



# Olakino

Newsletter

May - July 2024  
Mei - Iulai 2024



**Look Inside For:**  
**Information on our FREE Services!**  
**Delicious and Nutritious Snack Ideas!**  
**Resources and Awareness for Seniors!**



# Hui Mālama Ola Nā 'Ōiwi

## CONTACT US

### HILO OFFICE

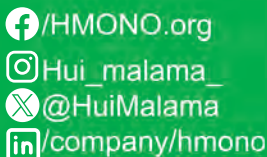
Open by appointment only.  
Please call to make an  
appointment.  
+1 (808) 969-9220  
1438 Kīlauea Ave.  
Hilo, HI 96720

### 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



## 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 Aldrich, APRN, Vice Chair  
Justin Clayton, Treasurer  
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](http://hmono.org/calendar).  
\*To sign up, visit [hmono.org/services](http://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 27, 2024  
Tuesday, June 11, 2024  
Thursday, July 4, 2024

# SERVICES

## TRADITIONAL HAWAIIAN HEALING (FREE)

- Grow Your Own Lā'au/Mālā 101
- Ke Kipi Kalo (Kalo Planting Class)
- Healthy Hāpai Prenatal Program
- Mama to Mama Breastfeeding Support (1:1 consultations)

## KŌKUA HALI

### TRANSPORTATION (FREE)

- Transportation to medical and health-related appointments

### SPECIAL EVENTS (FREE)

- Health Awareness Fair
- Mālama Nā Keiki Festival

## FAMILY MEDICINE CLINIC

- Primary Care
- One-to-One Nutrition Counseling
- Most insurances accepted
- Sliding Fee Scale for uninsured
- Serving patients 15 years and up



## HEALTH ENHANCEMENT

### COMMUNITY WELLNESS (FREE)

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

### WELLNESS WEDNESDAYS (FREE)

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

### ADVANCED NUTRITION (FREE)

- 3-week course, online
- Covers prevention of chronic diseases like diabetes, obesity, and hypertension by using mindful eating strategies and following a plant-based diet

