

1ST QUARTER EDITION, 2016

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Hilo Medical Center's Intensive Care Unit Earns Beacon Designation

Hilo Medical Center's (HMC) Intensive Care Unit is the latest to be recognized for providing exceptional, nationally recognized care. After a seven-month long application process to demonstrate the unit's progress over three years, the American Association for Critical-Care Nurses announced HMC's ICU as the recipient of the Beacon Award for Excellence.

The unit has been recognized for employing evidence-based practices to improve patient outcomes and patient and staff satisfaction. As a bronze-level awardee, HMC's ICU demonstrated success in developing, deploying and integrating unit-based performance criteria for optimal outcomes.

"Over the past three years, our ICU has worked hard toward its goal of integrating best practices to achieving a higher quality of care and patient satisfaction," said Dan Brinkman, East Hawaii Region CEO of Hawaii Health Systems Corporation. "This awards program is unique in the way it provides a road map and tools for our ICU to develop and further the improvement in care, outcomes and patient satisfaction."

"Certainly, our goal is to attain the gold-level of the Beacon Award," said Arthur Sampaga, Jr., HMC's Chief Nursing Officer. "Our patients are already benefitting from our staff having engaged in the Beacon award program by applying significant changes to the unit workflow and processes such as implementing grand rounds on all patients with all members of the care team, starting an early mobility program, and decreasing sedation use for ventilated patients."



Hospital and Foundation leadership congratulate the ICU nursing staff for winning the Beacon Award for Excellence, a national recognition for intensive care units across the country.

Third Class of Family Medicine Residents Announced

On Friday, March 18, the National Resident Matching Program® matched Vincent Giani, MD; Ashley Noelani Kong; Tereza Molfino, MD; and Kapaakea Charles Puaa, MD (pictured below) with Hilo Medical Center's Hawaii Island Family Medicine Residency Program (HIFMR). These new physicians are scheduled to arrive in Hilo and begin their training this summer.

"We welcome the third class of residents into our `ohana," said Dan Brinkman, East Hawaii Region CEO of Hawaii Health Systems Corporation. "We look forward to the opportunity to provide them with an excellent training experience."

"We are excited to welcome our new class of residents," said Dr. Mary K. Nordling, Hawaii Island Family Medicine Residency Program Director. "Our clinic and residency continues to grow and our residents and faculty are providing quality health care to the people of East Hawaii. We appreciate everyone's hard work and support for our residency program."



(top row from left) Vincent Giani, MD; Ashley Noelani Kong;
(bottom row from left) Tereza Molfino, MD; Kapaakea Charles Puaa, MD

Eagle Scout Projects at Hilo Medical Center

On February 20, Boy Scout Barret Baca, a senior at Hilo High from Troop 78 Pukahi District and based at Higashi Hongwanji Mission in Hilo, completed his Eagle Scout project to beautify the first floor atrium at Hilo Medical Center (HMC). The Scout Master is Arthur Sampaga (also HMC's Chief Nursing Officer) and the late Jon Hiyashi.



On March 23, Boy Scouts, Phillip Palmore (son of HMC's recently retired Risk Management and Compliance Office Steve Palmore) and Aaron Graf, seniors at Kea'au High School, Troop 42 from Mountain View, celebrated the completion of their joint project to build a walkway, pergola and do landscaping for residents at HMC's Extended Care Facility.



Hilo Photo Club Updates Exhibit in Hilo Medical Center's Lobby

On March 1, Hilo Medical Center (HMC) thanked the Hilo Photo Club for refreshing its collection of 22 images of Hawaiian wildlife and local landmarks on display in the hospital's lobby.

"Thanks to members of the Hilo Photo Club, thousands of patients, visitors and staff will enjoy these beautiful images captured by the special talents of local photographers," said Dan Brinkman, East Hawaii Region CEO of Hawaii Health Systems Corporation. "We are so grateful for our ongoing partnership with the club."

"Over the years, our members have enjoyed their role in transforming the hospital's lobby into a much warmer and welcoming place," said

Chris Butcher, Chair of Hilo Photo Club's Hospital Collection and Clinical Coordinator on Hilo Medical Center's Obstetrics Unit. "It is a rare occasion to not find people looking at the images or just relaxing."



