POSITIVITY IS LIKE A RIPPLE EFFECT IN WATER

ONE MAN’S JOURNEY BACK HOME THROUGH OUR CARE-A-VAN PROGRAM

“How do I open the door to allow you into my life? How can I begin to feel comfortable enough to share what I am going through? How can I trust you?” These were the questions Anthony was asking.

With no money and no job, Anthony was diagnosed as bi-polar; he was mentally ill without medication. Addicted to alcohol, cocaine and methamphetamine for six years, he found himself homeless and just barely surviving. Until he came to our Care-A-Van Program.

Living in a park, the word spread quickly about Waikiki Health’s outreach workers and when Anthony learned he could receive medical help – he wanted the help. This wasn’t easy. He was afraid he would be judged and the fear brought him even more pain.

Anthony was once employed, with a beautiful home in Waianae and a wife and family; he knew a much better time. Then, he lost his job; later it was his home and then his family – everything spiraled downward.

“I was struggling with some heavy battles, I used drugs to get away, to find some relief from the voices going through my head.

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SHARING THE MESSAGE OF “OLA” - A FILM ABOUT HEALTH AND HOPE

Waikiki Health hosted over 80 guests – Board members, supporters, health industry workers and others interested in improving the health of Hawaii’s people – for a special screening of “Ola: Health is Everything” at the Chaminade Univ./St. Louis School’s Dr. Richard T. Mamiya Theatre on July 9.

Ola (Hawaiian, for life, well-being) explores the social factors that impact health and the power of communities to heal themselves. The film concludes with a question for every audience member: What actions are they taking in their personal lives to promote better health in their own communities?

Following the film, Matthew held a lively Q&A session and received a proclamation honoring his work by the Hawaii State Senate.

Matthew Nagato, Director of the film Ola, receiving proclamation from Hawaii State Senate; and Sheila Beckham, RD, MPH, Waikiki Health’s CEO

41% of our patients in 2012 were homeless

Together we are providing a broader range of services that help clients transition out of homelessness:

• medical care
• substance abuse treatment
• temporary shelter
• case management
• job training and much more...

Positivity spreads like a ripple effect in the ocean
But I’d wake up the next day in much more pain.”

Today, Anthony has been clean of both drugs and alcohol since 2011, since making his way to the Care-A-Van drop-in center on Waialae Avenue. “People just kept helping me, even when I was doing really bad.” Anthony says taking the little steps has added up to big change.

He began therapy on an ongoing basis, attended doctor’s visits and began using medication regularly. He was guided to stay away from old places he frequented and people that were bringing him down. “I was ready to follow the rules. I was tired of feeling so disappointed in myself.” Now, in housing in Kapolei, Anthony says he’s been learning how to live a new sober life and connect with his family again. He has a big support team.

When looking back he remembers the compassion of the Waikiki Health team and how that allowed him to open up to others letting them into his world.

They are “touching people in a positive way, it’s like that ripple effect in the ocean.”

Waikiki Health’s volunteer Board of Directors bring knowledge and experience in various areas, along with deep commitment to community service, to their role of advancing the agency’s mission.

Terrence was pleased when he was asked to sit on the Waikiki Health Board. “I am proud to work with Waikiki Health staff that truly makes a difference. They really care about our clients.”

In his professional life, Terrence serves as Chief of Staff for Senator Donna Mercado Kim, President of the Hawaii State Senate. He graduated from UH Manoa with a B.S. in Chemistry, and received his J.D. Degree from Pepperdine University School of Law; and LL. M. from Georgetown University Law Center. He also participated in an intensive Executive Program offered by the John F. Kennedy School of Government. His volunteer experience includes serving as a Board member for the Honolulu Community Action Program.
LETTER FROM THE CEO

We have secured 35% of the funds for our Capital Campaign for the new Makahiki Medical and Dental Clinic. We are extremely grateful for the support that you have provided which will enable us to initiate dental and expand medical and behavioral health services.

This project is successful because of your efforts. We applaud you and are so proud that you’ve chosen to give to Waikiki Health.

Mahalo nui loa,
Sheila Beckham

FEDERAL AND STATE REPRESENTATIVES VISITING WAIKIKI HEALTH

August saw National Health Center Week across the nation. Waikiki Health was privileged to receive visits from representatives from the U.S. Senate, the Hawaii State Legislature and the Honolulu City Council. They joined us to learn more about the future expansion of Waikiki Health.

Elliot Kalauawa, MD, Chief Medical Officer & Sheila Beckham, RD, MPH, Chief Executive Officer lead the tour. “I am thrilled to have so many of our representatives engaged in our expansive growth and to be able to share some of the challenges we face,” Sheila Beckham said.

WAYS TO GIVE

Donate online at www.waikikihealth.org, through Aloha United Way (96550) or at Foodland, Sack’n Save or Foodland Farms using Waikiki Health’s Organization Code #77137 while paying with your Maika’i Card.

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VOLUNTEER IN THE SPOTLIGHT: NAN DUDOIT

Meet Nan Dudoit. A Waikiki Health volunteer longer than she can remember. And, a committed donor for 15 years. Nan has been a champion of every agency event.

But, don’t ask Nan about herself: her focus is directed outward – on the needs of others. As a Friendly Neighbors volunteer, Nan runs errands, bakes brownies and mango bread for those she helps, rakes leaves, accompanies seniors on shopping trips, and responds if any needs aren’t being met. One Friendly Neighbors client, “Marsha,” has only 2% of her vision left. “I’m her eyes,” Nan says. Nan helps Marsha by reading letters to her, taking Marsha to get her hair cut, and including Marsha in social occasions, joining with Nan’s husband, Charlie, and their many neighbors and friends.

Nan may be a senior herself, but she is an active one – starting out many days with a 6 a.m. swim in the ocean or a long walk – before starting a new round of volunteer activities.

Why does Nan volunteer? “I want to feel like I’m helping somebody. And, I just enjoy it.”
POSITIVITY IS LIKE A RIPPLE EFFECT IN WATER

“...People just kept helping me even when I was doing really bad,” says Anthony, a former addict and Waikiki Health client. Now he is sober and his life has “slowed down a lot.” This has enabled him to rebuild his life and regain the trust of his family. Now he wants to help other by sharing his story.

AND DON’T FORGET ABOUT THESE GREAT WAYS TO HELP!

Volunteer - make a difference together!
Gather friends, family or your group to organize a donation drive or prepare a meal for our Youth Outreach (YO) kids or the Next Step Shelter.

Become a Wiki Wiki monthly donor
Make a difference and save on postage costs through automatic monthly contributions from your credit card or checking account.

Donate Online
Donate now through the secure form on our website: www.waikikihealth.org.

For more information about these or other ways to help, send the completed form (see page 3) or contact our Marketing & Development Department by e-mail (information@waikikihealth.org) or phone (808.922.4788).