



640 Ulukahiki St.
Kailua, HI 96734

Castle Medical Center

Adventist
Health

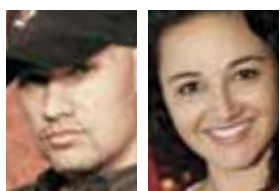
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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

FALL 2011



Onstage: Celebrity Emcees

Kutmaster Spaz is a nationally recognized remixer/DJ and received *Hitmakers* magazine's "Mixer of the Week" award for promoting new urban and dance music in Hawaii. He produces and hosts the television show *Dis-N-Dat* and heads *Dis-N-Dat Media Group*. His community work has earned him the Governor's Kilohana Award and the HMSA Ola Pono award. He is a three-time winner of the Honolulu Jaycees Outstanding Young Person award.

Dawn O'Brien is a radio, television, online and print personality. She hosts *The Dawn of a New Day* morning show on *The Fish, 95.5 FM*. Dawn is also a freelance writer, editor and motivational speaker. She holds a master's degree in speech and taught at the University of Hawaii Manoa. She later worked at New Hope O'ahu assisting Pastor Wayne Cordiero and co-hosting the television show *Connecting Point*. Dawn has worked full time in radio since 2007.

LIGHT UP

the holidays

CASTLE'S HOLIDAY TRADITION SET FOR DECEMBER 7

Want to get the holidays off to a bright start? ♦ Be part of Castle Medical Center's annual Community Christmas Tree Lighting Ceremony.

The tree lighting is a family tradition for Windward Oahu that has grown in both scale and excitement during its 27-year history. Organizers expect this year's festivities to be the best yet, with plenty of colorful decorations, bright lights, holiday concerts, trolley rides and—new this year—a Santa Parade. Topping it off will be a holiday concert by Vaihi.

Traditionally held on the first Wednesday in December, Castle's tree lighting falls on Dec. 7 this year—coincidentally the 70th anniversary of the Japanese attack on Pearl Harbor. This year's ceremony will honor Americans who defended our country on that "day of infamy."

The event is made possible by sponsorships from Kaneohe Ranch, the Harold K.L. Castle Foundation, First Hawaiian Bank, Ameron Hawai'i, Guild Mortgage Co. Kailua, Aloha Party Rentals and Supplies, Starbucks, and other community partners.

Go For updates, visit castlemed.org or call 263-5400. Highlights of the event include:

- A "Day of Infamy" pictorial display in the hospital's main corridor.
- The Christmas concert at 6:15 p.m.
- The formal ceremony, including tree lighting and Santa's arrival at 7 p.m.
- Castle's 60-foot Christmas tree, decorated with thousands of lights.
- Lighted trees and holiday decorations throughout



Vaihi In Concert

Vaihi started more than 12 years ago with four Hawaiian country boys playing music in a small garage in La'ie. Today, they are internationally known recording artists and performers who bring a backyard flavor to the concert stage.

Vaihi is:

Aaron Ka'onohi: Vaihi's leader and studio producer, Aaron contributes Hawaiian slack key guitar stylings. His wife, Sylvianne, manages the group.

Samuela Langi Jr.: "Bruddah Sam" is master of the baritone ukulele, and his high-range falsetto is a signature part of the band. He and his wife, Lina, are hosts of the television show *Local Kine Grindz*.

Bruce Naluai: Bruce adds his rhythm ukulele, local style and vocals.

Peter Lakatani: "Piko," who sings and plays five-string bass, has a background in musical studies.

the hospital's campus, including the Harry & Jeanette Weinberg Medical Plaza & Wellness Center.

- Trolley rides to Kailua to see Christmas lights, courtesy of Kaneohe Ranch and the Castle Foundation.
- A performance by the Hawaii Royal Order of Guards.
- The brand-new Santa Parade. Enjoy the fun and excitement as Santa's friends lead him to a visit with the children.
- Photo opportunities with Santa and Mrs. Claus, Nana Bear and a cast of other keiki-friendly characters.
- Children's activities at the Wellness on Wheels van.
- A holiday concert starring Vaihi at 7:30 p.m. with free popcorn, Christmas cookies and beverages while they last.

Bring your family and picnic supper and arrive early to get a prime spot on the lawn. Or take advantage of the light meal options for sale at the Bistro tent.

PARKING AND SHUTTLE ADVISORY

- Event parking will be available at Kailua High School. Shuttle buses to CMC will run regularly beginning at 5 p.m.
- Trolleys will run between Castle and the Kailua Town Center with a stop in front of Macy's beginning at 5 p.m.
- Parking will not be allowed on Manu Aloha Street, adjacent to Castle's Emergency Room.



FOR A LIFETIME OF
GOOD HEALTH

CASTLE MEDICAL CENTER'S WOMEN'S SERVICES offer Windward women of all ages high-tech, compassionate care. Call 263-5400 for more information.

