

# Windward

# HEALTH

Castle Medical Center

Adventist  
Health

Exceptional Medicine  
by Exceptional People



Holding traditional Hawaiian O'o sticks for the groundbreaking are, from left, Travis Clegg, vice president Operations; John Voorhees, Nordic PCL Construction Inc.; Laura Westphal, vice president of Patient Care; Kathy Raethel, president and CEO; Katherine S. Heinzen Jim, MD; and architect Jeffrey Mori.

## Emergency Services upgrade opening this fall

Emergency room fully operational and open during renovation

**WITH A GROUNDBREAKING** and blessing in October, Castle Medical Center commenced a \$7.5 million two-phase renovation of its Emergency Department (ED). The project will significantly improve the ED by expanding the department from 7,500 to 12,000 square feet, increasing the capacity by 50 percent, and increasing the number of beds from 18 to 25.

"This renovation is an essential part of fulfilling our mission of 'Caring for our community and sharing God's love,'" says Travis Clegg, vice president Operations. "Our ED volumes have doubled in the last 20 years, and last year alone more than 30,000 patients came through our ED. Additionally, the

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### INSIDE THIS ISSUE

Page 2: Castle awards and accolades

Insert: YOUR HEART MATTERS: Castle's advanced cardiac care

## Castle Medical Center earns 'Top Performer' recognition from The Joint Commission

**THE JOINT COMMISSION** has recognized Castle Medical Center (CMC) as a 2013 Top Performer on Key Quality Measures for its excellence in performance and is one of only 1,224 hospitals in the United States to achieve the distinction as a 2013 Top Performer.

CMC has been recognized for its achievement in treating:

- ▶ Heart attack.
- ▶ Heart failure.
- ▶ Pneumonia.

"At Castle Medical Center, we have made it a top priority to address patient safety and quality health care by improving upon our evidence-based care processes," says CMC



**The Joint Commission  
Top Performer on  
Key Quality  
Measures®  
2013**

President  
and CEO  
Kathy Raethel.

"We are proud to be named a Top Performer and thank our entire hospital staff for its knowledge, teamwork and dedication to improving Castle's performance."

## Staff news



### Welcome, new CFO

Castle Medical Center welcomed Jeff Nye, MBA, as vice president of finance and CFO in

**Jeff Nye, MBA** September. Nye fills the vacancy left by Wendi Barber, who left in July to become CFO at Park Ridge Hospital in North Carolina.

Nye has been the director of finance at Feather River Hospital in Paradise, California, for the past 17 years, where he also served as interim CFO in 2013.

Nye holds a bachelor of business degree from Pacific Union College in Angwin, California, and a master's degree in business administration from the University of Phoenix in Phoenix, Arizona.

"As CFO of Castle, it is my wish to continue the success and mission that has already preceded me," Nye says. "I look forward to the opportunity to work together in providing quality health care to the Windward 'Oahu community."



### Kathy Raethel elected to AHA Regional Policy Board

Castle Medical Center President and CEO Kathy Raethel, FACHE, MHA, MPH, RN, was recently elected as an

at-large alternate delegate and member of the American Hospital Association (AHA) Regional Policy Board 9 to serve Jan. 1, 2015, through Dec. 31, 2017.

Region 9 encompasses Alaska, California, Hawai'i, Nevada, Oregon and Washington.

AHA's Regional Policy Boards (RPBs) meet three times a year to foster communication between the AHA, its members and state hospital associations. The RPBs provide input on public policy issues considered by the board of trustees, serve as ad hoc policy development committees when appropriate, and identify needs unique to a region and assist in developing programs to meet those needs.



## American Savings Bank Kailua donates \$3,000

**CASTLE MEDICAL CENTER'S** Vice President Operations Travis Clegg and President and CEO Kathy Raethel (center), attended the blessing of the newly renovated American Savings Bank's (ASB) Kailua branch in October. At the ceremony, ASB President and CEO Richard Wacker (left) and Kailua branch manager Skip Borges (right) presented Clegg and Raethel with a \$3,000 check for ongoing renovations at Castle.

