



Windward Health

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HEART HEALTH FOR THE WINDWARD SIDE

BY JAMES P. HOFF

When Castle Medical Center received approval from the state to provide open-heart surgery to Windward O'ahu, the hospital allocated \$3 million for new facilities, equipment and specialized training. ♦ Recently, Castle hired Mike Barber, RN, as director of the medical center's Cardiovascular Service Line. Barber is responsible for guiding Castle's open-heart surgery program from construction to full-fledged operation. Barber comes to

Castle from Monterey, Calif., where he was the administrative director of the Tyler Heart Institute at Community Hospital of the Monterey Peninsula.



Mike Barber, RN, director of the Cardiovascular Service Line

Barber answered questions recently about the new services that will soon be available at Castle.

Q Why is there a need for open-heart surgery on the Windward side?

▲ If a hospital cannot perform open-heart surgery when a patient needs it, that patient is given medication and transferred to a hospital with that capability. Some research has shown that survival rates are better when patients are

able to have open-heart surgery without being transferred, especially during cardiac emergencies.

Also, providing a full range of coronary surgeries doesn't benefit just cardiac patients. For example, a patient in intensive care for other problems who suddenly needs heart surgery will be able to have it done without a disruptive and risky move.

Q Open-heart surgery is fairly specialized and complex. Is this really something Castle can provide?

▲ Absolutely. Since Castle opened 50 years ago, it has provided cardiac care. In 1995, Castle opened its Cardiac Catheterization Laboratory, which offers cardiac cath procedures, such as the insertion of stents. So there is a foundation at Castle for this kind of care.

Now in 1970, the answer would have been "no," because few doctors then were

able to perform this type of surgery. Today many more surgeons are trained to do open-heart surgery. Training is also more widely available for nurses and other health care professionals who work with open-heart patients. This means that mid-sized hospitals like Castle can—and should—provide these full services.

Q When will open-heart surgery be available at Castle?

▲ A lot depends on the progress of the renovations we're doing now. While we can't predict an exact date, we expect to cut the ribbon on the new facilities by the end of March. By then our doctors and nurses will be up and ready too. We hope to do our first surgeries in three or four months.

Q What kind of construction is being done?

▲ First, one of Castle's main operating

rooms is being adapted to open-heart surgery—it will be larger with special equipment and lighting.

We are converting one of our other operating rooms to a "hybrid room," in which both traditional cardiac cath procedures and open-heart surgery can be performed. As more and more types of surgery—including very serious surgery—are performed through catheters, it is tremendously useful to be able to switch rapidly into open-heart mode when necessary.

Finally, we are building an electrophysiology room. Electrophysiology (EP) is an exciting new type of medicine with which we analyze and treat electrical malfunctions of the heart at the cellular level. This new therapy is proving to be enormously successful in treating atrial fibrillation, which can lead to stroke. The EP room will be finished later in the year.

Q It sounds expensive. Does this kind of surgery make economic sense?

▲ Well, open-heart surgery saves lives, and a half hour can make a big difference. Having this surgery available on the Windward side makes sense.

Also, a stroke or heart attack today does not always lead to a quick death but rather to some level of disability, causing some patients to need caregivers—perhaps for life. That's not only bad for the patient, it can be a burden on the patient's family. Open-heart surgery done in time can mean a higher quality of life for a patient—and for the family too.

Castle Medical Center has always believed in the importance of education in good nutrition and exercise—things that help prevent heart disease. Our Wellness Center has been educating our community for years. We also stress the importance of being screened for cardiovascular disease. But for many the damage has already been done, and having this service at Castle can make all the difference to them.

It not only makes economic sense, it's the right thing to do for our community.

Pages 4 and 5: Castle Medical Center's ambitious renovation plans!



