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Kailua, HI 96734

Castle Medical Center



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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SPRING 2011

CONSERVING ENERGY, SAVING MONEY



Castle to undergo \$2.7 million energy makeover

Castle Medical Center has engaged Energy Industries, a Honolulu-based company, for a \$2.7 million comprehensive energy project, scheduled for completion at the end of June. It should significantly decrease Castle's carbon footprint and save the medical center a projected \$270,000 annually.

Following a comprehensive assessment of the 160-bed facility's infrastructure that examined the vulnerability of the hospital's air conditioning, lighting and power systems to possible equipment failures, Energy Industries developed new system designs to provide the medical center with built-in safeguards to mitigate potential problems of equipment disruption. The programs will not only result in savings to the medical center, but will also provide energy security for crucial building equipment.

The energy-efficiency retrofit work will include the replacement of two air conditioning chillers, two cooling towers and variable frequency drives and a redesign of the air conditioning system. The state-of-the-art chiller equipment will use "mag-lev" technology, best known for

its use in high-speed trains. The innovative compressor technology will be oil-free and have exceptional energy-saving capabilities.

TWO FOR THE PRICE OF ONE By combining capital improvement considerations with energy conservation and risk-management opportunities, the hospital will improve its building function while significantly lowering its cost of operations.

"We were blessed with capital funds to replace old infrastructure and desired to conserve energy and reduce operating costs," says Kevin A. Roberts, Castle's president and CEO. "By taking a holistic approach, we were able to identify and address a number of interconnected issues and select the best solution going forward. We expect to save 1,255,311 kilowatts per year, which will allow us to redirect \$270,000 from utility bills to patient care."

Assisting with financial underwriting of the project is an energy-efficiency rebate from Hawaii Energy, a provider of cash incentives to encourage reducing electricity use on the islands. The incentive, a special program for nonprofit entities that uses federal stimulus funding, is projected to cover about 20 percent of the project costs.



Kau'we family welcomes their special one at CMC

Kawena Okala Kau'we was "No. 1" to her family and at Castle Medical Center (CMC) over and over again! Her parents, Kristie and Richard, welcomed her on Jan. 1, 2011. Kawena and her mom left CMC after spending the night at the Birth Center—in Room 111!

Saving energy and money means better care for you.



"Castle Medical Center has taken an intelligent approach to energy management by prioritizing the critical issues and using energy cost-savings and rebates to supplement needed capital improvements," says Miles Kubo, executive vice president and chief operating officer of Energy Industries. "Much like health care, getting a full diagnosis and selecting the proper treatment is the best course of action. Using the financial benefits of energy management, they were able to get more improvements than they had originally imagined."



**THE SMART WAY TO
BETTER HEALTH!**

Access our website by scanning this barcode with your smartphone.*
Find more barcodes on CMC materials for easy access to a world of health and wellness information. *You'll first need to download a QR (Quick Response) code reader.





Castle Foundation presents \$2 million gift to CMC

The Harold K. L. Castle Foundation gave a big boost to the health of Windward Oahu residents in the form of a \$2 million check they presented to Castle Medical Center (CMC) on Dec. 6. The funds are designated for renovating and expanding the medical center as well as for its health care programs and services. This was the largest gift ever given to the facility by the foundation.

“We are very honored that the trustees of the Harold K. L. Castle Foundation have invested these precious resources in the Windward community’s health care future,” says Kevin A. Roberts, CMC president and CEO. “Due to the aging population and growth of this area, the demands on the hospital continue to increase. This grant and others will help renovate and expand services essential to meet these increasing needs.”

A GENEROUS GIFT: Terry George, executive vice president and COO (left); Mitch D’Olier, Foundation president and CEO; Kathy Raethel, CMC vice president of patient care; James B. McIntosh, Foundation chairman of the board; John Monge, CMC’s vice president of operations; John Keene, director of development; Kevin A. Roberts, president and CEO; Jasmin Rodriguez, director of marketing; and Kate Tschudin, development coordinator, accept the check.

