



Ka Leo 'Ō Ke Aloha Me Ka Leo 'Ō Ke Ola

"The Voice of Aloha, The Voice of Health"



August 2000 • VOLUME 23 • NUMBER 19 RICHARD BETTINI, EXECUTIVE DIRECTOR DR. GERARD AKAKA, MEDICAL DIRECTOR CHUCK WOTHKE, PRESIDENT

Town Meeting Report: A Multi-media Event



The Health Center's July 12 Town Meeting was well attended – by both the 50 community residents on-site and by the 10 who participated through the "Chat Room" set up on the Center's website, www.wcchc.com. Since the meeting was filmed by 'Olelo, others will have the opportunity to hear the information when it is aired on the 'Olelo channel. This multi-media approach is one way the Health Center feels it can involve the community in learning about, and providing input to, its services and activities.

Sharing good news was the agenda for the evening. Chuck Wothke, President of the Board of Directors, shared information on the Health Center's development/fundraising campaign to raise money for the Native Hawaiian Healing Center and the 2-story medical building. Being one of the founders of the Health Center nearly 30 years ago, Chuck related that community and planning members at the time felt that establishing a Health Center was going to be impossible. It's obvious from the growth of the Health Center that it wasn't impossible. Current

board members are positive that they can achieve the goals being set for the fundraising effort.

Health Center staff shared a wealth of information on current program, administrative and clinic initiatives, such as:

- New Saturday clinic hours for pediatric services
- The September 1 opening of the Kapolei Health Care Center
- A focus on assuring that every patient is linked with a primary care provider
- Use of the internet and other efforts to address chronic disease conditions
- Improvements to the facilities including more signage, parking and a major overhaul of the central air conditioning system
- Establishing of specialty teams – pediatric, internal medicine and primary care
- The August opening of an Internet Café in the central waiting room area
- A program that enrolls uninsured children (age 0-19) in the state's new child health initiative

Ka mana'o o na kauka (The thoughts of the doctors)



Ano 'ae e me ka welina o ke aloha e ka po'e o Waianae

Greetings with aloha to the people of Waianae

by Gerard Akaka, MD
WCCHC Medical Director

Time flies, as we are already 8 months into the new millennium! In this article, I will share with you upcoming important changes at WCCHC.

First, I'd like you to welcome our new provider; Dr. Alean Cook-Palmer, a Family Practice physician, who will soon join our staff at the Health Center. Dr. Cook-Palmer is a graduate of Nanakuli High School and a Native Hawaiian scholar. We are very proud to have her begin her practice with us in August.

Second, we will soon embark on a large capital improvement project to install a state-of-the-art airconditioning system and reconfigure several of our clinic areas. The project will provide comfortable patient areas and improved access to providers.

Third is our ongoing commitment to offer Saturday clinics, as well as increased open scheduling, to improve our access for you. Presently, we have Family Practice clinics available on Saturday at our Waianae, Nanakuli, and Waianae Mall (Waiola) locations. By September, we will have Pediatric and Internal Medicine clinics open on Saturday, also.

We are developing relationships to increase utilization and state-of-the-art technology for our physicians and our patients. We continuously strive to improve the quality of medical care provided by our Health Center. To that end, we are pleased to tell you of our Kapolei Health Care Center, opening in early Fall 2000. Located in the building fronting Seagull School, this beautiful facility will provide Family Practice, Pediatrics, and Integrative Health. We welcome your visit to our Main Clinic in Waianae or any of our satellite clinic locations in the Waianae Mall, Nanakuli, and soon, Kapolei.

Coastmaster Awards

WCCHC established a unit of Toastmasters at the Health Center several years ago. "The Coastmasters" meet every 1st and 3rd Thursday at 7pm in the Administration Conference Room of the Health Center.

Two of our "Coastmasters" excelled during the recent Toastmasters International Speech Contests. Connie Badayos placed 2nd in Table Topics during the March Area Contest. Leilani Sexton placed 2nd in International Speech during the Area Contest; 2nd during the Division Contest in April; and 3rd in the District/Statewide Contest held in May.

The "Coastmasters" welcomes new members at any time. Call Connie Badayos at 696-7081 or 696-4717 (evenings).

Opening September 5th!!!

Kapolei Health Care Center

(Next to the Kapolei Chinese Restaurant)

Meet Our Health Care Team...