The Daisy Award Winners at Hilo Medical Center

Edwin Flores, RN, in Hale Ho'ola, HMC's Behavioral Health Unit, has been named the Daisy Award winner for the fourth quarter in 2015. He was nominated by a patient's relative who wrote: "Most recently, we were in a rather serious situation and Edwin Flores was a tremendous help!...Words cannot describe how helpful Edwin was to my sister and to myself. I am just a person he knew nothing about, calling from CT worried sick over my sister who was in such a dire situation 6,000 miles from us! I will never forget what he did for us. I am certain that his kindness is deep within him because he acted instinctually, and I honestly do not think he was even aware of the positive impact he had on our situation!"



2016 Heart and Stroke Walk



At the 2016 American Heart and Stroke Association's annual Heart and Stroke Walk, Hilo Medical Center promoted the signs and symptoms of heart attack and stroke, in addition to promoting the Stroke Support Group and the Foundation's Be a Lifesaver Program for chest compression-only CPR. Members of the Progressive Care Unit celebrated our beloved cardiologist, Dr. Djon Lim, by designing their t-shirt design in his memory.



Genie Nagata, RN, on Medical Unit, has been named the Daisy Award winner for the first quarter in 2016. She was nominated by a patient's wife who wrote: "Genie was assigned to him for four days. From the first day of meeting her I could tell that she genuinely cared. Genie is excellent as a nurse, but she is also an awesome person. Every time she stepped foot in the room she would have the greatest smile on her face. She always worried about our comfort and that we would have everything we needed. Genie not only talked to my husband about his medical needs, but is always uplifting his spirits just by 'talking story'; for a little bit. She always made our concerns her concerns."



East Hawaii Regional Board Welcomes Marcella Stroh



The East Hawai'i Regional Board (EHRB) of Hawai'i Health Systems Corporation has appointed Marcella Stroh to its 12-member board. The Regional Board is responsible for governing Hilo Medical Center, Hale Ho'ola Hamakua, Ka'u Hospital, and the Region's 10 general and specialty clinics.

"Our Community is indeed fortunate to have the services of Marcella, a talented and

experienced leader," said Kurt Corbin, East Hawai'i Regional Board Chair. "She joins a Board comprised of dedicated physicians, business executives, educators and professionals who are committed to the ideals of providing exceptional health care regardless of ability to pay."

Kanemoto and Tulang Join HHSC Corporate Board

Wayne Kanemoto served one term on the East Hawaii Regional Board before joining HHSC's Corporate Board of Directors.

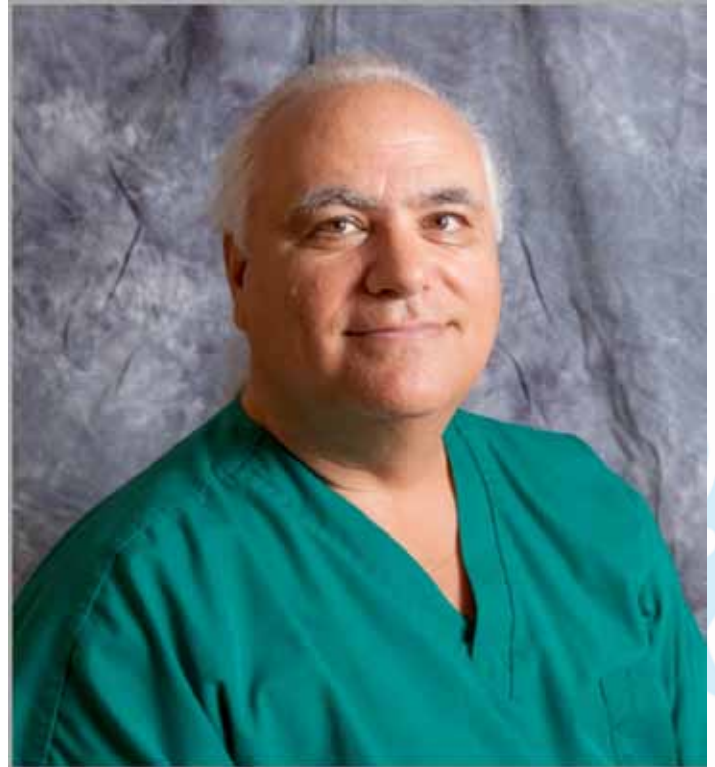
Prior to joining HHSC's Corporate Board of Directors, Julie Tulang served as Chair for the Hilo Medical Center Foundation Board of Trustees.