CASTLE TALK NEWS, VIEWS & TIPS

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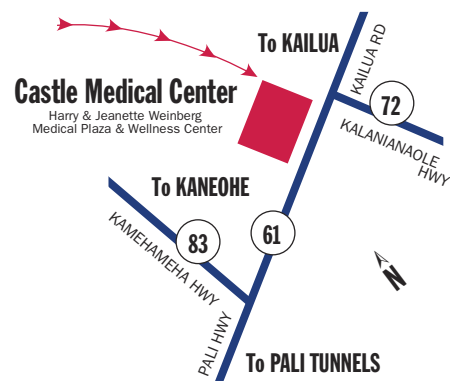
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Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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WindwardHealth

WINTER
2013

We celebrate 50 years of caring for the Windward community



Kathryn Raethel,
President and CEO

completion.

Castle is led by a volunteer board of directors that makes decisions in the best interest of our community—not for the sake of stockholders focused on dividends. Our earnings don't end up on the Mainland or disappear into an individual's pocket but are returned to our community to benefit it even further. Whether it's by providing primary care to the uninsured, offering screenings and health education, or investing in innovative technology

and talented staff, we are dedicated to providing world-class patient care to our community's residents. And we are profoundly proud to serve this community we call home.

We've grown with our Windward community to become its largest employer and evolved to meet your changing health needs. For many years now, Castle has been a full-service medical center offering a wide range of inpatient, outpatient and home-based services. Each year thousands of patients are treated in our hospital. Over the years, with our talented medical staff, we've been here to welcome thousands of new lives into the world, set broken bones, perform life-saving surgeries, and provide special comfort and care to people of all ages. At Castle, our patients and their families are part of our 'ohana and part of our future. Many generations of employees, physicians, volunteers and patients consider Castle Medical Center to

be "my hospital."

What has never changed over the past 50 years is Castle Medical Center's devotion to its mission of "Caring for our community and sharing God's love." So whether a 50-year anniversary strikes you as a milestone to celebrate or something to dread a bit, like a baby boomer reaching middle age, the truth is that for Castle Medical Center, it's really just the beginning of the next chapter in our history of caring. We are committed to expanding and enhancing the services you have come to rely upon. It is my hope that you will join us on this exciting journey as we begin our next 50 years.

Yours in good health,

Kathryn A. Raethel

Kathy Raethel, President and CEO

Caring for the community

Thanks for helping us support these fun community events!



Let's Talk Food draws nearly 1,000 to CMC Castle Medical Center's National Food Day event, Let's Talk Food, was a day of fun activities for the whole family. The day included a farmers' and physicians' panel discussion, the Festival of Flavors, a farmers' market, and cooking demonstrations—all focused on changing food policies and eating habits to support healthy families.

Mahalo to our hospital and community volunteers and to these generous donors:

- Agnes' Portuguese Bake Shop
- Aloha Rentals
- Aloun Farms
- Coca-Cola Company, Hawaii
- HFM FoodService
- KYD, Inc.
- Manson Products Co., Inc., Hawaii
- Maunawili Farm
- Naked Juice
- Nalo Farms
- Otsuji Farm
- Party Pizzazz, Hawaii



Thirty-first Windward Half Marathon & 5K Castle Medical Center supported the 31st Windward Half Marathon & 5K and Keiki 100-Yard Dash. The race was held at Kailua Intermediate School to benefit the Boys and Girls Club of Hawaii Windward. In addition to being a sponsor, CMC provided first aid and staffed the finish line station.



Cool Kailua Nights An estimated 10,000 people attended Cool Kailua Nights on Oct. 13 in Kailua town. A portion of the proceeds benefited Castle Medical Center's chemotherapy program.

Visitors to CMC's booth expressed gratitude for and shared stories about the care they or a family member received at Castle. Many took the opportunity to make first-time gifts to Castle in memory, honor or support of a person who received lifesaving compassionate care.

RECOGNITION



Center left and right: President and CEO Kathy Raethel and Director of Human Resources Adele Hoe accept CMC's Healthiest Employers Award.