## Awarded for Excellence in Patient Care

**CASTLE MEDICAL CENTER** (CMC) was recently recognized with the Excellence in Patient Care award by outcomes firm Studer Group. CMC received the award at Studer Group's 12th annual "What's Right in Health Care" conference for their substantial achievement in physician engagement scores.

The awards are given to select organizations that are coached by Studer Group based on various categories. To be eligible, an organization must demonstrate outstanding performance in patient care. CMC was selected based on substantial achievement in physician engagement scores over recent fiscal years.

Studer Group's What's Right in Health Care® conference offers solutions to some of the most hard-hitting topics and concerns in health care today.



## Emergency Services upgrade

—Continued from front page

renovation will include a new entryway and lanai, a stand-alone behavioral health space, upgraded lobby and nurse station, and private patient bays."

Windward and outlying community patients can expect shorter wait times and lengths of stay with the increased capacity and beds. New designs of the space will allow for more efficient workflows for the staff and allow them to implement the latest medical technology to better treat patients.

Although during early stages of the renovation the entrance to the ED may look a little different, the department will remain fully operational for the duration of the project.

Construction is scheduled for completion in the fall.



Castle Medical Center

Adventist  
Health

Exceptional Medicine  
by Exceptional People

COMPREHENSIVE CARDIOVASCULAR SERVICES

Because your heart

MATTERS

"The whole Castle experience was extraordinary," says Matt Bowden, who owns Once Again, LLC, a nursery in Waimānalo, and had open-heart surgery at Castle Medical Center. "I know that's the job they are paid to do, but you can't buy the love and compassion I felt from the people there, from my doctors to the nurses. It was remarkable."



ADVANCED HEART CARE

# close to home

BY MELE POCHEREVA

IT'S TRUE THAT every minute matters when responding to a heart attack or other coronary emergency. Castle Medical Center's multimillion-dollar investment in its Cardiovascular Services Department over the last two years brings new advances and expanded services, including advanced cardiac interventions and open-heart surgery, closer than ever for Windward 'Oahu residents.



**Cardiac Catheterization Lab**

says Sonny Wong, MD, FACC, a cardiologist who also serves as chairman of Castle's Cardiovascular Department.

The new Hybrid Cardiovascular Room is one of the most exciting additions for the department. It serves dual purposes as a cardiac catheterization lab and an operating room for advanced endovascular and cardiovascular procedures. One of the few such facilities in the country that is built for this purpose, it is designed

Three new specialized facilities will meet the needs of Castle's cardiovascular physicians for decades to come.

"The new Cardiac Catheterization Lab, hybrid room and cardiovascular operating room, now completely rebuilt and equipped with some of the most advanced technology in Hawai'i, enables our team of cardiologists and surgeons to perform all types of procedures with greater efficiency, from advanced cardiac diagnostic and interventional procedures to thoracic procedures and open-heart surgery,"

to support a broad range of catheter-based procedures, the minimally invasive interventional procedures that use tiny stents, balloons and other specialized tools to treat blocked or damaged blood vessels.

The hybrid room is centered on a state-of-the-art Philips FD-20 Cardiovascular Cath Lab that provides brilliant two- and three-dimensional imaging to guide the surgeons and other specialists as they perform lifesaving surgeries. If the patient requires further open surgery, the room also is equipped as a full-service operating room.

"What makes this room so special is that it is designed to also accommodate most, if not all, open surgical procedures, if needed," explains Michael Yee, MD, a specialist in interventional cardiology and the medical director of Castle's Hybrid Room and Cath Lab. "It's a combination of technologies shared in one room."