Ka`u Welcomes Dr. Gear

Ka'u Hospital's Rural Health Clinic welcomes Dr. Carey Gear, a board certified Family Medicine physician with over 25 years of experience.

He and his ohana are happy to call Ka'u their home. Dr. Gear joins Dr. Dexter Hayes, Suz Field, APRN and the clinic staff — all who live and work in Ka'u.



West Hawaii Region

West Hawaii Region Hospital Announces Death of Board Chairman; Elects New Chair

In early February, the West Hawaii Region, comprised of Kona Community Hospital and Kohala Hospital, announced the death of Board Chairman, William "Bill" Cliff, who passed away on January 26 while vacationing with family. He was 75 years old.

Bill joined the West Hawaii Region board of directors in 2010 and became board chair in July 2014. During his tenure, he played a key role on a number of committees including Strategic Planning. Inspired by the Kona Community Hospital mission statement, Bill was passionate about maintaining focus on the future of quality health care in West Hawaii.

"Bill was an extraordinary man who enriched the lives of those around him," Kreuzer said. "He will be remembered warmly as a mentor, a tireless public servant and a dear friend. Our deepest sympathies are with his `ohana."

Later, on February 19, the West Hawaii Region BOD elected Frank Sayre, DDS, as its new Chairman. Sayre, who joined the West Hawaii

Region board in July 2014, is a retired dentist. He was previously a member of the KCH surgical staff as well as HHSC's Management Advisory Committee for West Hawaii. Sayre has a long history of community commitment and is a volunteer board member on the Daniel Sayre Memorial Foundation.

The West Hawaii Region board additionally expressed its gratitude to Vice Chair, Renee Inaba, who acted as Interim Chair following Cliff's death in January.



Bill Cliff



Frank Sayre, DDS

Kona Community Hospital Receives Prestigious International Award

Kona Community Hospital (KCH) recently received international recognition as a designated Baby-Friendly Birth Facility. KCH is one of only three Hawaii hospitals to have received this designation.

This prestigious recognition was awarded to KCH by Baby-Friendly USA, Inc; the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative ("BFHI"). The BFHI is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The goal of BFHI is to implement practices that protect, promote, and support breastfeeding and immediate skin-to-skin bonding of newborn infants.

"We're thrilled to receive this designation," said Sally Robertson, Women's Services Nurse Manager. "These baby-friendly best practices at KCH can impact the health of the entire community by providing new mothers with the proper education and tools to support successful breastfeeding and improve health outcomes for newborns."

This hospital-wide initiative wasn't an easy process. Hospital clinicians and affiliated agencies and doctors dedicated themselves to meeting the challenges to bring the best level of care to newborns in our community.

The "Baby-Friendly" designation is given after a rigorous on-site survey is completed.

The award is maintained by continuing to practice the Ten Steps as demonstrated by quality processes. Those steps include:

- Have a written breastfeeding policy that is routinely communicated to all health care staff.
- Train all health care staff in the skills necessary to implement this policy.
- Inform all pregnant women about the benefits and management of breastfeeding.
- Help mothers initiate breastfeeding within one hour of birth.
- Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
- Give infants no food or drink other than breastmilk, unless medically indicated.
- Practice rooming-in allowing mothers and infants to remain together 24 hours a day.
- Encourage breastfeeding on demand.
- Give no pacifiers or artificial nipples to breastfeeding infants.

Globally there are over 20,000 designated Baby-Friendly hospitals and birth centers worldwide. Currently there are 329 active Baby-Friendly birth facilities in the United States.



KCH leadership and Women's Services Staff celebrate Baby-Friendly Birth Center designation.

Kona Community Hospital Celebrates Emergency Department Expansion with Open House and Blessing

In January, Kona Community Hospital (KCH) celebrated the completion of its Emergency Department (ED) expansion and renovation project with an open house and blessing. The open house and blessing commemorated the culmination of a multidepartment renovation project, which officially launched in October 2014.

In July 2015, the old Admitting Department and Emergency Triage walk-in areas were temporarily relocated as construction kicked off on the ED project.

The KCH emergency department has been constrained by its size for a number of years. The expansion of the ED will shorten patient waiting times and improve efficiency in the triage area.

The original Emergency Department “ED South,” which has 18 treatment areas sees an average of 60 – 70 patients daily. The expanded area, “ED North,” adds six new treatment areas.

