



Newsletter

February - April 2024
Pepeleuli - 'Apelila 2024

Hele Mai!

Check out our FREE
programs and services!

Look Inside For:
Easy and Yummy Recipes
Mālama Nā Keiki Festival Info
Health Awareness Months



Hui Mālama 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 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, 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
Out in the Community	4
Recipes Featuring Mai'a	5
Recipes Featuring 'Alani Pākē	6
Donation Request	7
Mālā 101 & Advanced Nutrition	8
Kōkua Hali Transportation	9
Mālama Nā Keiki Festival	10
Valentine's Day Ideas	11
Heart Health	12
Women's History Month	13
National Kidney Month	14
Earth Day Activities	15
Autism Awareness Month	16
Calendar Pages	17-22
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.
*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, February 19, 2024

Tuesday, March 26, 2024

Friday, March 29, 2024

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)

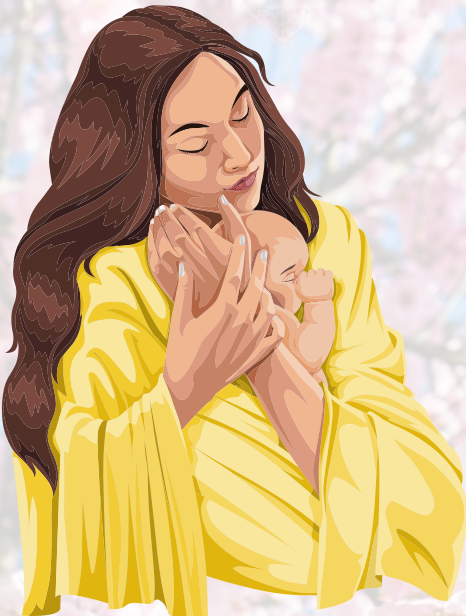
KŌKUA HALI

TRANSPORTATION

- Transportation to medical and health-related 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

- 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

SUPPORT GROUPS

- Cancer
- Diabetes

Out in the Community



Leenal Castro, CHW, and Emma Lowrey shared information at the Kūpuna Expo.



Katelynn Kubo, MSN, LD, RDN, taught about nutrition at the University of Hawai'i at Hilo's Health and Wellness Fair.



Ms. Kubo, MSN, LD, RDN, engaged with many individuals at the Health and Wellness Fair.



Ms. Lowrey encouraged many fair attendees to sign up for our services.



Recipes Featuring Mai'a



PEANUT BUTTER APPLE BANANA SMOOTHIE

INGREDIENTS:

- 3 frozen overripe apple bananas
- 2 tablespoons peanut butter
- 2/3 cup unsweetened nut milk (or nonfat milk)

DIRECTIONS: Blend all ingredients together until smooth.



APPLE BANANA MUFFINS

INGREDIENTS:

- 6 overripe apple bananas
- 1 tsp vanilla
- 2 eggs, beaten
- 1/4 cup vegetable oil
- 2 cups flour
- 1 cup sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon

DIRECTIONS: 1. Preheat oven to 350°F. 2. Mash the bananas in a large bowl. 3. Stir in the vanilla, eggs, and oil. 4. Mix in the dry ingredients. 5. Fill lined muffin pans with a trigger ice cream scoop. 6. Bake for about 30 minutes, until a toothpick inserted into the middle comes out clean.

DID YOU KNOW? Mai'a was one of the “canoe plants” early Polynesian voyagers brought to the Hawaiian Islands when they first arrived. These plants played an integral role in sustaining the thriving pre-contact Native Hawaiian population.



Recipes Featuring 'Alani Pākē



TANGERINE BANG

INGREDIENTS:

- 1 cup 1% low fat milk
- 4 oz tangerine juice (freshly squeezed)
- 1/4 cup Monkfruit sweetener
- 1 tsp vanilla extract
- 6-8 ice cubes
- 1/2 cup water

DIRECTIONS:

1. Freshly squeeze tangerines to make 4 oz of tangerine juice.
2. In a cup, add all ingredients together except the ice cubes.
3. Mix ingredients well.
4. Add ice cubes into drink.
5. Enjoy!