Enderle new manager of Surgical Weight Loss Institute

Carol Enderle, DNP, APRN-BC, has been named manager of Castle Medical Center's



Carol Enderle, DNP, APRN-BC

Surgical Weight Loss Institute.

Enderle assumed her duties in the spring.

Before joining Castle, Enderle directed the bariatric program at St. Patrick Hospital in Missoula, Mont., and was an inspector for Surgical Review Corp., which administers center of excellence programs for a global network of bariatric surgeons and facilities.

Enderle earned a doctorate in nursing practice at the University of Colorado and a master's degree at Gonzaga University in Spokane, Wash. She completed her undergraduate work at Montana State University.

Enderle is a member of the American Society for Metabolic and Bariatric Surgery and is a registered nurse first assistant—a perioperative registered nurse who is able to function in an expanded role and is involved in the management of the patient during the entire perioperative period.

Birth Center gets \$200,000 donation

Renovations to the Vera Zilber Birth Center at Castle Medical Center (CMC) have received another financial boost.

The Joseph and Vera Zilber Family Foundation presented CMC with a check for \$200,000 to help pay for the project's second phase.

"We are honored that the Joseph and Vera Zilber Family Foundation, for a second time, recognized that Castle Medical Center is vital to the Windward community," says Kevin A. Roberts, CMC president and CEO. "This gift will perpetuate the modernization of the Vera Zilber Birth Center and assist the staff in providing exceptional and loving care to families."



The Zilber Family Foundation's gift to Castle Medical Center (CMC) will help finance the second phase of renovations in the Vera Zilber Birth Center. Attending the check presentation were Susan Chapman, MD, OB/GYN medical director; Kevin A. Roberts, CMC president and CEO; Melissa Jackson and Shane Jackson, Zilber Family Foundation; John Keene, CMC development director; and Tina Johnson, Vera Zilber Birth Center director.

The project entails remodeling five additional rooms for labor, delivery, recovery and postpartum. The remodeling is designed to replicate the clinical and

aesthetic environment of rooms renovated during the project's first phase and includes replacing the whirlpool tubs, cabinetry, clinical equipment and flooring.

Barber becomes hospital's new CFO

Wendi Barber is the new chief financial officer and vice president of finance at Castle Medical Center (CMC).



Wendi Barber

Barber replaces Dale Northrop, who is moving with his family to the mainland. Barber began her new duties in September.

"Wendi has shown great growth in her role as controller for the past 10 years and is ready to take on this position," says Kevin A. Roberts, CMC president and CEO. "I know the Lord will use her leadership, skills and judgment for the benefit of the hospital in the years to come."

Barber became CMC's director of financial services in 2001, managing more than \$230 million in annual gross revenue for the hospital. Prior to that, she was an adjunct professor at Windward Community College, a contract/reimbursement specialist at CMC and an internal auditor with Adventist Health in Roseville, Calif.

Barber earned a bachelor's degree in

accounting at Southern Adventist University in Collegedale, Tenn., and a master of business administration at the University of Hawaii at Manoa. She is a certified public accountant and a member of the Healthcare Financial Management Association. She is a recipient of the American Biographical Institute Women of the Year Award and was featured in the Metropolitan *Who's Who in Finance and Accounting*.

Barber and her husband, Chris, have two young children—Aidan and Mia. She enjoys outdoor activities and spending time with her family.

COMFORT WITH DIGNITY

Palliative care services can help. See page 7.

