

Health Center to Honor Senator and Mrs. Daniel Akaka & Aunty Agnes Cope



The 2nd annual "A Tribute to the Spirit of Community" is a fundraiser for the Waianae Coast Comprehensive Health Center's new 3-story Medical and Training Facility. The event will be held on October 21 at the J.W. Marriot Ihilani Resort & Spa. The event will honor Senator and Mrs. Daniel Akaka, honorary chairpersons for the Health Center's Capital Campaign and Aunty Agnes Cope, a founder of the Health Center and member of the its Kupuna Council. Amy Hanaiali'i Gilliom will perform and Melveen Leed will be the Mistress of Ceremony. Sponsorship levels are \$1,500, \$3,000, \$5,000, \$10,000 and \$20,000 with individual seats available at \$150. Donation of Silent Auction items are also being sought from community businesses, crafters and artists. Last October, the 1st annual event raised just over \$300,000 for the 3-story building. For information, or to make a silent auction donation, call Sandra Oba, Development Officer, at 696-1465.

PARENTING CLASSES

June 17, 2006

Homemade Toys ~ Fun in Your Cupboard

July 15, 2006

Healthy Cooking

August 19, 2006

Caring for Your Child's Smile

WHERE: Waianae Coast Comprehensive Health Center Admin. Conference Room

When: 10:00 a.m. – 12:00 p.m.

TO REGISTER PLEASE CALL
696-1440 OR 696-1573

GIVE YOUR BABY THE BEST - BREAST MILK

All parents want to give their babies the very best. Nutritionally, the BEST first food for babies is BREAST MILK. The U.S Food and Drug Administration (FDA) Consumer Magazine outlines many other benefits to breastfeeding such as:

- Breast-fed infants have lower rates of hospital admissions, ear infections, diarrhea, rashes, allergies, and other medical problems.

- No sterilizing of bottles or water - Human milk straight from the breast is always sterile, never contaminated by polluted water or dirty bottles.

- Nursing baby enjoys a sense of security from the warmth and presence of the mother, especially when there's skin-to-skin contact during feeding.

- It may be easier for a nursing mother to lose the pounds of pregnancy.

Breastfeeding saves money while providing the best nourishment possible. However, if you are using drugs - DO NOT breastfeed. Some drugs, such as cocaine and PCP, can intoxicate the baby. Amphetamines, heroin and marijuana, can cause other problems including irritability, poor sleeping patterns, tremors, and vomiting. Babies can become addicted to these drugs.

Breastfeeding mothers should also avoid smoking. Nicotine, which is found in cigarettes, can cause vomiting, diarrhea and restlessness for the baby, as well as decreased milk production for the mother. Exposure to tobacco smoke may increase the risk of sudden infant death syndrome (SIDS) and may increase respiratory and ear infections.

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 696-11573 or 696-1440



A Few Changes for the Dining Pavilion

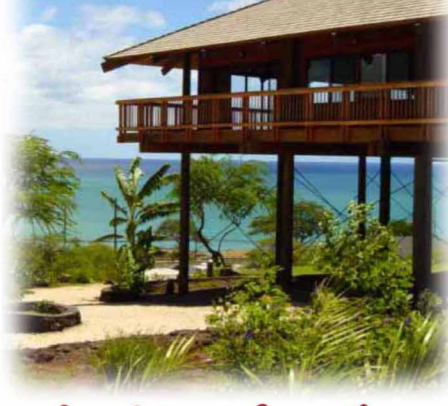
Starting June 1, the Health Center will contract with Chef Daniel Kahalioumi to operate its Dining Pavilion. The Dining Pavilion operations have been under the Health Center with "Chef Dan" in charge of day to day operations. The Health Center will be turning over the entire operations to Chef Dan. Dining Pavilion patrons will see the same friendly staff and many of the same food offerings plus more. Chef Dan plans on making a few changes but will maintain a daily vegetarian lunch option and the availability of brown rice. Catering and rental of the Dining Pavilion and Amphitheater for special events will still be available by calling 696-1489. Chef Dan has plans for weekend brunches and a return of his Friday afternoon barbeque specials.

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 for Site Rental Information
(100 person minimum)

Saluting all of our GRADS and DADS!

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

Wednesday: BBQ Plates
(Chicken, Short Ribs, Combo)

Thursday: Pasta Bar

Friday: Hawaiian Plate (Kalua pig, laulau)

Join Us Every Sunday for the

"All You Can Eat" Brunch on the Hill!

(starting June 18) 10:00 am – 2:00 pm

Adults (\$17.95) Children 2-10 yrs (\$10.95)

Feast on breakfast and a variety of lunch entrees

Friday Pau Hana Barbecue Returns!

(starting June 23) 3:00 pm – 7:00 pm

Lower campus of the Health Center/Adult Day Car Parking Lot
Enjoy barbecue steak, kal bi and chicken pau hana dinner plates

696-1489