Combining Family, Integrative and Preventive Medicine

Providing Health Care for the Entire Family

Appointments Available Monday through Saturday



Dr. Malia Lee
Family Practice



Dr. Melinda Santhany
Pediatrics



Dr. Stephen Bradley
Integrative Medicine/
Family Practice



Dr. Terry Shintani
Integrative Medicine/
Nutrition

For information before the September opening, call 674-9352 or visit us on-line at www.kapoleihealth.com



PRESIDENT'S MESSAGE

By **Chuck Wothke**
 WCCHC
 Board President

Thirty-three (33) years ago the Wai'anae District was standing on a new threshold - the need for health care. Existing service came from a part-time doctor in the evening. Other health services were available at the end of a long journey into Honolulu over a two-lane road with a 35-mile per hour speed limit.

The need was evident and it presented an opportunity and a challenge to residents of the Wai'anae District. Volunteers from the Wai'anae Community Action Program and [later] Model Cities volunteers began the long and demanding process of planning for health care for the District. Difficult decisions had to be made - chances had to be taken. The result is what we see today - Wai'anae Coast Comprehensive Health Center.

I'm not going to list all of the statistics that show the Center's contribution to the area. If you've received service from the Center, you know its worth. What I do want to emphasize is that we are at another threshold - **Preparing for the future.**

The Center needs to renovate much of its facility (some of this is already in progress). The Center also needs additional facilities. We plan to:

1. Complete the Native Hawaiian Healing Center and the integration of traditional healing practices with Western medicine.
2. Provide for the latest technological equipment, such as telemedicine and communications systems.
3. Provide additional exam space, with an emphasis on a women's clinic in a new 2 or 3 story medical building.
4. Investigate the possibility of developing assisted living services for the elderly.

By concentrating on these areas, we are looking to the future and the services our children will need to continue to maintain a healthy community.

To accomplish some of these challenges, the Board of Directors has approved the implementation of a Fund Raising / Development program. Professional consultants have been hired and the planning process has begun. The **Goal is 12 million dollars over a 3 to 5 year period.**

When the goal was set, some said 'We can't do that!' Thirty plus years ago the same comments were made. I'll never forget a T-shirt I saw years ago at Ala Moana Center. It had on the front the words, '**Chance Um**'. That's how the Center got where it is today - chances were taken.

The current Health Center is the result of a community effort. The Health Center of the future will also be the result of a community's effort to provide for the needs of our children and the continued health of our community.

NEW: SATURDAY PEDIATRIC CLINIC
 Starting August

Providers:

Dr. May Okihiro and Dr. Kelli-Ann Voloch

Where: Makai Clinic (Main Center)
Saturday Hours: 8:00am - 1:00pm

For Appointments: Call 696-7081 - ask for the Makai Clinic

NEW PROVIDERS AT THE COMP



This month, we'd like you to meet Dr. Alean I. Cook-Palmer. In August, she will join us as our newest Family Practice Physician. We'd like to share a little of Dr. Cook-Palmer's background with you as we welcome the "hometown girl" back to our community.

Dr. Cook-Palmer is the daughter of John and Yvonne Cook and was born and raised in Nanakuli. Alean attended Nanaikapono, and later Nanakuli High & Intermediate School, and says she never expected to become a doctor. She smiles and says, "I was just your average kid swimming at Zabland, or across from Hakimo Rd., after I did my homework. My parents repeatedly stressed the importance of doing the best I could, at whatever I did. My grandparents, Clarence and Myrtle Mokiao (now deceased) were great examples of dedication to work and community values."

After graduating from NHS in 1988, Alean received numerous scholarships from the community and went to UH Manoa to study Biology and thought perhaps she would become a teacher. She was the first-generation of college students in her family on both sides. She said, "I knew I liked two things: Science and talking."

Throughout her college career, she received financial and educational support from many programs, including the Health Center's

Scholarship Program from 1989 through 1992. "All 5 years of college were paid for with scholarships and tuition waivers. I really needed it and wouldn't have gone if my parents had to pay," Dr. Cook-Palmer said. In 1993, Alean graduated with a Bachelor's in Biology and went to the John A Burns School of Medicine at the University of Hawaii-Manoa. Her 3-year residency was served at Wahiawa General Hospital.