Sharing God’s love. Caring for the community.

That’s our mission at Castle Medical Center.

With more than 115,000 patients served annually, it is no wonder more and more people choose to support Castle.

The gift you give today might just help someone you know tomorrow. Make your **Go** gift now by calling 263-5335 or visiting castlemed.org/giving.htm.

Thank you for your support!



21st CHIP IN FOR CASTLE

Charity Golf Tournament

Mid Pacific Country Club

If you or your company would like to participate in our next tournament, call the Development Department at 263-5335.



MEN AT WORK: Facilities Supervisor Dennis Kaeka and Vice President of operations John Monge check the progress of construction on the first floor of the Weinberg Patient Care Wing, which will house Castle’s Chemotherapy Clinic. Proceeds from last year’s golf tournament benefited this project.

JUST FOR MEN

Simple steps to help you take charge of your health. See page 4.

HOW TO FIND US

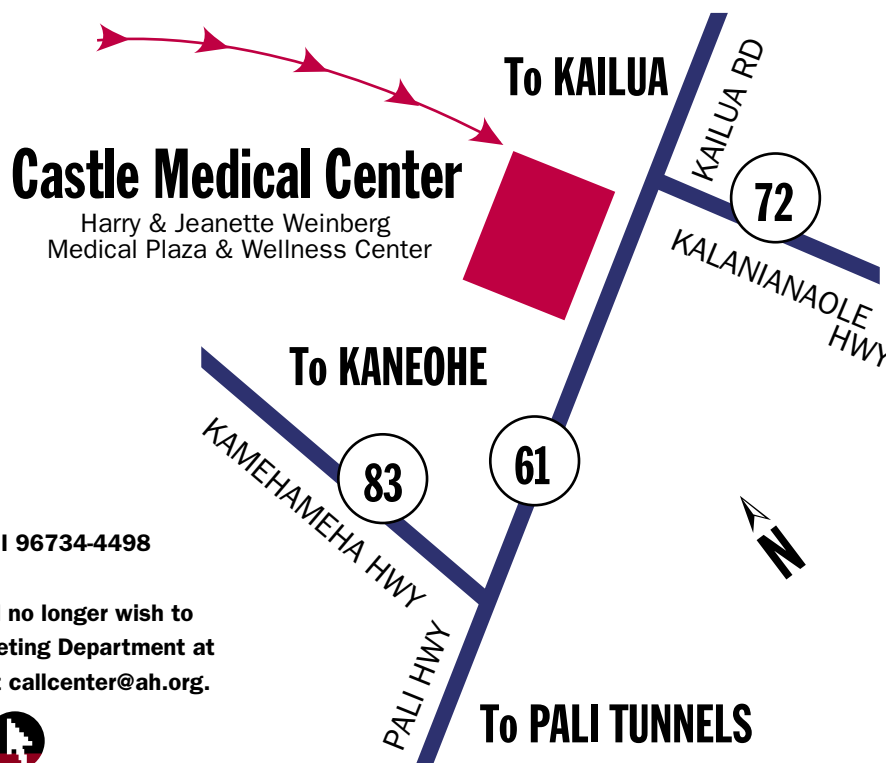
call us:
808-263-5500

e-mail us:
Visit our website at castlemed.org and click on “Contact Us.” We’d be happy to hear from you!
■ Send us a comment.
■ Request a Castle brochure.
■ Request a physician directory.

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

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Visit us at castlemed.org.



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WindwardHealth

SPRING 2011

Carmen named chairman of CMC governing board

Robert G. Carmen, president and CEO of Adventist Health since October 2007, added the role of Castle Medical Center's governing board chairman to his résumé this spring. Carmen currently chairs the boards of two southern California hospitals: Glendale Adventist Medical Center in Glendale and White Memorial Medical Center in Los Angeles.

