ioane Faasili  
Family Support Hawai‘i  
Emily Fernandes  
The Food Basket  
Marlene Freitas  
Rodney (Kini) Freitas  
Hana Hou Restaurant  
Hawai‘i County Fire Department  
Hawai‘i Diaper Bank  
Hawai‘i Island Comm. Health Center  
Hawai‘i Police Department

Hawai‘i Public Health Institute  
Hawai‘i State Department of Health  
Hawaiian Electric  
Health Resources & Services Admin.  
Healthy Mothers, Healthy Babies  
HFS Federal Credit Union  
HMSA  
Ho‘ōla Nā Pua  
Hope Services Hawai‘i  
HPM Building Supply  
Island Naturals Market & Deli  
Ka‘ilimali‘e Farms LLC  
Tsulan Kamakawiwo‘ole  
Kamehameha Publishing  
Kamehameha Schools  
Ka‘ū Calendar  
Ka‘ū Coffee Mill Hawai‘i  
Ka‘ū High and Pāhala Elem.  
Ka‘ū-Kea‘au-Pāhoa Complex  
Ka‘ū Rural Health Comm. Assn.  
KBXtreme  
Nevaeh Kealoha  
Jessalyn Kekona  
KTA Super Stores  
Kumu Lori Lei's Hula Studio  
Lavaloha  
LIV.  
Legal Aid Society of Hawai‘i

Mike Lowrey  
Lyman Museum  
Mauna Loa Mac Nuts  
Meadow Gold Dairies  
The Most Irresistible Shop  
‘Ohana Health Plan  
Papa Ola Lōkahi  
Partners for Safe Keiki  
Partners in Dev. Fndn.  
PATCH  
Project Vision Hawai‘i  
Punalu‘u Bake Shop  
Cherich Ravenscraft  
ROSS  
Evan Salvador-Stevens  
Anna Shigematsu  
Sig Zane Designs  
Cara Sumida  
Target  
UnitedHealthcare  
Waiākea Water  
Armin Wehrsig  
Nate Waters  
808 Sweet Shack

23rd  
annual



Hui Mālama  
Ola Nā 'Ōiwi

# Ladies' Night Out

Promoting health awareness and appreciation for the women of Hawai'i island!



Health Care Resources  
Make and Take Crafts



Entertainment  
Prizes



Free Food  
And More!

Friday, September 22  
6:00 p.m. - 9:00 p.m.

Edith Kanaka'ole Stadium

350 Kalanikoa St., Hilo, HI 96720

ADMISSION BY TICKET ONLY



+1 (808) 969-9220



HMONO.org



contact@hmono.org

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/HMONO.org



hui\_malama\_



@HuiMalama



/company/hmono

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**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 AT  
(808) 969-9220 OR VISIT  
OUR WEBSITE TO DONATE.



# Healthy Treats for Halloween

## "Monster Mouths"

### Ingredients:

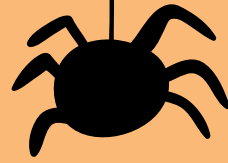
- 3 green apples
- 3 tablespoons peanut butter (creamy)
- 2 ounces of sliced cheddar cheese
- 2 tablespoons of sunflower seeds
- 1 package of candy eyes

### Instructions:

1. Cut the apples in quarters, cut off the core and seeds, and cut out a v-shaped piece from the center of all the apple quarters (see picture).
2. Spread a layer of peanut butter into all the "monster mouths."
3. Press some sunflower seeds into the top of all the "monster mouths" to make "teeth."
4. Cut out and put a triangular piece of cheese into all the "mouths."
5. Put a small amount of peanut butter onto the back of the candy eyes and put them on the "monster heads."



Recipe Credit: Emily Wilson



## "Snack-O-Lanterns"

### Ingredients:

- navel oranges
- cut up fruit

### Instructions:

1. Slice the tops off the oranges.
2. Run a knife around the insides of the oranges to hollow them out.
3. Scoop out the orange segments and reserve.
4. Carve faces on one side of the oranges.
5. Use a paper towel to absorb any juice in the oranges.
6. Cut up the orange segments.
7. Fill each orange with the cup up fruit.
8. Put the tops back on.



