



640 Ulukahiki St.
Kailua, HI 96734

Castle Medical Center

Adventist Health

Exceptional Medicine by Exceptional People

Nonprofit Org.
U.S. Postage
PAID
Honolulu, HI
Permit No. 1023

Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SUMMER 2011

Health Care Reform?



HARRY & JEANETTE WEINBERG MEDICAL PLAZA

WINDWARD HEALTH CARE AT ITS BEST

SINCE CASTLE MEDICAL CENTER (CMC) opened the Harry & Jeanette Weinberg Medical Plaza & Wellness Center in 2002, the medical center has continued to fulfill its promise to bring convenience, access and new opportunities for better health care to the Windward Community by way of the medical building that was made possible through a \$3 million gift from the Harry & Jeanette Weinberg Foundation.

In addition to the one-of-a-kind Wellness & Lifestyle Medicine Center, the medical plaza provides space for medical specialists, improving access to health care services for Windward residents.

The newest suite of offices to open in the Medical Plaza & Wellness Center belongs to Hawaii Pacific Neuroscience (HPN), under medical director Kore Liow, MD, who directed one of the nation's most innovative epilepsy and neuroscience centers. A groundbreaking service at HPN is the Hawaii Memory Clinic, the first program of its kind in Hawaii to address the multiple issues that often affect patients with Alzheimer's disease and other memory disorders associated with the process of aging.

COMPLETE CARE Many neurological disorders are accompanied by physical, psychological and other concerns. Instead of sending patients all over the island, HPN brings together the best neurological specialists and other health care professionals and services in one convenient location for our Windward patients.

Hawaii has the second highest concentration of elderly people in the United States, after Florida. With baby boomers aging and more people living into their 80s and 90s, dementia is on the rise and is becoming a

WHAT TO EXPECT

REFORMING HEALTH CARE IN PHASES

Comprehensive health care reform became the law of the land in 2010. Many of the actual changes, however, will be phased in over several years. Here are some key provisions.

2010

Access to insurance granted. Uninsured people with pre-existing health conditions can buy insurance through a temporary, national high-risk pool.

Exclusions end. Health plans can no longer deny coverage to children with pre-existing conditions.

Cancellations banned. Health plans can no longer cancel an existing policy if a person gets sick.

Coverage limits banned. Health plans are prohibited from putting a lifetime limit on coverage.

Preventive coverage added. New health plans must provide full coverage for many preventive services.

Dependent coverage extended. Children can stay on

their parents' health insurance policy until the children turn 26.

Costs lowered for covering early retirees. A new, temporary reinsurance program for employers helps offset the cost of health benefits given to retirees between the ages of 55 and 64.

"Doughnut hole" rebate offered. A \$250 rebate is given to all people using Medicare's prescription drug coverage who enter the so-called doughnut hole, the coverage gap between the current \$2,700 limit on medications and the \$6,154 level where catastrophic coverage kicks in.

—Continued on page 3

—Continued on page 3



WHERE DID I LEAVE MY MEMORY?

STRATEGIES FOR ENHANCING MEMORY HEALTH

Join us on Thursday, Sept. 8, at 10 a.m., for this FREE workshop with a panel of CMC health professionals. RSVP to 263-5400. Limited seating.

In loving memory

CMC dedicates the Henry H. Wong Parking Arena

In an intimate ceremony attended by family and friends of the late Henry Wong, Castle Medical Center unveiled the sign and officially dedicated the Henry H. Wong Parking Arena. The arena provides much-needed employee parking for the hospital.

Henry Wong was vice president at Kaneohe Ranch and was the driving force behind much of Kailua's commercial development and leasehold management. After retirement, he was active in many



REMEMBERING A LEADING CITIZEN: Attending the dedication of the Henry H. Wong Parking Arena at Castle Medical Center were (from left), Kevin Roberts, president and CEO; John Keene, CMC development director; Coleen Wong; Lydia Tsui, family friend; and Gordon Mau, trust attorney.

community and Windward philanthropic organizations and was the first president of the Kaneohe Rotary Club.

In 1986, he donated the land that is now the Henry H. Wong Parking Arena to Castle Medical Center.

It's an honor—again!

CMC recognized as one of Hawaii's Best Places to Work in 2011

Castle Medical Center has made the 2011 list of "Best Places to Work in Hawaii" in Hawaii Business magazine. CMC has



been recognized as a "Best Place to Work" six times since 2005. It's an accomplishment that is credited to the entire Castle team.

