When Corrine first came into Waikiki Health, she tells us she was terrified, scared to tell anyone how she was really feeling. She knew everything looked good on the “outside” with her life – she was engaged to be married, was in school and had money in the bank. However, on the inside, it was an entirely different story.

Corrine had severe anxiety, even about the smallest issues. She would sink into deep depression and had difficulty making decisions. Problems that existed for most of her life began to escalate and she knew she needed real help.

“I didn’t care about myself – I hated myself. But I felt Isabel saw the real me and truly cared. I felt valued and respected.”

Isabel Hung has been a provider with Waikiki Health since 2009. She says the best part of her work is establishing a relationship with her patients. “I love to talk story with our patients and get in touch with the good things that are happening in their lives. Then, I’m there to help them medically.”

Isabel explains, when she’s connected with her patients she learns more about their anxieties and can discuss their options and make the appropriate referrals. Isabel encourages her patients to pursue the things in life that please see LOVE pg 2

MEMORIES TO LAST A LIFETIME

Mid-Pacific Students Help Next Step Shelter

Unaware of the profound impact that a school project would have on them, the 10th grade class at Mid-Pac embarked upon studying the economic hardships of the past, and what they could teach us in the present. Their teacher, Laura Davis, reached out to Waikiki Health to see if we could shed some light on the most prevalent hardship visible in our community today – homelessness.

Our team at WH shared a presentation on homelessness with the students about our Next Step homeless shelter in Kakaako, which currently houses 225 people, including 55 children. As a result, the teens asked, “how can we help?” The answer was to create much-needed hygiene kits for the homeless residents. What happened next with the school project was spontaneous and inspiring.

please see MIDPAC pg 2
**Board of Directors 2014-2015**

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**HRSA Requirements**

*The Board, elected annually, consists of up to 20 members representing diverse backgrounds. More than half of the Board members “shall be active consumers” of the health center’s primary care services, according to the U.S. Department of Health and Human Services Bureau of Primary Health Care. In addition, no more than half of the non-consumer Board members can derive more than 10% of their annual income from the health care industry. Consumers are marked with an asterisk above.

**Letter from the CEO**

Much has happened in a very short time here at Waikiki Health. In mid-April, we celebrated our official grand opening of the new Harry and Jeanette Weinberg Makahiki Clinic with 100 in attendance. The clinic also received the 2014 BIA (Building Industry Association of Hawaii) Award for Grand Commercial Remodeling Projects.

At our Ohua clinic, we received PCMH Level 2 (Patient Centered Medical Home). PCMH offers a model of primary care that is patient-centered, comprehensive, team-based, coordinated and accessible.

I am also proud to announce that our new Harry and Jeanette Weinberg Makahiki Clinic will soon have its own pharmacy, hopefully opening in mid-October. We will be able to provide much needed medications to our patients on-site, and enable payment with a sliding fee discount.

Sheila Beckham, RD, MPH

**Love over Fear... (Continued from page 1)**

they truly enjoy – their education, volunteer work, and getting involved in their community.

Feeling worthy and understood, Corrine says she felt like Isabel said, “I see you, the real you,” and helped her feel safe in life. Corrine believes her visits with Isabel led her on the road to making decisions out of love rather than fear.

Now, a successful documentary filmmaker, married and active in the community, Corrine feels grounded and has achieved a sense of peace. It was through her appointments with Isabel at Waikiki Health that Corrine gained the confidence to proceed on a path of healing that resulted in a rewarding life here in Hawaii.

**Mid-Pac Story... (Continued from page 1)**

The students decided to conduct a competition to raise money for Next Step.

The class held several team-led fundraisers including a Lemonade Alley booth, an online crowd-funding campaign on the website Indiegogo, plus two separate on-campus bake sales. The students raised a total of $2,420, plus they purchased enough toiletry items to create 100 hygiene kits. The kits were delivered to Next Step by the students during the shelter’s monthly keiki birthday party, giving the 10th graders an opportunity to interact with the residents and the kids.

Feeling like the class wanted to do even more, the students continued fundraising. They created artwork depicting the economic hardships of the past and present, which they sold at a silent auction event at Fresh Cafe. Proceeds from the sale generated another $300 for Next Step, but the fundraising didn’t stop there. An on-going online fundraising effort continues on the Indiegogo website on behalf of Next Step. Mid-Pacific humanities teacher Laura Davis said, “I am so proud of my students. The fundraisers they did (on behalf of Next Step) will be memories that will stick with them forever.”

Mid-Pacific is one of Hawaii’s oldest private, college preparatory schools on Oahu.
AngeLS Abound with the friendLy neighborS ProgrAm

All too many seniors wake up alone to face each day on their own. Simple tasks like cleaning the dishes, doing laundry and especially getting groceries can prove to be a big challenge for Waikiki’s aging community.