In addition, Carmen oversees managed care throughout Adventist Health's four-state service area, which includes 17

hospitals with more than 2,600 beds, approximately 17,500 employees, numerous clinics and outpatient facilities, the largest system of rural health clinics in California, 14 home care agencies, and 4 joint-venture retirement centers. Carmen also oversees corporate communication, corporate compliance and strategic planning at the corporate office.

Carmen has more than three decades of health care experience—all gained in various Adventist Health facilities. Previously, he served as president of Adventist Health/Southern California, where he oversaw the operations of five hospitals and a medical foundation. Simultaneously, he was president of White Memorial Medical Center and Glendale Adventist Medical Center. Before that, he was vice president of Region I, which encompassed Adventist Health's Central California Hospitals, and also served as president of Castle Medical Center from 1978 to 1983.

Carmen holds a master's degree in public administration with an emphasis in health care administration from the University of Colorado, Denver. In addition, he is affiliated with numerous professional organizations, including the California Hospital Association.

Carmen and his wife, Cindy, have two adult children and one grandchild. They live in Loomis, Calif.



Robert G. Carmen



HELP WITH MANY HANDS: Anesthesiologist Zoltan Szathmary, MD (left); translator Luke Suris; surgeon Steven Fowler, MD; Cindy Rosales, RN; with patient Wichit, who was treated at Castle

Castle partners to provide surgery for uninsured patients

Castle Medical Center is a partner in a joint project with Aloha Medical Mission, the Queen's Medical Center, private surgeons and anesthesiologists, and two Hawai'i community centers to provide free outpatient surgery to uninsured people in the state who cannot afford to pay. The program is called Kōkua Me Ka Laulima ("Help With Many Hands").

Castle treated its first Kōkua Me Ka Laulima patient in December 2010. The program's first patient was treated at the

Queen's Medical Center in early October.

Under the partnership agreement, Queen's and Castle agreed to cover the cost of surgery for such patients with general surgical problems who can be treated as outpatients. Various private surgeons and anesthesiologists agreed to waive their surgical fees.

It is anticipated that approximately 10 to 12 patients a year will be referred from the Kalihi-Pālama and Kōkua Kalihi Valley health centers.

Library cart donated for patients

Thanks to the Windward Rotary Club and Friends of Kailua Library, Chaplain Services now visits patients with a library cart several times a week to offer reading material and a caring touch.

Last June when Windward Rotary member Galen Coffman was a patient at Castle Medical Center, he wished he had books or magazines to read as he sat in his room. He mentioned it to Chaplain David Rasmussen, a fellow Rotary member, who then brought Coffman some of his own books.

Knowing that other patients would probably also enjoy having access to books and magazines, Coffman offered to donate a cart for books and magazines through the Windward Rotary Club. Byrde Cestare, another Rotary member, works with Friends of Kailua Library and arranged to have books donated through that organization. The library cart, which also carries a generous supply of religious materials and Gideons' Bibles, is now a welcome sight to patients.

As part of infection control precautions, the books are not recycled and each book carries a sticker notifying



READ ALL ABOUT IT: Director of Chaplain Services David Rasmussen and Chaplain Raul Hayasaka check out the library cart.

patients that the book is theirs to keep, courtesy of CMC, Friends of Kailua Library and the Windward Rotary Club.

The Windward Rotary Club continues to donate books to the cart in honor of its weekly speaker.



Rachel Dick, RN



Ann McKenna, RN

Castle nurses honored

Perioperative Clinical Manager Rachel Dick, RN, and Laulima Unit Nurse Manager Ann McKenna, RN, were among outstanding nurses statewide who were honored at the Faces of Nursing Gala at the Sheraton Waikiki last fall.

"Castle Medical Center is proud to honor these two exemplary nurses for their wonderful contributions to the nursing profession," says Vice President of Patient Care Kathy Raethel.

