



PEOPLE CARE

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The Newsletter of the Waikiki Health Center

Care at Last

Oahu resident finds a medical home at Waikiki Health Center

After losing his full-time job, Dan had some decisions to make. Dinner or a doctor's visit? Rent or medicine? Dan has diabetes and needs medical care to stay healthy. But he could not afford health services without insurance.

Although he tried, Dan could not find a full-time job – which would provide health insurance. So, Dan applied for Medicaid. He could finally visit the doctor again. That's when Dan turned to Waikiki Health Center.

Dr. Wilson Liu, Dan's doctor, says, "Men in general do not put a high priority on their health. In Dan's case, he had no choice. Now that Dan has been taking medication regularly and following his treatment regimen, we have seen

significant improvements in his health and quality of life."

With a medical home and caring healthcare team looking after him, Dan has a better life now. He benefits from comprehensive services including primary care, nutrition counseling and diabetes classes.

State budget cuts for Medicaid and mental health services could put the health of our community at risk. Patients, such as Dan, may be turned away from private practice doctors, who are concerned they may not receive payments.

As island residents continue to face economic challenges, including access to affordable healthcare, they can be assured that they can always turn to Waikiki Health Center as their medical home.



Dan can once again benefit from routine medical visits. Preventive care helps everyone by reducing nonurgent emergency room visits, and the cost to taxpayers.

Exam Rooms from Open Air

Waikiki Clinic adds three exam rooms to meet community needs

With a sharp increase in demand for our services, expansion has been essential at our Ohua Avenue Clinic. We creatively reorganized offices to make more exam rooms, but it wasn't enough – we need to grow beyond our walls.

Although creating rooms without adding square footage may sound

impossible, we have a plan: add 3 exam rooms by enclosing and restructuring the lanai.

Construction is underway, but long overdue. The Ohua clinic is where about 75% of all our agency's patients receive services. Of the daily visits, 10–12 patients are new. This is a remarkable increase, since we saw 2–3

new patients daily in prior years.

As we continue on this path, we welcome your support. The following page includes our Expansion Wish List. Please consider how you can support a healthier future for our community by contributing to our growth today.

Mahalo for your kokua.

Why We Are Expanding

We are changing our lanai into three additional exam rooms to improve our services. With additional rooms, we will be able to...

- reduce wait time
- offer more same day appointments
- see more patients
- make services easily accessible for those who are disabled

Expansion Wish List

Help build a healthier future for our community

Exam table	\$1,700 each (2 opportunities)
Medical equipment (diagnostic system, scale, instrument stand, etc.)	\$3,300 each room (3 opportunities)
Power exam table for patients with disabilities	\$5,000 each (only 1 opportunity)
Furnish an exam room (cabinetry and furniture)	\$8,000 each room (3 opportunities) <i>Only 2 remain!</i>

Or sponsor an entire exam room for \$13,000
Mahalo UHA for furnishing one of the new exam rooms!

YO Helps Troubled Teens

Homeless youths seek supplies – find life-changing support

Hungry, afraid, and alone – they lack other choices, so hundreds of homeless youths are stuck living on the streets. That's why many teenagers, like Isaac, visit the Youth Outreach Program (YO). They turn to YO for the basics: a hot meal, warm shower, new pair of white socks. But they also find the help they need to inspire change in their lives.

"YO has provided the foundation for my successful life," explains Isaac, a former YO client. "They shared with me and encouraged me to turn my life around. Had I not had YO's positive social reinforcement, I may not be sober today."

Without YO, Isaac might not be a lot of things today: a motivated college graduate, a proud homeowner, a beloved husband and father. Isaac even believes he may not be alive today if YO was not part of his life.

Nearly 600 youths visit YO each year. YO provides basic items (food,

clothing, hygiene needs) as well as counseling, housing assistance, GED prep classes and more. The YO Teen Clinic offers physical exams, family planning, STD screenings and other medical services.

For 21 years, YO has motivated youths, like Isaac, to turn their lives around. Without support from you and other caring community members, YO would not be able to provide homeless youths with basic care or life-changing, even life-saving, support. Your kokua gives these youths the chance to build a brighter future.

YO provides basic items and support three afternoons a week. YO's services help nearly 600 homeless youths each year.



Want to help?

Food, clothing, your volunteer time...YO is in need of these items and more! To help, please contact our Marketing & Development Department: 808-922-4788

Solutions for Seniors

Volunteers help older adults get their lives back in order

Hand-painted glass glistened in the sun's warm rays. Raising it up from among the stacks of stockpiled items, Douglass and Bobbi shone with pride. If not for Friendly Neighbors, they wouldn't have help getting their home, and lives, back in order.

The Friendly Neighbors program pairs volunteers with kupuna asking for help: older adults who may be your neighbors. Many can't afford in-home care, but they don't want to leave their homes.

Volunteers help with simple tasks, such as cleaning, a stroll outside, or the chance to talk story.

