



Newsletter

November 2023 - January 2024  
Nowemapa 2023 - Ianuali 2024

# Happiness Begins with Good Health

*Staying Healthy and Happy During the Holidays!*

**Look Inside For:**  
**Hui Mālama's Family Medicine Clinic**  
**Healthy Holiday Recipes**  
**23rd Annual Ladies' Night Out Recap**



# Hui Mālāma Ola Nā 'Ōiwi

## CONTACT US

### HILO OFFICE

Open by appointment only.  
Please call to make an  
appointment.  
+1 (808) 969-9220  
1438 Kīlauea 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 Mālāma Ola Nā 'Ōiwi  
staff members. Printing of Olakino is provided  
by Kamehameha Schools East Hawai'i  
Region.

### WHO WE ARE

Hui Mālāma Ola Nā 'Ōiwi is a 501(c)(3)  
nonprofit organization. Incorporated in  
1991, Hui Mālāma Ola Nā 'Ōiwi serves as  
the Native Hawaiian Health Care System  
for Hawai'i island, providing traditional  
Hawaiian healing, medical, 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



# CONTENTS

Contact/About Us	1
Services We Offer	3
Family Medicine Clinic	4
Ladies' Night Out Recap	5
Ladies' Night Out Mahalo	6
Fall Recipes	7
Christmas Recipe	8
Holiday Family Fun!	9
Donate	10
Let's Get Moving!	11
Mindful Connections	12
Nutrition Counseling	13
Educational Classes	14
Healthy Hāpai	15
Alzheimer's Awareness Month	16
Impaired Driving Prevention	17
Thyroid Awareness Month	18
New Year, S.M.A.R.T. Goals!	19-20
Calendar Pages	21-26
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](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, November 10, 2023
- Thursday, November 23, 2023
- Friday, November 24, 2023
- Friday, December 22, 2023 (half day)
- Monday, December 25, 2023
- Friday, December 29, 2023 (half day)
- Monday, January 1, 2024
- Monday, January 15, 2024

# 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**

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

## **ADVANCED NUTRITION**

- 3-week course
- Covers prevention of 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



familymedicine@HMONO.org

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



# Hui Mālama Ola Nā 'Ōiwi Ladies' Night Out Fact Sheet 2023

Total Attendees

**400**



An attendee gets her nails done by a volunteer.



Opening protocol is conducted.

Total # of Partnering Orgs  
+ Total # of Volunteers

**59** partnering orgs  
**197** individual service providers  
**103** individual volunteers



An attendee gets her hair cut for free by a stylist.



An attendee smiles as she makes a lauhala bracelet.

Total # of Donors

**73**



An attendee gets her blood pressure checked.



An attendee smiles as she carries her door prize.

Total Hours Donated  
+ Total Value of Time and  
Materials Donated

**1397** hours  
**\$43,589.46**



Total # of Free Materials from  
Hui Mālama Distributed

**7,705**







# Hui Mālama Ola Nā 'Ōiwi



## Mahalo to everyone who made our 23rd Annual Ladies' Night Out a success!

2 The Point Acupuncture  
 Maliah Ababa  
 Abundant Beauty Spa  
 AES Waikoloa Solar LLC  
 Ku'ulei Alameda  
 Amanda Agor  
 'Aha Pūhala O Puna  
 AirMedCare Network  
 Alcoholics Anonymous  
 Aloha 'Ilio Rescue  
 AlohaCare  
 ALTRES Staffing  
 Alu Like  
 American Cancer Society  
 Michele Amoy  
 Maddie Awaya  
 Buddy Ayudan  
 Mel Ayudan  
 Taylor Ayudan  
 Back to Basics Chiropractic  
 Backyard Monkey LLC  
 Balanced Life  
 Wincel Ballesteros  
 Basically Books  
 Bayside Beauty  
 The Beauty Spot Hilo  
 The Beauty Suite of Hilo  
 Alohi Bickle  
 Big Island Candies  
 Big Island Climbing  
 Big Island Delights  
 Big Island FCU  
 Big Island Substance Abuse Council  
 Kim Birnie  
 Blue Zones  
 Fiona Broward  
 Robin Kehaulani Bryce  
 Shannon Burke  
 Café Pesto  
 Bailey Cahill  
 Basil Cain  
 Sarah Cama  
 Canada-France-Hawai'i Telescope Corp.  
 Saddle Carriaga  
 Child & Family Service  
 Sandra Claveria  
 Coca-Cola Bottling Company  
 Finn Cole  
 Jamie Coloma  
 Community First Hawai'i  
 County of Hawai'i  
 Cynthia Crabtree  
 Creation Swells Photography  
 Creative Arts