The Friends of UH Mānoa Nursing presents the Faces of Nursing Awards annually to recognize excellence in nursing. Proceeds from the event support scholarships and simulation learning at UH Mānoa Nursing.

MEN TAKE CHARGE OF YOUR HEALTH



H eart disease, cancer and stroke. ♦ These are words no one wants to think about, but men can't afford to ignore them: All three diseases are among the leading causes of death of American men. ♦ One in 5 American men has heart disease, and nearly 1 in 3 has high blood pressure, a

significant risk factor for heart disease and stroke, according to the U.S. Department of Health and Human Services (HHS). Men are more likely than women to have heart attacks and to have them at a younger age.

Likewise, almost half of all men will develop some form of cancer in their lifetimes, federal health officials say. Lung cancer is the most common fatal cancer for men, followed by prostate cancer and colon and rectal cancers.

But with knowledge and a little effort, men can take steps to avoid these and other potentially dangerous health conditions.

It can all start with a trip to your doctor, something men do much less often than women, according to Men's Health Network, a nonprofit health advocacy group.

You can tell your doctor about your health history, your medications and any problems you're having. And your doctor can tell you about health screenings, medications you might need and some of the healthy behaviors you can adopt.

SCREENING TESTS Screenings can find diseases early, when they may be more effectively treated.

The HHS and other national experts suggest the following tests for men. But talk to your doctor. Some men will need to be screened earlier or more often.

Body mass index. Your body mass index (BMI) is an indicator of body fat based on your height and weight. It can help your doctor determine if you are at risk for obesity. People with too much body fat are more likely than their leaner counterparts to have a heart attack or stroke, even without other risk factors. To calculate your BMI, go to www.nhlbisupport.com/bmi.

Cholesterol. High cholesterol is one of the major risk factors for heart disease. Check yours at least every five years starting

at age 20. If you have diabetes or high blood pressure, smoke, or have family members with heart disease, talk to your doctor about whether you need to be screened more often. Most men should aim for:

- Total cholesterol below 200 mg/dL of blood.
- LDL (the bad cholesterol) below 100 mg/dL.
- HDL (the good cholesterol) above 40 mg/dL.
- Triglycerides (another form of fat in the blood) below 150 mg/dL.

Blood pressure. High blood pressure increases your risk of stroke, heart attack, kidney failure and congestive heart failure. But it often has no symptoms. That's why it's important to get it checked at least every two years. If you have high blood pressure, you may need medication to control it. For most people, high blood pressure is 140/90 mm Hg or higher.

Diabetes. If you have high blood pressure or high cholesterol, get screened for diabetes. Diabetes increases your risk for a number of serious conditions—including heart disease, stroke, kidney disease and eye problems—so it's important to work with your doctor to keep it under control.

Sexually transmitted infections. Talk to your doctor to see if you should be tested for HIV, gonorrhea, syphilis, chlamydia or other sexually transmitted infections.

Colorectal cancer. Screening for most men should start at age 50. If you have a family history of colorectal cancer, you may need to start screening earlier. Discuss the different types of tests for colorectal cancer with your doctor. The timing of follow-up tests is determined, in part, by which test you decide to get.

Prostate cancer. From age 50 through 75, most men should discuss with their doctors the pros and cons of testing for



Good health starts with a trip to the doctor. Call 263-5400 for a physician referral or a physician directory.

prostate cancer. If you are African American or have a family history of prostate cancer, you should have this conversation earlier. Men who choose to be screened may have a prostate-specific antigen test and a digital rectal exam.

Other cancers. Ask your doctor if you should be screened for lung, oral, skin or other cancers.

Abdominal aortic aneurysm. If you are between 65 and 75 years old and have ever smoked 100 or more cigarettes, ask your doctor to screen you for an abdominal aortic aneurysm—a swollen blood vessel in your abdomen that can suddenly burst.