Recipe Credit: Nikki Gladd

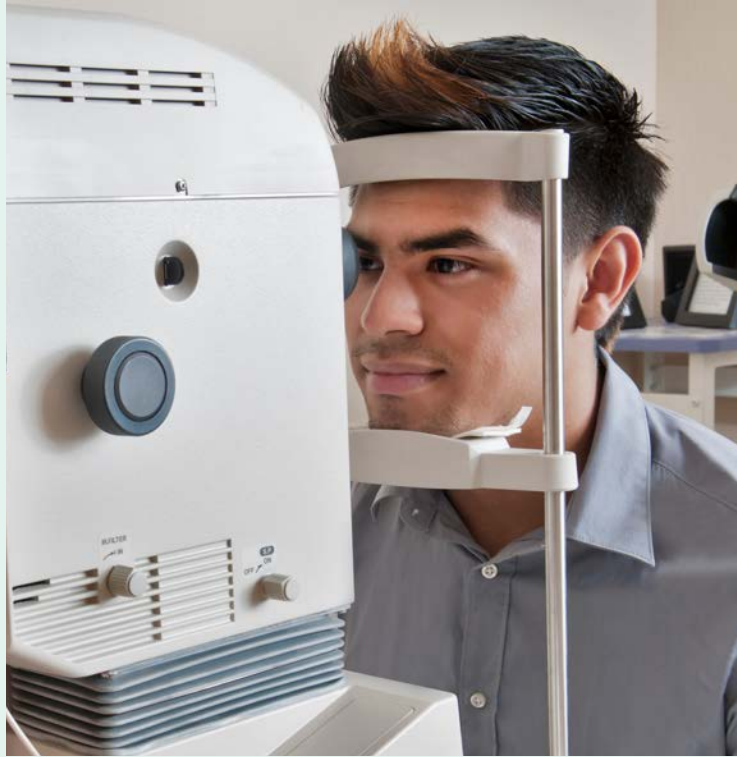
# August: National Eye Exam Month

This August, observe National Eye Exam Month by scheduling a comprehensive eye exam with your optometrist.



## Did you know?

According to the Centers for Disease Control and Prevention, 1 out of every 3 Americans will develop a life-altering condition called diabetic retinopathy.



## How to Prevent and Manage Diabetic Retinopathy

### Dilation Exams

According to the National Eye Institute (NEI), if you have diabetes, your yearly eye exam should include dilation, as diabetic retinopathy does not show symptoms at first. Thankfully, if caught early, there are treatments for it.



### Diabetes Management

As the NEI details, managing your diabetes is important to avoid or slow the progress of diabetic retinopathy.

Managing diabetes includes four main components:

1. Physical activity
2. A healthy diet
3. Taking your medication as directed by your doctor
4. Checking whether your diabetes management plan is effective with an A1C lab test arranged by your doctor



# September: Healthy Aging Month

Let's practice these healthy habits (recommended by the Centers for Disease Control and Prevention) today to enjoy as many happy and independent days as possible in the future!

## 1. Eat and drink healthy



## 2. Get regular physical activity

## 3. Avoid or quit smoking



## 4. Visit your doctor(s) regularly

## 5. Inform your doctor(s) of your family health history



## 6. Keep a lookout for brain issues such as memory problems

# OCTOBER 12TH-20TH: BONE AND JOINT ACTION WEEK



This October, let's recognize Bone and Joint Action Week by taking good care of our bones and joints!

## HOW TO KEEP BONES HEALTHY

According to the Harvard T.H. Chan School of Public Health, getting sufficient calcium is an important factor in healthy bones.

### DID YOU KNOW?

Bones are not unchanging objects in your body. Rather, they are alive and always changing. They go through "remodeling," where they are broken down and built back up.

### BONES THROUGH THE AGES

For people up to 30 years old who are healthy, who exercise, and who receive enough calcium, there is usually more bone building than bone break down. For adults over 30, there is usually more bone break down than bone production.

### Bone or joint pain?

Speak with your primary care provider, who can refer you to a specialist if needed.