The Best Places to Work in Hawaii is a partnership between Hawaii Business and Best Companies Group of Harrisburg, Pa. (BCG). BCG is an independent workplace-excellence research firm that partners with local publications and organizations to create similar lists nationwide.

The program is free and open to all public and private organizations, either for-profit or nonprofit. To be eligible, companies must have 15 or more employees working in Hawaii. BCG surveys employees, assesses the company's policies and practices, evaluates the data, and ultimately selects and ranks the companies.

The leadership team of Castle Medical Center applauds the dedication, loyalty and spirit of Aloha of its associates, who make CMC's mission come alive every day.

Chip in for community health

21st charity golf tournament is Aug. 15

Castle Medical Center's 21st Chip In for Castle charity golf tournament will be held at Mid-Pacific Country Club on Monday, Aug. 15.

This year's funds will be used to support Castle's \$24 million comprehensive capital renovation and expansion project. Some of the projects include: building a new Outpatient Imaging Center; renovating the ambulatory and inpatient surgical suites; expanding the Emergency Department; constructing a new Chemotherapy Center; and much more.

The importance of this project to the Windward Oahu community cannot be overstated. During the past 10 years, Castle has experienced a significant increase in the volume of patients seeking medical care. Last year alone, more than 120,000 patient treatments were provided.

If you or your company would like to support or participate in the next tournament, please call the Development Department at 263-5335 or email castlemedgift@ah.org.



EAT WHAT YOU LOVE

A guide to preparing healthy comfort food. See page 6.

HOW TO FIND US

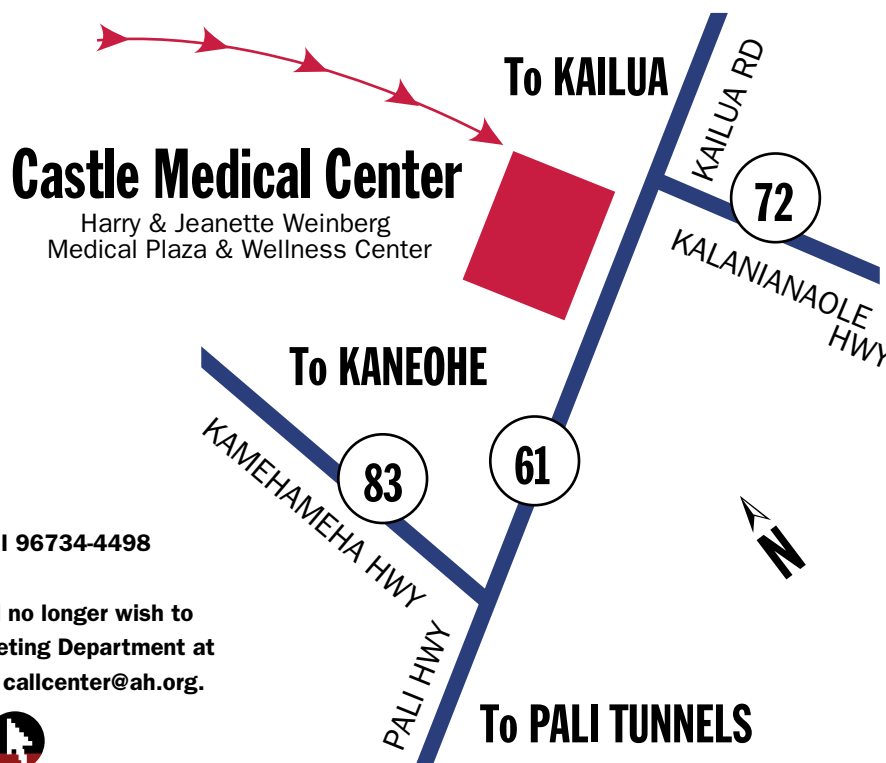
call us:
808-263-5500

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

If you wish to be removed from this mailing list and no longer wish to receive *Windward Health*, please write to the Marketing Department at 640 Ulukahiki St., Kailua, HI 96734, or email us at callcenter@ah.org.

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.

Kevin A. Roberts
President and CEO

Jasmin Rodriguez
Director of Marketing and Communications

Helene Waihee
Editor

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.

Models may be used in photos and illustrations.

Copyright © 2011 **SUMMER**
Coffey Communications, Inc. HST26817h **2011**

WindwardHealth

HEALTH CARE AT ITS BEST

—Continued from front page

significant quality-of-life and health care cost concern among health care providers, insurers and government agencies. The driving force behind the memory clinic is to address this growing crisis with a new approach to the treatment—and prevention—of dementia.