Depression. If you have felt sad or hopeless—or have little interest in things you used to enjoy—for two weeks or more,



Causes of death: The top 10 for men

Men and women are not created equal, at least not when it comes to life expectancy. Statistics show that men die about five years earlier than women, at 75.1 years old compared with 80.2 years old for women.

Almost 50 percent more men die of heart disease and cancer than women, according to the Men's Health Network, a nonprofit group that promotes men's health.

Men are also more likely than women to die from homicides, accidents, suicides and HIV infections.

Fewer men than women have health insurance or regularly visit their doctors.

And men are much more likely than women to experience a fatal injury on the job.

The Centers for Disease Control and Prevention lists these top 10 causes of death for men:

- 1 Heart disease.
- 2 Cancer.
- 3 Accidents.
- 4 Chronic lower respiratory disease.
- 5 Stroke.
- 6 Diabetes.
- 7 Suicide.
- 8 Pneumonia and the flu.
- 9 Kidney disease.
- 10 Alzheimer's disease.

talk to your doctor about depression. Treatment can help.

PREVENTIVE MEDICINE Some medications can help stop health problems before they start. If your doctor gives you a new prescription, be sure to ask what the medicine is, why you need it and how often you should take it.

Aspirin can help prevent heart disease. If you are older than 45, ask your doctor if taking a daily aspirin is right for you. Your doctor might recommend aspirin therapy earlier if you smoke or have high blood pressure, high cholesterol, diabetes or a family history of heart disease.

Immunizations are not just for kids. Most men should get a flu shot every year, a tetanus-diphtheria shot every

10 years and a pneumonia shot when they reach 65. Talk to your doctor about whether you should be immunized against other diseases, such as chickenpox, measles, mumps, rubella, meningitis, or hepatitis A or B.

HEALTHY BEHAVIORS Other steps you can take to stay healthy:

If you smoke, try hard to quit. Smoking can cause heart disease, cancer, stroke and lung disease. Not only are people who quit healthier, but they have more energy and breathe more easily than those who continue to smoke. Get started quitting by checking out the online quit guide at www.smokefree.gov. If you need help quitting, consider our stop-smoking services. See page 8.

Eat a healthy diet. Emphasize variety, including fruits, vegetables, whole grains, and fat-free or low-fat dairy products. Include lean meats, poultry, fish, beans, eggs and nuts. Cut down on saturated fats, trans fats, cholesterol, salt and added sugar.

Be physically active. Exercise can help control cholesterol, blood pressure, diabetes and obesity. Start slowly if you haven't been active before. Work up to at least 30 minutes of activity most days. Mowing the lawn, taking a brisk walk and playing team sports all count toward your goal.

Maintain a healthy weight. Talk to your doctor about what weight is healthy for you. As you age, you may need to increase your activity level or consume fewer calories over time to avoid gradual weight gain.

Men get it too

Do you have trouble sleeping? Are you irritable? Do you have a hard time concentrating? Have you lost interest in work, hobbies and sex?

If so, whether you know it or not, you may be among the 6 million American men who are living with depression.

Take it seriously

Depression is more than a blue mood—it's a real disease. But many men don't recognize its signs, or they try to tough them out without seeking help.

Because depression can be successfully treated, it's important for men to learn the signs of the disease:

- A persistent sad, anxious or empty mood.
- Feeling hopeless or pessimistic.
- Feeling guilty, worthless or helpless.
- Loss of interest in activities that you once enjoyed.
- Fatigue or lack of energy.
- Difficulty concentrating, remembering or making decisions.
- Insomnia, waking up early or oversleeping.
- Changes in appetite or weight.
- Restlessness, irritability or anger.
- Thoughts of death or suicide, or suicide attempts.
- Having chronic pain, headaches or digestive disorders that do not respond to treatment.

Get help

If you've had five or more signs of depression for more than two weeks, see your doctor.