As a Family Doctor, she will care for the full spectrum of patients, newborn child to the Kupuna, men and women. Dr. Cook-Palmer says, "I have been looking forward to this time when I can come full circle and give to my community what it gave to me so many years ago as a teen looking for something to do...the opportunities to live life to the fullest."

In our next issue, we'll introduce you to Dr. Kelli-Ann Voloch, who will be joining us in August as our newest Pediatrician.



Mark your calendar for the
 Health Center's
 3rd Annual Golf Tournament
 Friday, October 13
 Hawaii Prince Golf Course

Keiki Passenger Safety Seat Check

SATURDAY, AUGUST 19, 2000

10 AM-2 PM

WAIANAEO COAST COMPREHENSIVE HEALTH CENTER

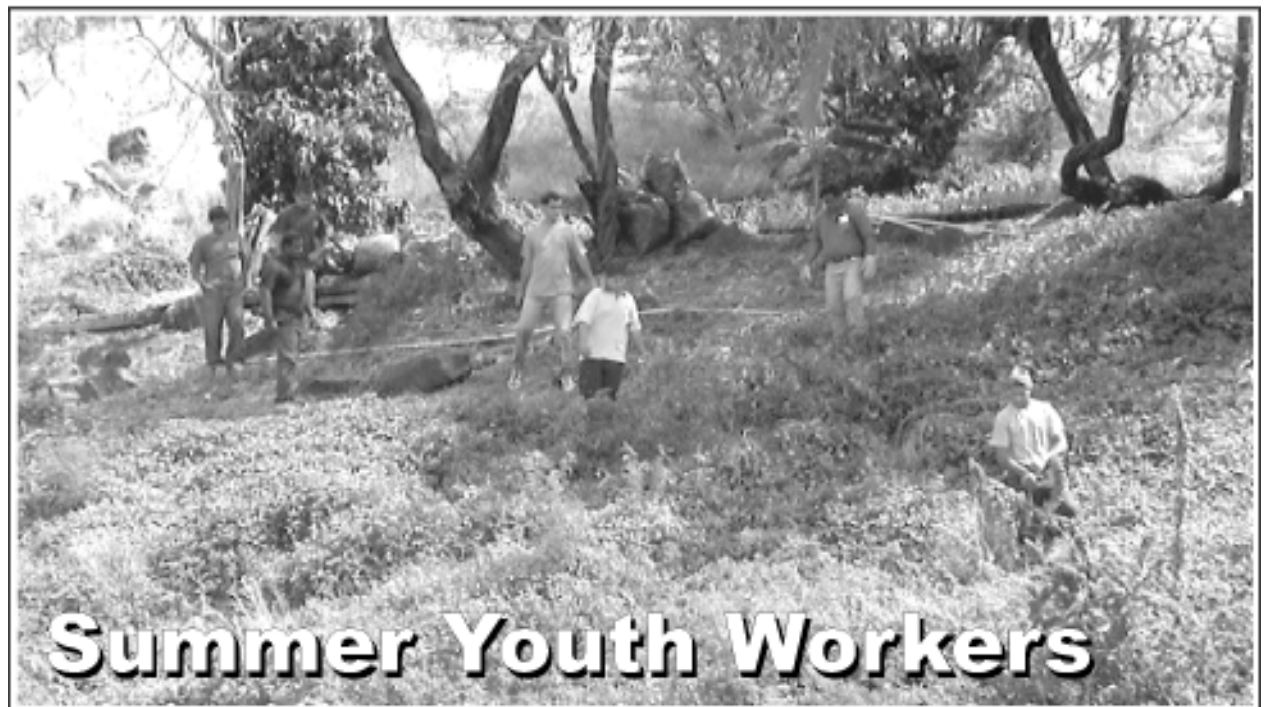
UPPER CAMPUS PARKING LOT

BRING YOUR KEIKI AND CAR SEAT!

Eligibility Criteria:

- ▲ A car
- ▲ Car seat in the car to demonstrate proper installation
- ▲ Child must be present at car seat check

For further information, contact Teresa Gonsalves at 696-1569



Summer Youth Workers

For the summer, about 25 high school students from the Waianae Coast are working throughout the Health Center in various departments. Some students are working on beautifying the Health Center's grounds.