HOW TO FIND US

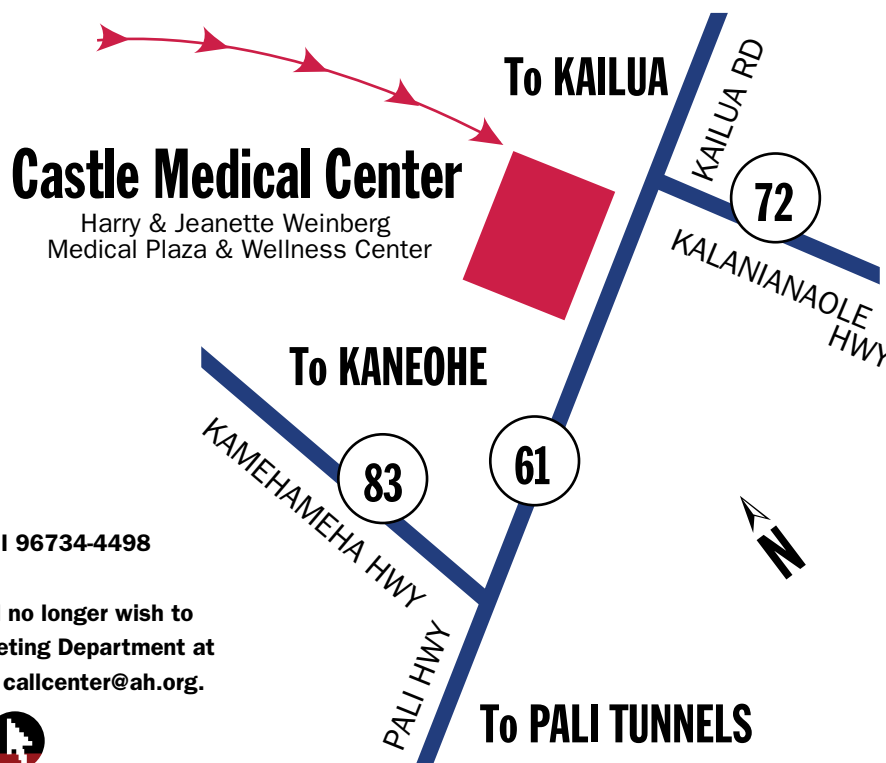
call us:
808-263-5500

email us:
Visit our website at castlemed.org and click on "Contact Us." We'd be happy to hear from you!
■ Send us a comment.
■ Request a Castle brochure.
■ Request a physician directory.

write or visit us:
Castle Medical Center, 640 Ulukahiki St., Kailua, HI 96734-4498

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Visit us at castlemed.org



WINDWARD HEALTH is published quarterly as a community service for the friends and patrons of CASTLE MEDICAL CENTER, 640 Ulukahiki St., Kailua, HI 96734, telephone: 808-263-5163, website: castlemed.org.

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Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Windward Health

Shop and Think Pink with Castle

Castle Medical Center's mammography technologists will be encouraging shoppers at select Macy's stores and Nordstrom Ala Moana to "Think Pink" throughout October, Breast Cancer Awareness Month, to raise awareness of the importance of screening and early detection of breast cancer.

Knowledge is power

- Come and meet our certified and registered mammography technologists.
- Learn how early detection can help you survive breast cancer.
- Make your appointment for a life-saving mammogram.
- See films of tumors too small to detect by self-examination, and feel different sizes of simulated tumors through a breast form made of lifelike synthetic tissue.
- Receive free Breast Cancer Awareness Month information and giveaways!

Join us

- Macy's Kailua: Thursday, Oct. 6, 1 to 5 p.m.
- Macy's Kahala Mall: Thursday, Oct. 13, 10 a.m. to 2 p.m.
- Macy's Windward Mall: Wednesday, Oct. 19, 1 to 5 p.m.
- Nordstrom Ala Moana: Wednesday, Oct. 26, 1 to 5 p.m.



On a medical mission to Afghanistan

Treating wounded people in Afghanistan was the experience of a lifetime for Maria Moreno-Chow, RN.

Moreno-Chow, who works at Castle Medical Center (CMC), spent 195 days in Kandahar during 2010 on a mission trip. There she worked in urgent care and the trauma bay, treating NATO and Afghan military personnel, police, contract workers and civilians wounded in combat.

By the end of her tour, she and her team had treated more than 1,200 patients. They also took part in training and mentoring physicians at Kandahar Regional Military Hospital, which involved working directly with Afghan women and children.

During all of her work, Moreno-Chow and her team had to deal with stifling heat and rocket attacks—48 of them during her stay in Kandahar.

Moreno-Chow started her trip to Afghanistan with five weeks of field training at Fort Dix, N.J. After a brief stay in

Kuwait, she arrived at Kandahar Airfield in mid-August. Upon arrival, she experienced her first rocket attack.

Moreno-Chow's work in Afghanistan embodies CMC's mission of sacred work and "caring for the community, sharing God's love," she says.

"It was by the grace of God that I was able to complete his mission of tending to wounded colleagues and nationals in this combat zone.

It was through personal daily prayer that I was able to function effectively and leave the combat zone a humble and grateful

veteran. I prayed daily for strength, courage and guidance and to conquer fear—trusting in his word."



Maria Moreno-Chow, RN, and a young patient

Monge retires after 27 years of service

John Monge, vice president of operations at Castle Medical Center (CMC) since 1992, retired July 15 after 27 years at the hospital.



John Monge

A reception was held in his honor July 1.

"I will treasure the 27 years that I have been associated with the great team of associates at Castle Medical Center," Monge says. "Castle was more than just a place to work. It was a wonderful journey."

During his career at CMC, Monge guided construction of the Harry & Jeanette Weinberg Medical Plaza & Wellness Center, which was completed in 2002. He also oversaw all renovation and expansion projects at the hospital and the Castle Professional Center in Kaneohe.

Before becoming vice president, Monge was director of Health Promotion and Rehabilitation Services and supervised CMC's satellite clinics on neighboring islands.

On Monge's last day of work, associates flanked the Emergency Room driveway and sang "Aloha 'Oe" as he left the hospital.



Kevin A. Roberts, president and CEO of Castle Medical Center (CMC) (far right), accepts a \$100,000 donation from officials of First Hawaiian Bank (FHB) to help finance CMC's Chemotherapy Center. Attending the ceremony were (from left) Steve Comes, manager, FHB Kailua branch; Jack Hoag, CMC Governing Board; Sharon Shiroma Brown, president, FHB Foundation; Steven Williams, FHB executive vice president and Oahu Region manager; John Keene, director of development; Barbara Penniall, director of Emergency Services; and Kathy Raethel, vice president of Patient Care Services.

