Helping Patients Lead a Long, Full Life

Katherine Valenzuela, Waikiki Health’s HEIS Health Educator/Case Manager
recalls one patient’s first words after receiving his test results. She gave him
space and allowed him a few moments to think about the news before she
explained, “We are here to help you lead a long, full life.”

Several times a week, Waikiki Health’s HEIS (HIV/Hep C Early Intervention
Services) team rotates between 67 different groups within rehabilitation and
recovery programs state-wide to provide rapid HIV and Hepatitis C testing.
Using the most advanced rapid testing available, test results are provided to
clients within 20 minutes through a finger-stick test, with a 99.7% accuracy rate.

Between 10 and 20 men and women attend a one-hour presentation offered
regularly at Hina Mauka, a treatment, prevention and recovery program
located in Waipahu. A comprehensive and easy-to-understand overview is given
through a PowerPoint presentation, describing each virus, the medical treatment
available and the personalized support Waikiki Health offers. Questions are
welcomed throughout the hour and as the talk goes on, one-by-one each
participant walks into a private room where two of the HEIS program assistants
administer the test. Once the 20-minute test is complete, each person will be
called back in to privately receive their results.

Katherine says the HEIS team is there to make sure their clients feel empowered
with the resources they need. “Delivering results can be difficult because they are

Changes at Next Step Shelter

At our Next Step facility in Kaka’ako, we
revamped the shelter structure to enable all
Shelter Associates and Case Managers to be
trained as Housing Navigators. Training was
completed in August in order to become a
“housing focused” shelter that now remains
open 24 hours a day. We are dedicated to
housing families but will work with everyone
“where they are at.” We have also been ramping
up the job training programs, acknowledging
that a job and/or job skills is the best way to
successfully stay housed. Jason Espero, who has
assumed directorship of both Next Step and
Care-A-Van as Director of Homeless Services,
is coordinating and performing the training
and the transition to 24/7 at the shelter.

Appreciation from the State

Waikiki Health’s Care-A-Van and Next
Step Shelter were presented a “Certificate of
Appreciation” from Governor Ige this past
summer. Kiani Cockett, Shelter Manager at
Next Step, and Waikiki Health’s Director of
Homeless Services, Jason Espero, received
the award at the governor’s press conference
on homelessness in July. The certificate was
presented in recognition of Waikiki Health’s
efforts to address homelessness in the Kaka’ako
area, both through Care-A-Van outreach
and Next Step Shelter efforts. According to
the award details, over 270 individuals were
successfully transitioned off the streets and
sidewalks of Kaka’ako and into shelter or
permanent housing over the last year. Mahalo
to all who helped make this award possible!

State health and homeless
officials surround Governor
Ige as he presents award to
Next Step and Care-A-Van.
We see so much in the moment, they're in fear, and even in shock. It's our job to create a safe environment for them. We let them know they are not alone in this.” Patients who receive positive results for Hepatitis C receive their medical case management from the HEIS team and work with providers at the Makahiki, Ohua, and Care-A-Van clinics. Those with positive HIV results receive care from Waikiki Health’s HIV department, which has been providing specialized HIV medical care for more than 20 years.

HEIS is primarily funded by a grant from ADAD (Alcohol Drug Abuse Division), which is part of the Department of Health. Services are provided on Oahu, Big Island, Maui, Kauai, and Molokai. Last year HEIS tested 1,747 individuals for HIV, 1,630 for Hepatitis-C and educated 3,037 throughout the state.

The general public can reach HEIS by phone at 791-9387.

Legacy Giving For Generations to Come

Please consider including a gift to Waikiki Health in your personal will or estate plan. A legacy gift allows you to continue to support our agency for future generations of patients to come. For more information, please call Mary Beth Lohman, our Development Director at 808-791-9331 or email mlohman@waikikihealth.org.

Mahalo.

Legacy Circle Members

The Estate of James C. Arnold
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Mr. Guy Kirkman
Dr. Irwin Schatz

Letter From the CEO

Waikiki Health is once again bursting at the seams. We are exploring options for additional clinical space in close proximity to our primary care clinics. The tentative plan is to expand medical services at Makahiki Clinic which will necessitate relocating our admin staff once again to alternate office space in the community.

Six to eight additional exam rooms with provider and support staff office space, will enable us to provide medical services to a larger number of patients. We are excited about the prospects.