### EXERCISE & FITNESS (FREE)

- Basic Stretch & Strengthening
- Yoga

### SUPPORT GROUPS (FREE)

- Cancer
- Diabetes





**Hui Mālama  
Ola Nā 'Ōiwi**

# FAMILY MEDICINE CLINIC



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

## Primary Care Providers



Dr. John Engle



Dr. Gaku Yamaguchi



**Primary Care**



**Nutrition  
Counseling**



**Telemedicine  
Available**



**Most Insurances  
Accepted**



**Sliding Fee  
Scale Offered**



**Patients 15  
Years and Up**

## Registered Dietitian Nutritionists



Katelynn Kubo, MS, RDN, LD



Alice Suncloud, RDN, LD, CDCES

### CONTACT US



**(808) 796-3125**



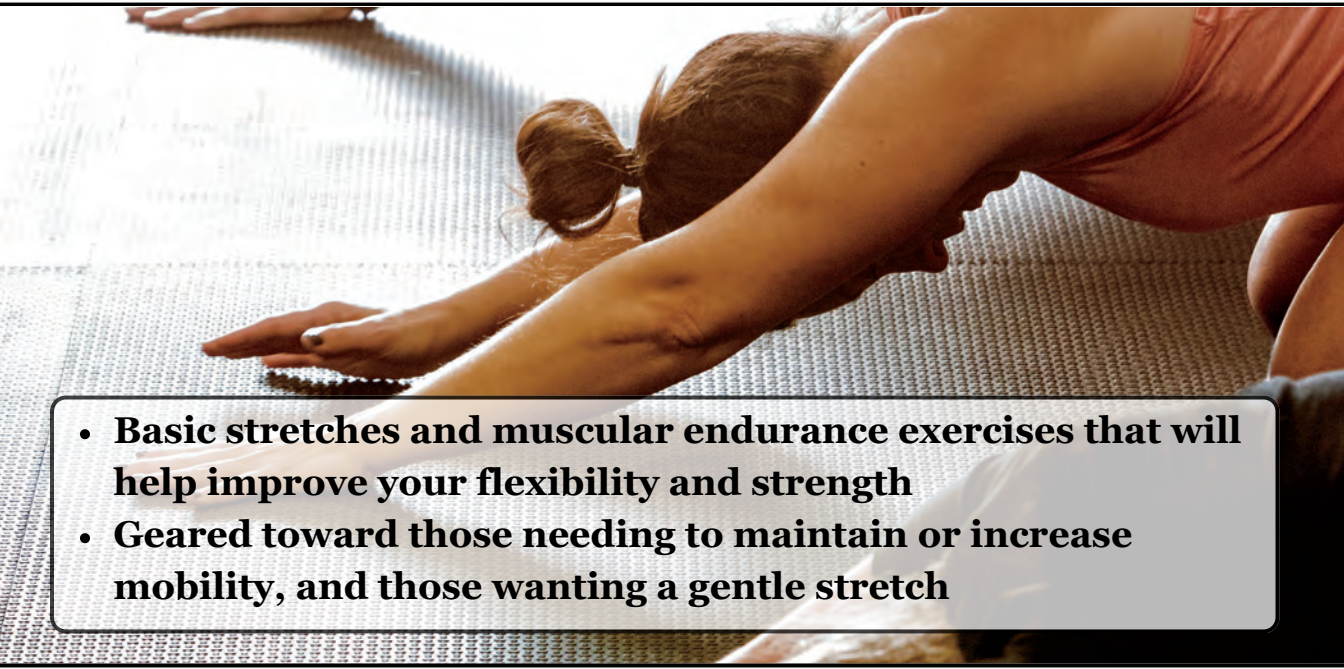
**HMONO.org**



**familymedicine@HMONO.org**



# Basic Stretch and Strengthening



- **Basic stretches and muscular endurance exercises that will help improve your flexibility and strength**
- **Geared toward those needing to maintain or increase mobility, and those wanting a gentle stretch**



## Yoga



**See pages 12 -14 for class times and how to register!**

- **Get a gentle stretch**
- **Increase flexibility**
- **Meant for all levels**



# Delicious Snack Ideas



## Apple Slices and Peanut Butter

### Ingredients

- 1 apple, your favorite variety
- 2 tablespoons crunchy or creamy peanut butter

### Instructions

- Core and cut apple into bite-size slices.
- Serve apple slices with the peanut butter.

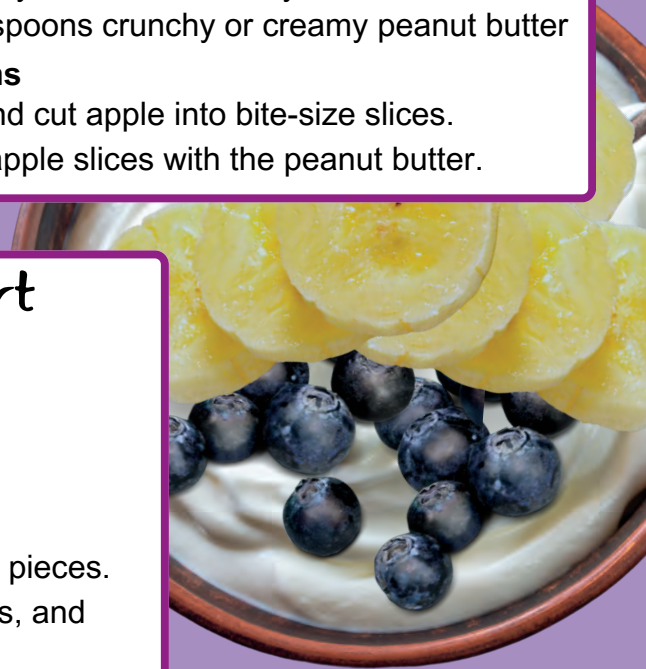
## Fruit and Greek Yogurt

### Ingredients

- 1/2 cup plain, nonfat greek yogurt
- 1 apple banana
- 1/4 cup blueberries

### Instructions

- Peel and cut apple banana into bite-size pieces.
- Serve greek yogurt, apple banana pieces, and blueberries together in a bowl.