Gift aids Chemotherapy Center

First Hawaiian Bank has donated \$100,000 to help finance Castle Medical Center's (CMC) new state-of-the-art, seven-station Chemotherapy Center.

The donation was made July 29. "First Hawaiian Bank's gift is a wonderful example of local businesses and foundations recognizing the importance of Castle Medical Center to Windward Oahu," says Kevin A. Roberts, CMC president and CEO. "Specifically, their gift toward the new Chemotherapy

Treatment Center will help serve the needs of cancer patients for years to come. We couldn't be more grateful for their generosity."

In addition to having the latest technology available to cancer patients, the new center will be expanded to allow patients' families and friends to be present during treatment. Patients will also be able to look out at the Kōolau Range.

In 2010, Castle's Chemotherapy Center provided 2,769 patient treatments.



A lifetime of care

HAWAII WOMEN OF ALL AGES
CAN RELY ON CASTLE FOR
EXCELLENT HEALTH CARE

No matter your age, Castle Medical Center (CMC) has programs and services to keep you healthy throughout your life. From prevention services to wellness classes, Castle has the perfect program to meet the health needs of Hawaii's women.

SCREENING IS PREVENTION Prevention is key when it comes to staying healthy, and with Castle's various screening services, prevention is easier than ever. Among the state-of-the-art services CMC offers to keep you in the pink are digital mammograms to screen for breast cancer, DEXA screening for bone density and colonoscopy to screen for colon cancer.

CMC brings high-quality health care to Windward women through technology such as digital mammography. Digital mammography is one of several breast-imaging technologies developed to improve the detection of breast cancer by producing high-resolution images. The radiologists can adjust the contrast and density as well as magnify these images on their high-resolution monitors. Digital mammography is an important tool that allows the radiologist to detect subtle differences in the breast tissue.

Women can also depend on Castle's ICad (computer-aided detection) system. The ICad will electronically double-read the mammogram and highlight suspicious areas for our radiologists.

For additional comfort, CMC uses the MammoPad, which decreases the discomfort associated with a mammogram and allows our technologists to achieve proper compression—the key to producing high-quality images and detecting breast cancer in its early stages.

CMC's DEXA Services for bone density, an X-ray test, helps women determine if they have osteoporosis or are at high risk of developing it.

A physician order is required for these tests.

REHABILITATION DESIGNED FOR YOU

● **Osteoporosis and pain.** Studies show that women typically live longer than men, and with age are more likely than

men to suffer from chronic pain. They are also at a greater risk for osteoporosis. CMC's rehabilitation services can help minimize bone loss, maintain bone strength, improve balance to minimize the risk of falls, decrease pain and educate people on managing osteoporosis.

● **Incontinence.** If you feel like you can never make it to the ladies' room in time, we can help. We offer treatment for urge, stress, and frequency/overflow incontinence, which can include training the pelvic floor and other related muscles, biofeedback, electrical stimulation, bladder retraining, education, and a home exercise program.

● **Lymphedema.** CMC also offers treatment for this swelling in the soft tissue of the limbs caused by a buildup of lymphatic fluid, which can result from genetics or damage to the lymphatic system. Lymphedema may sometimes occur after breast surgery. Treatment includes evaluation, patient education, manual lymphatic drainage, compression therapy, decongestive exercises and education, and home management.

Talk to your physician to request a referral for rehabilitation services.

TOOLS TO HELP YOU LOSE With age comes weight gain that can force you into a rut of endless dieting. Our comprehensive weight-loss programs provide the tools you need to manage your weight safely and effectively.

Castle's Individualized Weight Management Program teaches ways to improve your health and lower your disease risk through healthy eating and exercise. The program is tailored to your goals. It consists of one-on-one wellness coaching by a certified fitness trainer and a registered dietitian.

When eating healthy and exercising frequently aren't enough, Castle Medical Center's Surgical Weight Loss Institute may be the option for you. Bariatric surgery has proven to be a lifesaving solution for obese patients working toward sustained weight loss. Even a 10 percent reduction in body weight, if maintained, can reduce the risk of many related health issues.

VERA ZILBER BIRTH CENTER CMC's Vera Zilber Birth Center has programs to guide new moms every step of the way before, during and after childbirth. Services include the six-week Lamaze prepared childbirth course with techniques for pain

relief and relaxation and body toning exercises. Our breastfeeding class provides instruction on the basics. Classes are available on what to expect in the hospital and at home, and how to prepare for returning to work. And you can get a car seat check.

HOME AND COMMUNITY CARE Studies have shown that more women than men become their family's caregiver. CMC's Home Care program and experienced home health personnel teach caregivers how to manage every aspect of the medical and personal care they provide at home. Our specialists can also provide care in your home through CMC's Community Care program.

