



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

"The Voice of Aloha, The Voice of Health"

The Waianae Coast Comprehensive Health Center is an Equal Opportunity Provider and Employer.

October 2004

VOLUME 23 • NUMBER 61 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • JOSEPH LAPILIO, III, PRESIDENT

4th Annual Women's Health Day Celebrated

The Community Health Services Department celebrated their 4th annual Women's Health Day Event on Friday, September 10. This year's theme was " `O i Kau Ka La, E Hana I Ola Honua: While the sun yet shines, do all you can."

Over 110 women, men and children participated in activities that emphasized the value of time and health. This event was held at the WCCHC Amphitheatre. The day began with an opening pule by Kamaki Kanahale III. The participants continued by enjoying Jamba Juice and viewed the displays and educational information on numerous topics relating to family planning, smoking cessation, oral health, mental health, Legal Aid, healthy and hapai, and women's health. Throughout the day, emcee Robin Kalo-helani, announced winners of door prizes.

The highlights of the day included a discussion given by Noelani Wilcox.

Miss Wilcox welcomed participants to share their personal experience on ways they promote positive mental health. Participants were given hand-outs focused on mental health wellness with suggestions on staying healthy.

Dr. Stephen Bradley's cooking demonstration featured three different types of quick and healthy wraps: Caliente Wrap that consisted of shredded pork cooked in Taco Seasoning, shredded lettuce and cheese, sour cream, wrapped in a flour tortilla and served with salsa; Chicken Caesar Wrap comprised of chopped Romaine lettuce, diced tomatoes and cucumbers, Parmesan cheese and Caesar dressing served in a flour tortilla; and a Thai Chicken Wrap consisting of chopped cooked chicken, sliced Shitake mushrooms, shredded carrots and lettuce wrapped in a rice paper served with a choice of sauces including a Yuzu Citrus

Flavored Dressing, Southeast Asian Peanut Sauce, and a Nuoc Cham Sauce (Chili, Garlic, and Fish sauce).

The participants were invited to sample the different wraps and dipping sauces. The wraps were accompanied with fresh cut sweet pineapples and sweet potato and taro chips.

The day concluded with each participant receiving a native Hawaiian plant from Hui Ku Laoli Ola. Our many thanks goes to those that have supported this year's event and gave generously including Curves of Waianae, Rendezvous Tours, Jamba Juice, Waianae Community Redevelopment Corporation, DOH Tobacco Prevention and

Education Program, Aloha-Care, Hawaiian Chip Company, Makaha Resort, Malama Everyday and WCCHC's Personnel Task Force.

Lastly, many thanks to all the various departments of WCCHC including Facilities, Medical Administration, Groundskeeping, Preventive Health and Security.



Women's Health Day Event: Participants enjoy a cooking demonstration on healthy wraps given by Dr. Stephen Bradley.

WCCHC Boardmembers At Work for the Community



Health Center board members (l-r) Joseph Lapilio, Merrie Aipoalani, Denise Kellikoa, Ginger Fuata, Lyle Kaloi, Kauila Clark, and CEO Rich Bettini (3rd from right) participated in a week-long array of activities in Oakland and San Francisco. Board Members Aulani Ahmad and Herbert Hew Len also participated. The activities included attending the WCCHC co-sponsored conference titled The Power of Community in Health, meeting with Health Resource Services Administration federal officials, conducting a traditional Hawaiian blessing for the new office of the Association of Asian Pacific Community Health Organizations and attending the National Association of Community Health Centers conference.

Become a Corporate Member of the Waianae Coast Comprehensive Health Center

As a Corporate Member:

1. You'll vote in all elections for WCCHC Board of Directors.
2. You may run for election as a Board Member of WCCHC.
3. You'll vote on issues that require action by the membership of WCCHC

Corporate Members:

1. Must be of legal age (18), in the State of Hawaii, and use the Health Center as a primary care facility, and or:
2. Must be of legal age (18), live in the area from Makakilo to Kaena Point, with an interest in the field of health

What to do:

1. Fill out the form below. Return it to the Health Center by dropping it off at the Administration Building or by mailing it to WCCHC, 86-260 Farring Highway, Waianae, HI 96792

WCCHC CORPORATE MEMBERSHIP APPLICATION

Please enroll me as a member of the corporation of the Waianae District Comprehensive Health and Hospital Board, Inc. (If you are currently a member, you need not apply)

Signature _____ Date _____
 Name (print or type) _____
 Address _____ Phone _____
 City _____, HI Zip _____ Birth Date _____

If currently a patient of WCCHC, please check here



Waianae Coast Comprehensive Health Center

OCTOBER CLINIC HOURS:

Medical Clinics:

Appointments available Monday - Saturday
 Call 696-7081 to schedule an appointment

Dental Clinic:

Open Monday - Friday and some Saturdays.
 Call 696-1496 to schedule an appointment

Adult Day Care open 365 days a year

**Emergency Room open
 24 hours a day!**

Wai'anae Health Academy welcomes its new Practical Nursing Program Students

On August 30, 2004, the Wai'anae Health Academy welcomed its newest group of Practical Nursing students. With twenty-three students enrolled, this is one of the largest Practical Nursing classes ever held in Wai'anae. The students who were selected for this program have all completed a lengthy preparation that included completing KeyTrain, a job skills assessment and online tutorial program. They are now attending classes at the Wai'anae Health Academy and are gaining clinical skills at selected hospital clinic

sites. For the next three semesters they will all be working hard toward their goal. Congratulations on entering the program, and good luck in the coming year.