A family history of depression, undue stress and painful life experiences may increase your risk for this disorder, but depression can happen to anyone.

The NIMH has an outreach program to help men with depression recognize its symptoms and to encourage them to find help. Treatment—including medication, short-term psychotherapy or both—is successful for most people who seek help.

To learn more about depression, call 866-227-6464 or go online to www.nimh.nih.gov.



HEALTHY TEETH FOR KIDS WITH SPECIAL NEEDS

Castle Medical Center partners in pediatric dentistry residency program

Castle Medical Center (CMC), in collaboration with Lutheran Medical Center, is providing a pediatric dentistry residency program that offers specialty training as well as acute dental services for children on 'Oahu who have special needs and lack access to care. ♦ Lutheran Medical Center began offering the two-year training program 15 years ago in New York, and in July 2009 established a training site in Hawaii as its fourth location, in addition to those in New York, Rhode Island and Alaska. The program's affiliation with CMC began in February last year, and since then sites have also been established in Arizona and Massachusetts, and plans are in place to open another site in Maine.

The program partners with community health centers to provide the services. Other organizations assisting with the program include the Waianae Coast Comprehensive Center, Kōkua Kalihi Comprehensive Family Services, West Hawaii Community Health Center–Keiki Clinic, Aloha Medical Mission, Shriners Hospital, Kona Community Hospital, Maui Memorial Hospital, Hilo Medical Center and the University of Hawaii John A. Burns School of Medicine–LEND Program, a special program for patients with developmental disabilities.

OUR TEAM OF EXPERTS Children are seen at the statewide health centers and, if they require treatment, are scheduled for surgery at Castle Medical Center with Maile Kim, DDS, a Kailua-based pediatric dentist; Lynn Fujimoto, DMD, a Pearl City-based pediatric dentist; or David Okuji, DDS, with the Lutheran pediatric dentistry residency program. Part of the two-year residency program includes training in general anesthesia and surgery in a hospital setting. Both Dr. Kim and Dr. Okuji are diplomates of the American Board of Pediatric Dentistry. Each of the three dentists is at CMC on a monthly basis to train the dental residents and treat pediatric patients.

“The patients we treat in the OR are either very young with extensive decay or have special needs and cannot be treated in the dental office,” Dr. Kim says. “Some patients may be prone to seizures or suffer from autism, Down syndrome, cerebral palsy or other medical problems. Treating these types of patients in the OR is common in the mainland, but not here in Hawaii. Castle Medical Center is allowing us to perform this important service through their partnership in this pediatric dental residency program.”



David Okuji,
DDS, MBA

Dr. Okuji adds: “This beneficial program is made possible because of the generous support of the Castle Medical Center leadership, the nursing staff, the surgery staff, the anesthesia staff, and pediatricians Dr. John Nagamine and Dr. Brit Reis.”



ALL SMILES: 3-year-old Devon Ishigo was one of the first patients to benefit from Castle's pediatric dental residency program. Here he and his mom, Wendy, visit Maile Kim, DDS, for a follow-up appointment.



MEET THE TEAM: Resident dentists Kozue Kawakubo (left), Hisako Seignemartin, Kirk Skidmore and Tanya Karnavy with Maile Kim, DDS (front)

“This beneficial program is made possible because of the generous support of the Castle Medical Center leadership, the nursing staff, the surgery staff, the anesthesia staff, and pediatricians Dr. John Nagamine and Dr. Brit Reis.”

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HAPPY TO HELP: Castle's volunteers are (front, from left) Laurel Ledward, Lena McCormack, Patricia Fisher, (back, from left) Joe Birtles, Bud Lamb, Pat Patterson and Joe Hee.

To find out how you can volunteer at Castle Medical Center, call 263-5252 or visit castlemed.org.

are adults 60 and older. Compared with nonvolunteers of the same age, they have less heart disease and depression and better overall physical health, according to the CNCS.