Angus Daniels  
 Otis Daniels  
 Dr. Sheri Daniels  
 Day-Lum Rentals  
 Le'Shell Dela Cruz  
 Annie Delos Santos  
 Don's Grill  
 Jana Dubova  
 Dynamic Dao  
 Kade Economy  
 Marjorie Elia  
 Kevin Emmons  
 Tam-e Fa'agau  
 Ioane Faasili  
 Noe Farm-Branco  
 Kirsten Fernandes  
 The Food Basket Inc. Hawai'i  
 Bernie Freitas  
 Friends of the Children's Justice Center of East Hawai'i  
 Friends of the Palace Theater  
 Amanda Gill  
 Kari Gillespie  
 Hana Hou  
 Pi'ikea Hanaoka  
 Hawaiian Electric  
 Hawai'i Care Choices  
 Hawai'i Community College  
 Hawai'i County Economic Opportunity Council  
 Hawai'i Disability Rights Center  
 Hawai'i Island Community Health Center  
 Hawai'i Island United Way  
 Hawai'i Police Department  
 Hawai'i Public Health Institute  
 Mafi Heimuli  
 Hilo Medical Center  
 Hilo Naturopathic Clinic  
 Hilo Vet Center  
 HMSA  
 Hō'ē Fetii  
 Ho'ōla Nā Pua  
 HPM  
 Hui Mālama Ola Nā 'Ōiwi's Board of Directors  
 Tracy Huynh  
 'Ilikō Sweet Skin  
 I Ola Lāhui  
 Jenna Ishigo  
 Island Healing Massage Company  
 Island of Hawai'i Visitors Bureau  
 Island of Hawai'i YMCA  
 Abby Jensen  
 Nate Jensen  
 Anayah Joaquin

Kamu Johansen  
 Chelsee Kagimoto  
 Maysee Kagimoto  
 Kagimoto's  
 David Kahilihiwa  
 Kaleo Kahilihiwa  
 Charis Kaio  
 Hau'oli Kamakawiwo'ole  
 Sarah Kamakawiwo'ole  
 Tsulan Kamakawiwo'ole  
 Kamehameha Publishing  
 Kamehameha Schools  
 Ha'aipo Kanoa-Wong  
 KBXtreme Premier Entertainment Center  
 Nevaeh Kealoha  
 Keaukaha General Store  
 Kapua Kehano  
 Ken's Towing  
 Keokea Spa  
 Ryan Kim  
 Madison Kobayashi  
 Maria Kong  
 Kozmic Cones  
 KTA Superstores  
 Kuleana Creations  
 Kumukahi Health and Wellness  
 Rayne Kusano  
 Lotus Lacks-Park  
 Lavaloha Chocolate Farm  
 Legal Aid Society of Hawai'i  
 Lift All Things Body  
 Lokahi Treatment Centers  
 Katie Lowrey  
 Mike Lowrey  
 Lyman Museum  
 Mālama Ka Pili Pa'a  
 Manaola  
 Mana Wellness Massage Therapy and Holistic Health  
 Massage by Tim  
 Mauna Loa Macadamia Nuts  
 Elena Medeiros  
 Malcolm Medeiros  
 Camila Megargel  
 Gladys Megargel  
 Mayra Mendoza  
 Miriam Mendoza  
 Nicole Minato  
 MONAT Global  
 The Most Irresistible Shop in Hilo  
 NAMI Big Island  
 New West Broadcasting - KWXX  
 Alexis Nicolas  
 Wally Ogata

