



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.

APRIL 2005

VOLUME 23 • NUMBER 67 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • JOSEPH LAPILIO, III, PRESIDENT

Support Needed for Important Legislation

The Legislature ends May 5 with the month of April being very active in determining the outcome of many important bills. Many of our most important bills are now folded into new bills. Here's an update, and as always, we ask that you contact our legislators to ask for their support:

Emergency room subsidy to keep emergency room services open from midnight to 8:00 am and funding to help support patients who are uninsured: SB 527 and SB 1620.

Emergency room subsidy to keep emergency room services open from midnight to

8:00 am and Capital Improvement Project funding to address safety improvements and other renovations: HB 100.

Tax credit for improvements made to federally qualified health centers: SB 1278.

Waianae Coast Comprehensive Health Center
Dining Pavilion

Mother's Day Buffet

With Entertainment
10:00am - 2:00pm

Adults \$19.95 • Children (5-9 years old) \$10.95

Hot Entrees

- Hapa Rice • Lagonaise Potatoes
- Scrambled Eggs • Eggs Florentine
- Portuguese Sausage • Corn Beef Hash
- Teriyaki Chicken with Asian Vegetables
- Broiled Mahi Mahi with Italian Aioli
- Roast Pork with Stuffing
- Prime Rib with Au Jou and Horse Raddish

Salad Bar

- Garden Tossed Salad
- Carrots, Cucumbers, Onions, Celery, Broccoli,
- Fruit Cocktail, Lomi Salmon, Pasta Salad
- Waianae Comp Taro Poke Salad
- Collard Green Potato Salad

Desserts

Assorted Deserts and Pastries

- Coffee • Tea • Crystal Light Lemonade and Iced Tea • Fruit Punch • Water

Deadline for reservations and pre-payment call: 696-1489

Live Station Pasta Bar

starting April 4th every Monday and Thursday from 11:00 - 1:30
Enjoy different pasta dishes prepared fresh by Chef Daniel

The Pavilion Lunch Menu for April

Each weekday, we will feature 3 main entrees, including the Waianae Diet, salads, fruits, coffee bar, fresh brewed iced tea and more.

Friday, April 1

Crab Cake Remoulade
Zucchini and Mushroom
Penne
Beef and Basil Tomato

Monday, April 4

Ono Provencal with
Vegetables
Steamed Spring Vegetables with Leek Vinegar Dressing
Pulled Pork Quesadilla

Tuesday, April 5

Chicken with Chick Peas and Tomato
Roasted Vegetables with Cumin Yogurt Sauce
Mexican Beef and Corn

Wednesday, April 6

Greek Swordfish
Beets and Carrot with Dill
Tuscan Pork with White Bean Stew

Thursday, April 7

Parmesan Chicken with Pasta
Roasted Peppers with Garlic and Green Beans
Beef Burgundy with Vegetables

Friday, April 8

Halibut with Onion and Basil Sauce
Pasta with Cream Swiss Chard
BBQ Pork with Jamaican Spice

Monday, April 11

Chicken Luau
Braised Vegetables with Onion and Celery Root Sauce
Asian Beef with Baby Corn and Water Chestnuts

Tuesday, April 12

Mahi with Lemon and Caper Sauce
Squash and Zucchini with Tomato Basil Sauce
Mexican Pork with Corn and Sour Cream

Wednesday, April 13

Stewed Chicken
Baked Squash with Wild Rice and Almonds
Huli Beef with Poi Horse Radish and Tomatoes

Thursday, April 14

Squid Marinara with Pasta
Artichoke with Tomato Parmigina
Southwest Pork with Collard Greens

Friday, April 15

Spinach Chicken Almandine
Asparagus and Eggplant
Thai Beef with Asian Vegetables

Monday, April 18

Ahi Teriyaki and Bamboo Shoots
Yellow Squash with Peas Alfredo
BBQ Pork with Onion and Pickles

Tuesday, April 19

Chicken and Spinach Frittata
Grilled Portabella with Tomatoes
Jamaican Beef with Olives and Cabbage

Wednesday, April 20

Squid Luau
Sautéed Kale with Cherry Tomatoes
Grilled Garlic Pork with Cinnamon Apples

