



Olakino

Newsletter

August - October 2024
'Aukake - 'Okakopa 2024

• Make •
YOURSELF
@ Priority

Look Inside For:

- **National Fruits and Veggies Month!**
- **Our August - October Calendars**
- **Healthy Hāpai Class Information**



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 Aldrich, APRN, Vice Chair
Justin Clayton, Treasurer
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
Sun and Skin Cancer Safety	5
Mālā 101 & Ke Kipi Kalo	6
Healthy Hāpai and Support	7
Breastfeeding Month	8
Fruits and Veggies Month	9
Dental Hygiene Month	10
Recipe: Overnight Oats	11
Calendar Pages	12-14
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:

Friday, August 16, 2024
Monday, September 2, 2024
Monday, October 14, 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



Dr. John Engle

Primary
Care
Providers



Dr. Gaku Yamaguchi

FAMILY MEDICINE CLINIC



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

Registered
Dietitian
Nutritionist



Katelynn Kubo,
MS, RDN, LD



Primary Care



Nutrition
Counseling



Telemedicine
Available



Most Insurances
Accepted



Sliding Fee
Scale for
Uninsured



Patients 15
Years and Up



Experienced
Providers



Certified Medical
Interpreters
Available

ACCEPTING NEW PATIENTS!



(808) 796-3125



HMONO.org



familymedicine@HMONO.org

Sun Safety & SKIN CANCER

MYTH:

If I tan instead of burn, sun exposure will not increase my chances of skin cancer or cause fine lines, wrinkles, or age spots (photoaging).

FACT:

Tanning makes you more likely to get skin cancer, including melanoma.¹ While photoaging is usually less severe and delayed in people with darker skin, it still occurs.²

SURPRISE?

Skin cancers can even appear where the sun doesn't reach. This is more common in people with darker skin tones.³ Exams lead to earlier detection and better prognoses.

TIPS FOR SKIN HEALTH

AVOID

Stay in the shade or otherwise avoid being out in the sun, particularly between the hours of 10 a.m. and 4 p.m.⁴



PROTECT

- Put on broad-spectrum sunscreen daily, 30 minutes prior to going outside
- Wear a wide-brimmed hat
- Wear sunglasses that block UV rays
- Use clothing to cover up⁴



CHECK

Every month, examine all of your skin, including areas not exposed to the sun: your palms, the skin beneath your fingernails and toenails, the soles of your feet, and your private areas.²



GET EXAMS

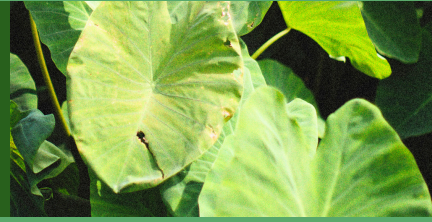
See a dermatologist for a yearly full-body exam, and any time you notice changes in your skin.²



Ke Kipi Kalo

An in-person class focused on growing kalo to be utilized for making poi for keiki and kūpuna.

There is a class every second Saturday from 9 a.m. to noon.



Grow Your Own Lā'au/Mālā 101



A fully online (via Zoom) introduction to planting. You will learn general gardening information. Upon successful completion of the class, you will receive a free garden box, soil, cuttings or starts, and fertilizer.

Meet Your Instructor



Keahi Tajon is a 7th generation descendant of an Umauma 'ohana.

Born and raised in Pepe'ekeo, Keahi grew up playing in the dirt and streams of Hilo palikū, and in the forests on the slopes of Maunakea. He is a local farmer, gatherer, an active conservationist, and Land and Water restoration advocate.

Taking his kuleana seriously, he has spent the past 14 years protecting family 'āina from being sold while regenerating and healing the land from previous toxic monocropping practices used by the sugarcane industry. As such, he has been able to restore what was previously cane and guinea grass to a lush forest of native species and food producing trees and plants.

A decade of work restoring his family 'āina has led Keahi to become highly experienced and knowledgeable in working with local species of plants and soils while developing a Hawaiian-based synergy of mahi 'ai kahiko, or traditional Hawaiian cultural farming practices and blending them with more modern approaches such as Permaculture, Agroforestry, Korean Natural Farming, Biodynamic farming, Electroculture and anything else he can get his hands on that harmonizes with mahi 'ai philosophy and 'ahupua'a-style land management.

FREE Pregnancy & Breastfeeding Services

Healthy Hāpai Classes

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



Breastfeeding Support

FREE one-on-one breastfeeding consultations for registered clients are also available!

The Expert

These free classes and consultations are provided by Leila Ryusaki - Certified Lactation Counselor, Indigenous Breastfeeding Counselor, Childbirth Educator, and Licensed Massage Therapist.