## Veggies and Ranch Dip

### Ingredients

- Baby carrots
- Celery stalk
- Cucumber
- 4 tablespoons Bolthouse Farms Classic Ranch Yogurt Dressing and Dip

### Instructions

- Cut celery and cucumber into bite-sized pieces.
- Serve veggies with the dip.

# Nutrition Assistance for Seniors

## Supplemental Nutrition Assistance Program (SNAP)

- Formerly called Food Stamps
- Must meet low-income and other requirements
- For questions, to see if you're eligible, or application help, reach out to The Food Basket's SNAP Outreach Specialists
  - East Hawai'i - *Tish Lunsford*, office: (808) 933-6030, cell: (808) 796-0132, email: [tisha@hawaiifoodbasket.org](mailto:tisha@hawaiifoodbasket.org)
  - West Hawai'i - *Ua Kailianu*, office: (808) 322-1418, cell: (808) 796-0133, email: [kauaokawehi@hawaiifoodbasket.org](mailto:kauaokawehi@hawaiifoodbasket.org)



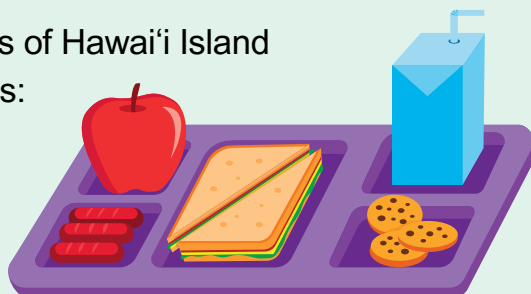
## The Food Basket's Kupuna Pantry Program

- Free monthly food boxes
- Must be at least 60 years old
- Must qualify via income level
- To view requirements or apply, visit: <https://www.hawaiifoodbasket.org/kupuna-pantry-csfp>



## County of Hawai'i Nutrition Program

- Low-cost lunches available to those 60 and up
- Call the Nutrition Program office for more information: (808) 961-8726
- Two options:
  - *Congregate Dining*
    - Sites located in all 9 districts of Hawai'i Island
    - Lunches provided as well as:
      - Exercise classes
      - Information on nutrition
      - Visiting speakers
      - Leisure activities
  - *Meals on Wheels*
    - Lunches adjusted to be lower in salt and sugar
    - Delivered to older individuals who cannot leave home because of injury or illness





# Community Resources for Seniors



SCAN ME

## Engaging Classes - County Recreation Services

- Must be at least 55 years old to participate
- A wide variety of classes offered at 24 different senior centers throughout the island and at other facilities
- Example classes: gardening, lauhala weaving, ceramics, knitting and crochet, karaoke, basic iPhone skills
- Scan to see class schedules for the different districts

## Interesting Volunteer Options - County Retired & Senior Volunteers Program

- Must be at least 55 years old to participate
- Unpaid roles at: nonprofits, hospitals, pre-schools, nutrition sites, etc.
- To participate, contact:
  - East Hawai'i - *Kaui Paleka-Kama*, (808) 961-8730, [rsvp@hawaiiicounty.gov](mailto:rsvp@hawaiiicounty.gov)
  - West Hawai'i - *Joy Foster*, (808) 323-4333, [Joy.Foster@hawaiiicounty.gov](mailto:Joy.Foster@hawaiiicounty.gov)

