



Hui Mālama Ola Nā 'Ōiwi

Live Longer & Feel Better, Together

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Live Longer & Feel Better, Together! JOIN US TODAY Visit our office or call to learn more. 1438 Kilauea Ave, Hilo (808) 969-9220 Visit HMONO.org for additional events and updates.			BULLETIN EXERCISE & FITNESS RELOCATION Starting September 5, the majority of our exercise classes will be held in Keaukaha to allow for more space & parking. Malia Puka O Kalani Church Gym 326 Desha Avenue Hilo, HI 96720 CLASS SIGN-UP Diabetes, EFNEP, & Hypertension class participants must sign up in advance. Please call today! 969-9220. Mahalo!		
4 Labor Day OFFICE CLOSED BS&SEC Basic Stretch & Strengthening Exercise Class	5 10AM - 12PM Diabetes Class* -Ka'u and Waimea 10:30AM BS&SEC -Keaukaha, Hilo 1PM Cancer Support Group -Hilo 5PM Yoga -Keaukaha, Hilo	6 10AM - 12PM EFNEP Class* -Ka'u EFNEP Expanded Food & Nutrition Education Program	7 10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga -Keaukaha, Hilo	8 10AM ZUMBA w/ Rhonda -Hilo office	9 9AM-3PM La'au Lapa'au Presentation -Lili'uokalani Park Hilo
11 2PM - 4PM Hypertension Class* -Kona	12 10AM - 12PM Diabetes Class* -Ka'u and Waimea 10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga -Keaukaha, Hilo	13 10AM - 12PM Hypertension Class* -Puna 10AM - 12PM EFNEP Class* -Ka'u	14 10:30AM BS&SEC -Keaukaha, Hilo 1PM Diabetes Support Group -Hilo 5PM Yoga -Keaukaha, Hilo	15	16
18 2PM - 4PM Hypertension Class* -Kona	19 10AM - 12PM Diabetes Class* -Waimea 10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga -Keaukaha, Hilo 6:30PM Cancer Support Group -Hilo	20 10AM - 12PM Hypertension Class* -Puna 10AM - 12PM EFNEP Class* -Ka'u	21 10:30AM BS&SEC -Keaukaha, Hilo 5PM Yoga -Keaukaha, Hilo	22 10AM ZUMBA w/ Rhonda -Hilo	23
25 2PM - 4PM Hypertension Class* -Kona	26	27 10AM - 12PM Hypertension Class* -Puna 10AM - 12PM EFNEP Class* -Ka'u	28	29 6PM - 9PM 17th Annual Ladies Night Out -Hilo Ticket required. Call 969-9220 to get yours today!	30

Want to sync events with your calendar?
Visit HMONO.ORG/EVENTS

Olakino Magazine

September
Kepakemapa 2017

HEALTHY TOGETHER



A message from
our Board of Directors

Aloha kākou,

Your family's health is important to all of us at Hui Mālama Ola Nā 'Ōiwi. We are here to serve Hawai'i and help keep our people and our keiki healthy. Last month we held the First Annual Mālama Nā Keiki Festival in Na'ālehu. Mahalo to all the health agencies that attended and all who participated! The idea to have the festival came from the need to improve care of our keiki and our hāpai women. Let's continue to mālama our keiki, especially as they're back in school. Eat healthy, be active, and get plenty of sleep!

This month we will hold our 17th Annual Ladies Night Out. This is an evening of women's health and pampering devoted to the women of our community; our moms, daughters, sisters, grandmas, and all the aunts. Family health is important. Spend time together sharing meals, going for walks, talking story. Let's mālama our community and be healthy together. Come join us in our diabetes or hypertension classes, our cancer support group, our fitness classes, and plenty more! Let's be healthy together as one 'ohana.

Mabel De Silva
Chair



Hui Mālama Ola Nā 'Ōiwi is dedicated to improving the wellness & well-being of Hawai'i Island, so that all residents can Live Longer & Feel Better, Together. Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization. Originally established in 1985 as the Puna Community Caring Health System in collaboration with Alu Like Inc., Hui Mālama Ola Nā 'Ōiwi has been a champion of community health education services, with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i County.

Learn more at HMONO.org



Hui Mālama Ola Nā 'Ōiwi
Community Health Education Services
Live Longer & Feel Better, Together.

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Interested in learning more?