## Give it a spin

The newest enhancement to Castle's cardiovascular services is the top-to-bottom remodel of the Cardiac Catheterization Lab, completed in early 2014. Like its hybrid cousin, this dedicated facility also is outfitted with the latest diagnostic and treatment equipment, including a new Philips FD-10 imaging system that brings unique capabilities to the cardiac team. Most notable is the system's "spin," or Xper, technology that can be programmed to make a full sweep around the body as it captures X-ray images—or angiograms—of the heart from multiple angles. This diagnostic procedure requires fewer injections of dye into the blood stream, lowering possible risks and side effects for the patient.

"The new equipment allows completion of very complex procedures faster and with lower radiation and contrast exposure," Dr. Yee says.

The cath lab's new cardiovascular informatics system digitally stores all of the images as they are taken, making them instantly available so they can be reviewed at a moment's notice and easily shared with other specialists.

Of course, Castle's services wouldn't be complete without a highly skilled team of nurses and technicians who bring years of experience to the department. With open-heart surgery and other complex heart procedures now available at Castle, the hospital's entire ICU heart team has received hours of specialized training in collaboration with the University of Hawai'i School of Nursing's new simulation lab. There they received advanced training in a variety of heart surgery scenarios and postoperative care.

It's comforting to know that Windward 'Oahu is in excellent hands with Castle's "state-of-the-heart" cardiology care.

**An ounce of prevention**

It is wonderful that we have this fantastic new multimillion-dollar equipment on the Windward side of 'Oahu, and it is reassuring to know that we are here 24/7, 365 days a

year, should you need us.

But the most important thing you can do to protect your heart is to have regular checkups and screenings by your primary healthcare

provider. If you need help finding a physician, or for information and classes to help you lead a healthier lifestyle, call 263-5400.





## Open-hearted gratitude

Heart disease runs in Matt Bowden's family. His mother died from the disease, and Bowden himself was on heart medication under the watchful care of his cardiologist, Michael Yee, MD.

"We thought the meds were taking care of my heart condition, but I was having some discomfort," Bowden says. An angiogram at Castle Medical Center's Cath Lab revealed a potential problem: blocked arteries. Dr. Yee gave him the choice of having open-heart surgery right away or waiting.

"At first I wanted to wait," says Bowden, who owns a plant nursery that keeps him physically active. "But I decided it would be better to have the surgery before the problem became an emergency." Dr. Yee told Bowden that a quadruple bypass could give him another 30 years to live, and he referred him to his colleague at Castle, Henry Louie, MD, FACS, a cardiothoracic surgeon, who performed the complex surgery.

"It was painful and humbling, but I was coached and supported every step of the way," Bowden says.

He was grateful to be able to have the surgery at Castle, close to his family and work. "That was a big deal for me," he says. "It's not true that you have to go to town to get great medical care."

Bowden recently turned 60, and among the birthday party guests were members of his Castle cardiac care team.



## Back from the brink

Arnold Aguilar has finished four Honolulu Marathons in recent years. When he shared his story last fall, he was training for his fifth marathon, less than six months after collapsing, unconscious, from a heart attack and complete cardiac arrest.

Although he has family members who died at an early age from heart issues, Aguilar is a physically fit nonsmoker who had no signs of cardiac problems; heart failure was far from the 52-year-old's mind. Today, he knows that he's lucky to be alive, thanks to the quick actions of his good friend Peter and the excellent care of cardiologist Maria Markarian, DO,

FACC, and Castle Medical Center's cardiology team.

Aguilar had arrived at Peter's Kailua home one day last June, ready to help him build a lap pool. Suddenly, Aguilar fell to the ground with a grunt. Just another one of Aguilar's practical jokes, Peter thought, but he soon realized that it was a medical emergency. Aguilar wasn't breathing and had no pulse.

Peter began performing CPR as he called 911. It took some time for the ambulance to locate the house on a hard-to-find lane, Aguilar explains, and "for 20 minutes, Peter never gave up on me."