"The word is out—it's good to be good. Science increasingly says so," says Stephen Post, PhD, a professor of bioethics at Stony Brook University.

But the rewards of volunteering go beyond better health.

Other benefits that volunteers report include:

- Being happier.
- Having higher self-esteem.
- Having a sense of control over their life.

MOTIVATED TO SERVE More than 61 million Americans volunteer every year, reports the CNCS. Volunteers help solve problems, change lives and strengthen communities by donating their time and energy.

People volunteer for different reasons. But experts say that some of the most common reasons people donate their time are because:

- It helps them feel good about themselves.
- It lets them gain a better understanding of other people, cultures or places.
- It helps them meet new people, make new friends or further their careers.
- It allows them to give back to their community or to support humanitarian concerns.

According to Lynne Robinson, a longtime volunteer who routinely prepares food at a homeless shelter: "Often, as I get ready to do my stint at the shelter, I think, 'I'm too tired for this today.' But then I go and see the faces of the people who really depend on what we're doing, and I see how much they enjoy the food we've made. By the time I leave, I feel completely energized and blessed by how much I've helped."

Younger people are more likely to volunteer for their own personal development.

Older adults give broader reasons for volunteering. They might volunteer to be a good citizen or help their community, for example.

You can help yourself to better health by helping others—be a volunteer.

Additional source: *Monitor on Psychology*, Vol. 37, No. 11



Volunteers: BEHIND THE SMILES

Volunteer Services Coordinator Francine Kong calculates that Castle Medical Center volunteers provided 20,000 hours of service in 2010. ♦ "Even at the current minimum wage of \$7.25, that service translates to \$145,000 in savings for the hospital," she says. "And they do it all with a smile!" ♦ One of the biggest smiles you'll see when you enter CMC's front lobby belongs to 10-year volunteer Lena McCormack. ♦ "As I see it, it's important that we set

the tone for everyone entering the medical center," says Lena, who staffs the information desk on Fridays. "Usually people who come to Castle aren't here because they want to be, so we always try to brighten their day."

As unofficial team leader of the escort volunteers on her shift, Lena is responsible for staffing the information desk, prioritizing calls and dispatching volunteers to hospital units and departments.

When she isn't volunteering, Lena manages Ladybug Plants in Waimanalo and co-owns Warm and Fuzzy Kennels. "We all bring something to the table," she says, noting the depth of skills and knowledge of the volunteer staff at the hospital. "Joe Hee is a retired engineer; Joe Birtles and Bud are retired naval officers who served during the Cuban missile crisis and WWII, respectively; Pat worked as a bellman at the Kahala Mandarin for 25 years; and Patricia and Laurel are nursing students. I figured it out, and just with my team alone we represent 68 years of volunteer service to Castle."

Like many who volunteer, Lena says it was empty-nest syndrome that prompted her to come to Castle. "My youngest son was very active in high school and when he left for college, there was just a huge void," she says. "Castle was

in the community, so I decided to volunteer." What made her stay was the "family" and sense of purpose she found at Castle.

"I've been here for 10 years, and many have been here longer," she says. "We've become family and gone through life experiences together—children, college, getting married and the loss of loved ones. And through it all we've supported each other."

Although socialization is an important part of the volunteer experience, the greatest benefit, Lena says, is the sense of purpose that comes from volunteering.

"It's much more than just giving back," she says. "Volunteering strengthens our sense of purpose. It gives us a significant role to play that really makes life worthwhile."

According to the Corporation for National and Community Service (CNCS), over the past two decades it has seen a growing body of research indicate that volunteering provides health benefits in addition to social benefits.

Volunteering at least 2 hours a week—or about 100 hours a year—offers the greatest health benefits, research shows.

And those who seem to benefit most from volunteering

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, April 5 or 19;
May 3, 17 or 31; or
June 7 or 21
5 p.m.

Call for a reservation.