DRIED/DEHYDRATED TANGERINES

INGREDIENTS:

- 7 tangerines cut into 1/4 inch wide slices

DIRECTIONS:

1. Preheat the oven to 200°F and set to convection oven setting.
2. Cut the tangerines into 1/4 inch slices.
3. Line a tray with parchment paper and place tangerine slices onto parchment.
4. Bake for 2 hours. Flip the tangerine slices over. Place back into oven for 2 hours until the citrus has no moisture and is brittle to the touch.
5. Dehydrated citrus can be used as a garnish, blended into citrus sugar, or in baked goods. Enjoy!





**Hui Mālama
Ola Nā 'Ōiwi**

If not you, then who?

**Want to make a
positive difference in
your Hawai'i island
community?**

**Donate today to
support health and
wellness on Hawai'i
island!**

SCAN ME



DONATE NOW!

**HMONO.ORG/DONATE
(808) 969-9220**



Grow Your Own Lā‘au/Mālā 101



Interested in learning the basics of selecting plants to grow, building healthy soil, and growing plants on a budget?

Scan the code above to sign up for a three-hour hands-on class with instructor Keahi Tajon!

Advanced Nutrition

Would you like to increase your quality of life?

Scan the code above to join our Advanced Nutrition class!

In Advanced Nutrition, you will learn about preventing chronic diseases like diabetes, obesity, and hypertension by using mindful eating strategies and following a plant-based diet. Our Registered Dietitian Nutritionist, Katelynn Kubo instructs this 3-part course!

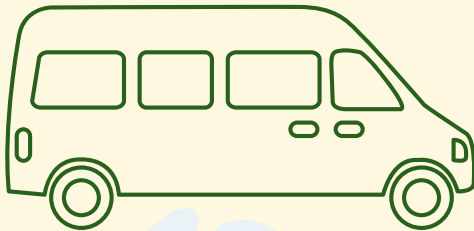


KŌKUA HALI TRANSPORTATION

Need transportation to medical and/or health-related appointments?
Register with us for access to **FREE**, island-wide (as available) service!



DOCTOR'S VISITS!



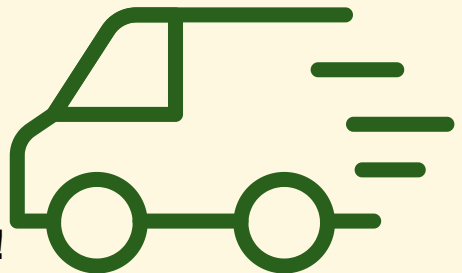
**PRESCRIPTION
PICK-UP!**



**EYE CARE
APPOINTMENTS!**



**DENTAL CARE
APPOINTMENTS!**



**Sign-up today at [HMONO.org/services!](https://HMONO.org/services)
For more information, call (808) 969-9220!**



SAVE THE DATE!

7th Annual

**Mālama Nā
Keiki Festival**

Saturday, May 18, 2024

10 a.m. - 2 p.m.

Pāhala Community Center

96 Kamani St., #1149

Pāhala, HI 96777





Valentine's Day Ideas



Valentine's Day is on Wednesday, February 14th.

Here are some ideas for celebrating with your loved ones!

With Your Friends

Ever heard of **Galentine's Day**? It's on February 13th, and is a time for women to celebrate their close female friendships. This year, host a Galentine's Day party! Try making it a brunch potluck, with fun crafts like card decorating and lip balm making. You may even want to include a girlfriend-themed game - there are some available at local stores, as well as on Amazon.



With Your Keiki/Mo'opuna

Make cards for family and friends with the keiki in your life, using pictures you previously printed!

If they have a bike, decorate it and then go on a bike ride together! If you are in Hilo, the recently completed downtown trails are bike-friendly.



Focus on quality time over gifts or candy.



With a Sweetheart



This year, write a heartfelt letter to your sweetie, or, if you're musical, learn and play a song for him or her!



More comfortable in the kitchen? Treat your loved one to a home-cooked romantic dinner in, or even breakfast in bed!