The Wai'anae Health Academy, a partnership between the Waianae Coast Comprehensive Health Center, Kapi'olani Community College and Leeward Community College, is dedicated to providing health career preparation to community residents, with the mission of "Growing our own Healers". The Practical Nursing program is supported by funds from Alu Like, Inc.



Lab Group "A" - PN students practice on their first patient. Left to Right: Nichoel Medeiros, Melva Lee Kaulia, Laurie Ann Tyrell, Desiree Haina, Bernard Doria, Kananipumehana Amina, Darlene Kaahaaina, Nicole Carlson, Rain Swift, Katherine Hew-Len, Lehua Kelii-Kearse, Lola Dela-Cruz

Teen BEAT & Environmental Tobacco Mapping

Through a research partnership between the University of Hawai'i School of Nursing (U of H SON), the University of Washington, and the Teen Advisory Council, youth from the Waianae Coast Comprehensive Health Center's Teen BEAT (Teens Being Educated About Tobacco) program, worked with Dr. John Casken, the U of H SON and William Morris, a graduate student from the U of H Geography Department, to develop a three-layered map of tobacco advertising and tobacco sales in Wai'anae. Because the project was part of a research program being implemented by the School of Nursing, the teens were educated about community research principles. The teens had to identify the geographic boundaries of their community and identify the stores within those boundaries. They then identified the tobacco advertising and signage in the area, took pictures of these and worked with the Geography Department to map their findings. As part of their participation in this project, the teens researched State and local No-Smoking policies.



The Wai'anae Health Academy is opening registration for the following courses:

----- Fall 2004 -----

October:

Introduction to Health Professions: HLTH 120 (1 credit):
Tuesday and Thursday, 3:30 - 6:00 pm
October 26 - November 18, 2004

Introduction to Health Professions: HLTH 125 - Survey of Medical Terminology (1 credit)
Tuesday and Thursday, 3:30 - 6:00 pm
November 30 - December 23, 2004

November:

Community Health Worker I (11 credits, Certificate of Completion)
Monday and Friday - 8:00 am to 4:30 pm
November 1 - December 17, 2004, January 3 - March 18, 2005

----- Spring 2005 -----

January:

Community Health Worker I - continued

Community Health Worker II - Social Work (7 credits, Certificate of Competence)

Friday and Saturday: *Dates and times to be announced.*

Introduction to Health Professions: HLTH 110 - Medical Terminology (2 credits)
Tuesday and Thursday, 3:30 - 6:00 pm
January 11 - February 18, 2005

Phlebotomy - Non-credit certificate

Date To Be Announced: (Spring or summer start)

Men in Transition Program

Date To Be Announced: (Spring or summer start)

If you would like to apply for any of these courses, please come into the Wai'anae Health Academy as soon as possible to fill out our applications.

Please bring the following to the WHA office:

- Birth certificate showing ethnicity
- Current TB clearance
- Record of your MMR immunizations

If you have any questions please call the Wai'anae Health Academy at 696-3155.

Please note: all class dates are tentative and subject to change depending on enrollment.



Terri Shintani, MD, MPH

Free Presentation EAT MORE, Weigh Less®

with the Waianae Diet Program

Friday, Oct. 8, 2004
5:30 to 6:30p.m.

Waianae Coast
Comprehensive
Health Center
Dining Pavilion
86-260 Farr. Hwy.

Registration Required
CALL: 696-1490

Sample of Topics Covered:

- How to Eat More to Weigh Less (with published scientific proof).
- 10 Myths about carbohydrates.
- Eat twice as much and still lose weight.
- Which carbs help you lose weight & control blood sugar & cholesterol.
- How to sign-up for our special 2-Day Waianae Diet Program.



SPONSORED BY THE WAIANAE COAST COMPREHENSIVE HEALTH CENTER

Come Dine at The Pavilion

at the Waianae Coast Comprehensive Health Center



OPEN: Monday thru Friday

Morning Café:

The best way to start your day!

7:00 AM – 10:00 AM

Menu: Capuccino, latte, coffee bar, herbal tea, breakfast bento, seasonal fruits and cereal.

Lunch: 11:00 AM – 1:30 PM

Menu: Daily lunch specials including the Waianae Diet, sandwiches, salads, fruits, coffee bar, fresh brewed iced tea and snacks.

Enjoy a fantastic view and a great dining experience!

WITH THIS COUPON:

**FREE
DRINK**
w/Purchase of a
Hot Lunch Entree
(a \$1.00 Value)



Offer good Oct. 1-31, 2004
(Coupon may not be duplicated)

Waianae Coast Comprehensive
Health Center Dining Pavilion