



# Ka Leo 'O Ke Aloha Me Ka Leo 'O Ke Ola

"The Voice of Aloha, The Voice of Health"



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RICHARD BETTINI, EXECUTIVE DIRECTOR

DR. GERARD AKAKA, MEDICAL DIRECTOR

CHUCK WOTHKE, PRESIDENT

## Ka mana'o o na kauka

*(The thoughts of the doctors)*



by Gerard Akaka, MD  
WCCHC Medical Director

**Imua, o people of Waianae.  
May you be blessed with  
good health and long life.**

This is one of the main goals of Waianae Coast Comprehensive Center. But we are faced with many barriers such as obesity, smoking, diabetes, hypertension, heart disease, crystal methamphetamine, alcohol, anger, depression, anxiety, spousal and child abuse, high risk pregnancy and more. The Health Center's personnel are diligently working to help you overcome these barriers with primary care and specialty care clinics, mental health and substance abuse clinics, case management, integrative health services with traditional Hawaiian healing, emergency department services and more. I am extremely proud of the Health Center's dedicated team of people who work to provide the best care possible for you.

As a part Hawaiian physician, I am very concerned, even grieved, by the health disparities of our people. I have developed a deep aloha for my patients and I try to give them the best medical care that I can, but...many do not get better. Why? It seems that many are not willing to do what it takes to improve their health such as eating healthier, quitting smoking, exercising, losing weight or taking medications properly.

We must work together to improve your health. In most cases, the patient is more important than the doctor in bringing about wellness and good health. My hope is that every person on the Waianae Coast will become involved with their health, then use the services that the Health Center has to offer. If we can do this as a community, the people of Waianae *will be blessed with good health and long life.*

## INDONESIAN STUDY TOUR

The Health Center hosted a one-week study tour for 19 health officials from Indonesia. The focus of their study related to learning community and family empowerment methods for their Family Health and Nutrition Project. Besides meeting with community-based programs in Waianae and Honolulu, the participants also met with AlohaCare and the Department of Health. Participants were impressed with all of the programs they visited, particularly community development efforts and agencies coordinating services - and "the food was great!".



## NEW CLINIC OPENS IN KAPOLEI

The Kapolei Health Care Center, WCCHC's newest clinic location, opened September 5, 2000. Located in Kapolei next to the Kapolei Chinese Restaurant, the Center is providing family, integrative, preventive medicine, and Ob-Gyn services. Appointments are available Monday through Saturday - call 674-9352. Want more information? Check out their web site at [www.kapoleihealth.com](http://www.kapoleihealth.com).



*Our Kapolei Health Care Providers:*



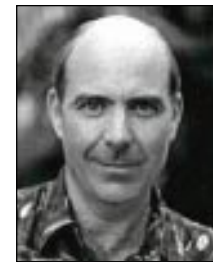
Dr. Santhany  
Pediatrics



Dr. Lee  
Family Practice



Dr. McKenzie  
Ob-Gyn



Dr. Bradley  
Integrative Medicine/  
Family Practice



Dr. Shintani  
Integrative Medicine/  
Nutrition

## GET READY FOR THE FLU SEASON

Flu season will shortly be upon us once again. This annual "event" coincides with our rainy season although there is no direct connection between changes in the weather and becoming ill. However, we seem to be more vulnerable to different viruses during this cooler time of the year.

People age 65 and over and those with lung conditions, such as asthma, chronic bronchitis, or emphysema; should receive the flu vaccine. Other people who should receive the flu vaccine are those with diabetes and heart disease, or whose immune system is compromised.

If in doubt as to whether you should receive the flu vaccine, please contact your primary care provider.

# Welcome Our New Providers

**PEDIATRICIAN:**  
**KELLI-ANN VOLOCH, M.D.**



Dr. Kelli-Ann Voloch is a native of Hawaii who was raised in Makakilo and graduated from Kamehameha Schools. She completed her medical education and training at the University of Hawaii-Manoa, John A. Burns School of Medicine.

As a staff pediatrician, Dr. Voloch serves the Health Center's younger population (newborn to 18 years). To be a part of the community she loves, and to provide care to the younger population, is a "dream come true". Dr. Voloch enjoys spending her "free" time shoreline fishing and being with her family and friends.

**PSYCHIATRIST:**  
**JOEL S. PECK, M.D.**



Dr. Peck is a native of New York and a graduate of Harvard University, Stanford University School of Medicine and the University of Hawaii. He began his medical career as a General Surgeon but decided in 1994 to pursue his lifelong interest in psychology.

In 1988 he moved to Hawaii and worked at the Hawaii State Hospital as the Medical Director and Staff Physician. His practice now includes seeing patients at the Health Center as well as Kahi Mohala and nursing homes. Dr. Peck provides inpatient and outpatient care to adults.

Dr. Peck loves dogs and horses and is a former Triathlete. He enjoys serving this community and plans to be here for a very long time.

# Internet Cafe Open To The Public



The Health Center has opened its first *Internet Cafe* in the main campus central waiting area. Patients and family members (over the age of 13) can now access the World Wide Web by purchasing time in 15-minute increments. Each increment costs \$1.50 and can be purchased at the Medical Records window. AlohaCare donated the *Internet Cafe* computers and the Health Center is providing the Internet connection and a brief training for first-time users.

## What's Being Built?

Have you noticed the clearing of land, the planting, and the arranging of rocks to the side of the Health Center at the top of the driveway? What's being developed is our Hawaiian Healing Center. The pathways and gardens being developed now will tie together the buildings of the Healing Center that will be built in the future. Stay tuned for further updates.



## Mahalo to the nearly 75 volunteers who contributed their Saturday to help the Health Center at its 9th Annual Aloha United Way Day of Caring

Projects included: Preparation of the Native Hawaiian Healing Center Amphitheater, widening of the driveway, building of low retaining rock walls and general clean up. Friends of the Health Center



who volunteered their labor included employees from Hawaiian Dredging and Construction Company, Big Island Topsoil, Ho'omau Ke Ola and Waianae Comprehensive Health Center employees. Hawaiian Dredging, Big Island Topsoil and Island Ready Mix have contributed labor and materials for several years.

*Come, join us for our*

## 3<sup>rd</sup> Annual Golf For Your Life Tournament

A Benefit for Waianae Coast Comprehensive Health Center

**Friday, October 13, 2000**

12:00 PM Shotgun Start 3-man scramble

Hawaii Prince Golf Course

\$100 Single Registration \$300 Team Registration

**Fee includes:**

Lunch, goodie bags, refreshments on the course, car and cash prizes, door prizes & banquet.

**Call 696-1456 for information & registration**

**Register by October 12**

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**Our Tournaments have provided funding to purchase state-of-the-art medical equipment for the Health Center's Emergency Room, including:**

**Pulse Oximeter**

This instrument measures the oxygen saturation in the blood. The Pulse Oximeter is one of the tools used to assess heart or lung problems such as chest pain or asthma.

**Digital Infusion Pump**

These pumps provide the most accurate measurement possible for giving medications directly affecting the heart and lungs.

**Marquette 12-Lead EKG Machine**

This device provides the ability to view electrical activity of the heart from 12 individual views, allowing comprehensive assessment of chest pain.