Aguilar arrived at Castle's Cath Lab still in acute respiratory failure, and Dr. Markarian discovered that he had 100 percent blockage of two arteries. Angioplasty stents restored the flow of blood to the heart, but Aguilar was in a coma, in critical condition. Family members were told to prepare for the worst.

Miraculously, he awoke after two days. Within three months he resumed his work as a medical assistant in Castle's Behavioral Health Services Department and started his marathon training again. He knows that if he hadn't been in such good physical shape, the results may have been very different.

Now, each time Aguilar visits Dr. Markarian, he thanks her for saving his life. Modestly, she points skyward—divine intervention. But Aguilar knows that the care he received from Dr. Markarian and the devoted nursing staff, together with the advanced technology available at Castle, also played a large role in bringing him back from the brink of death.

## Meet our cardiovascular team



**Michael Y. Yee, MD**, specializes in cardiology, interventional cardiology and internal medicine. He is the medical director of Invasive Cardiology. Dr. Yee completed his residency at Jersey Shore Medical Center in Neptune, New York. Dr. Yee was awarded a fellowship in cardiology at Mt. Sinai Medical Center in Miami. He is board-certified by the American Board of Internal Medicine with a subspecialty certificate in cardiovascular disease. Call **261-0765**.



**Albert Ing, MD**, specializes in cardiology. He is the medical director of Non-Invasive Cardiology. Dr. Ing completed his residency in internal medicine and was awarded a fellowship in cardiology at Temple University Hospital, Episcopal Campus, in Philadelphia, Pennsylvania.

Dr. Ing is board-certified by the American Board of Internal Medicine and is board-qualified for a subspecialty certificate in cardiovascular disease. Call **261-0765**.



**Sonny J.H. Wong, MD, FACC**, specializes in cardiology and internal medicine. He is the chair of the Cardiovascular Section. Dr. Wong completed his residency at the University of Nevada, Las Vegas, where he was awarded a fellowship in cardiovascular disease by the American Board of

Internal Medicine, with a subspecialty certificate in cardiovascular disease. Call **261-2441**.



**Maria A. Markarian, DO, FACC**, specializes in cardiology, interventional cardiology and internal medicine. She completed her residency in internal medicine at the College of Osteopathic Medicine of the Pacific, Western University of Health Sciences, Pomona, California, where she was awarded a fellowship in cardiovascular disease. Dr. Markarian is board-certified by the American Osteopathic Board of Internal Medicine, with subspecialty certificates in cardiology and interventional cardiology. Call **261-2441**.



**Henry W. Louie, MD, FACS**, specializes in cardiothoracic surgery. He completed residencies in cardiothoracic surgery and general surgery at the UCLA School of Medicine, Los Angeles, where he was awarded a fellowship in cardiothoracic surgery. He is board-certified by the American Board of Thoracic Surgery. Call **531-3311**.

## Rediscovering her nearest hospital



Ruth Barbadillo underwent emergency open-heart surgery at Castle Medical Center.

Ruth Barbadillo was folding laundry one Saturday morning last October when she began feeling dizzy and short of breath and then broke out in a sweat. She had learned about the warning signs of heart attack when she received CPR training as a preschool teacher, and she was pretty sure that what she was experiencing was something different. Her symptoms didn't fit the usual profile for women having a heart attack. Besides, she was only 39 years old. Perhaps it was a negative reaction to her chemotherapy medication, she thought.

Nevertheless, Barbadillo called her father to the house just in case. When the pain in her chest intensified and she vomited, she knew they should drive to the nearest hospital. "That was a red flag for me," she says.

At Castle Medical Center's Emergency Department, she began to feel better with oxygen she was given, but when the pain and vomiting returned, more tests were ordered.

"My heartbeat was going up and down," she recalls, so interventional cardiologist Maria Markarian, DO, was

called. "I was taken to the cath lab for an angiogram, where Dr. Markarian told me that if the problem could be fixed with a stent, they would do that procedure. The last thing I remember hearing was 'Need to go to surgery.'"