'Ohana Health Plan  
 'Opihi Reveal by HI Frequency Imaging LLC  
 Dr. Landon Opunui  
 Chy Otsuka  
 Lily Pa  
 Zarah Paresa  
 David Peters  
 Jordan Picar-Cabal  
 Pohina Products  
 Premier Benefit Consultants  
 Project Vision  
 ProService Hawai'i  
 Maile Puaoi  
 Punalu'u Bake Shop  
 Dr. Malia Purdy  
 Makamae Quinn  
 Cherish Ravenscraft  
 Mayor Mitch Roth  
 Evan Salvador-Stevens  
 Sanak Attack  
 Kari Sato  
 Shaunna's Beauty Salon  
 Sig Zane Designs  
 Simply Sisters  
 Mel Soares  
 U'ilani Soares  
 Studio 58  
 Su Lin Kennels  
 Supercuts  
 Tiffany Teramoto  
 Tracy Thornett  
 Kaela Tsuchiya  
 Kalama Ulibas  
 Orlino Ulibas  
 United HealthCare  
 University of Hawai'i at Hilo Admissions  
 Awdisy Victorino  
 Waiakea Kōkua Initiative  
 Cathilyn Kehaulani Ward  
 Nate Waters  
 Armin Wehrsig, Jr.  
 Carlee Ann Wehrsig  
 Whole Systems Healthcare  
 Marisa Wilson  
 WIMSIM Massage Therapy  
 Kaylie Wolverton  
 Dayvan Wong  
 Tiffany Wong  
 Jennie Yamaguchi  
 Christina Young  
 Kathleen Yumul  
 YWCA Hawai'i Island  
 Zero Waste Hawai'i Island

# Fall Recipes



## Easy Cinnamon Apples

### Ingredients:

- 4 large apples, cored and sliced thinly
- 2 teaspoons ground cinnamon

### Instructions:

1. In a large nonstick pan, cook apple slices and cinnamon over medium heat until the slices are tender, about 5-10 minutes.
2. Remove from heat and serve warm.

## Spiced Pear Overnight Oats

### Ingredients:

- 1/2 cup old-fashioned rolled oats
- 3/4 cup milk (nonfat dairy or plant-based)
- 1/4 cup diced pears
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/8 teaspoon nutmeg
- maple syrup or sugar alternative, to taste

### Toppings (optional):

- pear slices
- chopped nuts such as pecans
- dash of cinnamon

### Instructions:

1. Combine oats, milk, diced pears, and spices in a jar or container with a top.
2. Refrigerate, covered, overnight.
3. Stir, sweeten to taste, and add any desired toppings.







# Christmas Recipe



## Homemade Granola

This granola does not form large clumps but is delicious!



### Ingredients:

- 4 cups old-fashioned rolled oats
- 2 cups pecans or other preferred nuts or seeds, chopped coarsely
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 cup brown sugar
- 1/2 cup vegetable oil, such as canola
- 2 teaspoons vanilla extract
- 1 cup raisins or other preferred dried fruit

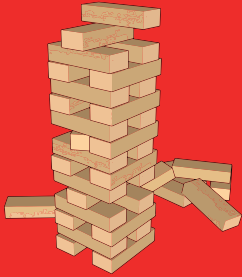
### Instructions:

1. Preheat oven to 350°F.
2. Line a rimmed baking sheet with parchment paper.
3. Stir together the oats, nuts, cinnamon, nutmeg, and brown sugar in a large bowl.
4. Add the oil and vanilla and mix thoroughly.
5. Evenly disperse the mixture onto your prepared baking sheet.
6. Bake for about 20-22 minutes, until granola is golden.
7. After the granola is cool, add the raisins or other dried fruit.
8. To give as gifts, package in airtight containers.
9. If storing for longer periods of time, seal in freezer packaging and freeze.



# Holiday Family Fun!

Looking for ways to have cost-friendly fun with your 'ohana during the holidays? Here are four activities that are enjoyable and affordable!



Host a game night! Everyone loves a good game night. Have friends and family each bring a game or borrow a few from your local public library.

Bring some blankets and pillows, get the popcorn, log onto Netflix, and pick a family-friendly movie for you and your 'ohana to enjoy! “Matilda,” “Benji,” and “Chicken Run” are a few good options!



Whip up some of your favorite foods and take your 'ohana out to the park for a family-fun picnic! Bring a ball or two for your keiki!