Website: HMONO.org
Phone: (808) 969-9220
Address: 1438 Kilauea Ave. Hilo, HI 96720
Facebook: [/HMONO.org](https://www.facebook.com/HMONO.org)

Become a member today!
Take advantage of Hui Mālama Ola Nā 'Ōiwi's free health services.
Just visit:
HMONO.org/connect

Whooping Cough (Pertussis) & the DTap Vaccine

Whooping cough causes a severe cough, runny nose, apnea (a pause in breathing in infants) and can lead to pneumonia (infection of the lungs) & death.

The best way to protect against whooping cough is by getting the diphtheria-tetanus-pertussis shot (called DTaP).

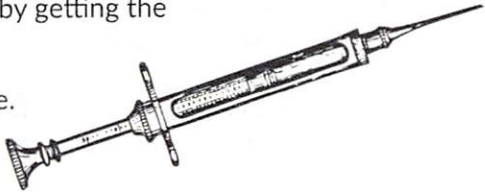
Doctors recommend that all children get the vaccine.

Why should my child get the DTaP shot?

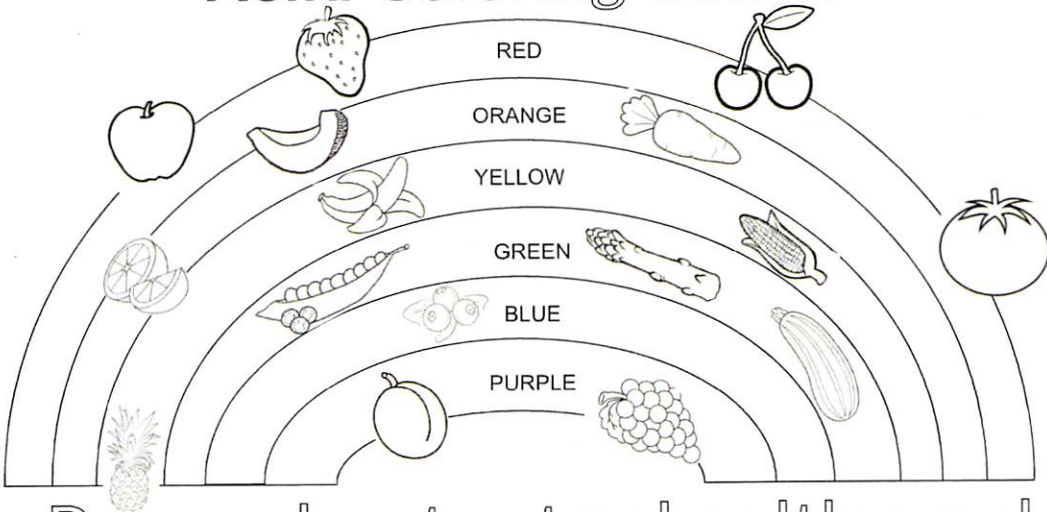
The DTaP shot:

- Helps protect your child from whooping cough, a potentially serious and even deadly disease, as well as diphtheria and tetanus.
- Helps to prevent your child from having violent coughing fits from whooping cough.

Our keiki are as vulnerable as they are precious. Do you know if your child has received all recommended immunizations? Hui Mālama Ola Nā 'Ōiwi can help! Call 969-9220 for more information on vital vaccines.



**Hui Mālama Ola Nā 'Ōiwi's
Keiki Coloring Corner**



Remember to stay healthy and
EAT DA RAINBOW!

Back-to-School Health Tips for Keiki

1. Eat Your Breakfast! Research suggest that keiki who eat a well-balanced breakfast function better throughout the day. Keiki will do better in school with an increase to their concentration and energy.

2. Get Enough Sleep! Sleep is critical for keiki to succeed in school. Keiki who lack sleep have a difficult time staying focused and learning. Set a consistent bedtime. Develop a calming pre-bed-time routine (bath/shower, reading with them, tucking them in etc.) For a sufficient night's rest, younger keiki should have 10-12 hours of sleep per night and adolescents (13-18 years of age) should be getting 8-10 hours of sleep per night.

3. Get Your Annual Physical! Keiki should get their annual checkups done by a pediatrician each year. These annual physicals ensure that your keiki's medical records and vaccinations are up-to-date. To learn more about your keiki's immunization mandates, call Hui Mālama at 808-969-9220.

4. Backpack Safety! Your keiki will be using a backpack everyday throughout the school year, so it is important to choose a backpack with wide, padded shoulder straps, and a padded back. A backpack should never weigh more than 20% of your keiki's body weight. Remove unnecessary items weekly in order to decrease total weight. Remind keiki to use both straps when wearing backpack, and if allowed at the school, use a rolling bag instead.