Breastfeeding

■ Thursdays, April 21 or
June 2
■ Wednesday, May 11
6 to 8:30 p.m.

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

Taught by a certified lacta-
tion consultant.

Childbirth Basics Seminar

■ Thursday, May 26
5 to 10 p.m.
\$50 (single)/\$65 (couple);
delivering at Castle: \$45
(single)/\$55 (couple)

General Newborn Care

Tuesdays, April 5, May 17
or June 7

6:30 to 9:30 p.m.
\$25 per couple

Infant CPR and Safety

Tuesdays, April 19,
May 31 or June 28
6:30 to 9:30 p.m.

\$15 per person
Does not provide
certification.

Lamaze Prepared Childbirth

These six-class series begin:

■ Sundays, May 15
10 a.m. to 1 p.m.

■ Sundays, June 5
3 to 6 p.m.

■ Mondays, May 9 or
June 20

6:30 to 9:30 p.m.
\$75 per couple; delivering
at Castle: \$65 per couple

Peacefully Pregnant

■ Tuesdays, April 26 or
June 14

5:30 to 8:30 p.m.
■ Sunday, May 29

2 to 5 p.m.
\$25

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
- Freedom of Movement
- Interval Training
- Longer Life
- Lunch Crunch/Express
- Pilates/Express
- Qigong
- Steady on Your Feet
- Stretch and Balance

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

SMOKING CESSATION

Individual and Group Stop-Smoking Services

Group classes begin

Tuesday, May 3
6 to 7:30 p.m.

For more information, in-
cluding additional group
locations and access to
free nicotine replacement
therapy for program partici-
pants, and to register or for
individual appointments,
call 263-5050.



WEIGHT LOSS



Cindy Carvalho, trainer,
and Allison Chan, RD

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!

Take shape for life using
Medifast products. Learn
more at www.castlewellness.tsfl.com/hp. Call 263-5050
to schedule a consultation
with taste testing and
to learn about special
discounts.

Weight-Loss Surgery Seminar

■ Saturdays, May 7 or
June 25

7 p.m.

■ Wednesdays, April 13,
May 18 or June 8,
6:30 p.m.

All sessions held in the 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.

JOINT CARE

Joint Care Seminars

Day: Friday, May 27

10 to

11 a.m.

Evening:

Tuesdays,

April 26 or

June 21

6:30 to

7:30 p.m.

Orchid Room

Learn op-

tions to reduce

hip and knee pain through

diet, exercise, medication

or joint replacement

surgery.



SUPPORT GROUPS

Free and open to the public.

■ Bereavement Support Groups

■ Cancer Support Group

■ Caregivers' Support Group

■ Parkinson's Support Group

■ Mental Illness Caregivers' Support Group (N.A.M.I.)

■ New Moms' Support Group

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. These are demonstration
classes and do not include hands-on food preparation by participants.

Four-Way Tofu

Wednesday, April 27
6:30 p.m.

Presented by Eileen

Towata, Wellness Educator

Learn creative and deli-
cious ways to use tofu,
including as a pupu, main
dish and dessert. Learn
how this nutrient-packed
vegetarian staple can ex-
pand your eating horizons.
Even skeptics will go crazy
for the chocolate tofu cake!



Gluten-Free Cuisine

Wednesday, May 25
6:30 p.m.

Presented by

Chef Rebecca Woodland

Explore the possibilities of
delicious gluten-free foods
from around the world. Your
body (and your taste buds)
will thank you! Simple
recipes will help you move
beyond packaged foods to
a more plant-based, "real-
food" way of eating.



Gourmet to Go

Wednesday, June 22
6:30 p.m.

Presented by

Chef Paul Onishi

Are you heading out for
a beach picnic or family
potluck and don't want to
bring the same old thing?
This class will inspire you
to whip up some healthy
dishes that are deceptively
easy to make but have
that gourmet
flare, perfect
for your next
gathering.



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.