Host a Christmas-themed scavenger hunt with your 'ohana. Scavenger hunts are not only fun, but they promote teamwork, problem-solving and decision-making skills!





# Be the Change, Donate to Support Healthy Living on Hawai'i island!



## Your donation supports:

- **FREE** transportation to medical visits for our clients and patients
- **FREE** health education and traditional Hawaiian healing classes for our clients
- **FREE** client attendance and participation at our special events

SCAN  
ME



# Get Moving with Us!

One recommendation for living a healthy lifestyle is to engage in 150 minutes of moderate-intensity, prolonged physical activity a week.<sup>1</sup>

We invite you to register and participate in these FREE classes!



## Hula for Health

**Wednesdays, 5:00 p.m. - 6:30 p.m., Online**

This is a weekly class that is taught by Kumu Lori Lei Katahara and features health education provided by Katelynn Kubo, MS, RDN, LD and Paula Paredes, BSN, RN. Hula is the traditional Native Hawaiian dance that is enjoyed by the dancers and their audiences. During this class, Kumu Lori Lei teaches haumāna (students) the hula and kaona (hidden meaning) of mele. Hula can be the perfect melding of cultural activity and health.

## Yoga

**Tuesdays & Thursdays, 5:00 p.m. - 6:00 p.m., Online**

Try out yoga to get a gentle stretch and increase flexibility. This class is meant for both beginner and experienced yogis.



## Basic Stretch and Strengthening



**Tuesdays & Thursdays, 9:30 a.m. - 10:30 a.m., Online**

This class features 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.

## Grow Your Own Lā'au/Māla 101

**Friday, Jan 12th, and Saturday, January 13th**

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





# Mindful Connections

Building and maintaining strong social connections is crucial for well-being. According to the Centers for Disease Control and Prevention, social isolation increases your risk of:<sup>1</sup>

**Dementia by 50%**  
**Heart Disease by 29%**  
**Stroke by 32%**

On the other hand, social connectedness leads to improved health outcomes.



**To reap the health benefits of social connectedness, ensure that you:<sup>2</sup>**

- have at least 2 people you can receive support from
- socialize often in meaningful ways
- support and feel supported by friends, family, and others in your community
- find and/or maintain a sense of belonging
- foster love, care, and appreciation among those in your social circle



**Hui Mālama  
Ola Nā 'Ōiwi**

## Support Groups

Hui Mālama Ola Nā 'Ōiwi provides specialized support groups aimed at enhancing your well-being through fostering social connections. Our Cancer Support Group convenes at 5:00 p.m. on the second and fourth Tuesdays of each month, alternating between online and in-person meetings in Hilo. Additionally, our Diabetes Support Group gathers online at 5:00 p.m. on the first Tuesday of every month.

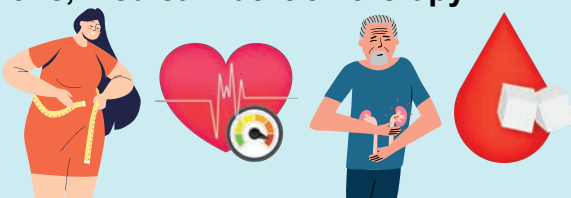
1: <https://www.cdc.gov/emotional-wellbeing/social-connectedness/loneliness.htm>

2: <https://www.cdc.gov/emotional-wellbeing/social-connectedness/ways-to-improve.htm>

# ONE-TO-ONE NUTRITION COUNSELING

## Who could benefit from our clinic's one-to-one, medical nutrition therapy?

- Those diagnosed with obesity, hypertension, chronic kidney disease, and/or diabetes
- Those looking to improve their A1C/blood sugar, blood pressure, and/or weight



## Frequently Asked Questions

### 1. *What is a Registered Dietitian Nutritionist (RDN)?*

An RDN is a credentialed healthcare professional who provides evidence-based information about nutrition and diet.

### 2. *What is a session like?*

Your RDN will assess medical documents from your primary care provider (PCP) and provide you with nutrition education to manage your condition. You and your RDN will create goals together, look at barriers to achieving them, and work through them together.