From left: Rick Bruno, MD; Roman Cortez, MD; Quint Studer; President and CEO Kathy Raethel; Therese Courtenay; Jerry Stockstill; Vice President of Patient Care Laura Westphal; Steve Bovey; Vice President of Medical Affairs Alan Cheung, MD; and Vice President of Operations Travis Clegg

CASTLE GARNERS AWARDS AND RECOGNITION

CASTLE MEDICAL CENTER recently received numerous awards and recognition, including a prestigious recognition from The Joint Commission.

TOP PERFORMER ON KEY QUALITY MEASURES

Castle Medical Center has been named one of the nation's Top Performers on Key Quality Measures by The Joint Commission, the leading accreditor of health care organizations in America. CMC was recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care, children's asthma, stroke and venous thromboembolism, as well as inpatient psychiatric services.

CMC is one of 620 hospitals in the United States earning the distinction of Top Performer on Key Quality Measures for attaining and sustaining excellence in



accountability measure performance. The hospital was recognized for being in the top 18 percent of accredited hospitals reporting core measure data in 2011 with performance above 95 percent in composite score.

2012 HEALTHIEST EMPLOYER

Castle Medical Center was recognized with a 2012 Healthiest Employer in Hawaii Award by *Pacific Business News* magazine. The medical center won in the large employer category for leading the way in creating the best wellness work programs.

EXCELLING IN EMERGENCY PATIENT SATISFACTION

Members of Castle Medical Center leadership were at Studer Group's 2012 What's Right in Health Care conference, which was attended by over 1,400 professionals from 385 different organizations and five countries. The conference was held in October in Tennessee at the Gaylord Opryland Resort and Convention Center.

Quint Studer, founder of Studer Group, presented CMC with an award recognizing the medical center for achieving emergency patient satisfaction results in the top 10 percent. Castle was one of 25 Best in Class top-performing health care organizations selected to present at the conference.

COMMUNITY VALUE FIVE-STAR AWARD

Cleverley + Associates presents the annual Community Value Leadership Awards to recognize hospitals that provide value to the community by:

- Being financially viable
- Appropriately reinvesting back into the facility
- Maintaining a low-cost structure
- Having reasonable charges
- Providing high-quality care to patients

This year Castle Medical Center received the Community Value Five-Star award for achieving community value index scores within the top quintile (20 percent) of all hospitals in Hawaii.

WELCOME, NICOLE KERR!

New director of Wellness and Lifestyle Medicine

CASTLE MEDICAL CENTER recently welcomed Nicole Kerr, MPH, RD, as director of Wellness and Lifestyle Medicine. Kerr has 20 years of experience as a health consultant and health communications specialist in federal and state, academia, military, nonprofit, and private sector arenas.

Most recently, Kerr served as a health promotions consultant to the U.S. Air Force Medical Operations Headquarters in San Antonio. Kerr provided nutrition and wellness expertise to all 78 U.S. Air Force bases worldwide. In addition, she was responsible for representing Air Force health promotions on pertinent Department of Defense committees. She also developed and implemented

all nutrition and health promotion programs, including the new Air Force Healthy Weight program, Better Body, Better Life.

Prior to that, Kerr was in private practice as a nutrition therapist. She also has worked for the University of Hawaii at Manoa School of Nursing and as a health communications specialist for the Centers for Disease Control and Prevention (CDC). She has served as project director on many social marketing initiatives for health behavior change.

Kerr, a registered dietitian, has bachelor's degrees in public relations and business and a master's degree in



public health. She is a published author on numerous subjects, including childhood obesity and nutrition. She has also been featured on CNN, PBS, the Food Channel and other news shows. Most recently, Kerr collaborated with an Oahu pediatrician to publish a pediatric weight management toolkit.

Kerr is a member of the National Wellness Institute, the American Dietetic Association and the Hawaii Dietetic Association.