Heart Health



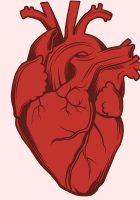
1 MILLION

PEOPLE WILL HAVE A HEART ATTACK OR DIE FROM CORONARY HEART DISEASE THIS YEAR¹



23 MILLION

ADULTS WITH TYPE 2 DIABETES¹



HEART DISEASE

IS THE LEADING CAUSE OF DEATH IN THE USA¹

Keep your heart healthy



Eat healthy!

You should be eating a variety of vegetables and fruits each day, along with high fiber + wholegrain variety starches, foods high in protein, and dairy. Don't forget to drink 6-8 cups of water per day!²



Quit smoking

Smoking can cause several life-threatening diseases including cancer and heart disease. Within one year of quitting, your risk of coronary heart disease is cut in half compared to an individual who still uses tobacco.²

Exercise regularly

Aim for at least 30 minutes of moderate physical activity every day! Going for a walk, gardening, and going swimming are all great ways to exert your energy and reach your exercise goal!²



Manage stress

Getting adequate exercise, sleep, and eating healthy can decrease stress levels. Try deep breathes, meditating, and stretching as well. Pick a hobby you enjoy and set aside some time each week to decompress through calming and enjoyable activities.²

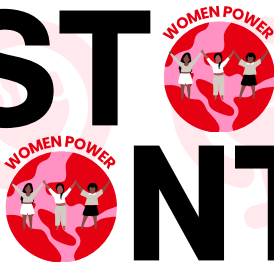


¹ <https://www.healthyeatingguide.com/heart-healthy-choices-american-heart-month/>
² <https://www.cdc.gov/violenceprevention/about/goingwithstressjpa.html#text=Eat%20healthy%2C%20exercise%2C%20get%20 plenty%20well%2Dbalanced%20meals>



Women's HISTORY MONTH

MARCH 2024



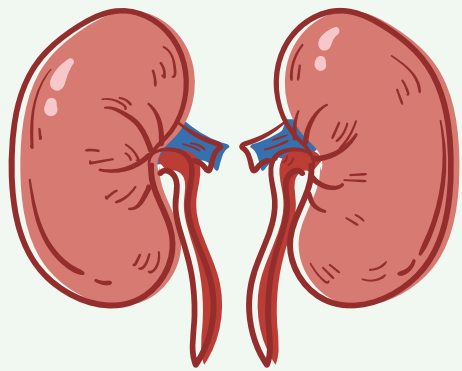
**HER STORY
MATTERS**

This Women's History month, recognize the rights that women have gained, while acknowledging the many inequities that still exist between men and women in our society and around the world.

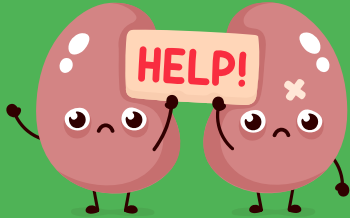
For primary sources and learning activities regarding women's roles and rights in American history, visit:

<https://www.docsteach.org/topics/women>.

NATIONAL KIDNEY MONTH



Did You Know...



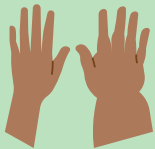
Chronic Kidney Disease (CKD) affects about 37 million Americans. It is often referred to as the “silent disease” because there are no symptoms during the early stages.¹

Even if you feel healthy, there are potential factors that could put you at higher risk of having CKD. These factors are if you are over 60, if you have diabetes, high blood pressure, or heart disease. If you experience any of these risk factors, you may want to consider talking with your doctor about testing for kidney disease.²



Kidney disease can lead to cardiovascular disease, heart attack, stroke, kidney failure, weakened bones, nerve damage, high blood pressure, and low red blood cell count.²

Symptoms



Swelling of face, hands, ankles, feet and abdomen



Bloody or foamy urine

Increased thirst



Fatigue

Puffy eyes



Chronic Kidney Disease Prevention Suggestions



Make healthy food choices

Exercise regularly



Aim for 7-8 hours of sleep per night

Reduce alcohol consumption



Maintain a healthy weight

EARTH DAY: APRIL 22



EARTH-FRIENDLY ACTIONS

Stop buying bottled water.



Instead, use a reusable bottle!



Compost food scraps instead of filling the landfill with them.



Plant trees! They sequester carbon dioxide from the atmosphere and produce oxygen. This helps to reduce our environmental footprint and lessen climate change.