## Benefits of Nutrition Counseling

- Individualized care
- Patient-centered care
- Prevent and/or manage chronic conditions
- Get your nutrition questions answered
- Culturally-appropriate nutrition education
- Supportive environment
- May lead to improved health outcomes

## Meet our Registered Dietitian Nutritionists (RDNs)



**Alice Suncloud**  
RDN, LD, CDCES

Residing on Hawai'i Island since 1984, Alice worked at Bay Clinic from 2015 - 2021. She now enjoys seeing patients of Hui Mālama.



**Katelynn Kubo**  
MS, RDN, LD

Born and raised on Hawai'i Island, Katelynn is a Native Hawaiian RDN. She loves to help her community make sustainable lifestyle changes.

## HELE MAI!

### How do I start the process to see an RDN?

1. Discuss your desire to receive one-to-one nutrition counseling from Alice or Katelynn with your primary care provider (PCP).
2. Have your PCP fax over your referral to our Family Medicine Clinic at (808) 372-2766.
3. Get scheduled with one of our RDNs.



# FREE EDUCATIONAL CLASSES

- Online via Zoom
- General education on disease management and prevention
- Anyone can take these classes
- Great for those with a family history of chronic disease, a friend or family member facing a chronic disease, and those looking to prevent chronic diseases
- Taught by a Registered Nurse and a Registered Dietitian Nutritionist
- Not for individual one-to-one disease management or nutrition counseling

## WELLNESS WEDNESDAYS

Meets for 2 hours once a week on Wednesdays.

Components of this 6-week course:

- Preassessment (20 minutes): To discuss goals and expectations
- Week 1: **Type 2 Diabetes** Management and Prevention
- Week 2: **Hypertension** (High Blood Pressure) Management and Prevention
- Week 3: **Chronic Kidney Disease** Management and Prevention
- Week 4: **General Nutrition** and its role in Preventing or Delaying Chronic Diseases
- Week 5: **Managing Diabetes, Hypertension, and Chronic Kidney Disease** through Nutrition Recommendations and Recipe Modifications
- Week 6: **Stress Management and Increasing Physical Activity**

Instructors



Paula Paredes  
BSN, RN



Katelynn Kubo  
MS, RDN, LD

## ADVANCED NUTRITION

Components of this 3-week course:

- Preassessment (20 minutes): To discuss goals and expectations
- Week 1: **Preventing Chronic Diseases** - Learn what chronic diseases are, what increases your risk for them, why we want to prevent them, and how to prevent them
- Week 2: **Mindful Eating** - Learn how to prevent chronic diseases through mindful eating strategies such as reducing eating rate, reducing portion sizes and portion distortion, and assessing body cues like hunger and fullness
- Week 3: **Plant-based Diet** - Learn the benefits of eating a plant-based diet and how to incorporate more plant-based foods into your diet

Instructor



Katelynn Kubo  
MS, RDN, LD



# Reproductive/Maternal Health

## Preparing for Pregnancy

Making a plan for a healthy pregnancy starts with a healthy you! Scan the QR code for a printable guide you can use to prepare your body and your life for a new addition to the family:

SCAN ME



## Healthy Hāpai

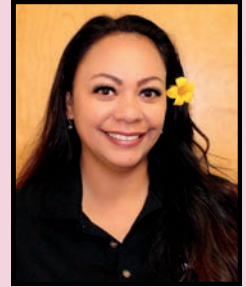
If you're pregnant, sign up for our FREE and online five-week class on prenatal health, postpartum health, breastfeeding, positive parenting, and more!

This course is taught by Leila Ryusaki - Licensed Massage Therapist, Indigenous Breastfeeding Counselor, Certified Lactation Counselor, & Childbirth Educator

**Next session:**

**Tuesdays, January 9th - February 6th, 5:30 p.m. - 7:30 p.m.**


Instructor



Leila Ryusaki  
CLC, CBE, IBC, LMT



## During Pregnancy - General Tips<sup>1</sup>

- Take a multivitamin with folic acid daily
- Stop smoking, drinking, and using marijuana or other drugs, if you haven't yet
- Get all doctor-recommended vaccinations
- Prevent infections - find recommendations here 
- Get tested for HIV
- Lower your risk for mosquito-borne infections
- Manage diabetes and hypertension if you have them
- Discuss prescription and over-the-counter drugs and dietary/ herbal supplements that you take with your doctor or pharmacist
- Seek help from your doctor if you develop depression