Thursday, April 21

Roast Chicken with Prune and Wine Sauce
Wilted Garden Vegetables with Balsamic Sauce
Ginger Beef with Bamboo Shoots and Water Chestnuts

Friday, April 22

Misoyaki Mahi
Olive and Mushroom Tapanade
Kalua Pig and Cabbage

Monday, April 25

Roast Chicken with Yellow Tomato and Roasted Peppers
Broccoli and Cauliflower with Spicy Asian Sauce
Beef Tomato

Tuesday, April 26

Catch of the Day with Garlic and Spinach
Eggplant with Mustard Greens
Sweet and Sour Pineapple Pork

Wednesday, April 27

Chicken with Mushroom and Chives
Potato and Pepper Au Gratin
Roast Beef with Assorted Mushrooms

Thursday, April 28

Catch of the Day with Lima Beans and Tomato
Brussel Sprouts with Shallots and Lemon Sauce
Roast Pork and Garlic Mash Potato

Friday, April 29

Chicken with Eggplant and Tofu
Cabbage and Vegetable Stir Fry
Beef Luau

CLIP & KEEP HANDY!

WCCHC Youth Health Corps "Walk the Talk" for their program at the Hawaii State Capitol on Kick Butts Day

The WCCHC Youth Health Corps -TeenBEAT students went to the Hawai'i State Capitol to participate in Kick Butts Day on March 1. They participated in a sign-waving rally in front of the Capitol and visited with various legislators to discuss youth-related tobacco issues. They shared their tobacco mapping project and their experiences with educating their peers on the dangers and alternatives to using tobacco.

"Walk the Talk" was the theme for this year's Kick Butts Day, and our students thanked those legislators who "walk the talk" and encouraged other people they spoke with to do the same. The students presented ho'okupu of fresh poi and ti leaf lei to Lieutenant Governor Aiona, Senators Hanabusa, Baker and Chun-Oakland, and Representatives Shimabukuro and Arakaki and discussed the importance of dedicating funds to tobacco prevention and cessation programs. The YHC students made a great impression on the legislators and presented a wonderful positive image of Wai'anae Coast youth.



Ka u'i Brown and Maile Perreira share the Youth Health Corps Tobacco Mapping Project, with Lieutenant Governor Aiona and other legislators. The project was a collaboration with the University of Hawai'i School of Nursing.



Kumu Sandie Morimoto, YHC students: Tenyel Kanakamaika'i, Chaeann Meyers, Ka u'ionalani Brown, LaDonya Thrower, Maile Perreira, Autasia Atuatasi and Natasha Tong, Kumu Jill Tamashiro, and Kumu Jeannette Choy pictured with Representative Maile Shimabukuro

Site Visit by Federal Official



Nancy Mautone, Region IX Public Health Service Family Planning Administrator, selected to visit the Health Center to learn about our family planning and other programs and services. Karen Mak, Program Supervisor with the Family Planning Services Section at the State Department of Health hosted Nancy on the visit to the main Health Center and our satellite clinics. Nancy and Karen are pictured with lei. At the Health Center, Nancy and Karen were able to have lunch in our Dining Pavilion and meet and tour the Health Center with (left to right) Chief Financial Officer James Chen, Medical Director Dr. Ric Custodio, and Associate Director Joyce O'Brien.

VISIT BY STATE DIRECTOR OF HUMAN SERVICES



In March, Representative Michael Kahikina hosted Lillian Koller, Director of the State Department of Human Services, on a tour of the Waianae Coast. One stop on the tour was the Health Center where staff met with Lillian Koller and Representative Kahikina over lunch in the Dining Pavilion. The lunch meeting was very productive, covering topics important to patients and the survival of the Health Center such as preserving Medicaid reimbursements

Visitors from Windward Oahu & New Zealand



The Health Center's Dining Pavilion was filled to the max on a blustery March day when 96 members of the Luk Tung Kuen Association - Windward Oahu unit- visited to learn about the Health Center's Native Hawaiian and other Integrated Health programs. The 4-hour session was to be held in the Amphitheater but due to the high winds, the presentations were set up in the Dining Pavilion. Luk Tung Kuen is a gentle Chinese exercise regime that has dispelled arthritic pains, eased migraines, helped shed weight and lifted spirits. A special treat for the Luk Tung Kuen visitors, and all other lunch diners, included brief entertainment by a visiting youth group from New Zealand.

