KEEPING SPIRITS HIGH DURING ADVERSITY
(FROM LOSING EVERYTHING TO PERMANENT HOUSING)

Less than a year ago Malia and Tai began a life they never imagined – in a tent at Ala Moana Beach Park. Shortly after moving from Samoa to live with family in search of a better life, they were told they had to find another place to live. This left them homeless and alone.

Despite of this challenging time, they persevered, still hopeful for their future. Malia continued her studies to become a Clinical Medical Assistant at Heald College.

Then, one fateful Wednesday afternoon, they returned back to the beach park to find everything gone. Her school work, her uniforms, the few belongings they owned – all gone. “It was YO that got us through that tough time and kept our spirits high. They motivated us and always had a positive attitude,” Malia fondly recalls.

YO staff even helped Malia get new uniforms for school. Malia and Tai felt like they had a caring family to depend upon.

Through YO, Tai learned about KUPU’s Community U program. He completed an 8-week program, obtained his GED and now has a fulfilling job as an arborist.

Malia and Tai are in permanent housing, both working full-time and feeling happy and safe. Their personal perseverance combined with practical guidance and the caring environment provided by our Youth Outreach program sustained them through the tough times. “Life is much better now and we have YO to thank,” Malia says.

INSPIRING OTHERS IN OUR COMMUNITY
A MESSAGE FROM ONE OF OUR YOUNGEST SUPPORTERS

“Others need help. It’s really important to become involved in community causes and Waikiki Health is really making a difference.” At just 17 years old, Taylor Yamamoto demonstrates her compassion by sharing Waikiki Health’s mission with others.

Born and raised in Honolulu, and passionate about horses, Taylor first came to Waikiki Health in 2012 when her riding academy brought ponies to visit children at Next Step Shelter. She recalls that it was a really touching experience and it planted a seed that we can all make a difference. Taylor was required to raise

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KUPUNA POWER 2014
CELEBRATING HAWAII’S SENIORS

Francine Dudoit or “Aunty Fran” as she is fondly known, is passionate about celebrating Hawaii’s seniors. “Our kupuna are so vibrant and it’s important for us to understand that our seniors are our legacy.”

Aunty Fran explains, “Waikiki Health takes care of our community, from the keiki to the kupuna.” The third annual Kupuna Power Day is on Wednesday, April 16, between 9:00 a.m. and 11:30 a.m., at the State Capitol Rotunda. Aunty Fran who serves on the Governor’s Policy and Advisory Board for Elderly Affairs will be there to celebrate, support and spread the word about our Friendly Neighbors Program.

Senator Brickwood Galuteria will host the event and Governor Neil Abercrombie will be in attendance. For more info, call 586-6740.

FRIENDLY NEIGHBORS

Waikiki Health’s Friendly Neighbors Program provides free support services to seniors (kupuna) living in the general Waikiki area.

- Currently 51 kupuna participate in the program.
- 49% are low-income
- 72% are severely disabled and/or are unable to care for themselves

There is an income cap of $1400 to qualify and receive services. A dedicated, caring and supportive pool of 45 volunteers help to run the program. Volunteers must be willing to devote at least 1-2 hours per week to assist participating seniors. Services provided include companionship, light housekeeping, shopping, light chores, laundry and meal preparation services.

Interested in volunteering? Please contact E.J. Castro, Elders Services Coordinator at 791-9373.

INSPIRING OTHERS...
(CONTINUED FROM PAGE 1)

funds for a nonprofit of her choice while taking an online course through the Dressage Foundation. Inspired by our mission and aware of the fact that many in our community don’t have easy access to healthcare, Taylor set out to help with a goal to raise $1000 for Waikiki Health.

Taylor came to our offices, curious, confident and full of enthusiasm. She took full initiative and reached her goal all on her own. “The first phone call was the hardest and then it became easy and fun,” says Taylor. She sent out 20 letters to family and friends and followed each one with personal visits and phone calls. “We can become so focused on our own life and it’s important to think about our community as a whole”. Taylor shared that message to inspire others to make a difference by making a contribution.
Gretchen came to PATH Clinic when she was 26 weeks pregnant. She and her partner, Hank, were homeless and she was terrified of what the future might hold. She has a long history of substance abuse, physical and emotional abuse, and mental illness.

The staff at PATH Clinic welcomed Gretchen with open arms and open minds. Gretchen received medical care, emotional support and the referrals she needed. Gretchen’s relationship with Hank ended, and she wasn’t sure where she might have ended up if it hadn’t have been for PATH being in her life. The PATH staff worked diligently to secure Gretchen’s safety net of support.

Through PATH clinic, Gretchen ended her addiction to meth and received help to stop smoking. Instead of using marijuana to help regulate her mood swings and nausea, PATH staff assisted her in choosing healthier and more conventional methods to manage her symptoms. Her improved coping techniques included prescribed medications and journaling.

Gretchen began to believe in herself and in her ability to shape her own future. She gave birth at full-term to a daughter, “Zya.” She and Zya now live at Women’s Way, located on the same campus as PATH Clinic, Salvation Army Family Treatment Services in Kaimuki.

“We are so proud of Gretchen’s recovery,” said Jacqueline Tellei, PATH Clinic Director. “She’s clean and sober today, and smoke-free. She continues to come to PATH for behavioral health support, tobacco cessation assistance, and primary care services.”
Our newest clinic in McCully-Moiliili.

Waikiki Health is proud to announce the opening of its newest clinic, the Makahihi Medical and Dental Clinic – located in the McCully-Moiliili area at 935 Makahiki Way. This spacious new clinic offers three essential services under one roof: comprehensive medical care, integrated behavioral health and the agency’s first dental program.

- Free Parking Available
- Most Insurance Carrier Coverage Accepted (Including Medicaid)
- Dental Consultations and Full Dental Services
- Same-Day, Emergency Appointments Accepted
- Friendly and Attentive Staff

Those in need of dental care, from children age 2 and above to kupuna, or who require other clinical services, are encouraged to phone for an appointment by calling 922-4787.

Waikiki Health’s clinics and outreach programs serve the Honolulu community at large with emphasis on those who are at-risk, are financially disadvantaged, or who are unemployed, uninsured, experiencing homelessness, or who face other barriers to accessing ongoing, quality care. No one is turned away for inability to pay.