Leila Ryusaki



August: National Breastfeeding Month

WHAT ARE THE BENEFITS OF BREASTFEEDING?

For baby:

- Breastmilk is easier than formula for your baby to digest
- Breastmilk has antibodies that protect baby from illnesses
- Lower risk of sudden infant death syndrome (SIDS)

For mama:

- Helps your body to heal after delivery
- May reduce risk of breast and ovarian cancer
- May increase ease of losing weight gained during pregnancy³

HOW LONG SHOULD BABIES BE BREASTFED?

Current recommendations for mothers without health problems are for them to feed their baby only breastmilk for, at a minimum, the first six months of the baby's life. It is suggested that mothers keep breastfeeding for up to another six months, until the baby is one year old. Other foods should be added starting at six months of age.¹

IS BREASTMILK NUTRITIONALLY COMPLETE?

Breastmilk provides the macronutrients (protein, carbohydrates, and fat) and **most** of the micronutrients (vitamins and minerals) that babies need.¹ It even adapts to your baby's changing nutritional needs as he/she grows.³

It does **NOT**, however, provide enough **vitamin D**.¹ Mothers should talk to their pediatricians about vitamin D drops.²

Oral **iron** supplements should be added, as well, once partially or fully breastfed babies are four months old. Iron supplementation can be stopped when foods with iron are added to the baby's diet.²



1: nichd.nih.gov/health/topics/breastfeeding/conditioninfo

2: healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Vitamin-Iron-Supplements.aspx

3: acog.org/womens-health/faqs/Breastfeeding-Your-Baby?utm_source=redirect&utm_medium=web&utm_campaign=otr



SEPTEMBER:

NATIONAL FRUITS & VEGGIES MONTH

Eat your fruits and veggies!

WHY?

- Diets containing a lot of plant foods, like fruits and vegetables, lower the risk of getting many types of cancer¹
- A plant-rich diet also lowers the risk of hypertension (high blood pressure), type 2 diabetes, and heart disease¹
- This type of diet may also help to control weight¹

HOW MUCH?

- Current dietary guidelines recommend eating 2.5 cups of vegetables and 2 cups of fruit per day for adults consuming 2,000 total calories daily²

DID YOU KNOW?

- Only 20% of Americans 1 year and older consume the recommended amount of fruit²
- Only 10% of Americans 1 year and older consume the recommended amount of vegetables²
- The most frequently consumed vegetable as a side or a snack is the white potato (usually fried),³ which has not been shown by any studies to protect against cancer¹

1: progressreport.cancer.gov/prevention/diet_alcohol/fruit_vegetable

2: dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

3: ars.usda.gov/ARSUserFiles/80400530/pdf/DBrief/39_Vegetable_consumption_adults_1718.pdf

October: National Dental Hygiene Month

TIPS FOR A HEALTHY MOUTH

BRUSH 2X/DAY



Brush twice a day with a toothpaste containing fluoride.

FLOSS DAILY



Floss at least once a day. Flossing cleans between teeth, where a toothbrush can't reach.

GET CHECK-UPS



Visit a dentist every 6 months for cleanings and to catch any issues early.



NO DENTIST?

NO RIDE?

Call Hui Mālama at (808) 969-9220 or submit the form at HMONO.org/services to inquire about our medical transport.

Do you have insurance?



NO

YES

Contact Med-QUEST to See if You Qualify

- Visit: medical.mybenefits.hawaii.gov
- Call: 1 (800) 316-8005
- In-person, Hilo: 1404 Kīlauea Ave.
- In-person, Kailua-Kona: 75-5591 Palani Road, Suite 3004

Contact your insurance for help finding a dentist who is currently accepting new patients with your insurance.



Easy Spiced Apple Overnight Oats

Servings: 1

Ingredients

- 1/2 cup old fashioned rolled oats
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- pinch of cardamom (optional)
- 1/2 tablespoon honey
- 1/2 cup milk (1%, skim, or nondairy)
- 1/4 cup pre-sliced almonds (or chopped almonds), or your preferred nut
- 1 apple, your favorite variety, diced



