

IHO WAI

DESCENT OF WATER

KAU (HOT, DRY SEASON) 2015 | VOL. 1, NO. 1

Ola I Ka Wai

\$13 Million Capital Campaign to Expand Waimānalo Health Center

By 2017, Waimānalo Health Center (WHC) plans to open the doors to a new \$13 million two-story outpatient care facility for the families and individuals of Waimānalo and surrounding communities.

The expansion has been a WHC strategic planning focus for the past several years.

WHC and community leaders are aware that current facilities are inefficiently configured and inadequately sized, based on standards for patient care. In addition, the repair

and maintenance of old facilities continues to escalate, which adversely impacts the delivery of much-needed services. Most importantly, WHC has experienced a 30% increase in patients and a 29% increase in patient visits in the past five years.

The 17,753 square foot facility will contain the health center's medical, behavioral health, vision,

pharmacy, nutrition and support services. Construction of the new health care facility will allow WHC to relocate and expand clinical services from existing buildings located at 41-1347 Kalanianaʻole Highway identified as Parcel 279.

The expanded facility will be constructed within very close proximity to current facilities. The property, referred to as Parcel 282,

and Parcel 279 are both under the management of the Hawaiʻi State Department of Land and Natural Resources (DLNR).

The triangular-shaped Parcel 282 is 1.085 acres and is located along Kalanianaʻole Highway adjacent to the Waimānalo Fire Station and across the street from Waimānalo Elementary and Intermediate School.

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(L-R) Charman Akina MD, Noa Dettweiler-Pavia, Esq. and WHC CEO, Mary Oneha, APRN, Ph.D.



WAIMĀNALO HEALTH CENTER

IHO WAI, Waimānalo Health Center's biannual newsletter is a free publication to inform the community of the health center's current events. **IHO WAI** means "descent of water" in Hawaiian. **IHO WAI** is also represented in the health center's logo.

Waimānalo Health Center's logo was inspired by the `ōlelo no`eau (Hawaiian proverb), *ola i ka wai a ka `ōpua*, which means "there is life in the water from the clouds." The logo illustrates rain cascading down the peaks of the Ko`olau Mountains and forming a hand symbolizing care and outreach to the community. The shape of the logo as well as the shape created by the hand alludes to a rain drop, signifying life and health.

In the same way **IHO WAI** delivers life-sustaining water from the clouds to Hawai'i communities, we offer you the life of the health center – our news, our events – through our community newsletter, **IHO WAI**.

We'd like to hear from you. Article requests, questions and comments may be sent to Waimānalo Health Center, 41-1347 Kalaniana`ole Hwy., Waimānalo, HI 96795 or by email to development@waimanalohealth.org. Mahalo for reading **IHO WAI**.

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Ola I Ka Wai

was derived from the Hawaiian proverb,

*Ola i ka wai a ka `ōpua, which means
'There is life in the water from the clouds.'*

*Each raindrop is a blessing of nourishment
to the life of the land and its people.
Collectively, these sustaining waters
can transform a community.*

*Similarly, the Ola I Ka Wai Capital Campaign
offers an opportunity to invigorate new life
and uplift our community
through a gathering of blessings.*



In January 2015, WHC was awarded a 65-year direct lease for Parcel 282 to construct its expanded facility.

The 65-year direct lease combined Parcel 282 with the existing lease for Parcel 279. The new building will utilize about 20 percent of the lot, allowing ample parking for patients and visitors.

Areas dedicated to clinical services will be designed to incorporate Patient-Centered Health Care Home examination rooms and support areas of adequate size. It will also enable WHC to improve the delivery of coordinated patient care services and increase access to health care while continuing to fulfill WHC's mission of providing quality care to the medically underserved.

In designing the facility expansion, WHC chose to honor the rural character of Waimānalo, characterized by residential areas, small businesses and agricultural lots interspersed with green space. Despite receiving a zoning waiver, WHC has chosen to respect the R5 zoning regulations which set a 25 foot height limit and incorporate elements of building and landscaping design that align with the character of Waimānalo.

The demolition of select structures on the currently occupied parcel 279 will occur after

WHC successfully transitions services to the new facility. Dental, some nutrition services, youth services and administrative services will remain at the existing Parcel 279. Renovation to the current property will constitute Phase II. Estimated costs of Phase II and the estimated square footage of space are not currently available.