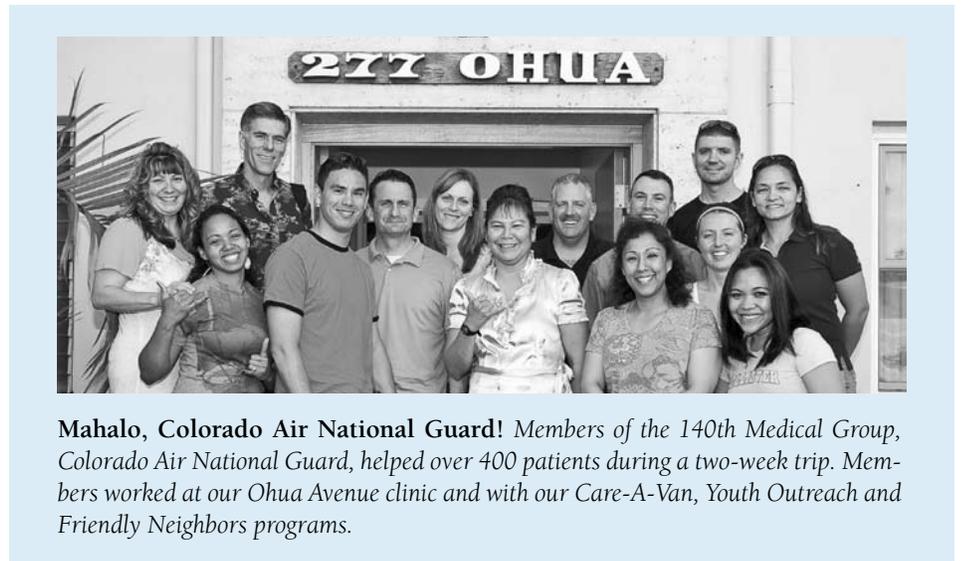
Even island visitors help! Colorado Air National Guard members were among those who helped Douglass and Bobbi clean house. They helped 12 additional Friendly Neighbors clients as well.

Besides seniors, the program benefits families and friends, who can maintain a healthy balance in their own lives through respite care. Nursing students also benefit by practicing geriatric care outside the classroom.

Last year, caring volunteers dedicated over 7,000 hours. Through these volunteers and your generous support, we are able to help Friendly Neighbors' 138 clients.

But these are only a few of Waikiki's senior residents who could benefit from the program. An estimated 25% of Waikiki's residents are over 62 years old; many live alone or without family nearby to help. If you would like to volunteer through Friendly Neighbors, please visit our website or call us at (808) 926-8032.

Douglass and Bobbi display their treasures found while volunteers help clean. *Many Waikiki seniors would have no help, if not for Friendly Neighbors and community support.*



Mahalo, Colorado Air National Guard! *Members of the 140th Medical Group, Colorado Air National Guard, helped over 400 patients during a two-week trip. Members worked at our Ohua Avenue clinic and with our Care-A-Van, Youth Outreach and Friendly Neighbors programs.*

Homeless, but Not Helpless

Your support helps those needing services to stay healthy and productive

Ohu's homeless increased about 15%, according to this year's "point-in-time" count. More than 4,000 people are experiencing homelessness – nearly 6,000 state-wide.

The numbers aren't surprising since just one crisis separates many of us from homelessness. A lost job or mounting medical bills could be catastrophic.

With more people in need, medical and social services for the homeless – such as those provided at our Care-A-Van

program (CAV) – are even more essential.

CAV provides services at the drop-in center and clinic, through mobile medical outreach, and at the Next Step Shelter in Kaka'ako. CAV is even expanding its mental health services to include case management, because the need is apparent.

Having worked most of their lives, many of our CAV clients never thought they would be homeless. These difficult times have left them asking for help.

They, and we, truly appreciate your support. Your generous contributions ensure our services continue helping those in need.

Mahalo for Your Support

We would especially like to thank the Harold K.L. Castle Foundation and Waikiki Business Improvement District Association for their generous support of Care-A-Van's services.

MAHALO for making our island community stronger and healthier. By supporting our mission, you help us provide medical and social services that are accessible and affordable for everyone.

There's more than one way to make a difference in the lives of our island's most vulnerable and disadvantaged residents. Besides donating through our website, you can support Waikiki Health Center through...

Give Aloha
Code 77137

Throughout September, Foodland and Sack 'n Save stores match your donations, up to \$249. Simply present your Maika'i Card at their check-out counters and designate your gift to Waikiki Health Center.



Combined Federal Campaign
#33641

Military and federal employees can pledge through the Hawaii-Pacific Area Combined Federal Campaign. Please name Waikiki Health Center as your designated charity in this year's CFC Campaign.



Aloha United Way
#96550

Support Waikiki Health Center and Aloha United Way with one donation. To contribute, fill out the Donor Choice section on your AUW Pledge Card.



For more information, call (808) 922-4788 or visit our website at www.waikikihc.org

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Go Green!**

To reduce costs and save paper, our newsletter is becoming an e-newsletter. Subscribe online today!

Website: www.waikikihc.org Email: information@waikikihc.org

An Aloha United Way Agency



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