She is the recipient of the Ruth Steif Leadership Award and CDC's

Honor Award and On the Spot Award.

Castle Medical Center is delighted to welcome Kerr to our health care team.

FEATURE



Alan Joaquin, FarmRoof founder, inspects Castle's rooftop farm. He and his staff plan to maintain the farm through its first year.

Green grows the rooftop

Did you know that approximately 60 percent of the fresh produce used by Castle Medical Center for its patient meals and Bistro menu is locally sourced? In October, "locally sourced" took on a new meaning when Castle harvested the first produce from its own rooftop farm.

Although she doesn't boast any experience with farming, Ruby Hayasaka, director of Nutrition Services at Castle, exudes excitement when she talks about the hospital's new 1,000-square-foot farm roof, a project that has been in the making for more than three years.

"Currently, Castle is the only Hawaii hospital with a rooftop farm, and it's the only hospital in the country with a rooftop farm that is USDA-certified organic," Hayasaka says. "How much more local can you get than your own hospital garden?"

Tomatoes, snow peas, Italian peppers, a variety of herbs and lots of super greens, like baby arugula, kale, spinach, Asian greens and dandelions are now being harvested weekly.

"Vegetables are highest in nutrients when they are ultra-fresh, and since Castle's produce is organic, we believe there also will be less risk of travel and storage contamination," Hayasaka says.

There are many other benefits of this new eco-friendly, "green" roof: The ultra-light, self-contained system is mostly irrigated with rain water, helping to control rain runoff while also keeping the roof cool—and reducing energy costs for the building.

Castle is working with FarmRoof, a company based in Windward Oahu that specializes in rooftop farms. The company will help with the operation of the farm as it takes root during its first year. If all goes as planned, the hospital hopes to expand its farm footprint to 2,000 square feet.



PROJECTS IN MOTION

EXCITEMENT BUILDS *at Castle*

Minimum patient inconvenience. Maximum positive impact. Zero reduction in services. These are among the objectives that guide the construction team for Castle Medical Center's ambitious renovation program, now under way throughout the first floor and several other areas of the hospital. ♦ "From finishes to flooring, space redesign and equipment upgrades,

this multimillion-dollar investment to update our facilities has been meticulously planned, designed and phased so that the construction work can flow smoothly with minimum inconvenience to our patients and staff," says Travis Clegg, Castle's vice president of Operations. "Most importantly, Castle will continue to offer its full range of services, uninterrupted, throughout the coming months."

Work is expected to be completed by the end of 2013, with most of the projects finished by the middle of the year.

HOW IT ALL STARTED Planning for these projects began about eight years ago as part of an ongoing and proactive process of reviewing and revising Castle's strategic plan to keep up with medical advances, the needs of the community and best practices in health care delivery.

"We are paying a lot of attention to aesthetics as well

as improved functionality and work flow," Clegg says. "At the same time, we are striving to maintain the overall feeling of family, or 'ohana, that our community has come to appreciate."

To accomplish all of this, Castle has assembled a top-notch construction team with the depth of experience to manage and implement the complexities of this multifaceted scope of work. They work closely with Castle's administration, clinical and operations staff as work progresses.

Local architect Jeffrey Mori, AIA, of Arthur Y. Mori & Associates, Inc., is the lead designer and brings considerable experience in the design of health care facilities around the state. Kailua-based designer Martha Alabanza, of Martha Alabanza, LLC, is responsible for interior design. The general contractor is dck pacific construction, LLC, one of Hawaii's largest full-service general contractors.



Rendering of the new Emergency Department lobby



Rendering of the medical center's renovated lobby

PROJECTS, SEEN AND UNSEEN Jacob Hutchason recently joined Castle as facility planner and is overseeing the construction. “There are some 14 ‘visible’ projects in the pipeline, but many others that you won’t see,” he says.