Dementia patients often have depression, poor nutrition habits, and mobility and speech issues, among other concerns, which cannot be addressed by a neurologist alone.

Family members also need support in dealing with the complex challenges of caring for their loved ones.

The Hawaii Memory Clinic is served by a team of leading neurologists, geriatricians, neuropsychologists, psychiatrists, physiatrists (rehabilitation doctors), neuroradiologists, pain management specialists, physical and occupational therapists, speech pathologists, nutritionists, and other specialists, each of whom brings a different professional perspective to the table.

A GROUP EFFORT Team members come together to review a patient's test results and then collaborate to provide the best possible care, tailored to the patient's individual needs. A large conference room at the clinic is designed especially for this interdisciplinary team approach.

The memory clinic also has a social worker on staff to help coordinate medical and support services for patients and their caregivers.

Castle's focus on health care excellence as well as lifestyle and wellness is the perfect fit for the clinic to address



The Harry & Jeanette Weinberg Medical Plaza & Wellness Center

the growing incidence of dementia—not just in clinical practice, but as a model for the state. The full support of CMC's administration as well as the Windward Oahu medical community helped to bring the clinic to reality.

Along with the memory clinic's team of health care specialists, patients have access to all the resources Castle Medical Center has to offer—a full spectrum of on-site, state-of-the-art services and medical technologies—which saves them additional trips to town and benefits family members involved in their care.

These services include MRI scans and other focused imaging studies, laboratory services, Wellness Center



A CLOSER LOOK: Exam rooms are well-equipped for patient comfort.

services and one of the state's most advanced neurophysiology labs for adult and pediatric electroencephalography (EEG) testing.

As an active researcher in neuroscience therapy, Dr. Liow also looks forward to testing new treatments for the care of dementia.

HOW CAN WE HELP? HPN is already looking into the formation of similar multidisciplinary clinics to address common neurological issues, such as attention deficit disorder, chronic headaches and traumatic brain injuries.



For a referral to a CMC neurologist, call 263-5400.

REFORMING HEALTH CARE

—Continued from page 1

2011

Preventive health benefits added. Medicare begins covering a free, annual wellness visit and personal prevention plans. New health plans must cover preventive services at little or no cost to consumers with little to no cost sharing. Medicaid must cover tobacco cessation services for pregnant women.

Over-the-counter coverage changed. Costs for over-the-counter drugs not prescribed by a doctor may no longer be reimbursed through a health reimbursement account, a flexible savings account, a tax-free health savings account or an Archer Medical Savings Account.

Home services for disabled people covered. Starting Oct. 1, states can offer people with disabilities home and community-based services through Medicaid programs.

"Doughnut hole" discounts start. People who've reached the Medicare prescription drug coverage limit—but not the catastrophic care threshold—can buy brand-name drugs at half price. More discounts on both brand-name and generic drugs will be phased in to

completely close this gap by 2020.

Withdrawals taxed. People who take money from health savings accounts or Archer Medical Savings Accounts before age 65 but don't use the money for qualified medical expenses will see taxes on those funds increase to 20 percent, from 10 to 15 percent.

Nutrition content required. Each item of food sold from a vending machine or at a chain restaurant must include nutrition information.

Long-term care insurance offered. Consumers can buy long-term care insurance through a national insurance program.

2013

Electronic records required. Health plans must adopt rules for the electronic exchange of health information to reduce paperwork and administrative costs.

Contribution limits changed. Contributions to health flexible savings accounts are limited to \$2,500 per year. The amount in future years will be based on the Consumer Price Index.

Threshold raised. The income threshold for claiming the itemized deduction for medical expenses goes from 7.5 to 10 percent of adjusted gross income. People older than 65 can claim the deduction at 7.5 percent through 2016.

Medicare Part A tax rate goes up. People with incomes of more than \$200,000—or \$250,000 for married people filing joint tax returns—see their Medicare Part A tax rate go up 0.9 percent.

CO-OP program begins. The Consumer Operated and Oriented Plan (CO-OP) program starts supporting the creation of nonprofit, member-run health insurance companies in every state.

2014

Insurance reforms expanded. Insurance companies can no longer refuse to sell or renew a policy because of a person's health or exclude coverage because of a pre-existing condition. They are limited in charging higher rates based on a person's health, sex or certain other factors.