Thankfully, Waikiki Health’s Friendly Neighbors program has been serving our elderly community for more than 20 years. Currently, we have 50 volunteers helping between 65 and 70 seniors on a weekly basis with light household duties, picking up medications, grocery shopping and offering general companionship to our kupuna.

When pairing up clients with their volunteers, EJ Castro, our Elder Services Coordinator, gets to know each senior one-on-one in their own home and matches them to the volunteers based upon their personalities and qualifications. “Some of our clients are frail and need gentle, compassionate care while others are just all alone.”

Friendly Neighbors’ volunteers are recruited through schools, community fairs and events. EJ says, “So many of our seniors need help; they have nobody else to provide for them. Friendly Neighbors is all they have.”

“The minute I introduce the volunteer to our clients in need, we can see the tears of joy. All too often, I’m told, it’s like an angel just arrived!”

If you know any seniors in Waikiki who could benefit from this free service, or want to create memories and make a difference in our community by volunteering – call EJ today at (808) 926-8032.

You could be our next angel!

PEOPLE CARE | 3

YO JOB TRAINING
BUILDING SKILLS AND CONFIDENCE

The aroma of freshly-brewed espresso and foamy cappuccino permeates the air at YO Café, located at Waikiki Health’s Youth Outreach (YO) drop-in center. The “Baristas-in-Training” are busy preparing coffee drinks and food, practicing for the day they can apply for paid positions utilizing their new skills.

The YO Job Training Program helps homeless youth gain marketable skills and experience so they can work as baristas, or qualify for many other jobs and internships within a wide variety of industries. The program was launched and supported by a three-year $180,000 grant from the George P. and Ida Tenney Castle Fund (Bank of Hawaii, Trustee).

Volunteers from Hawaiian Paradise Coffee showed the youth how to operate the YO Café espresso machine, Starbucks volunteers demonstrated how to create “foam art” and prepare coffee/tea drinks, and the Catering Connection discussed career opportunities, food preparation and presentation.

The YO Job Training Program additionally provided instruction on writing resumes, searching for jobs, filling out applications, dressing appropriately for interviews, asking interview questions and writing follow-up thank you letters.

As a result of the Castle Fund grant, last year alone, 20 job training participants found steady employment, and 8 received paid internships with Kupu Community U.

Following the “barista” trainings: 3 were hired as baristas at Starbucks and Il Gelato; 7 secured food service jobs at Bubba Gumps, Jamba Juice, IHOP, Safeway, Ben and Jerry’s and Jimmy Buffet; and 7 found work in retail, movie theaters, babysitting and construction.

Program Manager Carla Houser says, “The single most impactful thing we do at YO is to help bolster the self-esteem of our youth. By helping and empowering them to make good choices, and believing in them even when they mess up, we provide a consistent, supportive message that we care about them. This is the key for some of our youth who lack an identity or sense of belonging due to absent family support.”

Volunteers from Hawaiian Paradise Coffee showed the youth how to operate the YO Café espresso machine.

YO Cafe’s espresso machine.
$1.4 Million Capital Campaign to Start Up Makahiki Clinic

Waikiki Health’s capital campaign to establish its newest and seventh service site – named the Harry and Jeanette Weinberg Makahiki Clinic – was a high priority throughout 2013. The new facility, offering medical care, integrated behavioral health, and comprehensive dental services, opened in February 2014.

Support from every sector of the community – private foundations, service organizations, faith-based groups, individuals and government entities – enabled Waikiki Health to establish Makahiki Clinic, located at 935 Makahiki Way in McCully-Mo’ili’ili.

A large, prominently placed plaque recognizing our donors is located in the facility’s lobby. Capping the donations was a grant of $400,000 awarded by the Harry and Jeanette Weinberg Foundation. In gratitude for this generous grant, the facility is called: the Harry and Jeanette Weinberg Makahiki Clinic, a Member of Waikiki Health.

Introducing Comprehensive Dental Care
Dr. Suzan K. Ly, DDS, MPH, was hired as a consultant in the Fall of 2013 to help shape policies and procedures for Waikiki Health’s new Dental Clinic, and she became the agency’s first Dental Director. Welcoming keiki to kupuna, the dental clinic offers preventive, prophylactic, emergency and restorative services.

Our Mission:
The mission of Waikiki Health is to provide quality medical and social services that are accessible and affordable for everyone, regardless of ability to pay.

Our Vision:
Waikiki Health provides compassionate healing and expert care that result in improved health and quality of life for all in our island community. Please help support us.