



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 2006

VOLUME 24 • NUMBER 4 • RICHARD BETTINI, CHIEF EXECUTIVE OFFICER • DR. RIC CUSTODIO, MEDICAL DIRECTOR • JOSEPH LAPILIO, III, PRESIDENT

Meet Our James & Abigail Campbell (Nanakuli) Clinic Staff



Serving our patients are Nanakuli team members: L-R Row 1: Dr. Kakugawa, Dr. Khan and Dr. Baybayan. Row 2: Alison Villarin, Karen Young, NP, Kehau Johns, Tate Mousser, Kehau Kuhaulua and Brenda Yamasato. Row 3: Shendrina Pagnotta, Marettta Karapani, Jennifer DeCoito and Verna Agoan. Row 4: Airleen Lucero, Sharkey Peahi and Dr. Thourson. Missing from photo are: Dean Tabangcura, Jayne Duropan, Julie Rajkowski, Linda Curan, NP, Tricia Wright, MD, Tyara Ferreira and Ronnie Samoa. Services at the Nanakuli clinic include: Family Practice, Osteopathic Manipulations, General Medicine, Family Planning, OB/GYN, Dermatology, and Worker's Compensation. Clinic hours are Monday through Friday from 8:00 AM to 5:00 PM and on Saturdays from 8:00 am to 12:00 PM.

Board Member Honored in Washington D.C.



Merrie Aipoalani, a board member at the Waianae Coast Comprehensive Health Center since 1983, was honored during the March National Association of Community Health Center's Conference in Washington, DC, as a recipient of its 2006 Grassroots MVP Award. The award was given for her hard work and dedication

to further the Health Center Policy Agenda.

Merrie is also the current Region IX Community Representative for the National Association of Community Health Centers. As the Region IX Community Representative, Merrie gathers input and shares concerns and ideas related to community governance at community health centers.

Besides being the current Chief of Staff for State Representative Michael P. Kahikina, Merrie is also an active member of the Nanakuli Hawaiian Homestead Community Association and Valley of Rainbows.

WOMEN'S HEALTH FAIR HELD



Stefaine Chang-Hiu and Robin Isobe, two of the many nutritionists of the Preventive Health Dept., provided nutrition education to participants.



Maurice Kalaau discusses the Echo Program and Alicia Higa shared information on Smoking Cessation

The Health Center celebrated the first annual Women and Girls HIV/AIDS Awareness Day on March 10 with a health fair. A variety of information on women's health issues was offered, such as HIV/AIDS Prevention Education, Heart Health, Nutrition, Smoking Cessation, Family Planning, Breast Self Exam, and Pregnancy and Substance Abuse. Women of the Waianae community as well as staff of the center joined in the celebration. Food and prizes were offered to all in attendance. Door prizes included D&B bags, Victoria's Secret lotions and Avon products. Over 40 people attended, even under the damp conditions. We look forward to planning our next year's event!



Musu Maneafainga offers health information to health fair participant Ande Kawaiaea.



At the halfway point of the 2006 Legislature, the Health Center is worried about two of its most important bills:

The ER subsidy bill moved through the Senate but not the House. Only SB 2577 is still alive and will now be heard at the House Health and Finance Committees. The ER Subsidy provides funding for the emergency room to remain open 24 hours.

HB 2793 and SB 2988 requests funding to upgrade

the current emergency services. The emergency room has reached its capacity and its design is no longer adequate for the specialized needs of patients. The deterioration of the building after thirty years is seriously affecting the safety and well being of patients and staff.

It's very important to have community support for these bills. Please call, fax, or e-mail your support to our legislative representatives as well as Governor Lingle:

Governor Linda Lingle
(phone): 586-0034 (fax): 586-0006
(email): Governor.Lingle@hawaii.gov

Senator Colleen Hanabusa
(phone): 586-7793 (fax): 586-7797
(email): senhanabusa@capitol.hawaii.gov

Representative Michael Kahikina
(phone): 586-8465 (fax): 586-8469
(email): repkahikina@capitol.hawaii.gov

Representative Maile Shimabukuro
(phone): 586-8460 (fax): 586-8464
(email): repshimabukuro@capitol.hawaii.gov

APRIL 2006 ~ 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

FUTURE HEALTH PROFESSIONALS



Youth Health Corps students (from left to right) Sarah Iokepa, Elizabeth Taifane, Emeli Taifane, Hokulani Gututala, Bayli Pantil-Lagrimas, Kristina Kamanawa, and Paula Teo.

