



# 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.

January 2005

VOLUME 23 • NUMBER 64 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • JOSEPH LAPILIO, III, PRESIDENT

## Health Center Construction Update

Dreams do come true! For the past 3 years, the Waianae Coast Comprehensive Health Center has been working hard to secure funds for the planned 3-story medical and training facility to be constructed on the main campus of the Health Center. With commitments from generous donors, we recently completed Phase I of the capital campaign to raise fund for the construction of the facility. The design phase began in August 2004 and the building is scheduled for completion in 2008.

The new facility will enable the Health Center to continue to provide quality health care to the growing population on the Leeward Coast and to strive for innovative solutions to address the health and well being of the community.

We are currently working on Phase II of the capital campaign to secure funds for ur-

gently needed medical equipment, furnishings, and state-of-the-art telecommunication system for the new facility.

The Health Center has cared for generations of island families for the past 32 years...and your continued support will allow us to continue to fulfill our mission:

"To make available to all residents of the Waianae District complete comprehensive health and related human services."

The campaign theme "Sharing Traditions...Generation to Generation," reflects our culture and the long history of people who have supported the Health Center and our community.

Won't you please continue the tradition of sharing... by investing in the health and well being of the community?

Your generous gift to Phase II of the capital campaign



Mahalo for your patience as we start construction on our 3-story medical building



Construction Update Phase 1: Moving the Administration portable to prepare the site for the 3-story building. It took two weekends for WCCHC Facilities staff and volunteers from Hawaiian Dredging to prepare the Administration portable to be lifted to its new 2-story site above the main parking lot.

will go towards securing urgently needed medical equipment, furnishings and telecommunication system

for the new 3-story medical facility.

Thank you in advance for your continued support

through your generous annual gift to ensure the future health and well being of the Leeward Coast community!

YES, I want to continue to invest in the health and well being of the Leeward Coast community. Here's my tax-deductible gift to continue the tradition of sharing:

\$1,000     \$500     \$250     \$100  
 \$50     Other: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_  home  work

Street Address, City, State, & Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Please make check payable to: WCCHC - Phase II Campaign. For credit card donation, please provide the following information:

Please charge \$ \_\_\_\_\_ to my:

VISA     Mastercard     American Express

Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

I wish not to be listed in published acknowledgements

## Community Health Worker Program

In January 2005, the Wai'anae Health Academy is offering the Community Health Worker I program. This one-semester program is intended to help students develop the skills they will need to work in human service and health care agencies as an entry-level intake worker or case manager. The program consists of four classes: Introduction to Community Health Work, Self-Exploration, Individual Counseling and an Internship.

Luana Lester is a successful graduate of both the Community Health Worker I and II programs. She began her

college career through the CHW program and is now attending Leeward Community College, working towards a degree in the Human Services field. She says, "I would recommend the CHW I and CHW II programs at the Wai'anae Health Academy as a way of gaining the knowledge and understanding of situations and problems affecting our community, such as homelessness, substance abuse, and the sensitive care needs of our senior citizens. I have taken these courses as an entry in the University of Hawaii Community College degree-granting programs. It has been a very

positive experience, and I gained college credits towards my degree."

Classes will be held on Fridays and Saturdays for the first half of the semester, and Fridays and one weekday for internship for the second half of the semester. Upon completion of the program, students receive 11 college credits and a Certificate of Completion from Kapi'olani Community College. Best of all, if accepted into program, tuition is FREE.

For more information about the program please call Jill Tamashiro, Education Specialist, at 696-3155.

### JANUARY CLINIC HOURS:

#### Medical & Dental Clinics:

**CLOSED** - Saturday, January 1, 2005

Appointments available Monday through Saturday

Dental: 696-1496 / Medical: 696-7081

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

**Adult Day Care open 365 days a year**

**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

## Come Dine at The Pavilion

at the Waianae Coast Comprehensive Health Center



**OPEN: Monday thru Friday**

**Breakfast: 6:30 AM - 9:30 AM**

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

**Lunch: 11:00AM - 1:30 PM**

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

Enjoy a fantastic view and a great dining experience!

## WCCHC Welcomes New Provider



**Curtis S. Toma, M.D.**

Dr. Curtis Toma was born and raised in Hawaii and is a proud fourth generation Okinawan Plantation Family member. He is married with two young children.

He attended Pearl City High School, Leeward Community College and University of Hawaii. Dr. Toma has a B.S. degree in Engineering as well as M.D. degree from

University of Hawaii, and he is Board Eligible in Internal Medicine and Pediatrics.