Aunty's Health Message

Aloha mai kākou. I am Aunty Edna and today I want to share the importance of eating your fruits and veggies. September is childhood obesity awareness month. One in three children in the United States is overweight or obese. This has led to higher rates of type 2 diabetes, high blood pressure, and heart disease in our keiki. We need to make some changes starting with what we eat.

Eating fruits and vegetables can lower you and your keiki's risk of:

- Heart disease
- Type 2 diabetes
- Some types of cancer
- Obesity
- High blood pressure

It is never too late to start eating a more balanced diet. Instead of chips, try carrots or cucumber. Instead of ice cream, eat some papaya. Small changes add up to make a big difference! Together we can make a difference and be healthy. Just remember.... we can live longer and feel better together! Come see us at Hui Mālama Ola Nā 'Ōiwi, working over 25 years to help our Hawaii Island be a healthy and happy place.

Hele mai, come see us, and tell them Aunty Edna sent you!



Hui Mālama Ola Nā 'Ōiwi SCHEDULE OF CLASSES

DIABETES * HYPERTENSION * HELE MAI'AI NUTRITION * EFNEP (UHH-Expanded Food & Nutrition Education Program)
Schedule subject to change. Please call us to reserve a seat today! (808) 969-9220

	AUG	SEPT	OCT	NOV	DEC
HILO					
DIABETES				11/1 - 11/15 Wednesdays	
HYPERTENSION			10/11 - 10/25 Wednesdays		
EFNEP		10/2 - 11/6 Mondays 1pm - 3pm			
HELE MAI'AI					12/6 - 12/20 Wednesdays
PUNA					
DIABETES	8/23 - 9/6 Wednesdays 10am - 12pm			11/22 - 12/6 Wednesdays	
HYPERTENSION		9/13 - 9/27 Wednesdays 10am - 12pm			
EFNEP			10/5 - 11/9 Thursdays		
HELE MAI'AI					12/4 - 12/18 Mondays
WAIMEA					
DIABETES		8/29 - 9/12 Tuesdays 10am-12pm		11/14 - 11/28 Tuesdays	
HYPERTENSION			10/16 - 10/30 Mondays		
EFNEP					
HELE MAI'AI					12/4 - 12/18 Mondays
KONA					
DIABETES					12/5 - 12/19 Tuesdays
HYPERTENSION		9/11 - 9/25 Mondays 2pm - 4pm			
EFNEP			10/3 - 11/7 Tuesdays		
HELE MAI'AI					
KAU					
DIABETES	8/29 - 9/12 Tuesdays 10am - 12pm			11/6 - 11/20 Mondays	
HYPERTENSION			10/16 - 10/30 Mondays		
EFNEP		9/6 - 10/1 Wednesdays 10am - 12pm			
HELE MAI'AI					12/4 - 12/18 Mondays

Meet Wanda Louis, RN

Wanda has been a Registered Nurse for more than 15 years, and has been working in the healthcare community for more than 30 years. Her special skill-set and passion led her to become an educator for Hui Mālama in 2012.

"I became a nurse because I love taking care of people. I became an educator because I wanted to inspire people."

Wanda is currently the Community Health Coordinator at Hui Mālama which means that she teaches health classes for the community, coordinates with other health care providers, and mentors medical nursing students.

With her experience in healthcare, Wanda has coordinated the Diabetes and Hypertension Management classes offered by Hui Mālama. She highly suggests that those who are diagnosed with diabetes and/or hypertension should take these classes. Benefits from attending these classes include: learning how



to manage your disease instead of reacting to it, how to live a healthy and balanced lifestyle, medication management, and receiving support from your peers.

"Living with diabetes and hypertension requires learning to live with a partner we didn't intend to have. And with life, we have to learn how to live with unexpected circumstances versus having the circumstances live for us. Having a chronic disease like diabetes or hypertension doesn't have to end life, it's learning to live with it and being in control of it so it doesn't control you." - Wanda Louis, RN

See page 2 for the Hui Mālama schedule of upcoming hypertension, diabetes, and nutrition classes.

The Mālama Nā Keiki Festival August 26, 2017 Na'ālehu Park



The day was sunny and the breeze was cool; a perfect day for Hui Mālama Ola Nā 'Ōiwi to hold its First Annual Mālama Nā Keiki Festival! The festival took place at Na'ālehu Park on Saturday, August 26, 2017. Thirteen local agencies attended to share their health resources with the community. Over 225 participants engaged in the experience of activities, music, shave ice, and health information. It was a day of exploration for keiki and families who were issued a festival passport with a map that guided them from agency to agency to learn about health and wellness services. Once the map had been completed, each family member won a treasure! All participants were entered into a raffle for over 37 prizes, including two grand prizes of infant car seats with diapers, bibs, and wipes!