The new area features state-of-the art equipment and furnishings, including bariatric rated seating. The check-in area is enhanced by welcoming, island-inspired images by Clark Little Photography.

“This construction project is part of an on-going effort to maintain and improve our hospital,” said hospital CEO, Jay Kreuzer.

KCH receives Capital Improvement Project (CIP) monies from the State that enables renovations to the Kona region facilities. CIP funding is restricted to maintenance and facility improvement projects and cannot be used for day-to-day hospital operations.

Kreuzer added, “We appreciate the support of our State Legislators for their efforts to appropriate CIP funding. These funds helped to make the ED renovations a reality.”



CEO Jay Kreuzer, Facilities Manager Eric Willis, ED Nurse Manager Joyce Fukumoto, and CNE Pat Kalua celebrate the opening of the renovated ED.

Kohala Hospital

In February, Kohala Hospital staff successfully attested to meaningful use for the Medicare EHR Incentive Program 2015 reporting year.

Now in the fourth year of this CMS program, Kohala Hospital attested to the nine objectives and measures required for Critical Access Hospitals (CAH) to meet meaningful use. Those objectives include protecting electronic health information, computerized provider order

entry, transmitting electronic prescriptions, and transmitting patient summary care records for patients transferring to another provider, among others.

EMR nurse June Marr headed the hospital’s project during the attestation period from October through December 2015.

“June headed up this project,” said hospital administrator Gino Amar. “Beginning in August, she oversaw changing processes and coordinated communications with physicians and staff.”

Thanks to this successful attestation, Kohala Hospital will receive the CMS EHR incentive payment for the 2015 program year and will also avoid the Medicare payment adjustment later this year. This attestation period puts Kohala Hospital well on its way to participating in the Medicaid EHR Incentive Program attestation later in 2016.



Kohala Hospital announces successful EHR attestation.

Kona Community Hospital Bids Aloha to Dr. James Lambeth

On January 29, Kona Community Hospital (KCH) bid farewell to radiation oncologist, Dr. James Lambeth as he retired from Hawaii Island Radiation Oncology, Ltd. and the KCH Radiation Oncology Clinic.

The hospital’s radiation oncology staff and management showered Dr. Lambeth and his wife, Phoebe, with leis and warm aloha as they shared lunch in celebration of his years of service to the West Hawaii community.

Dr. Lambeth has been serving patients on Hawaii Island for 40 years. He was instrumental in bringing much needed radiation oncology services to the Big Island. The on-island radiation services offered patients treatment close to home versus traveling to Honolulu for care.

Lambeth spearheaded the building of the Radiation Oncology Clinic (ROC) at Kona Community Hospital. The first patient was treated at the KCH Radiation Oncology Clinic on May 5, 2005.

Since its opening, Dr. Lambeth has commuted from Hilo to the ROC Kealahakua as often as four times per week to provide treatment to radiation oncology patients at KCH.

“We feel such gratitude to Dr. Lambeth for his passionate service to patients in Kona and Hilo for so many years,” said Sanoë Ka’uhane, KCH Cancer Center Manager.

On February 1st, The Queen’s Health System began providing radiation oncology physician coverage daily to the KCH Radiation Oncology Clinic.



Radiation Oncology staff bid farewell to Dr. Lambeth.

Kohala Hospital Welcomes New Physical Therapist Assistant

Kohala Hospital recently welcomed Nancy Jackson, PTA, who joined the hospital staff in November 2015. As a Physical Therapy Assistant, Jackson will augment the hospital’s rehabilitation services.

Jackson’s primary role is to help Kohala Hospital’s residents and patients move, improve mobility, and prevent or lessen physical disability.

Jackson, who is currently working part time, works with skilled nursing patients after they have been evaluated by a Physical Therapist.

As a PTA, she also interfaces with the hospital’s nurses and certified aides to create individualized care plans based on the needs of each patient.

Since joining the hospital staff, Jackson has ramped up the hospital’s splinting program. The use of appropriate splinting helps to decrease pain, increase range of motion, and improve the residents’ quality of life and ability to perform activities of daily living.

Nancy also implemented a daily exercise group for residents, which helps with movement and range of motion.

“Residents love the exercise group,” Jackson says, “and participation has increased since the program was first started.”

“Having Nancy here daily creates continuity for our residents and patients,” said Carmela Rice, Chief Nurse at Kohala Hospital.

Rice added that, “The eventual goal is to have an onsite outpatient and inpatient physical therapy program to meet our community’s needs.”