NATIONAL AUTISM AWARENESS MONTH



Autism is a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.¹



According to the Centers for Disease Control, an estimated 1 in 36 children in the United States are affected by Autism.¹



Best Communication Practices for Interacting with People Diagnosed with Autism²

- Be patient while having a conversation
- Be encouraging and compassionate
- Make your own communication clear and concise
- Avoid idioms and slang, as Autistic people tend to think literally
- Be understanding of lack of eye contact, motor ticks, and/or a lack of personal boundaries

1. <https://www.autismspeaks.org/what-autism>

2. <https://www.milestones.org/get-started/for-community-at-large/interacting-with-autistic-people>

Signs and Symptoms of Autism²

- Avoids or does not keep eye contact
- Delayed language skills
- Hyperactive, impulsive, and/or inattentive behavior
- Delayed cognitive or learning skills

Please visit a doctor for a proper diagnosis

FEBRUARY 2024

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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
9:30 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, February 6th
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, February 13th - Online
Tuesday, February 27th - In-person
5:00 p.m. - 6:30 p.m.**

Healthy Hāpai (Online)

If you're pregnant, join this free, five-week class series on prenatal health, postpartum health, breastfeeding, positive parenting, and more in April. This is the last of the January-February series.
Tuesday, February 6th
5:30 p.m. - 7:30 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 February and the remaining 3 are in March.
February 14th, 21st, and 28th
5:00 p.m. - 7:00 p.m.

Grow Your Own Lā'au/Mālā 101 (Online)

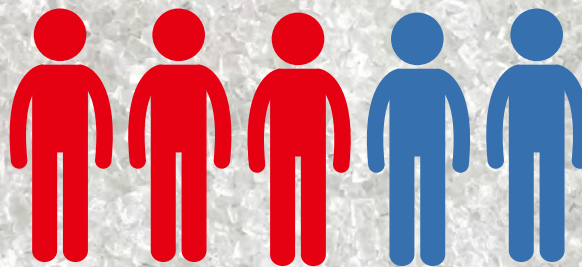
In this introductory online series, learn the basics of selecting plants to grow, building healthy soil, and growing on a budget.

Friday, February 9th
5:00 p.m. - 8:00 p.m.
Saturday, February 10th
9:00 a.m. - 12:00 p.m.



Did you know?

Of Americans 2 years and older, 3 in 5 ingest more than the recommended amount of added sugars on a daily basis.



Consuming too many added sugars has been linked with obesity, type 2 diabetes, high blood pressure, and tooth decay.

For more information, visit:

<https://www.cdc.gov/nutrition/data-statistics/be-sugar-smart.html>

MARCH 2024

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

Wellness Wednesdays (Online)

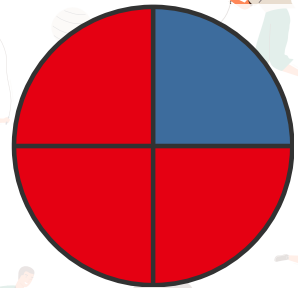
A 6-week course on diabetes, hypertension, chronic kidney disease, nutrition, fitness, and stress management. The first 3 classes were in February and the remaining 3 are in March.

March 6th, 13th, and 20th
5:00 p.m. - 7:00 p.m.



Did you know?

In the state of Hawai'i in 2019, only 1 in 4 adults engaged in enough aerobic and strength-training activity weekly.



Let's get moving today!

Sign up for our free exercise classes!



For more information, visit: https://nccd.cdc.gov/dnpao_dtm/rdPage.aspx?rdReport=DNPAO_DTM.ExploreByLocation&rdRequestForwarding=Form

APRIL 2024

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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, April 2nd
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, April 9th - Online
Tuesday, April 23rd - In-person
5:00 p.m. - 6:30 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, April 19th
5:00 p.m. - 8:00 p.m.
Saturday, April 20th
9:00 a.m. - 12:00 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.

**April 3rd, 10th, 17th
5:00 p.m. - 7:00 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.

**Tuesdays, April 2nd-30th
5:30 p.m. - 7:30 p.m.**






Make a difference in the lives of others today!



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



Or visit HMONO.org/services

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

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