The Waimānalo Health Center primarily serves the underserved geographic area of Waimānalo on the Windward side of the island of O'ahu. However, WHC's entire service area stretches along the northeastern coast of O'ahu, or Ko'olaupoko, from Makapu'u Point to Kualoa State Park. The area includes the towns of Waimānalo, Kailua, Kāne'ohe, Kahalu'u, He'eia, Waiāhole, Waikāne, Hakipu'u and Kualoa. The estimated population of this area is nearly 125,000.

Although WHC serves patients representing all areas of the island, community-based efforts focus on the large Native Hawaiian population of Waimānalo. This area includes 6,488 Waimānalo residents who are Native Hawaiian or part-Hawaiian, approximately 65% of the population of Waimānalo. Waimānalo represents one of the most concentrated areas of Hawaiians in the state.

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Campaign Leadership

Waimānalo Health Center's former Medical Director Dr. Charman Akina has stepped forward as honorary chairman of the Ola I Ka Wai Capital Campaign.

Noa Dettweiler-Pavia, Bishop Museum Vice President and General Counsel, and WHC Board Member, is the campaign's general chair.

Other campaign leaders include Leadership Segment Chair Dee Jay Mailer; Advanced Segment Chair Dean Okimoto; Major Segment Chairs Catherine Sato and Rick Barboza; Primary Segment Chair Anita Nakamura; and 'Ohana Segment Chairs Catherine Sato, Dr. Christina Lee and Louana Kassebeer. 💧



Parcel 282, WHC Expansion Site



New Building Rendering provided by Ferraro Choi and Associates

OLA I KA WAI

LEADERSHIP TEAM

HONORARY CAMPAIGN CHAIR



Charman Akina, M.D.
Former WHC Medical Director

GENERAL CAMPAIGN CHAIR



Noa Dettweiler-Pavia, Esq.
Bishop Museum Vice President
and General Counsel

LEADERSHIP SEGMENT CHAIR



Dee Jay Mailer
Retired Kamehameha Schools
CEO

ADVANCED SEGMENT CHAIR



Dean Okimoto
Nalo Farms Owner & President

MAJOR SEGMENT CHAIRS



Catherine Sato
Bank of Hawai'i Vice President
& Kailua Branch Manager
(Also 'Ohana Segment Chair)



Rick Barboza
Hui Kū Maoli Ola Co-Owner

PRIMARY SEGMENT CHAIR



Anita Nakamura, LPN
Former WHC
Clinical Support Supervisor



Christina Lee, M.D.
WHC Chief Medical Officer



Louana Kassebeer
WHC Social Services Coordinator



Akina and Dettweiler-Pavia

United for the Next Generation of Health Care in Waimānalo

Dr. Charman J. Akina retired from his private practice at Honolulu Medical Group after 31 years in internal medicine. Instead of taking a well-deserved vacation, he promptly joined Waimānalo Health Center as a volunteer physician in 1993. “At that time,” he recalled, “Hawaiians had the worst health statistics. Being half-Hawaiian myself, I immersed myself in the community to better understand our health challenges and try to make a difference.” And that he did. During his 10 years at WHC, Dr. Akina helped to establish adult medicine, pediatrics, teen clinic and family planning services at Waimānalo Health Center.

“Waimānalo was a small community made up of mostly Hawaiian families. Hawaiians are private people. They keep their problems to themselves at home so there was a lack of communication,” remembered Dr. Akina, “But you have to know what people are doing.

Otherwise, you can’t impress why they need to make changes.” Determined, Dr. Akina assembled an outreach team, put on his walking shoes and ventured into the community to learn what people were doing and how WHC could help. He went door-to-door, introducing himself - first, as a neighbor, then as a WHC doctor. Dr. Akina’s humble and honest grassroots community outreach encouraged Waimānalo residents to educate themselves about health care and to seek medical help.

**“Now is the time to rebuild
the health center –
by the community,
for the community.”**

- Charman Akina, M.D.



Dr. Akina taking a patient's pulse circa 1990s.

Dr. Akina retired from the health center in 2003 and returns as Honorary Chair of the WHC Ola I Ka Wai Capital Campaign. “When I left the health center, it was equipped with the basics. Since then, the health center continued growing to meet patient needs. Now there’s a dental department, a nutrition department and so much more. It’s wonderful,” he said, “but existing facilities are too small and inefficiently configured. Now is the time to rebuild the health center – by the community, for the community.”