Kohala Hospital Establishes One-Hour SNF Referral Response Times

Kohala Hospital leadership announced that the hospital has reorganized its skilled nursing facility (SNF) admissions referral process, establishing a one-hour response time. The goal is to simplify the referral process and expedite admissions to the hospital’s SNF beds.

Kohala Hospital is a 28-bed Critical Access Hospital (CAH) with four beds that are licensed to provide acute or SNF level of care.

Over the past several months, Chief Nurse, Carmela Rice and Social Worker, Diana Moriarty, RN collaborated with hospital staff to implement new procedures and standardize the admissions process. Work flow changes were made to all aspects of the referral process requiring staff to give immediate priority to all SNF transfer requests.

They reached out to referring hospitals to determine how to enable smoother facility to facility transfers. As a result, concise communication protocols have reduced confusion about a potential SNF patient's needs.

Coordination of the patient review process was also standardized for all involved disciplines, including nursing, physician, case management, insurance and financial review as well as evaluation of therapeutic and clinical needs.

Nurse management worked with nursing and clinical staff to reassess the hospital's ability to manage SNF patients with more complicated medical needs. The team concluded that they were capable of admitting and providing excellent care to more complex patients, including those with tracheotomies or needing intravenous therapies.

Kohala Hospital's successful implementation of a one-hour response time for skilled nursing admissions requests was not a pain-free process. Employees agree that their greatest challenges have been work flow changes and raising their comfort levels in caring for the more complex patients.

The overall result, however, has strengthened relationships with community referrers and improved the continuum of care for patients.



Kona Hospital Foundation Sponsors Free Lecture & Blood Pressure Screenings



The Kona Hospital Foundation (KHF) held its quarterly Informational Lecture Series on February 17 at the Kona Community Hospital (KCH) Administration Building. The KHF lectures, which are free and open to the public, offer a wide range of health-related topics to the West Hawaii community.

The February guest speaker was KCH Medical Director, Rich McDowell, M.D. In honor of American Heart Month, Dr. McDowell discussed heart disease, understanding risk factors, and how to maintain a healthy heart. Audience members were encouraged to ask questions during and after the presentation.

Prior to the presentation, KCH nursing staff, Hailey de la Torre, Rose Keith, Cheryl Allind, and Lisa Downing offered free blood pressure and BMI screenings. Hospitalist, Jackie Murray, APRN was on hand to interpret screening results and answer participant questions.

The KHF is dedicated to improving KCH for the entire community. Its mission is to fund medical technology, expand services, and enhance facilities that would otherwise be unavailable. Informational handouts will be available.

Maui Region

Maui Memorial Medical Center Out-patient Clinic Welcomes New Trauma Nurse Practitioner

Maui Memorial Medical Center (MMMC) Outpatient Clinic is excited to welcome Nurse Practitioner (NP) Bruce Scheer to its medical team.

Bruce joined the MMMC team in March 2016. He has extensive experience in trauma care and has been a NP with trauma surgery since 2002. He moved to Maui six years ago and worked in trauma and general surgery for two general surgeons. Prior to that, he was a Registered Nurse in the SICU at Ohio State and a flight nurse for level one trauma centers, Ohio State University and Grand Medical Center. He also managed a team of nurses as lead coordinator for Grant Medical Center and was in charge of trauma patients from the emergency department to discharge to outpatient clinic care.

Bruce's international experience includes helping to establish the first verified international level one trauma care in the Middle East under the direction of University of Pittsburg Medical Center and the government of Qatar. He also worked as a NP at Carlos Andrade Marin Hospital Publico in Ecuador and participated in surgical missions in Honduras.

"I'm looking forward to continuing to cultivate the team approach to trauma care and working with injured patients, families, physicians and ancillary staff to facilitate best outcomes for our patients," he said.