Next Step Shelter is experiencing a major transition as well. We have transitioned Next Step to a 24 hour facility where residents are not required to be gone all day long on weekdays. Each resident has a specially trained Housing Navigator who assists the residents and their families with housing and a plan to stay housed. The staff is working hard through some growing pains but the pleasure revealed by the residents is totally worth the work. This is a new approach that works with the residents where they are at. We have already increased the numbers housed exponentially.

We look forward to your comments as we continue to serve our community and our community of clients.

Sheila Beckham, RD, MPH
Chief Executive Officer
Waikiki Health

Mission and Vision

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. Waikiki Health provides compassionate healing and expert care that result in improved health and quality of life for all in our island community.

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People Care is published twice a year for our donors. If you would like to contact us, please call us at 808-791-9331 or send an email to information@waikikihealth.org. You may contact us by regular mail at the following address: Waikiki Health, c/o Development Office, 935 Makahiki Way, Honolulu, HI 96826
 Senators attend Waikiki Health’s Wellness Fair

In celebration of National Health Center Week, Waikiki Health hosted a WELLNESS FAIR on August 9 on the front lawn of our Ohua Clinic. With over 100 participants, patients and local passersby, Waikiki Health staff engaged guests through interactive activities from 10 am until 2 pm. Fair attendees enjoyed a variety of wellness related activities like vision-testing, blood pressure readings, BMI testing, breast cancer awareness and oral cancer dental screenings. Members of our HIV/HEIS team provided an interactive spinning-wheel game with giveaways; our Tobacco Cessation Specialists offered carbon monoxide readings along with information about quit-smoking programs; and guests learned how to make a difference for our aging-in-place kupuna by volunteering through our Friendly Neighbors program.

Lines formed at our lomi-lomi head, neck and shoulder massage station, offered by our Director of Native Hawaiian Healing, Francine Dudoit. People also queued to wait for oral cancer dental screenings performed by Anna Bombita, Makahiki’s Dental Hygienist. Guests could sign up as new patients on-the-spot and register to vote as well.

Senator Suzanne Chun Oakland stopped by to offer her support of our community health center, and received a personally guided tour of the clinic.

UnitedHealthcare, AlohaCare, BKD, and Jamba Juice helped make the fair possible through their sponsorship, covering the costs for the tents, tables and chair rentals, give-away bags and Pineapple Dream smoothies.

National Health Center week has been celebrated annually for over 30 years to recognize the programs, services and innovative contributions from Community Health Centers, including Waikiki Health.

Kalauawawa named 2016 Kahu Mālama Award Recipient

Waikiki Health’s Chief Medical Officer, Dr. Elliot Kalauawa, received this year’s Kahu Mālama award presented by the nonprofit agency Gregory House. Dr. Kalauawa was honored at a special fundraiser with proceeds going to support the services Gregory House provides HIV/AIDS patients. Kahu Mālama means “caretaking guardians,” and the annual award is presented to an individual(s) or entities that demonstrate extraordinary commitment to Gregory House services. Dr. Kalauawa has been at Waikiki Health treating patients with HIV for 30 years, overseeing core medical services, providing direct patient services, and supervising the health care team of providers.

Dr. Kalauawa has built a reputation as one of the most notable HIV doctors in the state. He has a great rapport with his patients and he loves to talk story with them. “I was raised in public housing in Palolo Valley and many of my patients share a similar background. I feel very comfortable interacting with my patients. I try to help them as much as I can.”

Dr. Kalauawa is a certified HIV Specialist and a graduate of the University of Hawaii’s School of Medicine. He has won numerous awards for his work with HIV/AIDS patients and dedicated service to his patients and the community. Congratulations Dr. K!
Shelter Residents’ Recipe For Success

Three Next Step Shelter residents recently graduated from the GoCook! Hawaii job training course offered by the Culinary Institute of the Pacific at Kapiolani Community College (KCC). The free, federally-funded program is open to anyone age 16 and older, and as the brochure states, can “take anyone from zero to a working cook in just 11 weeks.”

The food service industry is a source of plentiful job opportunities—schools, hotels, caterers, banquet kitchens, restaurants and food trucks are looking for personnel – making culinary training a good match for Next Step residents seeking employment.