It turned out that Barbadillo had a weakness in the wall of an artery that prevented the flow of blood to her heart—an unusual condition called dissection that, if not treated immediately, can lead to heart attack. Castle's open-heart surgery team, led by Henry Louie, MD, was called to action. Within a short time, Barbadillo was undergoing surgery to repair the artery. A portion of a vein taken from her leg was grafted onto the artery to replace the damaged vessel. Within 12 hours, she was up and walking about her hospital room.

Barbadillo was a teenager the last time she needed services at Castle. Much has changed in the past two decades, and today she is glad to know the specialized services she needed are available right here in Windward 'Oahu, minutes from her home.

## Quality care wins her heart



Heidi Woo and her husband, Brad Yankiver, on the day of her discharge

When Heidi Woo and her husband, Brad Yankiver, arrived in Hawai'i last August, they surely weren't expecting that she would spend part of their vacation in a hospital; and at age 32, a defibrillator definitely wasn't on the list of souvenirs Woo hoped to take home.

The couple was hiking the popular Pillboxes trail in Lanikai with friends when Woo collapsed from what was later diagnosed as ventricular fibrillation, a life-threatening condition in which heart muscles fail, causing abnormal heart rhythm.

Far from access to a defibrillator that could normalize her arrhythmia, Woo was lucky. Among their friends were a dermatologist and a nurse, who began CPR while others called for emergency medical services. She was airlifted by helicopter from the ridge trail and arrived at Castle Medical Center with a heartbeat but still unresponsive.

She was put on a ventilator and administered

therapeutic hypothermia, a body-cooling therapy that helps prevent brain injury and improves a patient's chance of survival after cardiac arrest. Later, she had a defibrillator implant, a minimally invasive procedure to regulate her heartbeat.

Two days after her frightening experience, Woo was sitting up in bed using her iPad. After returning home to San Francisco, she wrote to express her gratitude for the care she received at Castle: "All I can say is that my recuperating heart is saturated with love and gratitude towards my amazing care team." Although she doesn't remember much about her hospital stay, especially during her first few days, she adds, "I feel beyond blessed and am comforted to know that I was surrounded by such wonderful people."

With her new defibrillator, Woo's prognosis is looking bright. Hopefully she will have the opportunity to return to Hawai'i to complete her hike to the Pillboxes.

## ANATOMY OF HEART ATTACK SYMPTOMS

**Head:** Light-headedness or sudden dizziness

**Chest:** Pain, pressure, fullness or squeezing in the middle of the chest that lasts more than a few minutes or comes and goes

**Skin:** Cold sweat



**Arm(s), back, jaw, neck, shoulders:** Pain or discomfort

**Lungs:** Shortness of breath with or without chest discomfort

**Stomach:** Nausea or discomfort



## MAKE THE CALL NOW

Don't wait more than five minutes to call 911 if you think you are or someone else is having a heart attack. Fast action can save lives.



# TAKE TIME FOR YOUR HEALTH events calendar

sign up  
online  
[castlemed.org](http://castlemed.org)

Take time for yourself 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](http://castlemed.org) and click on "Classes and Events."

Castle Medical Center  
Adventist Health



## EAT WELL FOR LIFE

Thursdays, 6 to 7:15 p.m.

Instructor: Eileen Towata, PhD

These are vegan demonstration classes, which include samples and written recipes. Class fee: \$10/person. Registration is required.

### Jan. 22: Plant Foods 101

Start the year with a new approach to eating. Learn the basics of a plant-based diet with tips on shopping to stock your pantry.

### Feb. 26: Hold the Gluten

For anyone diagnosed with celiac disease, avoiding gluten is essential, but many are experimenting with gluten-free (GF) foods to manage other conditions. Learn to do GF the healthy way.

### March 26: Potato Possibilities

Whether mashed, baked or roasted, potatoes are an important food staple and the No. 1 vegetable crop in the world. Discover the versatility of this budget-friendly vegetable—including sweet potatoes.