These invisible projects include a new, energy-efficient air-conditioning system throughout the hospital with greater air-handling capacity in certain critical areas such as the operating rooms. Systemwide electrical upgrades also are being made, and a new generator will be installed to increase Castle’s emergency power capacity by 30 percent and enable the hospital to keep more services available during an electrical outage.

“With all of this work going on, our contractors are doing a good job at mitigating noise as much as possible,” Clegg says. “Apart from seeing construction barricades or a temporary air-conditioning unit, our patients and their families should experience very little impact as we update our interiors, add more services and enhance our patient care. We hope the community will pardon the dust and share our excitement as we build a better future.”



Castle’s renovated ambulatory surgery room boasts beautiful new wood floors.

Providing the best for you

Here are highlights of some of the facility upgrades and expanded service capabilities that are under way or soon to be completed at Castle Medical Center:



New Outpatient Center

By early 2013, patients arriving for outpatient procedures and services, including same-day surgery, imaging, ultrasound and lab tests, will be welcomed at the new Outpatient Center. Adjoining the main lobby, which will undergo a total makeover, the new center is where outpatients will be registered and directed to the appropriate department. The Gift Shop also will be renovated.

Patients and visitors will benefit from a new arrival experience that not only is visually pleasing, but also is designed to improve patient access and streamline work flow.



Expanded Emergency Department

Patients requiring emergency services will continue to report directly to the Emergency Department (ED), which will be reconfigured and renovated. The addition of six more ED beds will increase our patient capacity to 26 beds.



New cardiovascular operating suite

Each of Castle’s four operating rooms (OR) is being upgraded, including one that is being converted to a heart-specific OR to accommodate our expanding cardiovascular services. It will include additional monitoring capabilities and specialized equipment required for our more seriously ill patients.



Birth Center adding rooms

Castle’s family-oriented Birth Center is the only maternity unit on Oahu designed exclusively with LDRP rooms, in which labor, delivery, recovery and postpartum care all take place in one comfortable suite. Babies remain in the room with their mothers until it’s time to go home. Due to growing demand, next spring will see the arrival of two additional LDRP rooms, bringing the total capacity to 11 such suites.



Major makeover for Behavioral Health Services

A substantial investment is being made in the Behavioral Health Services unit, which will receive a floor-to-ceiling makeover and redesigned space to improve patient services and their overall experience. Counseling rooms, patient rooms and the activities room all will be renovated in carefully planned phases to minimize the impact on our patients.



Cath lab upgrades

The Cardiopulmonary Department’s catheterization lab will be expanded and equipped with upgraded, state-of-the-art imaging equipment to better assist doctors in detecting and treating abnormalities in the way the heart and coronary arteries function. In addition, one of the existing operating rooms will be transformed into a hybrid operating room with the flexibility—and equipment—to deliver cath lab services without having to move OR patients to the main cath lab.

FOR WOMEN: A LESSON OF THE HEART

WHAT HAVE YOU done for your heart lately?

Have you promised yourself that you would walk for 30 minutes a day—and then actually followed through? The last time you ate fast food, did you bypass the supersize fries and order a regular serving instead? Are you heeding your doctor's advice to lower your cholesterol?

Questions like these matter for all of us. But they're especially important for women—and not merely because heart disease is the No. 1 killer of women.

Heart disease, doctors now know, is more often fatal and disabling in women than in men. Consider these facts from the American College of Cardiology:

- More women than men die from a heart attack before reaching a hospital.
- Women are more likely than men to die within the first year after a heart attack.
- Two-thirds of all women who have a heart attack never fully recover.

DIFFERENT SYMPTOMS One possible reason that heart attacks are more deadly in women is the more subtle nature of their symptoms.

While the most common heart attack warning sign in both sexes is chest pain or discomfort, women are less likely than men to experience this signature symptom. Instead, they are more apt to report: ● Neck and back pain. ● Indigestion and heartburn. ● Nausea or vomiting. ● Extreme fatigue. ● Trouble breathing.