## Assistance with Tasks of Everyday Life - Coordinated Services for the Elderly

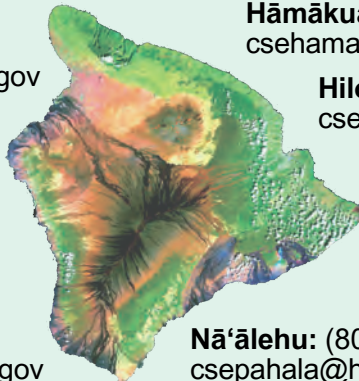
- Must be at least 60 years old to receive services
- Call or email today for: an evaluation of your needs; information about available services; referrals to agencies; help with tasks such as errands, meal planning, laundry, light housework, hygiene care, translation, correspondence, and/or managing financial matters; help with housing; and/or a County Kūpuna Card (for discounts from some businesses)

**Kohala:** (808) 889-6502,  
[csekohala@hawaiiicounty.gov](mailto:csekohala@hawaiiicounty.gov)

**Waimea:** (808) 887-3008,  
[csewaimea@hawaiiicounty.gov](mailto:csewaimea@hawaiiicounty.gov)

**West Hawai'i:** (808) 323-4320,  
[csekona@hawaiiicounty.gov](mailto:csekona@hawaiiicounty.gov)

**Ka'ū:** (808) 928-3100,  
[csepahala@hawaiiicounty.gov](mailto:csepahala@hawaiiicounty.gov)



**Hāmākua:** (808) 775-7503,  
[csehamakua@hawaiiicounty.gov](mailto:csehamakua@hawaiiicounty.gov)

**Hilo:** (808) 961-8777,  
[csenhilo@hawaiiicounty.gov](mailto:csenhilo@hawaiiicounty.gov)

**Pāhoa:** (808) 965-2705,  
[csepahoa@hawaiiicounty.gov](mailto:csepahoa@hawaiiicounty.gov)

**Puna:** (808) 966-5800,  
[csepuna@hawaiiicounty.gov](mailto:csepuna@hawaiiicounty.gov)

**Nā'ālehu:** (808) 939-2504,  
[csepahala@hawaiiicounty.gov](mailto:csepahala@hawaiiicounty.gov)

# May: High Blood Pressure Awareness Month

To practice good heart health, it's important to limit foods high in salt and saturated fat. Both increase our risk for high blood pressure, heart disease, and stroke.

The American Heart Association recommends no more than 2,300 mg a day of sodium and moving toward an ideal limit of no more than 1,500 mg per day for most adults.<sup>1</sup>

Use food labels to track your sodium intake. Also monitor how much salt you add to foods. For reference, 1 teaspoon of salt contains about 2,300 mg of sodium.

## WAYS TO PRACTICE A HEART-HEALTHY DIET

- ✓ Choose fresh, no-sauce frozen, or no-salt-added canned vegetables
- ✓ Avoid foods that are pickled, cured, brined, or broths with salt
- ✓ Use unsalted broth, onions, and cabbage instead of saimin/ramen seasoning packets
- ✓ Drain and rinse canned beans and vegetables
- ✓ Taste your food before adding salt or shoyu
- ✓ Choose low-fat dairy options (skim or 1% milk) or unsweetened soymilk
- ✓ Cut off fat from meat and choose leaner sources of protein like chicken, fish, and tofu

## LIMIT THESE FOODS



### Salty foods such as:

- Many packaged foods
- Many frozen meals
- Deli meats
- Onion/garlic salt
- Shoyu
- Many canned foods

### Foods high in saturated fat such as:

- Many packaged foods
- Butter
- Bacon and other fatty meats
- Fried foods
- Coconut oil and milk





# June: Alzheimer's and Brain Awareness Month

If you or someone you love has been diagnosed with Alzheimer's or another type of dementia, it's crucial to be aware of delirium.

## What is delirium?

According to the American Psychiatric Association, delirium is a disturbance of attention which develops over a short period of time, is an additional disturbance of cognition, and is not better explained by another preexisting, evolving or established disorder.

## When is delirium most likely to occur in someone with dementia?

When a loved one with dementia needs surgery, it's important to help prevent delirium and manage its symptoms. Delirium can be triggered by changes in routine, medications, or the stress of the hospital environment.

