



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.

JUNE 2005

VOLUME 23 • NUMBER 9 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • JOSEPH LAPILIO, III, PRESIDENT

Presentation to the Queen Emma Foundation



Ten years ago, the Queen Emma Foundation donated \$500,000 towards the construction of the Health Center's Native Hawaiian Healing Center. Wanting to show their appreciation for the generous donation, and to highlight the progress of completing the Native Hawaiian Healing Center, Health Center board members invited the Queen Emma Foundation Trustees to a special luncheon and presentation in the Dining Pavilion. Board members presented the Trustees a stone mortar and pestle with the inscription: Oni Kalalea Ke Ku a Ka Lapa'au La'au Loa (The Tall Medicine Tree Stands Prominently). The Health Center's Kupuna Council and administrators joined board members in updating the Trustees on activities of the Health Center. Joining the Kupuna Council and Health Center board members in a group photo included Queen Emma Foundation Trustees Connie Black, Noreen Mokuau, Gary Okamoto (who is also President and CEO of Queen's Health Systems), Mark Hastert (who is also President and CEO of the Queen Emma Foundation) and Michael Walsh (Executive Vice President, Treasurer and CFO of Queen Emma Foundation), Shirley Kimoto (Corporate Secretary and Executive Assistant to Queen Emma Foundation President/CEO), Jobie Yamaguchi (Assistant to the Queen's Health Systems President /CEO), and Eva Nakamura (Executive Assistant to the Queen's Health Systems President/CEO).

Annual Health Scholarship Awards



At its May board meeting Health Center board members proudly presented its annual health scholarship awards to six women from the Waianae Coast. Each awardee is pursuing a career in health care and will receive an \$800 scholarship. Board members congratulated the 2005 awardees that include (pictured left to right with lei) Noralyn Sapaden entering Leeward Community College and pursuing a nursing degree, Sheila Agrade pursuing nursing at Hawaii Pacific University and Shana Kamaka who will be entering the Waianae Health Academy/Kapiolani Community College Phlebotomy program. Other awardees who were not able to attend the ceremony include Sharolyn Jacobe completing the Respiratory Care Program at Kapiolani Community College, Rhonda Quitog entering the Med-Assist School of Hawaii for Medial Assisting, and Katherine Talbert continuing at Leeward Community College on her way to obtaining a degree in Social Work.

The Pavilion Lunch Menu for June

Each weekday, we feature 3 main entrees, including Waianae-Diet inspired meals, salads, sandwiches, fruits, coffee bar, fresh brewed iced tea and more!

Wednesday, June 1

- Seafood Curry
- Mushroom and Wild Rice Combo
- Shoyu Pork and Tofu

Thursday, June 2

- Sweet Potato and Chicken with Mushroom
- Vegetable Wrap
- Beef Broccoli

Friday, June 3

- Catch of the Day with Spinach and Mushroom
- Stuffed Cabbage
- Guava Chicken on Bean Sprouts

Monday, June 6

- Furikake Crusted Catch of the Day
- Squash and Bean Salsaria
- Pork with Green Beans

Tuesday, June 7

- Chicken with Squash
- Hijiki with Tofu and Carrots
- Beef Stew

Wednesday, June 8

- Almondine with Broccoli Catch of the Day
- Greek Artichoke
- Shoyu Chicken with Bamboo Shoots

Thursday, June 9

- Chicken Broccoli
- Broiled Balsamico Vegetables
- Pork and Peas

Friday, June 10

**Kamehameha Day
Dining Pavilion
CLOSED**

Monday, June 13

- Lawalu Fish
- Herbed Roasted Vegetables
- Pork and Squash

Tuesday, June 14

- Beef and Watercress
- Kimpira (Gobo)
- Curry Stew

Wednesday, June 15

- Taro Fish Cake
- Zucchini Casserole
- Teriyaki Chicken

Thursday, June 16

- Chicken Luau
- Wakamae and Carrot
- Portuguese Bean Soup

Friday, June 17

- Catch of the Day with Lime and Tomato
- Hoio with Tomato and Onion
- Meat Loaf with Pan Gravy