On March 3, Nanakuli High School students from the Health Occupations and Professions Exploration program participated in a Youth Health Corps orientation at the Waianae Coast Comprehensive Health Center's main campus. As a part of the WCCHC's Youth Health Corps, the students toured the various clinics and met with health professionals who work there. The teens will be spending a few weeks shadowing at the WCCHC clinics where they will have first-hand observation of health workers and their responsibilities. The teens all "hope" to be health professionals one day, and this experience will help them learn what it takes to be one.

WAIANAE HEALTH ACADEMY



Earn college credits from **Kapi'olani Community College** right here in Wai'anae...

We are now Accepting Applications for

2006 Spring Semester

March 20 – July 8

• Self-Explorations

This course is for students who are considering a career in the Human Services field. Explore your personal goals, values, and strengths.

• Career Decision Making and Job Search Skills

Learn skills that will help you succeed in college, your career and your relationships.

2006 Fall Semester

- Transition from PN to RN
- Introduction to Health Professions
 - Phlebotomy
 - Pharmacy Technician
- Community Health Worker in Social Work
 - Medical Receptionist

For more information, call the Wai'anae Health Academy at 696-3155 or visit us at 86-088 Farrington Hwy, Suite 202 Next to Leeward Community College - Wai'anae

TB clearance, immunization records, and Birth Certificate required

A PARTNERSHIP BETWEEN THE WAIANAE COAST COMPREHENSIVE HEALTH CENTER, LEEWARD COMMUNITY COLLEGE AND KAPI'OLANI COMMUNITY COLLEGE

New Class To Be Offered at the Wai'anae Health Academy

Hoping to help Westside residents be more successful in college, the Wai'anae Health Academy plans to offer *IS 107 Student Success* next fall. This is a comprehensive student success course designed to assist people in being successful in college.

Upon completion of the program, a student should be able to:

- Manage personal time well.
- Practice effective listening skills.
- Take organized and meaningful notes.
- Practice good reading skills.
- Identify different types of learning styles including their own.
- Prepare to successfully complete exams.
- Manage stress.
- Identify personal values.
- Identify helpful resources and relationships.
- Realistically assess challenges.
- Communicate effectively.
- Become more organized.

We encourage high school seniors and others thinking about college to start off with this course.

The Waianae Coast Comprehensive Health Center

Is offering a

FREE SCHOOL READINESS SCREENING and a FREE School Readiness Back Pack to all keiki born in 2002 & 2003

Parents will receive a **FREE Tamura's gift certificate.**

- Know if your child is prepared for school
- See if your child is developing appropriately
 - Identify potential learning delays

For more information or to schedule a screening please call Lorna at 696-1573 or 696-1440



WAIANAE COAST COMPREHENSIVE HEALTH CENTER

The Pavilion



Chef Daniel welcomes you to enjoy THE PAVILION.



Looking for the **PERFECT PLACE to Celebrate Your SPECIAL EVENT?**

Call 696-1462 for Site Rental Information

(100 person minimum)



Open: Monday – Friday
6:30 am to 1:30 pm

Breakfast / Lunch Grill

Breakfast Menu: Coffee and tea bar, fruits, breads and cereals, made to order breakfast items

Lunch Menu: Three hot lunch items daily. Soup, sandwiches, salads and desserts.

In addition to our daily lunch items, we have the following weekday specials

Tuesday: Hot Sandwich w/salad bar \$5.00

Wednesday: BBQ Plates

(Chicken, Short Ribs, Combo) \$6.50 - \$7.50

Thursday: Pasta Bar \$5.50

Friday: Hawaiian Plate (Kalua pig, laulau, lomi salmon, chicken long rice, poi, haupia) \$6.50

Gift Certificates Available - Please see Cashier

696-1489