## How can delirium be prevented?

To prevent delirium, make sure your loved one has access to their eyeglasses, hearing aids, and familiar objects to maintain a connection to their usual environment.<sup>1,2</sup> Keep them oriented with a clock and calendar, and talk to them regularly.<sup>3</sup> Hold their hand or play familiar music.

## What should you do if delirium occurs?

If symptoms of delirium appear, provide a calm environment, and use simple, reassuring communication to help them understand their surroundings.<sup>4</sup> Encourage light physical activity and mental engagement to improve their thinking and memory.<sup>5</sup> If needed, healthcare providers will address underlying causes, such as infections or medication effects and may consider giving antipsychotics to reduce agitation.<sup>6</sup> Remember, staying by their side can provide comfort and support through the recovery process.

Mahalo to Gurdev Singh, MD, FRCS, FACP for providing the answers for this piece.

**For further  
information,  
visit:**

1: <https://www.nia.nih.gov/news/researchers-test-new-approaches-prevent-delirium-older-adults>

2: <https://www.healthinaging.org/tools-and-tips/tip-sheet-managing-delirium-older-adults>

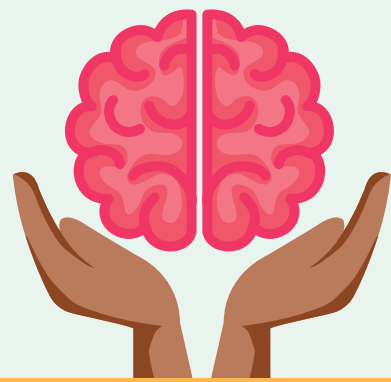
3: <https://www.nice.org.uk/about/nice-communities/social-care/quick-guides/recognising-and-preventing-delirium>

4: <https://www.alzheimers.org.uk/get-support/daily-living/delirium>

5: <https://www.mskcc.org/cancer-care/patient-education/delirium>

6: <https://my.clevelandclinic.org/health/diseases/15252-delirium>

# JULY: BEBE MOORE CAMPBELL NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



## Did You Know...

“It’s not shameful to have a  
mental illness.  
Get treatment.  
Recovery is possible.”<sup>1</sup>

This awareness month was  
created to honor the legacy of  
mental health advocate and  
author Bebe Moore Campbell.

# 1 in 5

U.S. adults experience mental  
illness each year

# 1 in 20

U.S. adults experience serious  
mental illness each year

“Native Hawaiian  
populations have  
disproportionately higher  
rates of mental health  
problems than the general  
U.S. population does. Some of  
these mental health problems  
have been directly linked to  
the intergenerational  
historical trauma forced upon  
this population.”<sup>2</sup>

## Learn

Information on mental conditions:  
[namihawaii.org/resources/](http://namihawaii.org/resources/)

Performances by survivors:  
[thisismybrave.org/stories/](http://thisismybrave.org/stories/)

Information on depression and anxiety:  
[hopetocope.com/archived-issues/](http://hopetocope.com/archived-issues/)



## Find Support

 **NAMI Big Island**  
National Alliance on Mental Illness

[namihawaii.org/big-island/](http://namihawaii.org/big-island/)  
Contact: Susan McGovern  
(808) 238-0074 (landline)  
(808) 640-5686 (cell)  
[susan\\_mcgovern@hotmail.com](mailto:susan_mcgovern@hotmail.com)

## For Immediate Help

If you are a danger to yourself: CALL 911 and ask for a CIT Officer (Crisis Intervention Team)

For free, 24 hour, confidential crisis support: CALL 988, TEXT 988, or VISIT [988lifeline.org](http://988lifeline.org) to chat

To reach the National Alliance on Mental Illness’ Helpline:

CALL (800) 950-6264 or TEXT NAMI to 741741

1: <https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month/Learn-About-Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>  
2: <https://www.psychiatry.org/psychiatrists/diversity/education/indigenous-patients>  
3: <https://nami.org/About-Mental-Illness/Mental-Health-Conditions>





Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Inquire today about these **FREE** classes!