1: <https://www.cdc.gov/pregnancy/during.html>

# November: National Alzheimer's Awareness Month

## What is Alzheimer's Disease?

According to the Centers for Disease Control (CDC), Alzheimer's Disease is "a progressive disease beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment."<sup>1</sup>

## How is it treated?

Although there are some medications that can treat some of the symptoms of Alzheimer's Disease or delay its advancement, there is currently no cure for Alzheimer's Disease.<sup>2</sup>

## Can it be prevented?

According to the CDC, heeding the advice below may prevent or slow down up to 40% of dementia occurrences.<sup>3</sup>

1. Quit smoking.
2. Prevent or manage hypertension (high blood pressure).
1. Exercise regularly.
2. Keep yourself at a healthy weight.
3. Get adequate sleep for your age group.
4. Maintain connections with your community.
5. Sustain healthy blood sugar levels, particularly if you have been diagnosed with diabetes.

## What are its warning signs?

If you suspect Alzheimer's Disease may be affecting you or someone you love, scan this QR code for a list of warning signs.

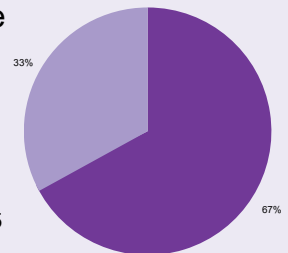


## Hawai'i by the Numbers

According to the CDC, as of 2021, 1 in 9 people 45 and above in Hawai'i have Subjective Cognitive Decline (SCD), which is defined as "self-reported memory problems that have been getting worse over the past year."<sup>4</sup>



More than 67% of people with SCD have NOT talked about their worsening memory problems with a healthcare professional.<sup>5</sup>



About 1 in 3 caregivers (who are mostly female) care for someone with dementia.<sup>6</sup>



1,2: [cdc.gov/aging/alzheimers-disease-dementia/about-alzheimers.html](https://www.cdc.gov/aging/alzheimers-disease-dementia/about-alzheimers.html)

3: [cdc.gov/aging/olderadultsandhealthyaging/maintainng-your-brain-health.html](https://www.cdc.gov/aging/olderadultsandhealthyaging/maintainng-your-brain-health.html)

4,5,6: [cdc.gov/aging/data/infographics.html?Sort=Year%3A%3ADESC&Location=State%20%3E%3A%3AHAWAII](https://www.cdc.gov/aging/data/infographics.html?Sort=Year%3A%3ADESC&Location=State%20%3E%3A%3AHAWAII)

# December: National Impaired Driving Prevention Month



Christmas and New Year's Eve are two of the most celebrated holidays of the year, with impaired driving being at its highest. Because of this, December has been recognized as National Impaired Driving Prevention Month.

**In 2021, preliminary state data showed that out of 94 fatal crashes in Hawai'i, 61.7% of the drivers involved in these crashes tested positive for alcohol and/or drugs in their systems.<sup>1</sup>**



The National Highway Safety Traffic Administration reported that in 2019 in the United States more than 10,000 people died from drunk driving crashes alone.<sup>2</sup>

## Prevention Suggestions:

- Take a pledge to not drink and drive.
- Educate yourself and others on the effects of impaired driving.
- Coordinate a driving plan if you plan to consume alcohol. There are ride services such as Uber, Lyft, and taxis available. These services can also be scheduled hours in advance.