Instructions

1. In a large tupperware or jar, mix together the dry ingredients: oats, cinnamon, nutmeg, and cardamom (if using).
2. Mix in the honey and milk.
3. Sprinkle the sliced or chopped nuts and diced apple on top.
4. Cover and store in the fridge at least 4-6 hours or overnight.
5. Enjoy!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Inquire today about these FREE services!</p> <p>Visit <i>HMONO.org/services</i> or call (808) 969-9220!</p>			<p>1 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>2 BS & SEC Basic Stretch & Strengthening Exercise Class</p>	<p>3</p>
<p>5</p>	<p>6 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Diabetes Support Group 5 - 6:30 p.m. <i>(online)</i></p>	<p>7</p>	<p>8 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>9 Ke Kipi Kalo Kalo Planting Class</p>	<p>10 Ke Kipi Kalo 9 a.m. - 12 p.m. <i>(in-person)</i></p>
<p>12</p>	<p>13 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Cancer Support Group 5 - 6:30 p.m. <i>(online)</i></p>	<p>14</p>	<p>15 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>16 OFFICES CLOSED</p>	<p>17</p>
<p>19</p>	<p>20 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>21 Wellness Wednesdays 5 - 7 p.m. <i>(online)</i></p>	<p>22 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>23</p>	<p>24</p>
<p>26</p>	<p>27 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Cancer Support Group 5 - 6:30 p.m. <i>(in-person)</i></p>	<p>28 Wellness Wednesdays 5 - 7 p.m. <i>(online)</i></p>	<p>29 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>30 Grow Your Own Lā'au/ Mālā 101 5 - 8 p.m. <i>(online)</i></p>	<p>31 Grow Your Own Lā'au/ Mālā 101 9 a.m. - 12 p.m. <i>(online)</i></p> <p>12</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 OFFICES CLOSED	3 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i> Yoga 5 - 6 p.m. <i>(online)</i> Diabetes Support Group 5 - 6:30 p.m. <i>(online)</i>	4 Wellness Wednesdays 5 - 7 p.m. <i>(online)</i>	5 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i> Yoga 5 - 6 p.m. <i>(online)</i>	6	7
9	10 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i> Yoga 5 - 6 p.m. <i>(online)</i> Cancer Support Group 5 - 6:30 p.m. <i>(in-person)</i>	11 Wellness Wednesdays 5 - 7 p.m. <i>(online)</i>	12 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i> Yoga 5 - 6 p.m. <i>(online)</i>	13	14 Ke Kipi Kalo 9 a.m. - 12 p.m. <i>(in-person)</i>
16	17 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i> Yoga 5 - 6 p.m. <i>(online)</i>	18 Wellness Wednesdays 5 - 7 p.m. <i>(online)</i>	19 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i> Yoga 5 - 6 p.m. <i>(online)</i>	20	21
23 NO CLASSES	24 NO CLASSES	25 NO CLASSES	26 NO CLASSES	27 NO CLASSES	28 NO CLASSES

BS & SEC
Basic Stretch
&
Strengthening
Exercise Class

Ke Kipi Kalo
Kalo Planting Class

30

Inquire today about these **FREE** services!

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

Live Longer & Feel Better, Together!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Diabetes Support Group 5 - 6:30 p.m. <i>(online)</i></p>	<p>2 Wellness Wednesdays 5 - 7 p.m. <i>(online)</i></p>	<p>3 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	4	5
7	<p>8 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Cancer Support Group 5 - 6:30 p.m. <i>(online)</i></p>	9	<p>10 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	11	<p>12 Ke Kipi Kalo 9 a.m. - 12:00 p.m. <i>(in-person)</i></p>
14 OFFICES CLOSED	<p>15 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>16 Advanced Nutrition 5 - 7 p.m. <i>(online)</i></p>	<p>17 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	18	19
21	<p>22 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Cancer Support Group 5 - 6:30 p.m. <i>(in-person)</i></p> <p>Healthy Hāpai 5:30 - 7:30 p.m. <i>(online)</i></p>	<p>23 Advanced Nutrition 5 - 7 p.m. <i>(online)</i></p>	<p>24 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	25	26
28	<p>29 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p> <p>Healthy Hāpai 5:30 - 7:30 p.m. <i>(online)</i></p>	<p>30 Advanced Nutrition 5 - 7 p.m. <i>(online)</i></p>	<p>31 BS & SEC 11 a.m. - 12 p.m. <i>(online)</i></p> <p>Yoga 5 - 6 p.m. <i>(online)</i></p>	<p>To inquire about these FREE services, visit HMONO.org/services or call us at (808) 969-9220!</p>	

BS & SEC
Basic Stretch & Strengthening Exercise Class



Ke Kipi Kalo
Kalo Planting Class



INQUIRE ABOUT OUR (MOSTLY FREE) SERVICES TODAY!

- Open to all Hawai'i Island residents
- Must register with us first

TO GET STARTED:

- Call us and ask about becoming registered:
(808) 969-9220

- Scan the code and fill out the online form



- Visit HMONO.org/services and fill out the form

+ 1 (808) 969-9220  HMONO.org  /HMONO.org  hui_malama_  @HuiMalama  /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.