Annual limits on health insurance coverage eliminated. All employer health plans and new plans in the individual market are prohibited from putting a limit on the amount of coverage a person can get.

Most people required to buy insurance. Most individuals are required to get affordable health insurance.

Health care credits offered. People who aren't eligible for Medicaid and who earn less than 400 percent of the official poverty level may be eligible for tax credits to purchase affordable health coverage.

Health insurance exchanges established. Health insurance exchanges are started in each state so that individuals and small-business owners can comparison shop for standardized health packages.

Medicaid access increased. Nonelderly people are eligible for Medicaid if their income is no more than 133 percent of the federal poverty level.

Source: U.S. Congress

Joint Care Center recognized for quality of knee, hip treatment

In 2010 Castle Medical Center's Joint Care Center received the Blue Distinction Center designation for knee and hip replacement from the Blue Cross Blue Shield Association. Blue Distinction Centers are medical facilities that have achieved distinguished standards of clinical care and processes for specific areas of specialty care. These facilities meet objective, evidence-based thresholds for clinical quality, developed in collaboration with expert physicians and medical organizations.

A caring atmosphere

When it opened in 1997, the Joint Care Center was Hawaii's first such facility, offering a more comprehensive program than most hospitals. Keeping in mind that the center's patients aren't sick, just recovering from surgery, Castle has created a comfortable environment that promotes positive attitudes among the patients.

The typical stay at the Joint Care Center is four nights and five days. After a preoperative meeting—usually held the Friday before surgery—patients check in Monday morning and have surgery the same day. On Wednesday they enjoy a catered luncheon with family members. On Thursday, a gourmet dinner is held with other Joint Care Center patients—Castle's way of saying aloha before patients go home on Friday.

During their stay, patients are encouraged to eat together and socialize. Group exercises as well as private physical therapy sessions are scheduled throughout the week. Once they go home, patients may continue to receive rehabilitation services for four to six weeks, if necessary.

How can we help you?

The Joint Care Center's staff of orthopedic surgeons also treats sports-related problems; wrist, foot, and shoulder pain; and nerve and tendon injuries related to repetitive motion.

For more information, please call the Joint Care Center at 263-5225 or 263-5400. For a referral to an orthopedic surgeon, call 263-5400.



A NEW LEASE ON *Life*

Replacing a hip, knee or other joint can end years of pain

Big Island resident Gloria Anderson had severe degeneration of the joints in both hips that left her unable to move about without extreme pain. ♦ “I was in pain, but I had so much fear,” Anderson says, “so I put off doing anything for 18 months.” ♦ As the pain grew more and more unbearable, Anderson knew she had to do something. While exploring other options, she spoke with a friend who'd had a total hip replacement done at Castle Medical Center's Joint Care Center.

“He told me what a pleasant experience he had,” she says. “He said he came in on a Monday and was discharged on Friday; and that the staff was really professional and caring. It really sounded good to me.”

Hips are the second most commonly replaced joints in the United States—doctors do nearly 200,000 of the surgeries a year, according to the American Academy of

Orthopaedic Surgeons (AAOS).

Other joints can be replaced, too, including those in the ankle, foot, shoulder, elbow and fingers.

WHY JOINTS WEAR OUT Healthy joints are cushioned by a smooth layer of cartilage that allows the bones to move without much friction or pain. Bones themselves



Gina Hugo (right) recently took her mom, Julie (center), for an appointment with Linda Rasmussen, MD.

Up and moving after hip replacement

“Many people suffer with a painful joint for years,” says Castle orthopaedic surgeon Linda Rasmussen, MD. “Conservative, nonoperative treatment should be utilized initially. When conservative options fail, then surgical options need to be considered.”

When she was 26, Gina Hugo was diagnosed with rheumatoid arthritis. For 12 years after that, inflammation in her right knee kept her in constant pain.

“In 1994, when I was 38, my son was hurt in a football game and I brought him to Dr. Rasmussen’s office for an X-ray. That day the pain in my right knee was excruciating, and it took a lot of energy to just get around,” Hugo remembers. “I limped into the exam room, and Dr. Rasmussen could see that I was in pain. She made an appointment for me to come in for X-rays, which showed that I had no cartilage left in the joint of my right knee. Though I was very fearful, Dr. Rasmussen convinced me to have a knee replacement. To this day, my family and I are so thankful that I had the procedure done. The office has to call and remind me to come in for my annual checkup because I have absolutely no pain!”

are living tissue and need a constant supply of blood to grow, remain healthy and make repairs.