Dr. Toma's accomplishments include Pediatric Chief Resident, National Health Service Corps Scholarship, Edward Shen Award for Outstanding Senior in Cardiology and rural health cart training in Micronesia.

He enjoys outdoor activities including hiking, mountain biking, camping and horseback riding. He grew up spending a lot of time at the beach and is a certified life-guard.

Dr. Toma is very interested in community medicine, particularly native Hawaiian health. He believes that every person should be approached with dignity, respect and compassion.

## Malama Ola Clinic Opens

The Waianae Coast Comprehensive Health Center has opened Malama Ola, a new primary care clinic located on the lower campus at the mauka end of the Adult Day Care building.

Dr. Stephen Bradley, who relocated from Nanakuli Clinic, and the Malama Ola team will be using "clinic redesign" to ensure that you get the best care in the shortest time possible. Along with primary care, Dr Bradley will also be available for lifestyle enhancement and chronic disease management. Workout sessions in the gym with fitness trainers, dietary recommendations from registered dietitians, and tips from a behavioral therapist provide a whole-person approach to health.

Dr. Fred Dodge will also provide medical care in the Malama Ola clinic by focusing on helping patients with chronic pain to feel better.

**CLINIC HOURS:**

**Primary Care:** Thursday 8-12 / Friday 8-12

**Weight Management:** Wednesday 1-6 / Thursday 1-5 / Friday 1-5

**Pain Management:** Monday 8-5

**Fitness Training:** Monday - Friday 8-6:30

*For more information call 696-1490 or 696-1560*

*NOTE: The Integrated Medicine Clinic with Dr. Terry Shinatani also continues on Tuesday mornings from 8-12 and Friday afternoons from 1-5 in the same location.*

## Scholarships Available

The Waianae Coast Comprehensive Health Center is pleased to announce the availability of its

### Annual Scholarship Awards

To be eligible for the award, the applicant must:

- Be a resident of the Waianae Coast Comprehensive Health Center service area (Kapolei to Kaena Point)
- Be in financial need
- Be enrolled in or entering into a health-related field of study
- Be enrolled in or accepted into college or a post-secondary program
- Have maintained a B average or better in present or past enrollment in school.

**Applicants may have other sources of scholarship**

**To Apply:** Application forms are available on request at the Waianae Coast Comprehensive Health Center -Administration (696-1455) • Waianae High School (697-7053) • Nanakuli High and Intermediate School (668-5823, extensions 375 or 356).

**Information required of the applicant includes:**

- A statement regarding educational goals
- Documentation of financial need
- Proof of acceptance into college or a certified post-secondary program
- Field of study
- Documentation of academic status of B average or better

The deadline for receipt of applications by the Waianae Coast Comprehensive Health Center is March 31, 2005.

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



**Occupational Therapy Assistant (OTA) program - Pre-requisite courses being offered:** English 100, Math 100, ICS 100, BIO 130, FAMR 230 - For students who are interested in the OTA program, pre-requisite courses must be finished before Fall 2005 to enter the program. Call the WHA for details.

**FAMR 230 - (3 credits)** Begins January 15, Saturday's 9:00 to 12:00

**Community Health Worker I (11 credits, Certificate of Completion) Begins January 8, 2005**

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

☐ This program requires 64 hours of internship experience, which takes place on weekdays.

**Community Health Worker II - Social Work (7 credits, Certificate of Competence) Begins April 9, 2005**

Saturdays - 8am to 4:30 pm.

☐ This program requires 64 hours of internship experience, which takes place on weekdays.

**Introduction to Health Professions: HLTH 125 - Survey of Medical Terminology (1 credit) Begins January 4, 2005**

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

**Introduction to Health Professions: HLTH 110 - Medical Terminology (2 credits) Begins March 1, 2005**

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

**Phlebotomy - Non-credit certificate Begins March 29, 2005**

**Men in Transition Program - To be scheduled**

If you would like to apply for any of these programs, come to the Wai`anae Health Academy as soon as possible 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.

**REGISTRATIONS ARE BEING ACCEPTED NOW FOR ALL COURSES**

The Waianae Coast Comprehensive Health Center is offering a **FREE SCHOOL READINESS SCREENING** and a **FREE School Readiness Back Pack for Any Keiki, plus Parents receive a FREE Tamura Super Gift Certificate!**

*Screening must be completed within 2 weeks of contacting the WCCHC to receive back pack and gift certificate.*

**For more information or to schedule a screening please call Napua at 696-1440**

## 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