WELLNESS AND LIFESTYLE MEDICINE CMC's Wellness & Lifestyle Medicine Center offers an array of education and lifestyle enrichment resources to keep Windward women healthy and fit. Classes, support groups, activities, events, and health screenings are open to the public and provided free or at a nominal charge.

Our Bone Builder fitness class helps fight bone loss—a common occurrence as women age—and improve bone density with easy exercises that strengthen muscles, improve balance, and reduce the risk of falls.

CMC's smoking cessation program, an intensive program with individual or group coaching for people wanting to quit smoking, helps you quit while improving your health. A tobacco treatment specialist can help participants individually with behavioral, nutritional and lifestyle methods or with optional pharmacotherapy—such as the use of nicotine patches, gum and lozenges.

CMC also provides spiritual wellness classes to help you cope with difficult times in your life. And we provide support groups for those who have lost loved ones or are caring for loved ones with Alzheimer's, mental illnesses or other diseases.

HIGH-TECH CARE WITH COMPASSION

Whether you're here for your annual screening, welcoming new life into your family or having a lifesaving procedure, CMC offers quality health care delivered by an expert, caring and compassionate staff that understands the special needs of women of all ages.



Your partners in health

These physicians are members of Castle Health Group—the physician-hospital organization of Castle Medical Center—and are board-certified or board-qualified in their specialties. For a referral to these physicians, call 263-5400.

Internal medicine and primary care physicians

Your primary care physician is the best person to help you manage your health. Our Windward primary care physicians not only provide general primary care for the entire family, but many can also provide gynecology and routine women's health screenings in their offices.



Virginia Abshier, MD



Christian Boyens, MD



Miriam Chang, MD



Jason Florimonte, MD



Dan Heslinga, MD



Howard Keller, MD



Stuart Lerner, MD



Kimberly Lund, DO



Scott Miscovich, MD



David Samsami, MD



Clifford Tanaka, MD

Obstetrics and gynecology (OB/GYN) physicians

OB/GYNs specialize in caring for you through childbirth. They have a broad base of knowledge with a unique focus on pregnancy, childbirth and the diagnosis and treatment of disorders and diseases affecting women. Services include preventive care, detection of sexually transmitted diseases, Pap test screening and family planning.



Heather R. Awaya, MD



Eesha R. Bhattacharyya, MD



Susan H. Chapman, MD



LeighAnn C. Frattarelli, MD, MPH



Allison Moore, MD



Susan M. Vicenti, MD

Welcome our newest OB/GYNs



Jean-Paul Clark, MD



Li-Duen Clark, MD

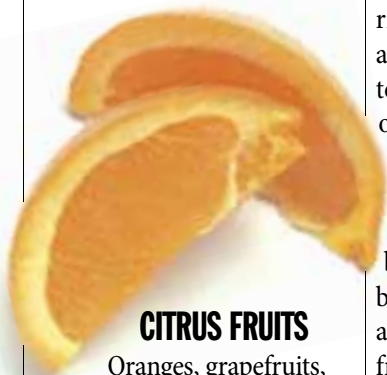
To learn more about Castle Medical Center's Women's Services or find a doctor who is right for you, call 263-5400.

HAVE DIABETES? TRY THESE 10 SUPERFOODS

There's no such thing as a perfect food. But, if you have diabetes, there are 10 foods that come close. ♦ The American Diabetes Association (ADA) dubs them diabetes superfoods, and they're a delicious way to meet your dietary needs. They have plenty of vitamins and nutrients, such as calcium, potassium and fiber. Plus, each has a low glycemic index (GI). ♦ GI is the measure of how much a food with carbohydrates raises blood glucose (sugar). For most people, counting carbohydrates is key to managing blood glucose, reports the ADA. In addition, paying attention to a food's GI can help fine-tune your control. ♦ Even better: A healthy diet, including these superfoods in reasonable portions, may help prevent diabetes complications, such as heart disease and stroke. ♦ Here's a close look at these don't-miss foods.



BEANS Beans have amazing versatility and variety (pinto, kidney, navy and black, just to name a few). Nutritionally, they're great as a vegetable and as a source of protein. A half-cup of beans gives you a third of your recommended daily value of fiber and as much protein as 1 ounce of meat. Beans are also a good source of magnesium, potassium, folate, iron and zinc.

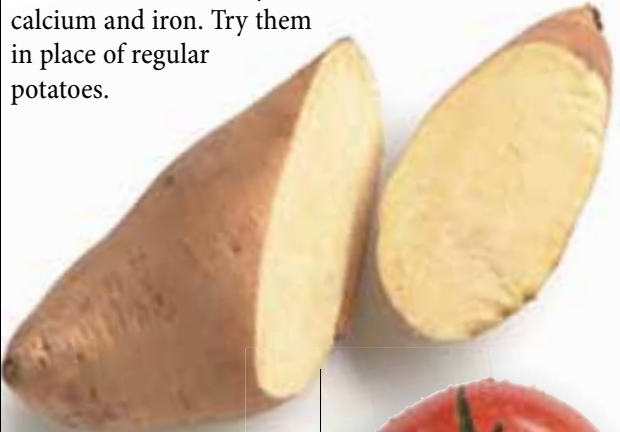


CITRUS FRUITS

Oranges, grapefruits, lemons, limes—citrus fruits deliver a sweet-tart kick with a healthy punch. Known for their vitamin C, these fruits have even more to offer. Oranges, for example, contain folate, calcium, potassium, thiamin, niacin, magnesium and fiber. Remember: The fiber is in the whole fruit, not the juice.