Because these are not symptoms typically associated with heart attacks, “women tend to show up in emergency rooms after damage to the heart muscle is already severe,” says Gina Lundberg, MD, spokeswoman for the American Heart Association (AHA).

In addition, although women often have early warning signs that their heart is in trouble, those signs are easy to overlook or to attribute to some other problem.

For example, in one study of 515 women, almost all of them had new physical symptoms at least a month before they had a heart attack. But by far the most frequent symptoms were severe fatigue, disturbed sleep and shortness of breath—not chest pain.

Listen to your heart.

If you have symptoms of heart problems, make an appointment with your physician. For a physician referral or to find classes to keep your heart healthy call 263-5400.

Moreover, the minority of women who did experience chest symptoms typically described the sensation as pressure, aching or tightness—not as actual pain.

The clear implication if you're a woman reading this: “Don't tell yourself ‘I'm just getting older or under stress’ if you are suddenly unusually fatigued or you could once effortlessly carry your groceries from the car and now you have to stop and rest,” Dr. Lundberg cautions. “See your doctor instead.”



Educate yourself about stroke

As of yet, stroke has no equivalent to the pink ribbon campaign for breast cancer or the wear red campaign for heart disease. Consequently, as a woman, you may be unaware of the very real risk of being disabled or even dying from a stroke.

For example, you may not know that in this country:

- Every year strokes kill twice as many women as breast cancer.
- More women than men have strokes, and they are more likely to die from them. More than 60 percent of fatal strokes occur in women.

As a result, it's essential that every woman recognize the signs of a stroke.

That's because getting to a hospital quickly—so that treatment can start within three hours of the first symptoms—improves the chance of a successful recovery.

Stroke symptoms are distinct because they happen quickly.

Be on the alert for sudden:

- Numbness or weakness of the face, arm or leg—especially on one side of the body.
- Trouble seeing in one or both eyes.
- Dizziness, loss of balance or difficulty walking.
- Confusion or trouble talking or understanding speech.
- Severe headache with no known cause.

Most people in the midst of stroke have two or more of the above symptoms.

If there's any chance you—or anyone else—is having a stroke, call 911 immediately.

Sources: American Heart Association; American Stroke Association; Office on Women's Health

By paying attention to your body's signals, you might be able to avoid a heart attack by having heart disease detected and treated. Likewise, never dismiss possible heart attack symptoms. If they last for more than five minutes, call 911 right away. Early treatment could save your life.

TLC FOR YOUR HEART The good news about women and heart disease is that there's plenty you can do to prevent serious heart disease from developing in the first place. According to the AHA, you can lower your heart disease risk enormously—by 83 percent—simply by leading a healthy lifestyle.

To do your heart a favor:

- Make moving a priority. Your heart is a muscle, which means it needs regular aerobic exercise, such as brisk walking, to stay in shape. Block out time for at least 30 minutes of moderate-intensity exercise on most days

of the week. Get the all-clear from your doctor to exercise if you have a chronic health problem or if being active is a big change for you.

- Watch your diet. Focus on fruits and vegetables and whole-grain, high-fiber foods. Go easy on salty or sugary foods. And get most of your fat from vegetable oil, fish and nuts.

- Pick a quit date if you smoke. Lighting up is a major risk factor for heart disease in women. More than half of all heart attacks in women younger than 50 are linked to smoking.

- Drop pounds if you're overweight. Even a small weight loss can help your heart. At the very least, don't gain any more weight.

- Finally, partner with your doctor. Ask what other precautions you can take to protect both your heart and your future.

FEATURE

**22ND
CHIP-IN
FOR CASTLE
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MAHALO NUI LOA

TO OUR GENEROUS SPONSORS!

We extend a sincere mahalo to all who participated in and contributed to the success of our Chip-in for Castle Charity Golf Tournament. We appreciate you! And we look forward to your continued support at the 23rd Chip-in tournament on Aug. 5, 2013, at the picturesque Mid-Pacific Country Club.