The Mālama Nā Keiki Festival was planned in response to a need for more prenatal and young keiki health education. The festival aimed to serve expecting and first-time mothers, women considering pregnancy, and young families. Vision tests and hearing screenings were offered for keiki along with immunization information and prenatal care education. Keiki IDs, food baskets, dental kits, and more were available for families to take home. **Mahalo to the agencies for attending and sharing resources:**

• Bay Clinic Inc. • Big Island Substance Abuse Council (BISAC) • Family Support Hawai'i • Hawai'i County Police Department • KTA Pharmacies • NIU Hawai'i, LLC • PATCH • Project Vision Hawai'i • The Food Basket, Inc. • Tutu and Me • West Hawai'i Early Headstart

Over 37 prizes were raffled to families throughout the event, offering diapers, wipes, onesies, bibs, food, clothes, keiki sleeping bags, backpacks, gift cards, and two grand prizes of infant car seats! **Mahalo to our contributors for their generosity:**

• Costco • Da Hawaiian Brain Freeze • Hana Hou Restaurant • Huggies • Mizuno Superette • Opihi Baby • PARENTS Inc. • Punalu'u Bakery • Rainbow Jo • The Food Basket, Inc. • Tutu and Me

Thank you also to O Ka'u Kākou for making shave ice for all the families throughout the day. And thank you to Halau Hula O Leionalani and Kumu Debbie Ryder for sharing your beautiful music and hula with us that day. We thank the Ka'u community for welcoming us so warmly for this inaugural event and mahalo to the County of Hawai'i Parks and Recreation for use of their wonderful facilities. The festival was made possible through funding from HRSA and the Office of Hawaiian Affairs (OHA). Hui Mālama strives to help our communities develop a strong network of prenatal and postnatal support, and learn best practices to prevent potential health problems, raise healthy happy children, strengthen family, and fulfill OHA and Hui Mālama's shared goal of a strong and healthy Hawaiian nation.



We at Hui Mālama Ola Nā 'Ōiwi look forward to offering more keiki and prenatal programs across the island throughout the year. Come join us!

About OHA

The Office of Hawaiian Affairs (OHA) is a unique, independent state agency established through the Hawai'i State Constitution and statutes to advocate for the betterment of conditions of all Native Hawaiians, with a Board of Trustees elected by the voters of Hawai'i. OHA is guided by a vision and mission to ensure the perpetuation of the culture, to protect the entitlements of Native Hawaiians, and to build a strong and health Hawaiian people and nation. For more information, visit www.oha.org.



HUI MĀLAMA OLA NĀ 'ŌIWI

17th ANNUAL

Ladies' Night Out

In Memory of Nancy Everett, RN

An evening of fun, pampering, and health awareness for women

Friday, September 29, 2017

6:00 to 9:00 pm

Afook-Chinen Civic Auditorium

(Alcohol, Drug, Tobacco/ Ecig Free Event)

Make and Take Crafts, Unique Boutique, Entertainment,
Hair Trims, Mini Manicures, Massages, and much much more
REFRESHMENTS AND DOOR PRIZES!!

Admission by ticket only

Tickets will be distributed by Hui Malama Ola Na 'Oiwi Hilo office. Obtain a ticket slip with more information from your sponsoring agency.

WOMEN ONLY 18 YEARS AND OLDER

For more information call

969-9220

Do you know your La'au?

Match these descriptions to its corresponding la'au

1.

Considered to be a weed, this la'au has the ability to grow in most environments and survive rough growing conditions.

2.

A la'au that grows up to 15 feet tall, known for its nettles and red-veined leaves.

3.

The root of this la'au has a bright orange hue, which was used for both medicinal and non-medicinal applications.

4.

The stalk of this introduced la'au is commonly used for cooking and teas.



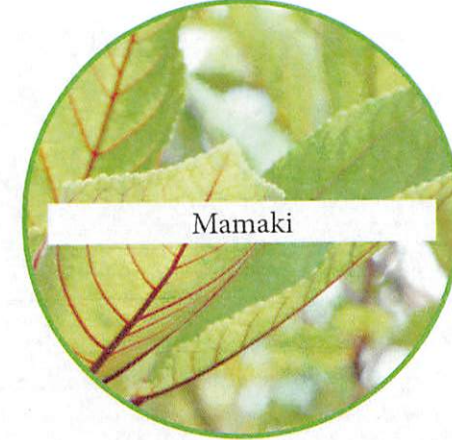
Lemongrass



Laukahi (Plantain)



'Olena (Turmeric)



Mamaki

Answers: 1. Laukahi 2. Mamaki 3. 'Olena 4. Lemongrass

Healthy Together. Tips for staying healthy as an 'ohana

WOMEN'S HEALTH:

There are many ways that women can ensure that they are taking care of their health and wellness.