FAT-FREE MILK AND YOGURT These dairy products are excellent sources of calcium and potassium and may also be fortified with vitamin D. The nonfat versions of milk and yogurt have the same nutritional value as the full-fat ones—without the saturated fat.

SWEET POTATOES The Centers for Disease Control and Prevention ranks sweet potatoes among the most nutritious vegetables available. Sometimes miscalled yams, sweet potatoes aren't true yams, which are larger, less nutritious roots that are rarely found in the grocery store. Sweet potatoes are packed with fiber and vitamins A and C. They also have small amounts of calcium and iron. Try them in place of regular potatoes.



BERRIES Strawberries, blackberries, raspberries, blueberries—there's a mouthwatering array to choose from. And all of them are packed with antioxidants, vitamins, potassium and fiber. Look for in-season berries—they taste the best and are more affordable than out-of-season fruit. Just wash and enjoy. You can also buy frozen berries.



TOMATOES Is it a fruit? Is it a vegetable? Brimming with vitamins C, E and A, as well as iron, a tomato is good for you no matter how you slice it. If fresh tomatoes aren't for you, cooked tomatoes also offer plenty of nutrients. And officially, tomatoes are a fruit, although they are treated like vegetables in most Americans' kitchens.



DARK GREEN, LEAFY VEGETABLES

According to the ADA, you can't eat too many dark green, leafy foods, such as spinach, bok choy, broccoli, kale, chard and greens (including mustard, collard, turnip and dandelion greens). In general, the darker the green, the better it is for you. Greens are low in calories and carbohydrates. But that doesn't mean they're wimpy. These veggies are high in vitamins A and C, calcium, and iron.



FISH HIGH IN OMEGA-3 FATTY ACIDS Fish with large amounts of omega-3s, such as salmon and albacore tuna, are a great source of protein and vitamin D and are low in saturated fat. Omega-3s are good for your heart and help lower triglycerides (a type of blood fat). Aim to eat 6 to 9 ounces of fish per week. Avoid breaded and deep-fat fried fish. Bake or grill fish and season it with herbs and lemon juice—not salt.



WHOLE GRAINS Rolled oats, pearly barley, whole wheat and rye are examples of whole grains—they still have the germ and bran intact. By comparison, processed grains, such as enriched wheat flour, don't have these essential parts—which means they don't contain the nutrients you need. Whole grains are a good source of fiber, magnesium, chromium, omega-3 fatty acids and folate.

NUTS Walnuts, peanuts, almonds and pecans—pick your favorites and enjoy. They are packed with protein and are also high in folate, niacin, fiber, magnesium, selenium, zinc and unsaturated fats (the healthy kind). A handful of nuts makes a healthful snack that may reduce your risk of heart disease and some forms of cancer. But don't overdo it—they are high in fat and calories.



Sign up for a free diabetes information session or join our diabetes education class to learn more about healthy eating. Call 263-5050.

Payment options

How can I pay for my care?

That might be one of the first questions you ask if you need home health care to recover from an illness or injury. And the answer may be Medicare, assuming that you're eligible for it.

Medicare covers home health care under certain conditions.

Among them:

- You are homebound and under a doctor's care.
- You need care that requires a licensed nurse or an occupational, speech or physical therapist.
- You need regular but not continuous care.
- The home health care agency that provides your services is certified by Medicare.

More options

Typically, private insurance companies also cover some home care services, though not necessarily long-term ones. Coverage varies from plan to plan, so if you have private insurance, be sure to understand the fine print in your plan.

You can also pay for care on your own.

Source: U.S. Department of Health and Human Services



HEALTH CARE AT HOME: WHERE YOU WANT IT

YOU'VE HAD A SERIOUS INJURY or illness—such as a stroke—and you're well enough to be discharged from the hospital. Yet you're still not able to manage on your own at home. What are your choices?

One way to live independently and with peace of mind is to turn to home health care. As its name implies, it can deliver a wide range of medical and other related services directly to your home. Services may include:

- Skilled nursing care.

Our skilled, experienced personnel focus on the needs of the people they serve. Questions? Call 263-5077.

- Physical, speech and occupational therapy.
- Pain management, wound care or infusion therapy.
- Education about your condition.
- Monitoring of prescription and over-the-counter drugs.
- Help with bathing, dressing, eating, and getting in and out of bed.
- Help with light housekeeping and shopping.

These services can help you recover safely at home—in the comfort of familiar surroundings. They're typically available around the clock or as needed.

