



# 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.

OCT. 2005

VOLUME 23 • NUMBER 13 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • JOSEPH LAPILIO, III, PRESIDENT

## Health Center Celebrates

# 33 Years

## of Service to the Community



Thirty-three years ago, our founders proudly witnessed the opening of the Health Center. We continue to strive to live up to their vision of "comprehensive" services for our community.

As a thank you to the community, please come to our Dining Pavilion or Central Registration at the Main Campus on October 26. We want to give our community members a small gift from the Health Center to show our appreciation.

## Volunteers Extraordinaire: Mahalo to Hawaiian Dredging



Kamaki Kanahale, Director of Traditional Healing, and Marianne Glushenko, Assistant Director, thank Bill Wilson and Jim Prentiss from Hawaiian Dredging on yet another year of dedicated service to the Health Center

For 14 years, volunteers from Hawaiian Dredging have spent countless hours of manpower, using their own equipment, to help the Health Center on a wide range of projects. Giving up their Saturday on September 17, volunteers completed the beautiful concrete walkway that runs from the driveway to the Dining Pavilion building, installed gates to the traditional hale, and dug trenches for infrastructure develop-



ment. Bill Wilson, President of Hawaiian Dredging, joined the volunteers in this effort. The workday concluded with a mahalo pupu party catered by the Dining Pavilion.

## Keiki Car Seat Results

On Saturday, September 10, 2005 the Waianae Coast Comprehensive Health Center held a Car Seat Check Up at Waianae Mall.

**A total of 27 car seats were checked and/or installed**

**19 seats were checked for proper installation. 89% were installed incorrect.**

**5 car seats arrived uninstalled.**

**6 children (ages 4 through 12 years old) were checked for proper use of the vehicle safety belt. 50% of these children were too small for the vehicle safety belt. A booster seat corrected this problem.**

The above results have clearly shown that our children are riding at risk. With the proper use of safety restraints and proper installation, the risk for accidental injuries would be minimized.

**The Hawaii's Child Passenger Restraint Law mandates:**

- Drivers to see to it that Children under 4 years old are in a federally approved child safety seat.
- Children 4 to 14 years old are properly restrained by the vehicles safety belt.
- Passengers who are 15 through 17 years old are responsible for being properly restrained by the vehicles safety belt.

(HRS 291-11.5 and 291-11.6)

Keeping your child safe and protected is worth the investment.

If you have any questions regarding car seats or would like to schedule an appointment to have your car seat checked, please call Ivy Johnson at 696-1548.



## OCTOBER 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..

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

Call 696-4490 for more information.

### Emergency Room open 24 hours a day!

### 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

# Wai'anae Health Academy Job Fair and Open House

On August 31, 2005, the Wai'anae Health Academy held a Job Fair and Open House for Wai'anae Coast residents and former Wai'anae Health Academy students. Fourteen presenters provided information on their companies and positions available in their organizations. Agencies who participated included Kaiser Permanente and Leeward Integrated Health Services as well as Home Depot and Marriott's Ko Olina Beach Club. Visitors to the fair also had the opportunity to inspect an ambulance close up. Several Wai'anae Coast residents found potential employment through their visit to the Job Fair. Other participants learned about various



Shannon Carter and Napua Victorino investigate possible job opportunities at Ko Olina Golf Club with Erin Landford.

higher education opportunities available on the Wai'anae Coast. The Wai'anae Health Academy is a tri-agency partnership between the Waianae Coast Comprehensive Health Center, Kapi'olani Community College, and Leeward Community College.

## WAI'ANAE HEALTH ACADEMY

*We are now accepting applications for the Spring 2005 Semester*

Apply Now for:

- Dental Assistant**  
16 credits program with 12 weeks of lab experience
- Nurse's Aide**  
Long-Term Care/Home Health Aide  
10 hrs lecture per week, 6 hrs lab per week, 18 hrs clinical per week

**Community Health Worker II – Substance Abuse**  
Begins in January - Saturdays - 8:00 am to 4:30 pm

**Introduction to Health Profession**  
Begins in January - Tuesdays and Thursdays, 3:30 - 6:00 pm.

**Medical Terminology**  
Begins in February - Tuesday and Thursday 3:30 - 6:00 pm.

**Occupational Therapy Assistant Program**  
HLTH 236 – Assistive Technology\*  
HLTH 290L – Kinesiology\*  
*\* for qualified students*

*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 and Varicella immunizations

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

## Sports Medicine Clinic Opens

The Health Center will open its Sports Medicine Clinic in October. The clinic will provide preventive care, injury-evaluation, treatment, and rehabilitation for those who incur joint injuries, from sports and other activities. If you are in need of help, the Sports Medicine Clinic specializes in back, shoulder, knee, foot, and ankle sprains and strains.

The goal of our Sports Clinic is to allow people to return to an active lifestyle, improve fitness, and increase performance. Assessment of a patient's injury is done in a comprehensive manner, focusing on identification of the cause of injury, thus minimizing the chance of reoccurrence.

The clinic will be open on Thursdays between the hours of 1 p.m. and 5 p.m. in the Malama Ola Integrative Medicine Center (located in the lower campus of the main center next to the Adult Day Care program and the WIC program). Whether you are a "couch potato," weekend warrior, student, or elite athlete, we can offer you the right array of services to fit your needs. The Clinic is available to all WCCHC patients and accepts most insurance plans. For more information call 696-1490.

**Have a Healthy Halloween:**  
Consider giving out stickers instead of sweets.  
Limit the amount of treats your child can eat each day.  
Remind your child to brush their teeth after eating sweets.

### WAIANAE COAST COMPREHENSIVE HEALTH CENTER

## The Pavilion

**Open: Monday – Friday**

**Morning Café 6:30 AM – 9:30 AM**

Menu: Cappucino, latte, coffee bar, herbal tea, seasonal fruits, breads and cereals.

**Breakfast Buffet**

Eggs, Breakfast meats, Fruits, Breads, Coffee and Tea

**Lunch: 11:00 AM – 1:30 PM**

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

**Weekday Specials:**

Tuesday: Hot Sandwich w/salad bar \$5.00  
Thursday: Pasta Bar w/salad bar and drink \$5.50  
Friday: Hawaiian Plate (Kalua pig, lulaulu, lomi salmon, chicken long rice, poi, haupia) \$6.50

**696-1489**



**Gift Certificates Now Available!**  
Please See Cashier

**Looking for the PERFECT PLACE to Celebrate Your HOLIDAY EVENT?**  
Call 696-1462 for Site rental information.  
(100 person minimum)



Chef Daniel invites you to come & enjoy The Pavilion.