Dr. Akina’s first move was to recruit young attorney Kahikino Noa Dettweiler-Pavia, Esq., a Waimānalo boy and long-time WHC board member, as capital campaign general chairman. “People need to hear a vibrant voice of the next generation of leaders,” said Dr. Akina.

“I am very humbled and honored to join the campaign as General Chair. The health center

“I am very humbled and honored to join the campaign as General Chair. This important expansion is a project whose time has come.”

- Noa Dettweiler-Pavia, Esq.

has been a centerpiece in my life,” said Noa, who recalled being a WHC pediatric patient. “And one of my first jobs was at the health center, working with youth from Waimānalo School,” he exclaimed. “This important expansion is a project whose time has come.” 💧



MARY FRANCES ONEHA, APRN, Ph.D.

Meet Waimānalo Health Center's Chief Executive Officer

Mary Oneha recently joined Waimānalo Health Center as Chief Executive Officer. With more than 30 years of experience in nursing and serving Native Hawaiian communities, Mary looks forward to improving health in Windward Oʻahu. We sat down with Mary to learn more about her and the important work she's doing in Waimānalo.

Besides the fact that you work here, what's your connection to Waimānalo? What brought you here?

My ʻohana are long-time residents of Waimānalo. Opportunity and timing (opening of the CEO position) matched a desire to contribute to this Hawaiian community. I was approached by the former Executive Director, May Akamine, to apply for the position.

Your nursing career started in acute care. Who or what inspired you to work in community health?

After spending 10 years in pediatric and

neonatal critical and acute care, I was drawn to understanding how I could contribute to the public health, health prevention and promotion efforts in communities in order to change or prevent the patient experience in the hospital. My graduate education at the University of Washington nurtured a desire to work in community health. Upon my return to Hawaiʻi, I worked in public health nursing and then moved to Waiʻanae Coast Comprehensive Health Center where I worked on a multi-professional team to educate health professionals and served as the Specialty Clinic Manager. I later worked on the mobile homeless van providing health care services along the Waiʻanae Coast. A desire to improve the health status of Native Hawaiians prompted me to pursue my Ph.D. in nursing where I grew my love for community based participatory research and the importance of community being actively involved in improving their health.



What is one of your most profound experiences as a child that you still reflect on today?

My father worked at a farm on the North Shore where I lived with my parents, brothers and sisters. As a child, I spent most of my time at the ocean, mountain or on the farm. I learned to care for crops and animals (or at least do what I was instructed to do). These were important lessons in sustainability and being responsible for one's health and the surrounding community.

Which personal attributes have been most beneficial to you in your career?

The ability to understand the past, recognize present circumstances and reach for a better tomorrow. Whereas I am able to envision I also have the ability to know the details, because I've had to work on the details.

How will the new building improve the health and wellness of the community?

The community deserves a space and place they can come to for high quality, affordable



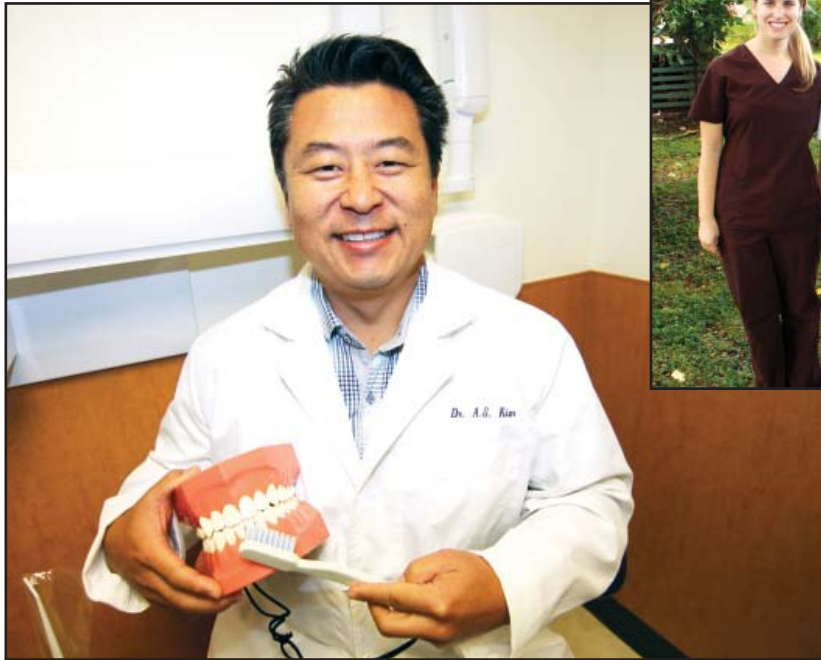
Mary's 'ohana.
Mom, Roberta
Oneha, and
brothers Robert
and Paul Oneha.