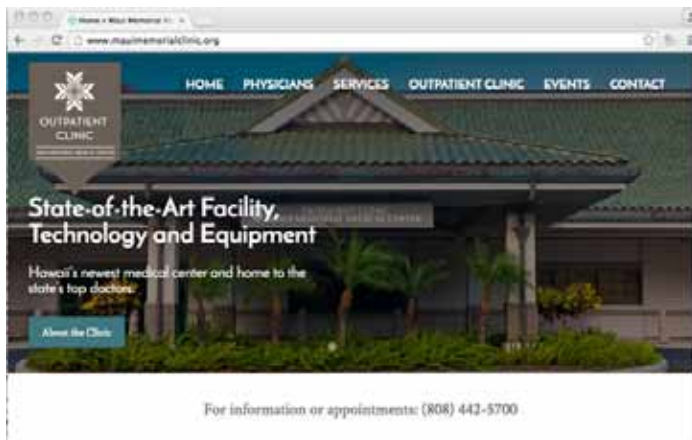
“We are so excited to have Bruce join our team. He is dedicated, passionate, and committed to patient care and his enthusiasm and desire to improve delivery of care is inspiring,” said Kirsten Szabo, Physician Practice Manager at MMMC Outpatient Clinic.

MMMC Outpatient Clinic opened in December 2014.

Maui Memorial Medical Center Outpatient Clinic Launches New Website

The Maui Memorial Medical Center (MMMC) Outpatient Clinic’s website is officially live. The new site can be found at www.maui-memorialclinic.org and was built to provide patients with quick and easy access to a list of physicians, services, and appointment scheduling for the clinic. The site combines the latest online technologies with an interface that is optimized for desktop and mobile use.

MMMC Outpatient Clinic opened in fall 2014 to provide Maui County with specialized outpatient medical services performed by an expert team of qualified and compassionate physicians and medical staff, in a state-of-the-art facility, with the latest in technology and equipment. The facility accommodates specialists in the areas of cardiology, cardiovascular and cardiothoracic surgery, neurosurgery, gastroenterology, and hematology/oncology. The clinic supports MMMC with emergency on-call services to allow for faster, more specialized treatment. For more information, visit www.maui-memorialclinic.org or call (808) 442-5700.



their annual outings was a visit to Wahiawa to see the cherry blossoms in bloom. Edwin Guevarra, RTA, lives in the area and he watches for the best viewing time then plans an outing for the group. This year was no different and first time participants really enjoyed this event. When they stopped by one home, the owner even came out and gave the participants cuttings from his tree.

While they were in Wahiawa, after viewing the area’s cherry blossoms, a stop was made at Sunnyside Bakery to pick up dessert and then to Dot’s for lunch (notice that picking up dessert came before the lunch!).

The last stop of the day was the Dole Plantation to view all of the different types of pineapples and to pick up a few to take home. After one of the participants arrived at home, the MADH program received a call from her daughter to say that her mother could not stop talking about how enjoyable the outing was and how she loved having the pineapple and the cherry blossom branches.



Oahu Region

Annual Outing for the Maluhia Adult Day Health Program

One of the greatest pleasures of the participants at the Maluhia Adult Day Health (MADH) program is to go on outings. One of

Leahi Hospital Awarded 5 Stars Quality Rating by CMS

Leahi Hospital was awarded the highest rating of 5 Stars by Centers for Medicaid Services (CMS) in November of 2015! The rating is derived from information obtained through a combination of Health Inspections, Quality Measures, and Staffing that are then calculated by CMS to award a rating ranging from 1 to 5 stars. A 5-star rating is the highest achievement that a facility can obtain.

Leahi's 5-star achievement was celebrated by all of the Leahi Staff with food and music sponsored by the Leahi Section Heads. The Leahi Section Heads also served lunch to the staff members while the talented musicians of the housekeeping staff, "The No Name Band," played Hawaiian music.

A 5-star rating is difficult to achieve, especially while operating with restrictive financial budgets. But working as a team, the Leahi Hospital Staff showed that reaching for the highest stars is achievable! Job well done Leahi Hospital!



Dr. Sanjay Gupta Films at Leahi Hospital

On March 1, 2016 Emmy Award winning Dr. Sanjay Gupta came to Leahi Hospital with several crew members from CNN to interview family members of one of Leahi Hospital's residents. Dr. Gupta's new documentary will be discussing the dangers of a weight loss supplement that may cause harm.

The hour long documentary will air this summer on CNN. Dr. Gupta's purpose is to promote awareness of weight loss supplements and the damage that they can cause.

Dr. Gupta and CNN were at Leahi Hospital for a full day and had an opportunity to speak with nursing staff. Dr. Gupta believes that, "All nurses are angels!" Dr. Gupta posed with several lucky staff members at Leahi Hospital, showing his support for the nursing staff.



Happy New Year!!!