Here are some helpful tips:

- Get at least 30 minutes of physical activity every day • Eat healthy (ChooseMyPlate.gov is a great resource) • Avoid smoking, illegal drug use, and misuse of prescription drugs. There is help to quit if you need! (BI-SAC.org is a good resource) • Limit alcohol use to one drink or less a week
- Get at least 7 to 8 hours of sleep a day • Do regular breast self-exams
- Reach and maintain a healthy weight • Visit your doctor at least once a year for preventive checkups, vaccines, and medical tests. • Ask about:

- | | | |
|---------------------|-------------------|------------------------|
| • Blood pressure | • Flu | • Pap (21+) |
| • Breast exam | • Hepatitis B | • Sexually transmitted |
| • Cholesterol | • Hepatitis C | infections (STIs) |
| • Colorectal health | • HIV | • Tuberculosis |
| (50+) | • HPV (<26) | |
| • Diabetes (45+) | • Mammogram (40+) | |

For more information about women's health screenings and healthy living tips, visit healthywomen.org and don't hesitate to talk with your doctor.

Source: healthywomen.org

Healthy Hāpai

Hui Mālama Ola Nā 'Ōiwi is launching an island-wide Healthy Hapai prenatal program. The program offers prenatal education to mothers in their first and second trimester. The prenatal groups will be offered in five locations across the island, meeting with Hui Mālama health educators for hands-on learning about maternity health and wellness practices. Call Hui Mālama Ola Nā 'Ōiwi today to learn more and sign-up! (808) 969-9220.

MEN'S HEALTH:

Men should schedule regular checkups with their doctor to ensure that they are healthy and well.

Here are some helpful tips:

- Reach and maintain a healthy weight • Get at least 30 minutes of physical activity every day • Eat healthy (ChooseMyPlate.gov is a great resource) • Avoid smoking, illegal drug use, and misuse of prescription drugs. There is help to quit if you need! (BISAC.org is a good resource)
- Get at least 7 to 8 hours of sleep • Limit alcohol use to one drink or less per week • Visit your doctor at least once a year for preventive screenings, vaccines, and medical tests. For males, these include:

- | | |
|---------------------------|------------------------|
| • Blood pressure | • Hepatitis C |
| • Cholesterol | • Prostate exams (50+) |
| • Colorectal health (50+) | • Sexually transmitted |
| • Diabetes | infections (STIs) |
| • Flu | • Tuberculosis |
| • Hepatitis B | |



Next time you visit your local health care provider, make sure you ask about the benefits of health screenings and regular checkups. Source: medlineplus.gov, 2017

KEIKI HEALTH: National Childhood Obesity Awareness Month

Did you know that 1 of 3 children is overweight or obese? Obesity occurs when there is an excessive buildup and storage of fat within the body.

This is a concerning health issue for our keiki, because obesity can lead to serious health problems including:

- Type 2 diabetes • High blood pressure • Heart disease

But the good news is that childhood obesity can be prevented!



Here are some strategies to eliminate childhood obesity:

- Eat more fresh fruits and vegetables • Enjoy the air outside and take a walk with the ohana after each meal • Reduce "screen time" (TV, video games, internet) • Educate your keiki on the benefits of physical activity

Make a difference for our keiki by spreading the word on preventable strategies and encouraging the rest of the ohana and Hawaii Island community to get involved today! Source: www.coam-month.org

Immunizations - Free sleeping bags and backpacks!

Does your child turn 3 years old this year between August 2017 and July 2018? Has he or she completed all 19 vaccinations? If your keiki is 3 and has completed all 19 vaccinations, submit a copy of your keiki's vaccination records to Hui Mālama Ola Nā 'Ōiwi office and you can choose a backpack or sleeping bag for your child!

Want to learn more about vital vaccines? Call Hui Mālama for more information: (808) 969-9220.

FAMILY FUN SEPTEMBER HEALTH CHALLENGE:

As a family, can you complete the September health challenge?

- Walk or run for 30 minutes three times a week.
- Do 10 jumping jacks and 10 squats a day.
- Drink plenty of water. You should drink at least half your weight in ounces everyday!
- Eat the rainbow, meaning eat colorful fruits and vegetables everyday.