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Pauline Kalawaia
Sandy Kimura
Carol Koza
Andrew Lee
Leona Lee
Nathan Martin
Nelson Miller
Priscilla Miller
Lorraine Miranda
Lynn Murata
Mel Murata
May Nishijima
Francis O'Lena

Carmen Pestana
Kathy Raethel
Dave Rasmussen
Jasmin Rodriguez
Jim Severson
Patt Severson
Stephen Siu
Jenny Stoddard
Nathan Sukchai
Lois Takamori
Tracie Ann Tjapkes
Helene Waihee
Laura Westphal
Val Wong

**If you or your
company would like to
participate in our next tour-
nament, scheduled for
Aug. 5, please call John C.
Keene, tournament director, or
Kate Tschudin, tournament
coordinator, at 263-5335.**

EVENTS
CALENDAR

TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist
Health

sign up
online
castlemed.org

Take time for yourself this season 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."

FAMILY

Giving Birth: The Castle Experience

Four sessions.

Thursdays, 6 to 8 p.m.

'Ohana Room

Call for specific dates.

Learn about the birth experience from a knowledgeable labor and delivery nurse who will cover a wide range of topics, from preparing for the hospital to caring for you and your baby. This class is suggested for couples in their third trimester that plan to give birth at Castle.

Lamaze™ Prepared Childbirth

Six sessions.

■ Beginning Sundays,

Jan. 6 or Feb. 17 9 a.m. to noon, or March 3, 2 to 5 p.m.

■ Beginning Mondays,

Jan. 21 or March 11, 5:30 to 8:30 p.m.

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

The Bradley Method®

Mondays, beginning

Feb. 18, 6:30 to 8:30 p.m.

A comprehensive 12-week course of education in pregnancy, labor and natural childbirth. Fee: \$300 for two people.

Infant CPR and Safety

■ Tuesdays, Jan. 15 or 29,

Feb. 19, or March 12 or 26, 5:30 to 8:30 p.m.

■ Sunday, Feb. 24, 1 to 4 p.m. Fee: \$25 per couple.

General Newborn Care

■ Tuesdays, Jan. 8 or 22,

Feb. 12, or March 5 or 19, 5:30 to 8:30 p.m.

■ Sunday, Feb. 17, 1 to 5 p.m.

Fee: \$25 per couple.

Breastfeeding

Wednesdays,

6 to 8:30 p.m.

Call for specific dates.

Taught by a certified lactation consultant. Fee:

\$25 (free with a childbirth class).

Birth Center Tour

Thursdays, 5 p.m.

Call for a reservation.

Car Seat Safety Check

First and third Thursdays,

3 to 6 p.m.

Call 263-5270 to schedule a time.

Healthy Pregnancy Class

Wednesdays, 5 p.m.

Call for specific dates.

Free class for couples to prepare for a healthy pregnancy. Topics include prenatal nutrition, exercises and education. No registration required.

New Mothers Hui

Wednesdays, 10:30 to 11:30 a.m.

'Ohana Room

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

FITNESS

Exercise Classes

Registration and fitness assessment required (may include medical clearance).

■ Bone Builder

■ Core Strength

■ Exercise for Life

■ Interval Training

■ Longer Life

■ Lunch Crunch

■ Pilates

■ Qigong

■ Steady on Your Feet

Fitness Training

Ongoing, by appointment

Our certified fitness trainer will work with you one-on-one to assess your current fitness level and design an individualized program to help you reach your fitness goals. Call 263-5050 for more information.

NUTRITION

Nutrition Counseling

Ongoing, by appointment

Get expert guidance from a registered dietitian to help you eat well for optimal health. May address weight loss, high blood pressure, chronic kidney disease and cholesterol reduction. Call 263-5050 for more information.

