

# The Spirit of the KMC Ohana

Enhancing the quality of life for generations ....



KAHUKU MEDICAL CENTER

Volume 1 • Issue 1 • FEBRUARY 2010

## COMMUNITY NEWSLETTER

### IN THIS ISSUE

<b>Administrator Corner</b> A greeting from Lance Segawa, KMC Administrator	1
<b>Kahuku Medical Center Healthcare Services</b> Overview of services	1
<b>Upcoming Events</b> E Malama Kakou, Community Health Fair	2
Education Services	2
Dental Services	2
CPR Classes	2
<b>Health Corner</b> Flu updates from the CDC	2

### Administrator Corner

*A greeting from Lance Segawa, KMC Administrator*

I am pleased to present the first issue of our community newsletter, "The Spirit of the KMC Ohana". We have accomplished much in the past 18 months at Kahuku Medical Center and are excited to share these facility enhancements with you. A few of the improvements we have made are; installing a new digital x-ray machine made by Shimadzu, adding ultrasound services once a week, upcoming cosmetic renovation of the emergency department, and purchasing new inpatient room furniture. We plan to


showcase these and other improvements at the Medical Center at our Open House event planned for early summer 2010. We are excited about everything we are doing to provide quality care to our Northshore Community. I hope this newsletter becomes a resource for you regarding your healthcare and in doing so increases your knowledge of KMC. We remain dedicated to the provision of quality healthcare in a caring and culturally sensitive environment. We thank you in advance for choosing Kahuku Medical Center.

### Kahuku Medical Center Healthcare Services

*Overview of services offered*

Kahuku Medical Center is the only facility operating within the primary service area offering hospital inpatient, outpatient and ancillary services. Services provided include 21 beds (all private rooms), 24 hr. Emergency Room, in-house Pharmacy, Physical Therapy, Occupational Therapy, Laboratory, Radiology, Ultrasound Services, Speech Therapy, and Respiratory Therapy. We are committed to delivering the highest quality of care possible

and believe we must be accountable to the community we serve. At KMC, communication is a vital part of our culture. Thus, we have developed an Emergency & Ancillary directory which provides "**everything you need to know**" about our key services, including detailed description of procedures performed, department hours & contact information, and so forth. Directories are available at the KMC reception area/entrance.



**KAHUKU MEDICAL CENTER**

*Enhancing the quality of life for generations*

56-117 Puualaea Street, Kahuku, HI. 96731  
Phone: (808) 293-9221

Emergency & Ancillary Services



### ***E Malama Kakou & Kahuku***

**Medical Center** is holding its' **Annual Community Health Fair** on

March 24, 2010 from 2:00pm to 6:00pm on the front lawn of Kahuku Medical Center. Services provided include:

- Dental screenings
- Vision screenings
- Cholesterol/ Blood Sugar
- Blood pressure screenings
- Asthma screenings
- Sports physicals

- General medical exams, and
- Prescriptions review by a Pharmacist



**Education Services** that are provided include:

- Women's Health
- Infection Control/ STD's
- Diet and Nutrition
- Food Borne Illness Signs a Symptoms
- Personal Hygiene
- Foot and Skin Care
- Flu and H1N1 Education

ALL SERVICES ARE AT NO COST

**Date: Wednesday, March 24**  
**Time: 2:00 p.m. to 6:00 p.m.**  
**Location: Kahuku Medical Center**

**Dental Services** will be provided at no cost by the Colorado 140th Air National Guard on **March 16-25**, at the Kahuku Medical Center Dental Clinic.

Hours of operation for the Dental Clinic are:

Tue	Mar 16	11:am - 5:pm
Wed	Mar 17	8:am - 2:pm
Thu	Mar 18	11:am - 5:pm
Fri	Mar 19	8:am - 2:pm
Mon	Mar 22	8:am - 5:pm
Tue	Mar 23	8:am - 2:pm
Wed	Mar 24	11:am - 5:pm
Thu	Mar 25	8:am - 2:pm

Call Today and make an Appointment for your dental visit or simply come in during the hours of operation.  
**Phone:(808) 206-1468**

### **CPR Classes (Free)**

#### **Heart Saver CPR**

Wednesday, March 17th  
6:00 p.m. to 8:00 p.m., and

Saturday, March 20th  
9:00 a.m. to 11:00 a.m.

#### **BLS**

Saturday, March 20th  
12:00 p.m. to 2:00 p.m.

All classes are held at KMC  
Call (808) 206-1468  
to reserve your space!

### **HEALTH CORNER**

#### ***Flu updates from CDC***

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

**Flu is a serious contagious disease. This flu season there is a new influenza virus.**

This flu season there is a new and very different influenza virus causing illness called 2009 H1N1. Flu is unpredictable, but CDC expects flu to continue causing illness, hospital stays and deaths, caused by either 2009 H1N1 viruses or regular seasonal flu viruses.

#### **Flu-like symptoms include:**

- Fever
  - Cough
  - Sore Throat
  - Runny or Stuffy Nose
  - Body Aches
  - Headaches
  - Chills
  - Fatigue
- Some people may also have Vomiting and Diarrhea

**For more information visit**

[www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)

or

[www.flu.gov](http://www.flu.gov)

or call

**800-CDC-INFO.**