When joints are damaged—by injury, arthritis, or simple wear and tear, for example—cartilage can disappear. Bones can lose some of their blood supply, and inflammation can trigger fluid that overfills the joint.

The result? Pain, stiffness and swelling that can affect walking, standing, sitting and sleeping. Muscles around the joint start to decline as using the joint becomes increasingly painful.

Patients who are unable to sleep at night or exercise because of the pain compromise their overall health. Recent studies have shown that people with severe arthritis who have their joints replaced live four years longer than people who have the same amount of arthritis and medical problems but choose not to have surgery.

WHAT’S INVOLVED? Replacement joints are designed to mimic how a normal joint moves. They generally have two or more parts that fit together, and the parts are made of various materials—including stainless steel, chrome, titanium, ceramic and wear-resistant plastics.

Surgery to replace a hip or knee at Castle’s Joint Care Center usually takes less than an hour. The surgery team removes the damaged joint and replaces it with an artificial one, called a prosthesis.

Artificial joints come in many forms and sizes. Surgeons decide which one to use based on a number of factors, including a patient’s size, health and lifestyle and the amount of damage to the joint.

Rehabilitation begins right after surgery. Patients usually are walking, standing and using their new joint within a day—sometimes the same day as their surgery. They may need to use a walker, crutches or a cane until their muscles grow stronger.

Total joint replacement for hips and knees typically

involves a three- to five-day stay in the hospital. After that, patients are released to go home or to a temporary rehabilitation center.

Most people are back to work and driving again after six to eight weeks, but recovery times can vary depending on the joint replaced, according to the AAOS.

While there are risks, complications from the surgery are rare—less than 1 percent, and the benefits most often outweigh the risks.

IS IT TIME? Having a joint replaced is a big decision. Doctors can tell a lot about the mechanics of a joint by looking at X-rays and studying the results of other tests. But these don’t measure how a patient feels or how willing he or she is to go through surgery and the hard work involved in recuperating.

Too often, elderly patients wait too long for surgery and lose their independence, becoming too ill to have surgery.

While prosthetic joints usually last for 15 years, those who have the surgery at a young age may face needing a second one later on. Many are willing to accept that possibility in order to enjoy a more active life now.

TODAY VS. TOMORROW Anderson had her first hip replacement done this past April. The procedure was so successful that she returned 28 days later and had her second hip replacement in May.

“After all the fear and anxiety, I feel like I’m whole again,” Anderson says. “I can’t say enough about Dr. [Linda] Rasmussen and the wonderful team at the Joint Care Center. I felt like I was at a health spa instead of a hospital. I was 65 years old before my hip replacements, now I say I’m 65 years young!”

If you’re considering joint replacement surgery, call 263-5400 for a referral to an orthopedic surgeon.

Seventeen years ago, the active life Bryan Amona relished was threatened by severe pain in his hip. Amona, one of Hawaii’s leading watermen, worked as a city and county lifeguard and is a founding member of the Hui O He’e Nalu surf club.

“The pain in my hip was not only hurting me, it was hurting my family,” Amona says. “I couldn’t tie my

own shoe laces or ride my bike, and I avoided all stairs. Surfing was out of the question. I was depressed and it affected my family. I knew I had to do something. Dr. Mark Chung, a surfing buddy of mine, told me to see Dr. Linda Rasmussen at Castle Medical Center.”

Active and loving it

Amona has since had two total hip

replacements at Castle. He was able to return to the ocean he loves just 2½ months after the first procedure and 21 days after the second.

Today he teaches Tai Kwon Do; runs the volunteer lifeguard program at Marine Corps Base Hawai’i in Kaneohe; is a partner in Ku’au Rescue; and enjoys the pleasures of surfing as often as he can.

Meet our Joint Care Center physicians

Seven orthopedic physicians provide services through Castle’s Joint Care Center. They are members of Castle Health Group, Castle Medical Center’s physician organization, and are all board-qualified or board-certified. For a referral to any of these orthopedic surgeons, call 263-5400.



Darin J. Awaya, MD



Kevin H. Higashigawa, MD



Galen S. Kam, MD



Jeffrey J.K. Lee, MD



Robert J. Medoff, MD



Linda J. Rasmussen, MD



Stuart K. Wakatsuki, MD

Attend one of our informative, free joint care seminars. Call 263-5400.