## HOW TO KEEP JOINTS HEALTHY

According to Harvard Health Publishing, there are important actions you can take for healthy joints, even if you do not currently have any joint issues such as arthritis.

### 1. HEALTHY WEIGHT

To lower the level of stress on your joints, be proactive by maintaining a healthy weight.

### 2. MUSCLE BUILDING AND MAINTENANCE

Strong muscles protect joints. It is important to build and maintain strong muscles as a preventive measure against joint issues.

### 3. LOW-IMPACT EXERCISE

If you do have joint issues, it is important to perform low-impact exercise (such as swimming or walking on a flat surface) instead of high-impact exercise.

For more information, visit:

[health.harvard.edu/staying-healthy/protecting-your-joints](https://health.harvard.edu/staying-healthy/protecting-your-joints)

[hsph.harvard.edu/nutritionsource/calcium/](https://hsph.harvard.edu/nutritionsource/calcium/)



# AUGUST 2023

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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	31		

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

## Diabetes Support Group (Online)

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

**Tuesday, August 1st**  
**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, August 8th - Online**  
**Tuesday, August 22nd - In-person**  
**5:00PM-6:30PM**



### **Wellness Wednesdays (Online)**

A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management. The first 2 classes are in August and the remaining 4 are in September and October.

**August 23rd and August 30th**  
**5:00PM-7:00PM**



### **Grow Your Own Lā'au/Mālā 101 (Online)**

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

**Friday, August 25th**  
**5:00PM-8:00PM**  
**Saturday, August 26th**  
**9:00AM-12:00PM**



### **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.

**Thursdays, August 3rd-August 31st**  
**6:30PM-8:30PM**



## *Hāpai?*

**Join our FREE five-week  
Healthy Hāpai course  
covering prenatal health,  
breastfeeding, and more!  
Visit [HMONO.org/services](https://HMONO.org/services)  
to sign up today!**

# SEPTEMBER 2023

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*Sign up at [hmono.org/services](https://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, September 12th - Online**  
**Tuesday, September 26th - In-person**  
**5:00PM-6:30PM**

## **Wellness Wednesdays (Online)**

These are the 3 classes (of this 6-week course) that occur in September. The course deals with hypertension, chronic kidney disease, nutrition, fitness, and stress management.

**Wednesdays**  
**September 6th, 13th, 27th**  
**(No class 9/20)**  
**5:00PM-7:00PM**



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

Stretches and muscular endurance exercises for flexibility and strength.

**Tuesdays & Thursdays  
(No class September 19th and 21st)  
9:30AM-10:30AM**

### **Yoga (Online)**

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

**Tuesdays & Thursdays  
(No class September 19th and 21st)  
5:00PM-6:00PM**

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

Get your questions answered and learn more about diabetes management.

**Tuesday, September 5th  
5:00PM-6:30PM**

### **Hula for Health (Online)**

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

**Wednesdays  
(No class September 20th)  
5:00PM-6:30PM**



# *FREE YOGA?*

**From your living room?**

**YES!**

**Sign up today at**

**[HMONO.org/services](https://HMONO.org/services)**

# OCTOBER 2023

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## 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**

## Diabetes Support Group (Online)

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

**Tuesday, October 3rd**  
**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**



### **Advanced Nutrition (Online)**

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

**Wednesdays  
October 18th and 25th, November 1st  
5:00PM-7:00PM**



### **Healthy Hāpai (Online)**

If you're pregnant, join this free, online 5-week class series on prenatal health, postpartum health, breastfeeding, positive parenting, and more.

**Thurs., October 19th-November 16th  
6:30PM-8:30PM**



### **Wellness Wednesdays (Online)**

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

**Wednesday, October 4th  
5:00PM-7:00PM**



### **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, October 10th - Online  
Tuesday, October 24th - In-person  
5:00PM-6:30PM**

**Provide for vital health care services on Hawai'i island**








# **DONATE TODAY!**

**Visit [hmono.org/donate](https://hmono.org/donate)**

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



**Or visit [HMONO.org/services](https://HMONO.org/services)**

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