“GoCook! Hawaii” graduates receive a Certificate of Professional Development from KCC, also a nationally recognized ServSafe® Food Handler’s Certificate, and job referrals. According to Kiani Cockett, Shelter Manager, historically 100% of GoCook! Hawaii graduates secure jobs.

Waikiki Health received two $10,000 grants—from the Harry and Jeanette Weinberg Foundation and the Joseph and Vera Zilber Charitable Foundation—in support of its job training programs, including partnering with KCC. Grant funds support trainee stipends, supplies and transportation to the KCC classes, held Monday through Friday from 8 am to 4:30 pm for nearly 3 months.

Pre-Diabetes Program

Waikiki Health introduced a comprehensive lifestyle change program that has proven to prevent or delay the onset of Type 2 diabetes. Sessions are held in Waikiki Health’s Education & Counseling Services annex adjacent to the Ohua Clinic. Weekly classes follow a curriculum approved by the Centers for Disease Control and Prevention (CDC) that promotes modest weight loss (5–7%) and increased physical activity (150 minutes each week). This program is based on a National Diabetes Prevention Program trial and follow-up studies.

Program facilitators are Waikiki Health Certified Lifestyle Coaches, including Robin Isobe, Project Manager; Yukiko Hunt, Registered Dietitian; and Orly Hunter, Health Educator. Our team also includes Tim Summers, Fitness Trainer and Cecilia Kim, Medical Assistant.

Waikiki Health also provides “diabetes support” in an open group session where patients can join the twice-monthly meetings. For more information, please call 922-4787.
Marsh Volunteer Project for PATH Clinic

In August, Waikiki Health’s PATH clinic was lucky enough to be a recipient of Marsh Management Community Work Day. Twenty two enthusiastic volunteers arrived, ready to give PATH a little TLC.

The volunteers, including Waikiki board member Scot Sterenberg from Marsh, worked together cleaning up the grounds, trimming trees, washing windows and varnishing furniture. Everyone at PATH noticed the difference. One client said, “It looks so fresh and nice.” Simple acts such as this really show the true value of what volunteering can do for a community. Mahalo Marsh Management for displaying your big hearts and helping PATH Clinic.

Waikiki Health’s PATH offers pre- and post-natal services to women with current and past substance abuse issues in a comfortable, homelike setting in Kaimuki.

Latter Day Saints Donates Mattresses to Next Step

The Kaka’ako Stake of the Latter Day Saints (LDS) donated funds to purchase new sturdy air mattresses for all our clients living at Next Step Shelter. The mattresses were purchased with the help of a 10% discount provided by the generous management team at Walmart on Fort Street Mall. Thanks to LDS and Walmart, our clients at the shelter are getting a better sleep which helps them be more effective participants when working with our case managers to find jobs and transition into permanent housing. Mahalo!

Next Step Shelter staff prepare to place newly donated air mattress into cubicles at the shelter.

Back Joy Shoes Helps People Get Back on Their Feet

Hawaii distributors of Back Joy Shoes literally helped our clients get back on their feet this summer by donating over 500 pairs of brand new shoes and custom orthotic slippers. The shoes were distributed to our clients at Next Step, Care-A-Van and Youth Outreach. Elizabeth Boyd, Hawaii’s representative for Back Joy Shoes, was originally inspired to donate to Waikiki Health when she read about Uyeda Shoes donating hundreds of pairs of new shoes to Next Step in 2015.


Bank of Hawaii Live Kokua Donates to YO!

Bank of Hawaii donated $37,260 to Waikiki Health’s Youth Outreach (YO!) and their partner, Hale Kipa. Proceeds came from the Bank of Hawaii Live Kokua Community Walk, an annual employee fundraising walk held at Kapiolani Park. Hale Kipa & Waikiki Health have been working together since 1989, offering outreach and drop-in services at the Youth Outreach YO! House for at-risk and homeless youth including medical services, job training, GED classes, meals, hot showers and clothing.

Holding the check is Waikiki Health’s Director of Preventive Health, Kent Anderson (left), and Hale Kipa’s Deputy CEO, Jaque Kelley-Uyeoka. Also pictured is Bank of Hawaii Commercial Banking Officer and Waikiki Health Board Member, Ashley Noji (far right, bottom row).
Waikiki Health Planned Giving: A legacy gift allows you to continue to support Waikiki Health for future generations of patients to come. For more information, please call Development Manager Liz Makarra at 791-9334 or send an email to emakarra@waikikihealth.org.