Surgery restores quality of life for Bryan Amona





ADVICE FROM FOOD NETWORK STAR

Nothing off-limits



French fries are one of Ellie Krieger's weaknesses. She craves them, despite their reputation as a bad-for-you food. ♦ So instead of banning fries altogether, which is against Krieger's basic philosophy of food, she has a guilt-free home recipe. Hers are made with fresh garlic, salt and a splash of canola oil. The fries are then baked, instead of deep-fried, and tossed with fresh parsley. ♦ "Never say never,"

says Krieger, a registered dietitian and star of the Food Network's popular show *Healthy Appetite*. She believes that there should be no fear or guilt when it comes to food.

A FOODIE'S RULES Krieger encourages people to eat and cook for health and joy. Her cookbook *The Food You Crave: Luscious Recipes for a Healthy Life* (Taunton Press, 2008) is classic Krieger, with healthier versions of such favorites as grilled cheese sandwiches, pizza and chocolate pudding pie.

Krieger takes a *usually-sometimes-rarely* approach to food. *Usually* foods are colorful vegetables and fruits, whole grains, lean meats, fish, beans, nuts, low-fat dairy products, and healthy oils. They're the staples of recipes, meals and snacks.

Sometimes foods have been more refined—such as white flour, sugar and regular pasta—or are higher in saturated fats, such as chicken thighs.

Rarely foods—butter, cream and full-fat cheeses, for example—are eaten rarely but "strategically placed for maximum impact and flavor," Krieger says.

"I make my mashed potatoes with low-fat buttermilk for creaminess and tanginess, but I put a little pat of butter right on top, where you can see it and taste it," she says. "We eat with our eyes too."

EATING WHAT YOU LOVE One of Krieger's rules for health: Eat three meals and one or two healthy snacks every day. Then make small changes to improve nutrition without sacrificing flavor. Other tips:

- Use heart-healthy canola oil instead of butter in muffin, cake and quick bread recipes. Try using half oil, half butter in cookie recipes.
- Skip the breakfast bagel (equivalent to four or five pieces of bread) and substitute thinly sliced, dark pumpernickel bread.
- Add mashed white beans to hot soup to thicken it and to add vitamins, minerals, protein and fiber.
- Use avocado or low-fat buttermilk or yogurt as a base for creamy salad dressings.

Krieger recommends using ingredients as close to their original condition as possible, such as fresh fruits and veggies and frozen or canned foods without added sugar or salt. Bagged salad greens and canned pumpkin are convenience foods that don't compromise on nutrition.

Finally, "Savor every bite," she says.

"The worst thing you can do is stand in front of the refrigerator, hastily eating something you think is bad for you. Enjoy your food, be mindful of it and really take it in. If we did that with all of our food, we'd eat less and enjoy our food more."



Fudge 'n Fruit

FROM CMC WELLNESS CENTER

INGREDIENTS

- ½ cup agave syrup
- ½ cup tahini (may substitute peanut butter)
- ½ cup carob powder (may substitute cocoa powder)
- ½ cup chopped sunflower seeds (shelled, unsalted)
- ½ cup flaked coconut, unsweetened
- ¼ cup chopped walnuts
- ⅛ cup chopped dried cranberries

DIRECTIONS

- 1 Spray small baking pan lightly with cooking spray and set aside.
- 2 In small saucepan, combine agave syrup and tahini; heat gently and stir until well combined.
- 3 Remove from stove and stir in carob powder. Stir in remaining ingredients and press mixture into pan.
- 4 Cover with foil or plastic wrap and refrigerate. Cut into pieces for serving or refrigerate leftovers.
- 5 Serve small pieces of fudge with cut fresh fruit of your choice.

Yields 48 pieces.

NUTRITION INFORMATION

For fudge only, not fruit.

Amount per serving:

Calories: 40; protein: 1g; total fat: 3g; saturated fat: 0.5g; carbohydrates: 4 g; dietary fiber: 1g; cholesterol: 0mg; sodium: 5mg

RECIPE

Need more guilt-free recipe ideas? Check out our Wellness Center's cooking demonstration classes on page 8.



CELEBRATING THE HONOR: From left, Kore Liow, MD; Spring Tsai, MSW; Naoky Tsai, MD; Benjamin Young, MD; Peter Roney, MD; Ronald Yamaoka, MD; Susan Roney; Nina Lum, RN; and Steven Lum, MD. Attending but not pictured were Linda Chiu, MD, and Lothar Varady, MD.