YOUR PLAN OF CARE To ensure that your recovery is as smooth as possible, your doctor will provide a written plan describing precisely what services you need and how often you require them.

This plan of care will also spell out which health care professionals—such as a registered nurse or a home health aide to help you bathe or dress—will provide them. It will also detail any medical equipment you might need and what results your doctor expects from your treatment.

If your health changes, home health staff should let your doctor know, so your plan of care can be updated.

MAKE THE CONNECTION Your doctor may be able to suggest a home health care agency to provide the services you need. But even with your doctor's recommendation, it's a good idea to ask the agency questions such as these:

- Are you an approved Medicare provider?
- How closely do supervisors monitor quality?
- Is a nursing supervisor always available to provide on-call assistance?
- How are caregivers screened, hired and trained?
- Will references for caregivers be provided?

Alternatively, you may want to arrange your care directly with an individual provider. In this case, be sure to interview the caregiver personally and discuss any special needs you may have—such as help getting in or out of a wheelchair. Be sure to ask for and check references.

LEARN MORE For more information about home health care, go to www.eldercare.gov. Choose "In-Home Services" from the topic list.

Source: U.S. Department of Health and Human Services

PALLIATIVE AND HOSPICE SERVICES CAN HELP

A LIFE-THREATENING ILLNESS opens a floodgate of hard questions and deep fears: What are my choices? What can my family expect? Will the pain be unbearable?

Palliative and hospice programs help patients and families answer such questions, make choices and get through tough times. The programs share many goals, but are subtly different from each other. Understanding them is a way to know what help is available if and when you need it.

HOSPICE CARE Hospice is a special way of caring for people who have a terminal illness. It focuses on care, not cure, helping patients spend their remaining days as comfortable and pain-free as possible. Hospice professionals and volunteers are available 24 hours a day, 7 days

a week to help patients and their families with physical, emotional, social and spiritual needs.

Hospice is typically for people whose life expectancy—certified by a doctor—is six months or less. It's voluntary. Medicare and most states' Medicaid programs pay for it. Most private medical plans have hospice coverage too.

PALLIATIVE CARE This is a broader term. Palliative care is a way of caring for people who have a serious or chronic illness. The goal is to help people be as comfortable as possible at all stages of their disease by managing symptoms such as pain or trouble breathing. It can also help people deal with the side effects of treatments.

A doctor can recommend palliative care at any time during a person's illness—he or she doesn't need to be in

hospice or at the end of life to receive this type of care. Hospice patients, however, always receive palliative care.

Medicare and Medicaid typically cover palliative care. Most other insurance plans also cover it.

COMMON DENOMINATORS Castle Medical Center's Palliative Care Services (PCS) are available Monday through Friday from 8 a.m. to 8 p.m. for new-patient consultations. A patient's primary physician refers him or her to the program, then the PCS team assesses the patient's and family's needs. Working closely with the physician, the team makes recommendations for care and coordinates and facilitates family conferences as needed. Call 263-5253.

Sources: American Geriatrics Society; National Institute of Nursing Research

TAKE TIME FOR YOUR HEALTH

Castle Medical Center



Take time for yourself this fall with Castle Medical Center's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call 263-5400, or visit our website at castlemed.org and click on "Classes."

EVENTS CALENDAR

FAMILY

Lamaze™ Prepared Childbirth

Sundays (six sessions):

■ **Beginning Oct. 2, 9 a.m. to noon**

■ **Beginning Nov. 6, 1:30 to 4:30 p.m.**

Fee: \$75; \$65 if delivering at Castle.

Infant CPR and Safety

■ **Tuesday, Oct. 25, 6 to 9 p.m.**

■ **Tuesdays, Nov. 22 or Dec. 6, 6:30 to 9:30 p.m.**

Fee: \$25 per couple.

General Newborn Care

■ **Monday, Oct. 3**

■ **Tuesday, Nov. 15 6 to 9 p.m.**

Fee: \$25 per couple.

Breast-Feeding

■ **Tuesdays, Oct. 18 or Nov. 29**

■ **Thursdays, Nov. 10 or Dec. 15**

6 to 8:30 p.m.

Taught by a certified lactation consultant. Fee: \$25 (Free with a childbirth class).

Peacefully Pregnant

■ **Tuesdays, Oct. 11 or Dec. 27**

■ **Thursday, Nov. 17 5:30 to 8:30 p.m.**

Fee: \$25 per couple.

Attend this three-hour class to help dispel commonly believed myths which lead many couples to fear what is really a normal, natural event. Includes discussion, short films and workbook.

Birth Center Tour

■ **Thursdays, Oct. 20 or 27; Nov. 3, 10 or 17; 5 p.m.**

Call for reservation.

New Mothers Hui

■ **Wednesdays, 10:30 to 11:30 a.m.**

'Ohana Room

A support group for new moms led by an internationally certified lactation consultant/perinatal RN. Free, no registration.