and accessible health care that aligns with its culture and has the capacity to serve their needs. We are building more than a 17,000 square foot, 2-story structure. We are building hope, optimism, resources, and change. We are hoping to change the health of this community and to demonstrate that as an ahupua'a, we can be a model for other communities. This means that all of the resources needed to sustain health and well-being are available and accessible within this ahupua'a of Waimānalo. We want to take this opportunity to join other members and

organizations in this community and invite external stakeholders on this journey, all moving in the same direction to make this happen. There is support in the Waimānalo community and they deserve nothing less. Waimānalo Health Center is one resource available in this ahupua'a. The building we plan to construct is a vessel to make healthcare services available and accessible to this community through a patient-centered approach.

Please complete this sentence. Mary Oneha is...

Grateful for the opportunity to serve the Waimānalo community. 💧



Left: Dr. Anthony Kim uses a dental model to demonstrate proper brushing technique.

Above: (L-R) Dr. Jenna Feigenbaum, Dr. Ryan Inouye, Dr. Anthony Kim and Dental Assistant, Lehua Katayama - Kī Clinic's 2015 Keiki Smiles Team.

Healthy Smiles, Healthy Keiki

WHC's Kī Clinic Provides Dental Screenings at Blanche Pope Elementary School

Waimānalo Health Center's Kī (Dental) Clinic is making an impact on oral health in Hawai'i through its Keiki Smiles program. Keiki Smiles is a youth oral health education project that empowers children and parents to prevent and manage oral disease. Keiki Smiles visits Blanche Pope Elementary School twice a year to provide dental screenings for students.

In 2011, The Pew Charitable Trusts Research Center ranked Hawai'i the worst overall performer among the 50 states and District of Columbia in meeting benchmarks aimed at improving keiki dental health. Hawai'i received an F grade for the third year on how well it protects keiki from tooth decay.

Keiki Smiles was formed and began serving Blanche Pope Elementary School students in Spring 2013 to improve keiki dental health. "We were happy to find that almost every keiki listed a dental

home they identified with," said Dr. Anthony Kim, WHC Dental Director, "However, we observed high incidences of cavities and restorative work for children at such a young age. We also discovered untreated cavities that could lead to painful oral diseases. Dental diseases like tooth decay and gingivitis are 100% preventable. Our hope is to encourage good dental habits in keiki so they'll grow up with healthy and bright, beautiful smiles."

Keiki Smiles served approximately 200 kindergarten to fourth grade students in its first year of school visits and will serve additional students in the years to come by expanding the program to include more classes and schools.

Keiki Smiles was made possible thanks to grants from the Harold K. L. Castle Foundation and Bank of Hawai'i's Sophie Russell Testamentary Trust. 💧

Vision Care for Waimānalo

Expanding WHC's Network of Services

WHC expanded its network of programs and services to include a Vision Clinic and welcomed Waimānalo resident, Dr. Isaac Ka'ōpua, as its Optometrist in September 2013. Vision care services at WHC were necessary to meet the community's health care needs.


"We're delighted to offer on-site vision care services for patients," said Dr. Christina Lee, WHC Chief Medical Officer, "It improves accessibility of services, allowing patients to take care of all their medical needs in one place."

In determining community need, WHC conducted a survey of WHC patients which indicated 55 percent of respondents did not have a vision service provider, while 63 percent shared that they or their dependents currently use or need eyeglasses or contacts. Waimānalo Health Center's Vision Clinic is the only vision care provider in the neighborhood and is happy

to fulfill the community's vision care needs. The clinic offers eye exams, preventive vision care, diagnosis and treatment of eye diseases, contact lens fitting and optical dispensing.