Serving near and far

Dr. Young wins 'O'O award

The Native Hawaiian Chamber of Commerce presented its prestigious 'O'O Award to Castle Medical Center physician Benjamin C. Young, MD, on April 7. Dr. Young was one of three people recognized with the award not only for their contributions to the Hawaiian community, but also

for their past, present and continual contributions to all of Hawaii and the world.

Dr. Young was the director of the Native Hawaiian Center of Excellence and the founder of the University of Hawai'i John A. Burns School of Medicine's Imi Ho'ola Post-Baccalaureate Program, which for 30 years has recruited socially, educationally or economically disadvantaged students who show promise as future physicians.

Since its inception, the program has assisted more than 200 college graduates who are now physicians. In 1971, he helped form the Polynesian Voyaging Society and

was the onboard physician for Hokule'a's maiden voyage to Tahiti in 1976. In 2010, Young was recognized by the Hawaiian Historical Society as a Distinguished Historian for his significant role in perpetuating Hawaiian medical history and he has been named one of Hawaii's six Living Treasures. He served as CMC's Chief of Staff in 1973.

"I view the 'O'O as a tool which our ancestors used to propagate the land," said Dr. Young upon receiving the award. "I am filled with awe and respect and will always remind people who cast their eyes upon it that each of us must never forget to do our part to continually cultivate the rich and beloved soil of our Hawaiian culture."

"As the selection committee looked at the character of each person, what his achievements were along with many other things, these three men stood out among the large number of nominations we had," 'O'O Awards Chairperson Leilani Kapahu-Marino explained.

Also receiving the award was Dr. Kekuni Blaisdell, MD, the first Chair of Medicine at the John A. Burns School of Medicine and founder of E Ola Mau, an organization of Native Hawaiian health care professionals, and entrepreneur Alfred Souza Jr., a partner in Hawaii Box and Packaging Co., member of the Hawaii State Golf Hall of Fame and a director on the Executive Committee for the Sony Open, one of the largest charity events in the state.

Our champion

AHA recognizes Kevin Roberts as Grassroots Champion for Hawaii

Kevin A. Roberts, RN, FACHE and president and CEO of Castle Medical Center, was named American Hospital Association (AHA) Grassroots Champion for Hawaii at the association's annual membership meeting April 12 in Washington, D.C. In partnership with hospital associations in all 50 states, plus Puerto Rico and the District of Columbia, the association presented awards to 52 individuals.

The AHA Grassroots Champion Award was created to recognize hospital leaders who most effectively educate elected officials on how major issues affect the hospital's vital role in the community; who have done an exemplary job in broadening the base of community support for the hospital; and who are tireless advocates for hospitals and patients.

Roberts was selected to receive the award for the state of Hawaii in recognition of his work advocating for the legislative agenda of the Hawaii Hospital Association (HAH), and therefore Hawaii's entire health care provider network, and his work



AT THE AWARDS: Kevin A. Roberts (center), president and CEO of Castle Medical Center, with Coral Andrews and George Green—vice president and president, respectively, of the Healthcare Association of Hawaii.

in the creation and establishment of the HAH Quality Assurance Committee.

His 31-year health care career includes seven years as a staff/charge nurse followed by increasingly responsible leadership/executive roles, including vice president of patient care, chief operating officer, and corporate director for Adventist Health.

He is board-certified in health care administration and a fellow of the American College of Healthcare Executives. In addition to an undergraduate degree in nursing,

he earned a master's degree in public administration/health care administration from the University of San Francisco in 1990.

Roberts has a passion for quality and performance excellence, as illustrated by his service as an examiner with the Malcolm Baldrige National Quality Award program and his past certification as a Certified Professional in Healthcare Quality. He currently chairs the Healthcare Association of Hawaii and its Quality and Patient Safety Committee.



Doing great work

Raethel finalist for PBN Women Who Mean Business awards



Kathy Raethel, CMC vice president of patient care

Pacific Business News (PBN) selected Kathy Raethel, vice president of patient care services at Castle Medical Center, as a finalist for its 2011 Women Who Mean Business awards for businesswoman of the year in the nonprofit category. The awards were given on April 28 at The Royal Hawaiian Hotel. Below is the article from PBN that explains why Raethel was honored.

As vice president of patient care services for the past decade at Castle Medical Center (CMC), Raethel has overseen all aspects of patient care at the medical center. As the chief nurse, she is responsible for approximately 700 associates, two-thirds of the hospital's personnel.