APRIL MAIN 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..

Emergency Room open 24 hours a day!

Adult Day Care open 365 days a year.

Call 696-4490 for more information.

WAIANAE PROFESSIONAL PHARMACY

Open Monday through Thursday - 9:00 AM - 5:30 PM
Friday - 9:00 AM - 5:00 PM / Saturday: 9:00 AM - 1:00 PM



Health Center Welcomes New Board Member Tony Guerrero

The Health Center is pleased to welcome its newest member of the Board of Directors, Mr. Anthony Guerrero, Jr. "Tony" is the First Vice Chairman of the Retail Banking Group at First Hawaiian Bank. Although Tony resides in Kapahulu, he is a familiar face to many in the community because of his passion for surfing. Tony holds one of seven appointed positions on the Health Center's Board of Directors. Tony was instrumental in recommending the Health Center as the recipient of the Sony Open's Crestor Challenge. Among his many civic involvements, Tony is also Board President of the Friends of Hawaii Charities which has donated thousands of dollars to non-profits for worthy programs.

Nurse's Aide Training Program Coming to Wai`anae Health Academy

In response to the many requests received this past year, the Wai`anae Health Academy, in partnership with Kapi`olani Community College will again offer the Nurse's Aide program in the 2005 Fall semester, and again in the 2006 Spring semester. This newly designed NA program will focus on Long-Term Care and Home Health. This is a 6 credit, five-week long program. Students will learn to provide basic personal care, communicate with patients and staff, perform simple nursing procedures, and provide basic emotional support to the elderly, ill and disable in the long term care and home health settings.

What does a Nurse's Aide do? The Occupational Handbook, 2005, provides the following occupation information:

"Nurse aides help care for

physically or mentally ill, injured, disabled, or infirm individuals confined to hospitals, nursing care facilities, and mental health settings, performing routine tasks under the supervision of nursing and medical staff. They are often the patient's first contact, as they answer patients' call lights, serve meals, make beds, and help patients eat, dress, and bathe. Aides provide skin care to patients; monitor their vital signs; and help patients get in and out of bed and walk. They also escort patients to operating and examining rooms, keep patients' rooms neat, set up equipment, store and move supplies, and may assist with some procedures. Aides observe patients' physical, mental, and emotional conditions and report any change to the nursing or medical staff. Nursing aides employed in nurs-

ing care facilities often are the principal caregivers, having far more contact with residents than other members of the staff. Most full-time aides work about 40 hours a week, but because patients need care 24 hours a day, some aides work evenings, nights, weekends, and holidays."

Overall employment for nursing and home health aides is projected to grow faster than the average for all occupations over the next few years, due do the growing demand for home healthcare services from an aging population and efforts to healthcare costs down by moving patients out of hospitals and nursing care facilities as quickly as possible.

To get more information about the program being offered at the Wai`anae Health Academy, call 696-3155.

Wai`anae Health Academy Is Accepting Applications For the Fall 2005 Semester

Occupational Therapy Assistant (OTA) program

Pre-requisite courses being offered this summer

- Bio 130 - (3 credits)
- English 100 (3 credits)
- HLTH 125 (1 credit)

OTA pre-requisite courses must be finished before Fall 2005 to enter the program. Call the Wai`anae Health Academy for details.

For those who already have the required courses, applications for the OTA are being accepted now for Fall semester:

Community Health Worker I

Begins September, 2005

Fridays and Saturdays - 8:00 am to 4:30 pm

Introduction to Health Profession

Begins September, 2005

Tuesday and Thursday, 3:30 - 6:00 pm.

Medical Terminology

Begins October 2005

Tuesday and Thursday 3:30 - 6:00 pm.

Medical Terminology

Begins November, 2005

Tuesday and Thursday 3:30 - 6:00 p.m.

New this Fall: Nurse's Aide

Long-Term Care/Home Health Aide

Begins September 2005

10 hrs lecture per week, 6 hrs lab per week, 18 hrs clinical per week

If you would like to apply for any of these programs, come to the Wai`anae Health Academy to complete an application. Please bring the following with you:

- 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

Life Long Learning