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KKV Connects

SHOUT OUTS



Gulick Elders Rock Red

Kalihi elders got all dressed up and rocked the Elder Care Program's annual **Valentine's Day Party** on February 14. Gulick Elder Center was ablaze in red worn by nearly 100 smiling seniors thrilled to take part in fun activities. The event featured an opening dance by "Mr. and Mrs. Valentine," group dancing, and a contest of "who's wearing the most red" (garments both seen and unseen). Prizes of bags of rice went to the reddest winner and runners-up, and to the program's oldest and youngest participants. Everyone got a long stemmed red rose.

Mr. and Mrs. Valentine are a real-life romantic couple, **Lolita and Virgilio Lucas**, who have been married for 45 years. After the Kalihi Street couple retired, Lolita said, "We needed to exercise and stay healthy or else we'll go downhill." Since 2015, the couple has regularly come to the Center to exercise three days a week. "We feel young and forget the stress," Virgilio said. "I have fun with my wife, and we meet our friends here!" The couple is pictured above with Elder Care Program Case Manager **Stella Jacinto** and Community Education and Access Coordinator **Leizel Dait**.



Our Dental Assistants are the Best!

Every year, dental assistants get a special week dedicated to them for all the great work they do! **Dental Assistant Recognition Week** has been designated by the American Dental Assistants Association, as the time to acknowledge dental assistants' key role in providing patients with quality dental care. During March 1-7, KKV's dental providers and staff showed their deep appreciation for our wonderful hard-working dental assistant team by pampering them with continental breakfast and other goodies to enjoy. *Mahalo to our fun and caring dental assistants for all that they do every day!*



Nurturing Women's Health

A community health fair celebrating women's health and well-being was held on February 29 at the The Towers at Kūhio Park (TPK) Community Hall, supported by Better Tomorrows of The Michaels Organization in collaboration with KKV and more than a dozen other community organizations. The **Fin Alisi (Women Who Nurture) Health & Wellness Fair** was attended by more than 100 women, most of whom are residents of the TPK community. The half-day event featured free food and clothing, medical screenings, insurance help, raffle prizes, Zumba and other fun group dance and exercise sessions.

The event started in 2016 when KKV Community Outreach Liaison **Innocenta Sound-Kikku**, who oversees the **Pacific Voices youth program**, and **NieiRek (Women of Vision)** Micronesian women's group, decided they wanted to focus on taking care of their

big success. With pedometers strapped on, nearly 100 women walked through TKP, danced and inspired others as families and neighbors cheered them on. Since then, the women's health fair has grown to be an annual community event.

This year's fair featured fun activities, health screenings, and information offered by the organizations. KKV was out in force, thanks to our fabulous **Outreach Hui**. The newly-formed Hui includes: **Innocenta Sound-Kikku** (Pacific Voices, NieiRek), **Linda Khalek** (Dental), **Mili Samifua** (MCH/Family Planning), **Myra Shindo** (MCH/Family Strengthening), **Rona Mangayayam** (Youth), **Sara Lee Saramosing** (Tobacco/Behavioral Health), **Dyan Bautista** (WIC), **Gracieuse Jean-Pierre** and **Aprilei Ramirez** (School-Based Education), and **Josie Sagisi** (Elder Care). The Hui is planning outreach activities connecting the Kalihi community to KKV services and programs throughout the year.

ALOHA TO OUR STAFF!

A big welcome to our new KKV staff:

Kiara Arakawa-Taum, Kāko'o, Roots
Jumila Michiosy – Intake Specialist for Medical
Taryn Morena-Oh – Cultural Chef, Roots Café
Starah Stonit – Outreach Eligibility Worker, Intake

Goodbye to these outgoing staff. We will miss you!

Dr. Jennifer Hirota-Tulikihihifo – Dental Co-Director
Dr. David Moskowitz – Physician
Tasi-Nichole Balanay – Medical Assistant
Fauuga Taito – Medical Assistant
Monica Nishiki – Human Resources Specialist



Aloha to Our Dental Co-Director

Dr. Jennifer Hirota-Tulikihihifo began her career as a dentist at KKV 15 years ago. She and Co-Director Dr. Jason Hiramoto jointly stewarded the dental program's expansion and growth in serving our Kalihi community. February 9 was her last day as co-director of the dental department. At a farewell lunch, staff came together to wish her well as she attends to family and professional responsibilities calling her at this time. For Dr. Hirota-Tulikihihifo, "KKV is like family. You pull through and learn together. There are good days and bad days, but you get along. If something doesn't work, try it again, and keep on going."

Luckily, we'll still see Dr. Hirota-Tulikihihifo around at KKV as a *locum tenens* dental provider as needed. At least twice a month she will provide dental care to Kalihi students on our dental van. So we're not saying goodbye, just beginning a different relationship. "Dr. Hirota has been an incredible stabilizing force for our dental program, by her ability to work with so many different kinds of people," said Dr. David Derauf, KKV's executive director. "All of this she does in a matter of fact way, no show, and with an easygoing chuckle." Above all, he said, "her care has always been not only competent but kind."