Raethel has a high regard for continuing education, holding masters degrees in health administration and public health from Loma Linda University in California. She used her relationships with that school to develop an MBA program on the hospital's campus that will have graduated 60 students by this fall.

In 2010, Raethel orchestrated the adoption by CMC of Porgera Hospital in Papua New Guinea as a sister hospital. It included sending medical supplies and organizing two trips by medical professionals. She personally is sponsoring a promising nurse at the hospital.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center



Take time for yourself this spring 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

Call for locations.

Birth Center Tour

Tuesdays, July 5 or 19;
Aug. 2 or 16; or Sept. 6
or 20
5 p.m.

Call for a reservation.

Breastfeeding

■ Tuesdays, July 5 or 26
■ Thursdays, Aug. 18,
Sept. 8 or 29;
6 to 8:30 p.m.

\$25 (or free with a child-
birth class)

Taught by a certified lacta-
tion consultant.

General Newborn Care

■ Wednesday, July 6
6 to 9 p.m.

■ Tuesdays, Aug. 2 or
Sept. 20
6:30 to 9:30 p.m.
\$25 per couple

Infant CPR and Safety

Tuesdays, July 19, Aug. 16
or Sept. 6

6:30 to 9:30 p.m.
\$15 per person

Does not provide
certification.

Lamaze Prepared Childbirth

These six-class series begin:

■ Sunday, July 24
1:30 to 4:30 p.m.

■ Monday, Aug. 8
6:30 to 9:30 p.m.

■ Sunday, Aug. 14, 9 a.m.
to noon

\$75 per couple; delivering
at Castle: \$65 per couple

Peacefully Pregnant

■ Thursday, July 21
5:30 to 8:30 p.m.

■ Sunday, Sept. 25
1 to 4 p.m.

\$25 per couple

Attend this three-hour
class to help dispel com-
mon myths that lead many
couples to fear what is

really a normal, natural
event. Includes discussion,
short films and workbook.

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

Fitness Training

Ongoing, by appointment

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 stam-
ina 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 diabe-
tes 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, dia-
betes (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.



Cindy Carvalho, trainer,
and Allison Chan, RD

WEIGHT LOSS

Individualized Weight-Management Program

Ongoing, by appointment

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

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, July 20,
Aug. 10 or Sept. 21,
6:30 p.m.

■ Saturday, Sept. 3, 7 p.m.
All sessions held in the
Wellness Center Auditorium

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



JOINT CARE

Joint Care Seminars

■ Wednesdays, July 20 or
Sept. 14

2:30 to 3:30 p.m.

■ Wednesday, Aug. 17
6:30 to 7:30 p.m.

Orchid Room

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

SUPPORT GROUPS

Free and open to the
public.

- Alzheimer's Caregivers'
- Bereavement
- Cancer
- Caregivers'
- Parkinson's
- Mental Illness
Caregivers' (N.A.M.I.)



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 the Wellness
Center for an appointment.

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.



Ancient Grains— Modern Twist

Wednesday, July 27
6:30 p.m.

Chef Paul Onishi

Adding healthy fiber to
your diet with whole grains
need not be boring or
bland. Take this culinary
journey for a new twist
on ancient grains. Learn
delicious recipes using
healthy grains including
farro, quinoa, and bulgur
wheat.



Vegetarian 101

Wednesday, Aug. 24
6:30 p.m.

Chef Rebecca Woodland

Are you a busy "would-be"
vegetarian with limited
culinary skills, time and
space? Learn how to
painlessly and deliciously
transition your family to a
healthier, plant-based way
of eating. Includes fast,
easy, tasty recipes and
techniques for making the
change while keeping your
family happy.



Healthy American Classics

Wednesday, Sept. 28
6:30 p.m.

Chef Paul Onishi

Learn to make these nutri-
tionally enhanced,
all-American classics at
home. Start off with New
England corn chowder, then
dig into some root veg-
etables from the Midwest.
Enjoy Navajo tacos from
the Southwest and top it
all off with fruit cobbler
from the Deep South.

STOP SMOKING

Individual and Group Stop-Smoking Services

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

SCREENINGS

HMSA HealthPass

First Thursday of each
month: July 7, Aug. 4,
Sept. 1

An in-depth assessment
of your current lifestyle
and health risks. Body
measurements and blood
screening are included
to create a personalized
health guide. Free to HMSA
members. Call 948-6456
to schedule.