## FAMILY

Take a tour of the Birth Center, or sign up for classes: ▶ Giving Birth at Castle. ▶ Lamaze. ▶ The Bradley Method. ▶ Infant Safety. ▶ General Newborn Care. ▶ Breastfeeding. ▶ Car Seat Safety. ▶ Healthy Pregnancy. Visit [castlemed.org](http://castlemed.org) or call for dates and registration.



## FITNESS

Call 263-5400 or visit [castlemed.org](http://castlemed.org) for registration or information on all our fitness classes.

### Exercise Classes

Registration and fitness assessment are required (may include medical clearance).  
▶ Bone Builder. ▶ Core Strength. ▶ Interval

Training. ▶ Longer Life. ▶ Lunch Crunch.  
▶ Pilates. ▶ Qigong. ▶ Steady on Your Feet.

## FREE EVENT

**Fast & Fantastic Top  
Vegan Chef Recipes**  
Monday, Feb. 9, 6:30 to  
7:45 p.m.

Presented in partnership with the Vegetarian Society of Hawai'i, culinary instructor, professional speaker and author Chef AJ shares recipes and samples for her favorite quick dishes in celebration of Heart Month. Space is limited, and registration is required.



Chef AJ

## DIABETES EDUCATION

### Diabetes: Take Control!

**Workshop 1: Tuesday, Jan. 13, 1 to 2:30 p.m.**  
**Workshop 2: Wednesday, Jan. 21, 5:30 to 7 p.m.**

#### Auditorium

Being physically active is a powerful way to manage diabetes. Discover why resistance exercise is a must-do, and practice some movements you can incorporate into an at-home routine. Workshop 1: Seated and/or standing exercise. Workshop 2: Floor and/or seated and standing exercise—you must be able to get up and down from the floor on your own. Fee: \$20 (includes purchase of resistance band).

### Diabetes Shopping Tour

**Wednesday, Feb. 4, 4 to 5:30 p.m.**  
**Kailua Safeway**

Learn to identify healthy options for appropriate nutrition for people with diabetes. Join certified diabetes educator Amanda O'Neill, RDN, CDE, CSSN, for a shopping tour. Space is limited; registration required.

## NUTRITION

**Brain Booster (four-session series)**  
**Mondays, Jan. 12 through Feb. 2, 1 to 2:15 p.m.**

Give your brain a dose of exercise, art and creativity, brain-power nutrition, and mindfulness practice in this 75-minute class series. Learn how to prevent cognitive decline, and

find help for mild cognitive impairment. Registration and prepayment are required. Fee: \$75.

### PCOS Education

**Monday, Feb. 23, 5 to 6:30 p.m.**

Learn how to manage polycystic ovary syndrome (PCOS)—a common endocrine system disorder among women of reproductive age—with diet and exercise. Taught by Amanda O'Neill, RDN, CDE, CSSN. Fee: \$10. Space is limited, and registration is required.

## SURGICAL WEIGHT LOSS

### Weight-Loss Surgery Seminar

**Wednesday, Jan. 14, Feb. 11 or March 18,  
6:30 to 8 p.m.; or Saturday, Jan. 31, 7 to 8:30 p.m.**

#### Wellness Auditorium

Learn about Castle's Hawai'i Center for Metabolic and Bariatric Surgery program from bariatric surgeon Steven Fowler, MD, and other bariatric team members. Registration required; call 263-5400.

## JOINT CARE

### Joint Care Seminars

**Thursday, Feb. 5 or March 5, 6 to 7 p.m.**

Orthopaedic surgeon Linda J. Rasmussen, MD, discusses treatments to manage joint pain, including total knee and total hip replacement and MAKOplasty, a partial knee resurfacing option.