Visit [HMONO.org/services](https://HMONO.org/services) or call **(808) 969-9220!**

<sup>1</sup>  
**Wellness Wednesdays**  
5 - 7 p.m. (online)

<sup>2</sup>  
**BS & SEC**  
9:30 - 10:30 a.m. (online)  
**Yoga**  
5 - 6 p.m. (online)

<sup>3</sup>  
**BS & SEC**  
Basic Stretch & Strengthening Exercise Class

<sup>6</sup>  
<sup>7</sup>  
**BS & SEC**  
9:30 - 10:30 a.m. (online)  
**Yoga**  
5 - 6 p.m. (online)  
**Diabetes Support Group**  
5 - 6:30 p.m. (online)

<sup>8</sup>  
**Wellness Wednesdays**  
5 - 7 p.m. (online)

<sup>9</sup>  
**BS & SEC**  
9:30 - 10:30 a.m. (online)  
**Yoga**  
5 - 6 p.m. (online)

<sup>10</sup>  
<sup>11</sup>  
**Ke Kipi Kalo**  
9 a.m. - 12:00 p.m. (in-person)

**Ke Kipi Kalo**  
Kalo Planting Class

<sup>13</sup>  
<sup>14</sup>  
**BS & SEC**  
9:30 - 10:30 a.m. (online)  
**Yoga**  
5 - 6 p.m. (online)  
**Cancer Support Group**  
5 - 6:30 p.m. (online)

<sup>15</sup>  
**Wellness Wednesdays**  
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<sup>16</sup>  
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9:30 - 10:30 a.m. (online)  
**Yoga**  
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<sup>17</sup>  
<sup>18</sup>

<sup>20</sup>  
<sup>21</sup>  
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9:30 - 10:30 a.m. (online)  
**Yoga**  
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<sup>22</sup>  
**Wellness Wednesdays**  
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<sup>23</sup>  
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9:30 - 10:30 a.m. (online)  
**Yoga**  
5 - 6 p.m. (online)

<sup>24</sup>  
<sup>25</sup>

<sup>27</sup>  
**OFFICES CLOSED**  
<sup>28</sup>  
**BS & SEC**  
9:30 - 10:30 a.m. (online)  
**Yoga**  
5 - 6 p.m. (online)  
**Cancer Support Group**  
5 - 6:30 p.m. (in-person)

<sup>29</sup>  
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5 - 7 p.m. (online)

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**Yoga**  
5 - 6 p.m. (online)

<sup>31</sup>

Cut along dotted line and tape to your fridge!



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Inquire today about these **FREE** classes!

Visit **HMONO.org/services** or call **(808) 969-9220!**

**Live Longer & Feel Better, Together!**

1

3

**BS & SEC**  
Basic Stretch  
&  
Strengthening  
Exercise Class



9:30 - 10:30 a.m. (online)

4

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Kalo Planting Class

8

10

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11

**Advanced Nutrition**  
5 - 7 p.m.  
(online)

12

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5 - 7 p.m.  
(online)

19

**BS & SEC**  
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(online)

**Yoga**  
5 - 6 p.m.  
(online)

20

**Grow Your Own Lā'au/ Mālā 101**  
5 - 8 p.m.  
(online)

21

**Grow Your Own Lā'au/ Mālā 101**  
9 a.m. - 12 p.m.  
(online)

22

24

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9:30 - 10:30 a.m. (online)

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5 - 6 p.m. (online)

**Cancer Support Group**  
5 - 6:30 p.m. (in-person)

**Healthy Hāpai**  
5:30 - 7:30 p.m. (online)

25

**Advanced Nutrition**  
5 - 7 p.m.  
(online)

26

**BS & SEC**  
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(online)

**Yoga**  
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(online)

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or call us at (808) 969-9220!

Cut along dotted line and tape to your fridge!

**INQUIRE ABOUT OUR SERVICES TODAY!**

**Scan the QR code below with  
your smartphone:**



 + 1 (808) 969-9220  [HMONO.org](http://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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