SUPPORT GROUPS

Free and open to the public.

■ Alzheimer's Caregivers

■ A.W.A.K.E. (sleep apnea)

■ Bereavement

■ Cancer

■ Caregivers

■ Mental Illness

Caregivers (NAMI)

■ Parkinson's Disease

TOBACCO TREATMENT



Tobacco treatment specialists Kanani Kilbey, MEd, and Allie Yamada, RN, MPH, CHES

One-On-One Coaching

Expert guidance for stop smoking. Free nicotine patches, gum and lozenges available to participants. Call 263-5050 to schedule an appointment.

Live Well...

Tobacco-Free Group

Tuesdays, 6 to 7 p.m.

Free. No registration is required. Led by a tobacco treatment specialist, the "talk story" group is open to ex-smokers, those who are thinking about quitting and supportive family and friends.

WEIGHT MANAGEMENT

Individualized Weight Management

Ongoing, by appointment

Includes eight one-on-one nutrition counseling sessions with a registered dietitian and a certified fitness trainer. Free 15-minute information sessions. Call 263-5050.

Take Shape For Life!

Program uses Medifast products. Call 263-5050 to schedule a consultation and taste testing.

Weight-Loss Surgery Seminar

■ Saturdays, Feb. 9 or

March 9, 7 p.m.

■ Wednesdays, Jan. 9 or

March 20, 6:30 p.m.

Wellness Center

Auditorium

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

DIABETES

Diabetes Education

Morning and evening groups available.

Accredited

by the

American

Association

of Diabetes

Educators. A diabetes

educator provides guidance

in the management of diabetes,

addressing nutrition, incorporating

physical activity, monitoring blood

glucose, preventing complications,

using medications safely,

and lifestyle change. Most

health insurance covers

fee. Call 263-5050 to learn

more information or register

for a group.



Allison Chan, RD, Diabetes Educator

EAT WELL for LIFE CLASSES

Healthy food prep demonstrations with tasty samples!

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

All foods prepared and served are made with nonanimal food products. Please note that these are demonstration classes and do not include hands-on food preparation by participants. Samples and written recipes are provided.

Price: \$15/person; \$10/person for CMC employees, volunteers, students (with ID) and seniors (age 65+); or \$20 per couple. Classes are taught by Eileen Towata.

The Weight is Over!

■ Jan. 31, 6 to 7 p.m.

Start the New Year with strategies to achieve the weight that's right for you. Enjoy delicious dishes without stressing about counting calories.

Colorful Hearty Foods

■ Feb. 28, noon to 1 p.m.

Celebrate Heart Month in style with some great recipes and tips for nourishing the most important muscle in your body—the heart.



Grab and Go

■ March 28, 6 to 7 p.m.

Get great tips and inspiration for quick, easy and nutritious "grab-and-go" foods that are budget-friendly and perfect for a busy schedule.



SEMINARS

6 to 7:30 p.m.

Castle Wellness & Lifestyle Medicine Center Auditorium

These free monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served. Preregistration is required. Call 263-5400 or visit castlemed.org.

Colonoscopy: Not The Pain You Think It Is

Thursday, Jan. 17

J.D. Panetta, DO

A colonoscopy is a vital part of preventive medicine. It is a safe, painless procedure. And with the advent of Open Access Colonoscopy, it is now more convenient than ever. Learn how having a colonoscopy can reduce your risk of colorectal cancer. Dr. Panetta is board-certified in internal medicine and gastroenterology by the American Board of Internal Medicine and the American Board of Medical Specialists. He is a member of the American College of Gastroenterology.

Help! My Bladder Is Ruining My Life!

Thursday, Feb. 21

Jason T. Smotherman, MD

Dr. Smotherman specializes in urology and has 17 years of experience in the field. He is board-certified in urology.

What Do I Really Need to Know About Healthcare Reform?

Thursday, March 21

An informative, physician-led panel discussion.