## KIDNEY DISEASE EDUCATION

### Aloha Kidney Classes (six weeks)

**Tuesdays, beginning Jan. 13 or March 3,  
5 to 7 p.m.**

Hawai'i has one of the highest rates of kidney failure in the nation. Aloha Kidney is a new education class for patients with chronic kidney disease. To register, call 585-8404.

## SUPPORT GROUPS

Free and open to the public. Call 263-5400 or visit [castlemed.org](http://castlemed.org) for details.

▶ Alzheimer's Caregivers. ▶ Parkinson's Disease. ▶ NAMI. ▶ Tobacco Cessation.  
▶ Caregivers. ▶ Hospice Hawai'i. ▶ Mama Hui.

## CANCER SUPPORT

### Look Good...Feel Better

**Wednesday, Feb. 25, 1:30 to 3:30 p.m.**

A free program to help individuals with cancer look good, improve their self-esteem, and thereby manage their treatment and recovery with greater confidence. Registration required; call 800-227-2345.



## 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.

**Don't Be a  
Diabetes Statistic**  
**Thursday, Feb. 12**

One out of two persons in Hawai'i has either prediabetes or diabetes, making this chronic disease epidemic. Learn how to manage this disease or, better yet, prevent it.



Jenny Marie  
Satterberg, MD  
Family Practice



Registration is required.  
Call 263-5400 or visit  
[castlemed.org](http://castlemed.org).

# How to find us

## CALL US:

808-263-5500

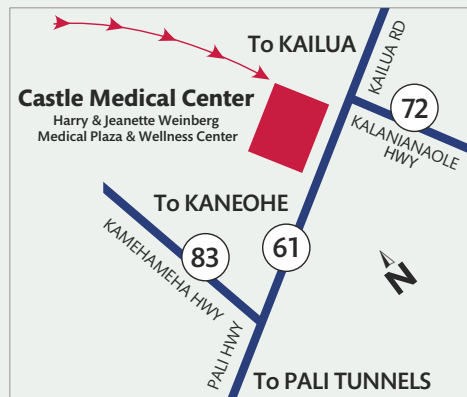
## EMAIL US:

Visit our website at [castlemed.org](http://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](http://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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## We're 'Best in Business'

CASTLE MEDICAL CENTER (CMC) was honored by *Pacific Business News* with its Best in Business award for companies with more than 40 employees at their 14th annual Business Leadership Hawai'i gala in November.

Among the reasons the magazine cited for recognizing CMC with the award were the medical center's:

- ▶ Main lobby renovation—which incorporated a darker, warmer, island feel—and the addition to the lobby of Kailua Sunrise, a welcoming nook where visitors and staff can purchase fresh-brewed coffee.
- ▶ Current renovation and upgrade of the Emergency Department, allowing CMC to meet the growing need for emergency care on the Windward side.
- ▶ Innovation initiative that the medical center, part of the California Adventist Health network of hospitals and the only faith-based hospital on 'Oahu, takes part in each year. Adventist Health makes \$250,000 in seed money available, with awards of up to \$50,000 for each innovation. The CMC



Castle Medical Center's focus on innovation and growth earned it the Best in Business award at a recent gala attended by representatives of more than 500 of Hawai'i's leading businesses.

staff has so far received awards totaling more than \$100,000, including a \$48,000 award to create a training module and video on increasing staff empathy, which is being shared with other hospitals. CMC's leadership also funds innovative ideas internally from the hospital's operating capital.



It took Pōhai Nani residents Mona Kanamu and Marion Miota six months to crochet the baby caps they presented to Castle's Birth Center Manager, Tina Johnson, RN (left).

## A tip of the hat to Pōhai Nani

Castle babies benefit from Pōhai Nani Founder's Day project

On Sept. 29, in honor of the Good Samaritan Societies Founder's Day, Good Samaritan Society communities all over the nation took part in a special "give back" to each of their cities. This year Pōhai Nani, a Good Samaritan Community in Kaneohe, donated more than 500 baby caps to Castle Medical Center's Birth Center for its project.