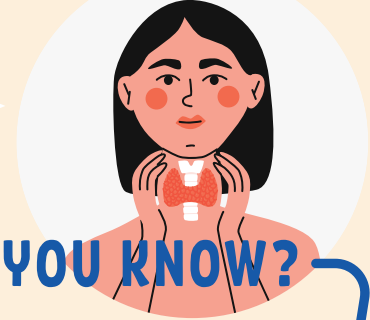
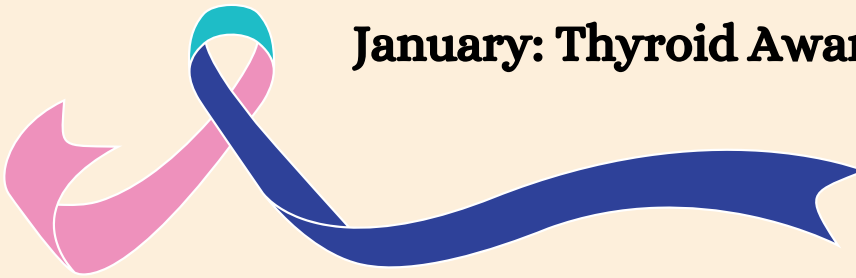


1. <https://hidot.hawaii.gov/administration/hawaii-department-of-transportation-reminds-drivers-there-are-no-excuses-and-to-plan-ahead-during-labor-day-weekend/>

2. <https://www.samhsa.gov/blog/national-impaired-driving-prevention-month>



# January: Thyroid Awareness Month



## What is thyroid disease?

Your thyroid, a gland at the front of your neck, creates hormones which assist other systems throughout your body.

Thyroid disease occurs when your thyroid makes too much or too little of these hormones.<sup>2</sup>

## DID YOU KNOW?

1 in 10 people experience a thyroid disorder.<sup>1</sup>

## Are there different types of thyroid disease?

Yes, there are several types of thyroid disease, including hypothyroidism, hyperthyroidism, thyroiditis, and Hashimoto's thyroiditis.<sup>2</sup>

## How do I keep my thyroid healthy?<sup>3</sup>

1. Maintain a healthy diet with minimal processed foods and sugar.
2. Limit your intake of cruciferous vegetables, such as cabbage and broccoli.
3. Manage and reduce stress levels.
4. Exercise three to five times a week for a minimum of 30 minutes of moderate exercise per day.
5. Strive for and maintain a healthy body weight.
6. Check your thyroid levels once a year if you have been diagnosed with hypothyroidism, and monthly if you have been diagnosed with hyperthyroidism.



1. <https://thesurgicalclinics.com/national-thyroid-awareness-month/>

2. <https://my.clevelandclinic.org/health/diseases/8541-thyroid-disease>

3. <https://thocc.org/about/news-press/news-detail?articleId=43329&publicId=395>



# NEW YEAR, S.M.A.R.T. GOALS

Each year, millions of people around the world create new year's resolutions, but only 9% of Americans that make resolutions complete them. It is estimated that 23% of people quit their resolution by the end of the first week of January, and 43% of people quit by the end of January.<sup>1</sup>

## How can I make sure I follow through with my new year's resolution?



## What are S.M.A.R.T. goals?



**Specific:** Your goal should be clear and specific, so that you know exactly what you are working towards.



**Measurable:** Your goal should be measurable, so that you can track your progress and know when you have achieved it.



**Achievable:** Your goal should be achievable so that you can realistically achieve it within a certain timeframe.



**Relevant:** Your goal should be relevant, so that it aligns with your values and long-term vision.



**Time-bound:** Your goal should have a specific deadline, so that you have a sense of urgency and can stay motivated to work towards it.



1. <https://fisher.osu.edu/blogs/leadreadtoday/why-most-new-years-resolutions-fail#:~:text=Researchers%20suggest%20that%20only%209,by%20the%20end%20of%20January>.

# Example New Year's Resolution Using S.M.A.R.T. goals

**New Year's Resolution:** I will be healthier this year.



**S.M.A.R.T. goal related to new year's resolution:** I will walk 10,000 steps every day this month by going out for two 45-minute walks per day during my lunch break and after work.

**Specific:** I will walk 10,000 steps this month.



**Measureable:** I will walk 10,000 steps during two 45-minute daily walks.



**Achievable:** Short-term goal of one month.

**Relevant:** Goal to live healthier and exercise more.



**Time-bound:** Month of January (you can reset this goal each month).





# NOVEMBER 2023

S	M	T	W	T	F	S
			1	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)*

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

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

**Tuesdays & Thursdays**  
9:30 a.m. - 10:30 a.m.

## **Yoga (Online)**

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

**Tuesdays & Thursdays**  
5:00 p.m. - 6:00 p.m.

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

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

**Tuesday, November 7th**  
5:00 p.m. - 6:30 p.m.

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

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

**Wednesdays**  
5:00 p.m. - 6:30 p.m.

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

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

**Tuesday, November 14th - Online**  
**Tuesday, November 28th - In-person**  
5:00 p.m. - 6:30 p.m.

## Wellness Wednesdays (Online)

A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management. The first 3 classes are in November and the remaining 3 are in December.