FITNESS

Exercise Classes

Registration required (may include a medical clearance and physical therapy screening).

■ **Bone Builder**

■ **Core Strength**

■ **Exercise for Life**

■ **Interval Training**

■ **Longer Life**

■ **Lunch Crunch**

■ **Pilates**

■ **Qigong**

■ **Steady on Your Feet**

■ **Stretch and Balance**



New Fitness Class: Flexibility Focus

■ **Wednesdays and Fridays, 8 to 8:45 a.m.**

Instructor: Heather Bessee
Start the day with energizing movements and conscious breathing exercises that improve flexibility, balance and mental focus. This "fusion" class incorporates yoga and other mind-body techniques.

Fitness Training

Ongoing, by appointment

Our certified fitness trainer will assess your current fitness level and design a tailored plan to help you reach your fitness goals, whether you want to improve your health, flexibility, strength and stamina or just want to lose a few pounds. Group rates are available. Call 263-5050 for more information.



NUTRITION

Diabetes Info Session

Free 30-minute session that provides an overview of Wellness Center resources to help you manage your diabetes. Call 263-5050 for more information.

Diabetes Interactive Group Education

Morning and evening sessions available

This four-class series is designed to transform the way you learn about diabetes self-management. Fee may be covered by your insurance. To register or for class dates, call 263-5050.

Nutrition Counseling

Ongoing, by appointment

To help you start a healthy diet and nutrition program for optimal health. Focuses include weight loss, diabetes (covered by many HMSA plans and Medicare Part B), heart disease and cholesterol reduction, and wellness specific to women and men. Call 263-5050 for more information.



STOP SMOKING

Individual and Group Stop-Smoking Services

Free nicotine replacement medication available for qualified program participants. For more information on individual or group appointments, call 263-5050 or visit castlemed.org.

WEIGHT LOSS

Individualized Weight-Management Program

Ongoing, by appointment

Includes four one-on-one nutrition counseling sessions with a registered dietitian, four one-on-one personal training sessions with a certified exercise specialist, personalized menu planning, fitness classes and body composition analysis. Take advantage of our free 15-minute information consultations with a dietitian and fitness trainer to discuss if this program is right for you.



Cindy Carvalho, trainer, and Allison Chan, RD

Take Shape For Life!

Find details about Castle's popular weight-loss program at www.castlewellness.tsfl.com/hp. Call 263-5050 to schedule a consultation and taste testing, and to learn about special discounts.

Weight-Loss Surgery Seminar

■ **Wednesdays, Oct. 12, Nov. 30, Dec. 14, 6:30 p.m.**

■ **Saturday, Nov. 5, 7 p.m.**

Sessions will be held in the Wellness Center Auditorium—except for Nov. 30, which will be held in the CMC Auditorium.

Learn about Castle's comprehensive surgical weight loss program from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team. Registration required; please call 263-5400.



Licensed massage therapists Carolyn Miyagi and Kelly Rasmussen

MASSAGE

Relax and revive through seated chair massage by a licensed massage therapist.

■ **Standard rate:**

\$15 per 15 minutes

or \$30 per 30 minutes.

■ **CMC employee rate:**

\$12 per 15 minutes

or \$24 per 30 minutes.

■ **Punch card:**

five massages for \$60.

Gift certificates are available. Call 263-5050 for an appointment.

JOINT CARE

Joint Care Seminars

■ **Wednesday, Oct. 12, 6:30 to 7:30 p.m.**

■ **Wednesday, Nov. 9 2:30 to 3:30 p.m.**

■ **Thursday, Dec. 8, 6:30 to 7:30 p.m.**

Orchid Room

Learn options to reduce hip and knee pain through diet, exercise, medication or joint replacement surgery.

SUPPORT GROUPS

Free and open to the public.

■ **Alzheimer's Caregivers**

■ **Bereavement**

■ **Cancer**

■ **Caregivers**

■ **Parkinson's**

■ **Mental Illness Caregivers (NAMI)**

COOKING CLASSES

Delicious samples and recipes included! Fee: \$15 per class. Discounts: Students and seniors (65+) with ID \$10; \$20 per couple. Preregistration and fee required two days before each class. All dishes are made with non-animal food products. These are demonstration classes and do not include hands-on food preparation by participants.



Plant-based Cuisine for Controlling Diabetes

■ **Wednesday, Oct. 26 6:30 p.m.**

■ **Chef Rebecca Woodland**

Designed for those with diabetes and their families and friends. Learn delicious, all-natural, plant-based, low-glycemic recipes. The recipes and principles taught in this class also promote heart health and may reduce the risk of some cancers.



Bok Choy and Beyond!

■ **Wednesday, Nov. 30 6:30 p.m.**

■ **Chef Paul Onishi**

Learn the difference between bok choy and kai choy, and learn simple ways to incorporate hun choy, nappa cabbage, wing beans and mizuna into your everyday diet. Our creative chef will help you explore an array of Asian vegetables that will put a new spin on your culinary adventures.