Maluhia celebrated 2016 with a big bang! Every year is a blessing to the participants who are able to share their lives with everyone at the Maluhia Adult Day Health Center (MADHC). Participants counted down the New Year and balloons fell all around, and they chased away the bad spirits by popping firecrackers (balloons) and toasting the New Year with non - alcoholic apple cider. Even so, some of us still felt a little tipsy! Treats of cone sushi and haupia were provided by a family member. Residents even posed for a few pictures for 2016!



Participant looking groovy as we head into 2016!

Chinese New Year

Maluhia residents went on an outing to Jade Dynasty to celebrate the Chinese New Year. They ordered the traditional New Year foods as well as some interesting new dim sum dishes. Residents even thought of the staff back at the center and wanted to share some dim sum with them. There was even time to go shopping and enjoy the view from the third level of Ala Moana Shopping Center. Residents were so happy, as you can see from the picture.



Say cheese! What a nice view from Ala Moana Shopping Center!

The Chinese lion dance has become a yearly tradition here at Maluhia by the Gee Yung Lion Dance Group. The residents, participants, and staff all look forward to hearing the beat of the drums. This year the celebration was held on the sundeck. The lion danced and visited the residents. The lion was able to jump and reach lai see at the top of the ten foot tent; many of the residents and staff watched in awe at this spectacular performance. They visited the Maluhia Adult Day Health Center (MADHC) as well as each nursing unit to visit the residents and staff that couldn't come down to the sundeck. The dance group ended with a blessing of the first floor. One participant at MADHC, who originally is from China, was so touched by the visit he started tearing up and wanted to feed the lion multiple times.



Participant enjoying the beat of the drum.



Residents enjoying watching the performance.

St. Patrick's Day

At Maluhia, residents and staff celebrated St. Patrick's day with all things green. The resident council requested the non-traditional St. Patrick's Day foods ... green brussel sprouts, green soba noodles, green seaweed soup, edamame, cucumber kimchee, and avocado. The residents were encouraged to wear something green for the luck of the Irish. Everyone enjoyed the food and one resident asked for thirds of cucumber kimchee.



Resident enjoying the ono food.

Linda Hamada, R.N., Gives Patient, Caregivers Second Set of Wings

Grandma's health complications had begun to mount. Consequently, those in the position to help had instead judged, demeaned, and kicked us when we were down. As Grandma's caregivers, our spirits had been shattered.

If only they had known the extent to which we had devoted our all to Grandma for so many years: Mom was going on nearly 13 years, sister 7 years, and me 4 years.

In retrospect, I had come to recognize that the universe had presented spirit-shattering events to usher in change. It was fate's way of pushing us toward the hands of a more compassionate medical professional, Dr. Melanie Kelly, through whom we would cross paths with our medical hero, Linda Hamada, R.N.

Linda's instinct made her well aware of our shattered spirits. Within our very first conversation, Linda instantly dismantled the wall of oppression and anxiety before me via her words of support. It was evident that Linda's concern was not solely for Grandma's welfare but also for the welfare of her caregivers. As it has been said, a dependent patient's well-being is only as good as the well-being of his/her caregiver(s).

Because Linda was in our corner cheering us on, we had transformed from oppressed caregivers to caregivers whose spirits had been brought up from its knees. Fast forward nearly 10 months: The partnership between our restored spirit, Linda, and Dr. Kelly resulted in Grandma's 93-year-old body experiencing a complete turnaround.

Throughout the highs and lows, Linda had devoted countless hours above and beyond what is customary. During her off time, Linda would research online marketplaces and call local medical supply stores to find the best price for supplies not covered by insurance—all in an effort to save us money. Linda would regularly initiate calls during which she would provide caregiver tips, address concerns, and discuss Dr. Kelly's medical strategies. Like a nurturing member of the family, Linda would faithfully check in to see not only how Grandma was doing but how we as caregivers were doing. The most awe-inspiring part: our family is not the sole family for whom Linda has gone above and beyond; she has been doing this for countless families year in and year out. To state that Linda has a passion for her profession is truly a gross understatement.

Linda's legacy will endure indefinitely. Due to our restored caregiver's spirit and Grandma's transformed health, Grandma's latter years will be recollected not with tumultuous moments filled with judgment and oppression, but with moments full of redemption, love and gratitude. Those memories, which Linda had helped to create, will last a lifetime—not just a mere season.