**November 15th, 22nd, and 29th**  
5:00 p.m. - 7:00 p.m.



Did you know that yoga improves strength, flexibility, and balance while warming up muscles and increasing blood flow?<sup>1</sup>

Yoga may also support stress management, mental health, mindfulness, and increased quality of sleep.<sup>1</sup>



# DECEMBER 2023

S	M	T	W	T	F	S
					1	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

<sup>31</sup> *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**  
9:30 a.m. - 10:30 a.m.

## Yoga (Online)

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

**Tuesdays & Thursdays**  
5:00 p.m. - 6:00 p.m.

## Diabetes Support Group (Online)

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

**Tuesday, December 5th**  
5:00 p.m. - 6:30 p.m.

## Hula for Health (Online)

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

**Wednesdays**  
5:00 p.m. - 6:30 p.m.



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

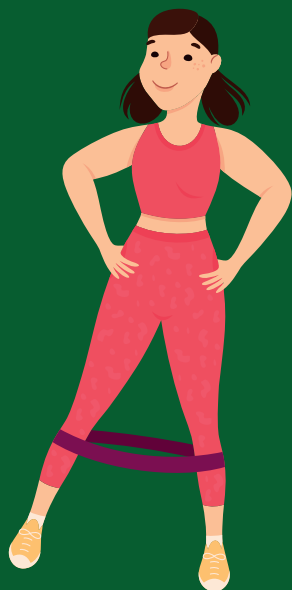
A space to connect for current cancer patients, survivors, and caregivers.

**Tuesday, December 12th - Online**  
**Tuesday, December 26th - In-person**  
5:00 p.m. - 6:30 p.m.

## Wellness Wednesdays (Online)

A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management. The first 3 classes were in November and the remaining 3 are in December.  
**December 6th, 13th, and 20th**  
5:00 p.m. - 7:00 p.m.

Did you know that daily stretching increases blood flow to your muscles and helps your joints move through their full range of motion?<sup>1</sup>



Did you know that resistance bands offer benefits that standard weights can't? Resistance bands encourage the same muscle activity with less risk of injury, increase mobility, and are ideal for rehabilitation.<sup>2</sup>

# JANUARY 2024

S	M	T	W	T	F	S
	1	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	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**  
9:30 a.m. - 10:30 a.m.

## **Yoga (Online)**

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

**Tuesdays & Thursdays**  
5:00 p.m. - 6:00 p.m.

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

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

**Tuesday, January 2nd**  
5:00 p.m. - 6:30 p.m.

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

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

**Wednesdays**  
5:00 p.m. - 6:30 p.m.

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

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

**Tuesday, January 9th - Online**  
**Tuesday, January 23rd - In-person**  
5:00 p.m. - 6:30 p.m.

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

A 3-week course in which you will learn about disease prevention through mindful eating and a plant-based diet.

**January 17th, 24th, and 31st**  
5:00 p.m. - 7:00 p.m.

### **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, Jan 12th**  
5:00 p.m. - 8:00 p.m.  
**Saturday, January 13th**  
9:00 a.m. - 12:00 p.m.

### **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. These are the first four of five classes.

**Tuesdays, January 9th-30th**  
5:30 p.m. - 7:30 p.m.

**Help us provide these free classes and more!  
Scan the QR code below to donate today!**











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



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

 + 1 (808) 969-9220  [HMONO.org](https://HMONO.org)  [/HMONO.org](https://www.facebook.com/HMONO.org)  [hui\\_malama\\_](https://www.instagram.com/hui_malama_)  [@HuiMalama](https://twitter.com/HuiMalama)  [/company/hmono](https://www.linkedin.com/company/hmono)

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 \$3,334,982.00 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.