"Being able to serve my neighbors and people I've known for so long makes this a dream job and gives me great joy," said Dr. Ka'ōpua, "The Vision Clinic's first year of service was outstanding. We registered nearly 400 new vision clinic patients. Through annual exams we detected vision-threatening conditions like diabetic retinopathy, retinal detachment, macular edema, conjunctivitis, cataracts and glaucoma. We're dedicated to providing expert eye care with prompt, efficient, and compassionate service."

Noni Clinic is open on Tuesdays from 8 a.m. to 12 p.m., and Wednesdays and Thursdays from 8 a.m. to 5 p.m. The clinic is closed on Mondays and Fridays. To make an appointment, please call (808) 259-7948. 📞




Dr. Ka'ōpua conducting an eye exam.

Waimānalo Health Center's

Pōhai Ke Aloha & Women, Infants and Children

Caring for Your Pregnancy Needs



Pōhai Ke Aloha participant takes a dip in the ocean with her developing keiki.

Mom – the world’s toughest job. Whether you’re a first time mom or getting ready for keiki number four, bringing new life into the world is a miracle. But for many, pregnancy can cause worry and stress. Waimānalo Health Center offers various programs for moms-to-be throughout the year. These programs and classes guide moms through healthy pregnancies and baby’s infancy. Pōhai Ke Aloha and Women, Infants and Children (WIC) are two examples of these programs.

Pōhai Ke Aloha, “circle of love,” is a process that binds a person to their true essence and unites mind, body and spirit. Pōhai Ke Aloha represents the circle of support surrounding an individual, an `ohana, or a community. The support mothers receive during pregnancy is vital in the circle of love a mother provides to her developing child. WHC’s Pōhai Ke Aloha program equips pregnant mothers with information and resources to build a strong and loving `ohana. The program is divided into four sections – one for each trimester and a final postpartum section. Topics include nutrition and weight gain during pregnancy, breastfeeding, postpartum weight loss, getting the most out of pediatric visits, and caring for your newborn. Lessons are one-on-one with a prenatal care coordinator who provides easy to understand information and hands-on demonstrations when necessary.

Moms looking for food and nutrition support for their growing families may benefit from WIC. WIC is a federally funded program that aims to improve nutrition

in moms and babies up to five years old through free food, nutrition education and so much more. WIC participants are pregnant, breastfeeding or postpartum women, infants and children under the age of five who meet income guidelines. WIC participants receive nutrition education and complimentary food checks that can be used to purchase items such as milk, cheese, bread, brown rice, fresh fruits and vegetables, and select brands of infant food. WIC registration is easy and moms can start receiving benefits immediately.

“Pōhai Ke Aloha is a step-by-step, trimester-by-trimester how-to guide for pregnant mothers,” said Leigh Ziegler, WHC `Ulu Clinic Team Lead, “then WIC supports the `ohana with good nutrition during postpartum and until age five. Healthy eating habits during early childhood can help keiki maintain a healthy weight and normal growth during later childhood and adolescence.”

Pōhai Ke Aloha and WIC participants have the added benefit of being at a patient-centered healthcare home with convenient access to a network of health, wellness and medical services such as pediatrics, toddler dental care and keiki vision care. WIC is also a breastfeeding friendly environment with private breastfeeding rooms, breastfeeding classes and lactation counseling, breast pump loans and a group for moms to meet and discuss breastfeeding issues.

For more information about Pōhai Ke Aloha or WIC, please call the health center at (808) 259-7948 or visit www.waimanalohealth.org. 🌊



Waimānalo Health Center **Receives National Recognition for Patient-Centered Care**

Waimānalo Health Center was awarded Level 3 designation by the National Committee for Quality Assurance (NCQA) last fall. The Level 3 Physician Practice Connections – Patient Centered Medical Home (PPC-PCMH) recognition is the highest achievable recognition for a medical group. Waimānalo Health Center is the first community health center on O‘ahu to be awarded PPC-PCMH Level 3 distinction.

“We’re very pleased to reach this outstanding achievement in healthcare. It represents and recognizes our commitment to quality clinical care with an emphasis on the physician-patient relationship” stated Dr. Christina Lee, Waimānalo Health Center’s Chief Medical Officer. “It was a journey but a worthwhile project to provide patients with an improved model of care, replacing episodic care with coordinated care and a long-term healing relationship.”