Had it not been for dementia, Grandma would surely express her gratitude for the care Linda has bestowed upon her loved ones. But more importantly, Grandma would state that she is forever grateful to Linda for giving her a second set of wings.

Affiliates: Kahuku Medical Center

Wellness and Preventive Care at Kahuku Medical Center Starts From Within

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” — World Health Organization

One of Kahuku Medical Center's (KMC) strategic goals is to become a home of healing and wellness. KMC is working towards becoming a place one goes to not just for emergency care, but for a wide range of services and activities that offer healing and encourage day-to-day health. With this spirit in mind, KMC decided to focus on wellness from within, investing in KMC's employees.

KMC Eliminates Soda and Revisits Menu. Current research shows the detrimental and profound effects of sugar on our bodies and to our society as a whole. As of July 2015, KMC no longer offers soda for sale on campus. Natural options such as coconut and flavored waters are available. The menu is also undergoing modification and will continue to offer healthy options for patients and employees.

KMC Offers a Serenity Room on Campus. Science also confirms the positive effects of meditation, breath, visualization, and alternative healing practices for both emotional well-being and physical health. Open to employees, physicians, and staff, it's a quiet room to take a break, reflect, unwind, and pause amidst very busy work days at KMC.

KMC Offers Innovative “Malama Tribe” Program to Support Improved Health of KMC Staff. As a healthcare provider, KMC believes in enhancing the health of its staff who in turn can better care for patients. The “Malama Tribe” is a cohort of nine employees who together track and accomplish fitness and mental health goals over a period of 90 days. Meeting together with a trainer for an hour three days a week, the cohort undergoes physical training and nutrition education. The time together also builds supportive relationships, indeed another component to healthy living. Over the 90 days, the Malama Tribe measured weight lost, inches lost, perceived stress, and cholesterol levels. The first Malama Tribe cohort lost a collective 50 pounds, 200 inches, perceived stress of 80 points, and 112 cholesterol points!



Team members included (L to R): Diane Tollefsen, Dee-Ann Kekahuna, Anny Malufau, Andrea Renaud, Dana Ramos, Fredlene Crowell, Alex Steppe, Kate Thomas, Jason Hughes, MD.

Meals on Wheels Available Through Kahuku Medical Center

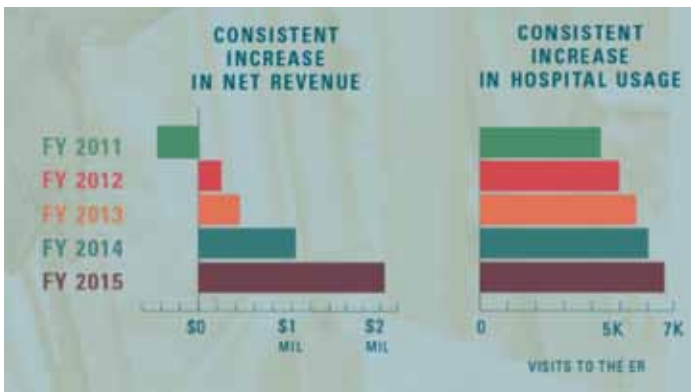
Caring for Our Kupuna Together

The Lanakila Meals on Wheels program delivers prepared meals to elderly who are homebound and unable to prepare meals for themselves. Is there someone you know who could benefit from this program? Kahuku Medical Center (KMC) is proud to play a role in making this service available to our community. Three community and Turtle Bay volunteers deliver nutritious meals prepared at KMC. Started in 1971, Lanakila Meals on Wheels services the entire island of Oahu but gives priority to rural or isolated areas, low income households, and individuals with severe health conditions.

To volunteer with Meals on Wheels in Ko'olauloa, please visit www.lanakilapacific.org/lanakilamealsonwheels/ or call Mimi Horiuchi at (808) 356-8578.

Snapshot of Kahuku Medical Center's Growth and Improvement

We wanted to give you a quick overview of our health as an organization! We are so proud of the ways we are growing to better serve you. Kahuku Medical Center (KMC) is grateful for your continued support of this community hospital. It is also a testament to outstanding leadership at the administrative and board level and commitment of its dedicated staff. Here is an overview:



As a not-for-profit organization, all net revenue over expenses is channeled back into our hospital. Unlike for-profit health care organizations (where money becomes dividend checks to investors), this money funds capital improvements, enhances patient care, and explores new service lines.



Mahalo to Meals on Wheels volunteers Pam Hubble and Eloise Tyau.