Monday, June 20

- Chicken Papaya
- Spinach and Sweet Potato
- Baked Fish

Tuesday, June 21

- Sari Sari
- Papaya and Ginger with Bamboo Shoots
- Hamburger Curry

Wednesday, June 22

- Baked Yogurt Chicken
- Lemon Mint Ozio
- Catch of the Day with Lemon Butter Sauce

Thursday, June 23

- Tuna Casserole
- Lentils and Rice
- Beef Tips and Mushrooms

Friday, June 24

- Sweet Potato Hekka
- Asian Tofu Stew
- Oven Baked Panko Crusted Fish

Monday, June 27

- Creamy Chicken with Mashed Potato
- Roasted Butternut Squash
- BBQ Pork Ribs with Vegetables

Tuesday, June 28

- Catch of the Day with Tofu
- Tri Potato Stew
- Chicken and Spinach Casserole

Wednesday, June 29

- Chicken with Vegetable Stir Fry
- Creamy Potato Vegetable Cobbler
- Teriyaki Catch of the Day

Thursday, June 30

- Catch of the Day with Peppers
- Stir Fried Garden Vegetables
- Sweet and Sour Spareribs

Be sure to check out our **GRADUATION CATERING SPECIAL** ad on page 8

New and Re-elected Board Members for 2005-2006

The Health Center's board of directors is pleased to announce the results of its annual board election. Re-elected to the board for 3-year terms are Joseph Lapilio and Lyle Kaloi. Paul Kalani Kaawa Flores, Jr., was elected as the newest member of the board for a 3-year term. Paul is a graduate of Waianae High School, Class of 2000, and is currently attending the University of Hawaii at West Oahu majoring in secondary education. Paul is active in many organizations including being co-chair of Keauhou, a statewide youth organization, and cultural coordinator of Ke



Paul Kalani Kaawa Flores, Jr. Kumu Alaka'i, which focuses on youth leadership. Paul is also a member of the Waianae High School Alumni and Community Foundation and Kumu Hula of Halau Na Pua a Kapi'olani.

2005-2006 Board Officers



Health Center board officers were selected at its May meeting and include (pictured left to right) Chris Jackson (Secretary), Ginger Fuata (3rd Vice-President), Aulani Ahmad (2nd Vice-President); Lyle Kaloi (1st Vice-President) and Joseph Lapilio (President). Steve MacMillan (not pictured) was elected Treasurer.

Get an early start.
Schedule your school physicals
TODAY!!
696-7081

Serving the people
 on the Wai'anae Coast
 Since 1972

Get immunized!

**Parents and Students
 Be Ready for the New School Year!**

- Is your child up to date on his/her required immunizations?
**Tetanus
 Diphtheria
 Measles, Mumps and Rubella
 Hepatitis B
 Varicella (Chickenpox)**
- Does your 6th grader have his/her required yellow immunization card to enter the 7th grade?

Need to get immunized?

Waianae Coast Comprehensive Health Center
Special immunization clinic scheduled for:
Every Saturday in June
 9:00 AM — 1:00 PM

For more information or to schedule an appointment, call 696-1430

Note: You may qualify for "FREE" Department of Health Vaccines

- If a complete physical is needed, please call your personal doctor for an appointment.

*Wishing All Dads
 A Happy, Healthy and Safe
 Father's Day!*

JUNE MAIN CLINIC HOURS:

Dental & Medical Clinics:
CLOSED: Kamehameha Day – Friday, June 10

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

Please join us at our
FREE
Positive Parenting Workshop

When: Wednesday June 29 2005
 Time: 10am - 12noon
 Where: Queen Lili'uokalani Children's Center, Nanakuli
 Who: Heidi Tsuneyoshi, Parent Line Coordinator

COME LEARN & TALK STORY ABOUT:

- ★ Positive Discipline
- ★ Setting Limits
- ★ Power Struggles

Space is limited so call Napua at 696-1440 by June 22 to register.

Sponsored by Waianae Coast Comprehensive Health Center's
 School Readiness Screening Program