The patient-centered medical home is an innovative approach to primary

care that engages patients to be active participants in managing their health with an emphasis on staying healthy. NCQA’s recognition is based on meeting six elements of healthcare: Enhancing Access and Continuity, Identifying and Managing Patient Populations, Planning and Managing Care, Providing Self-Care Support and Community Resources, Tracking and Coordinating Care, and Measuring and Improving Performance. Waimānalo Health Center passed all elements with 100% compliance.

“NCQA Level 3 recognition acknowledges the quality work that Waimānalo Health Center staff performs every day. We are honored and grateful to achieve NCQA’s highest recognition” said Mary Oneha, Waimānalo Health Center’s CEO. “We’ve learned and improved during this process and hope to continue discovering ways to build upon best practices and deliver excellent healthcare for our community and all of Hawai‘i.” 💧





Hurricane Iselle's aftermath in Puna on the Big Island.



HHARP Waimānalo after its most recent CERT simulation field exercise.



HHARP photo provided by Pua Kaivelata. All other photos used with permission from Hawai'i News Now Reporter, Mileka Lincoln's Instagram @milekalincoln.

Emergency Preparedness in Waimānalo

Each hurricane season brings a number of tropical storms and hurricanes to our beautiful state. Most storms leave Hawai'i without inflicting much harm beyond heavy rain, but residents are urged to be prepared to shelter-in-place in case of emergency. The Hawai'i Hazards Awareness and Resilience Program (HHARP) is preparing Waimānalo to be the state's first official Resilient Community. A Resilient Community is one that is self-reliant during and after natural hazard events.

Hurricane Ana's effects were minimal - it left the state soaked and washed out many weekend plans. Hurricane Iselle wasn't so kind, leaving Puna residents with the daunting tasks of natural disaster clean-up and recovery. Thousands of people were without water and power for extended periods, dozens of homes were damaged or destroyed, and major roadways were blocked by fallen trees and debris. Emergency response agencies were available to help but damaged roads and disrupted communications systems restricted their access to hardest hit areas. Waimānalo's remote location puts us at risk for similar conditions.

Waimānalo HHARP volunteers are trained on natural disaster hazards and how to execute the community emergency plan. HHARP Waimānalo's

volunteer group includes representatives from the Hawai'i State Civil Defense, Hawai'i Army National Guard, American Red Cross, Honolulu Fire Department, Honolulu Police Department, Department of Emergency Management, U.S. Air Force, Hawai'i Job Corps, Waimānalo Health Center and other community members. The volunteer group is open to anyone who lives or works in Waimānalo. Waimānalo HHARP meets once a month at the Hawai'i National Guard Regional Training Center to review sections of HHARP Module Resource Kit.

Many Waimānalo HHARP volunteers have also completed the Community Emergency Response Team (CERT) training. CERT participants learn how to help the community following a disaster through search and rescue, medical, and survivor stabilizing operations. CERT training is culminated with a post-disaster simulation field exercise where actors play disaster victims and CERT participants respond with skills learned during training.

Waimānalo Health Center is proud to be part of HHARP Waimānalo. For more information or to get involved with HHARP Waimānalo, please contact Frencha Kalilimoku at 259-7222 or Arthur "Makani" Keola at 216-4107. 💧

The People and Programs of Waimānalo Health Center



Kū I Ka Māna (KIKM)
Summer Program
students and mentors.



KIKM students
learned the health
risks of alcohol
consumption and
made signs to
promote safe driving.



KIKM students
also visited and
volunteered at
the Luluku Lo'i.



KIKM students learned
the traditional Hawaiian
method of casting a net
to catch fish. Volunteer
instructor, Palakiko
Yagodich, shows
students how to take
fish out of the net.



New Zealand Minister of Health,
Honorable Tariana Turia, and
Mary Oneha.



WHC staff and KIKM students shared time
with Alu Like's Kūpuna Program at
Kūlanakauhale Maluhia O Nā Kūpuna.



A few of the lovely kūpuna we spent
time with during Kūpuna Day.



We had a great time talking story
with kūpuna on Kūpuna Day.



41-1347 Kalanianaʻole Highway
Waimānalo, HI 96795



MAHALO FOR CHOOSING WAIMĀNALO HEALTH CENTER

We are happy to be your health care home