Dr. Hirota-Tulikihihifo was born and raised on the North Shore of O'ahu, where she lives

education in Wisconsin, in 2005 she came home, and **came to KKV as an Advanced Education Graduate Degree NYU-Lutheran dental resident**. Upon completing her residency, she joined KKV as a staff dentist, and in 2014, she became co-director of the dental department, overseeing dental department operations and supporting staff management. With a total of 14 years working with KKV and 6 years as co-director, she has earned a great amount of trust and respect within our Kalihi community and beyond. Dr. Hirota-Tulikihifo was voted **Hawai'i's Best Dentist in 2015, 2017, and 2018**.

Photo above, left to right: KKV Clinical Director **Dr. Laura DeVilbiss**, **Dr. Jennifer Hirota-Tulikihifo**, and Dental Co-Director **Jason Hiramoto**.



Farewell, Sweet Rose

Rose Baclaan passed on February 15, 2020, at the age of 26. A graduate of Farrington High School, she was rooted in the Kalihi community and brought a strong passion for health to her work at KKV. As a Care Coordinator for Chronic Disease Management, she provided Diabetes presentations, helped prepare meals, and facilitated medical nutrition therapy. KKV will never forget the warmth and kindness Rose shared with us. She will be dearly missed. A few notes from KKV staff: "Rose was truly an amazing person. A warrior! She touched so many lives from her radiant personality that was felt among co-workers and patients...She was always thinking of helping others. Even in her last days, she was thinking how she can continue to help others." "She was one of the first staff to



Healing Pathways

On February 20, **KKV's Pathways Cohort 8** helped to distribute food to community members at the Towers at Kūhio Park. A group of Pathways participants from different KKV departments including Roots, Medical, Accounting, Dental, Grants, Behavioral, Youth and Ho'oulu 'Āina worked alongside KKV Public Housing Coordinator **Rebecca Seumanu** and her volunteers to distribute food dropped off by the **Hawai'i Foodbank** to TKP residents and neighbors. Bags of vegetables, fruits, rice, baked goods and cereals were given to over 120 people and their families.

Pathways is a KKV program designed to strengthen existing and emerging pathways to healing, through listening and learning from the community, including staff, patients, program participants, students, volunteers, partners and other community members; help each person identify and access their right healing opportunities. Through Pathways, KKV staff learn about each other's programs, their individual gifts and stories; understand and practice better self-healing; and empower program staff to better help our patients in identifying and accessing their own pathways to heal.

MESSAGE FROM KKV



Preparing to Protect Our Community

Dear KKV 'Ohana,

We are continuing to prepare at KKV so we can best take care of ourselves, our patients and our community. The situation is changing rapidly on a daily basis but at this point there is no confirmed COVID-19 person to person spread yet in Hawai'i.

We are researching ways to provide care while limiting exposure. **The best advice is: be prepared, don't panic, and practice prevention.** To help you stay healthy/prevent the spread of infection, please continue to do the following:

- Wash your hands often with soap and water for at least 20 seconds. Encourage everyone you know to do the same.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.

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- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- If you are sick and feel like you need to see a health care provider, call the clinic first to assess the best place to be cared for.

In addition to this, **please take good care of yourselves**. Eat healthy, stay active, get enough rest and try not let the stress of daily life (like the threat of coronavirus!) get to you. Spend time with those you love, laugh, listen to music, enjoy the beauty of Hawaii...


We will continue to keep you posted as things evolve.

With aloha,

Dr. David Derauf
Executive Director

Dr. Laura DeVilbiss
Clinical Director


ATTENTION




STOP
PLEASE DO NOT
ENTER THE CLINIC
IF YOU ARE




COUGHING




AND HAVE
FEVER



AND FEEL
SHORT OF BREATH





OR
TRAVELED ON AN
AIRPLANE RECENTLY



OR WERE EXPOSED TO
CORONAVIRUS (COVID-19)

**PLEASE WAVE AT THE FRONT DESK
OR KNOCK
SOMEONE WILL
COME HELP YOU**

KKV is preparing handouts translated into different languages to give to our patients to help them know what to do if they get sick. To prevent spread in the community, patients who meet criteria for COVID-19 should stay at home and call us on the phone for advice.

IN THE NEWS



'Ono, Pono, Fast, and Fresh!

Roots Program's new monthly CS'Ai service was just featured in [Calling All Kalo](#) in Honolulu Magazine by food writer Martha Cheng, with photos by Aaron K. Yoshino. CS'Ai stands for **C**ommunity, **S**trengthened 'Āina-based foods – a cultural twist on CSA, or community-supported agriculture, and 'ai, food.

"Our goal is to make cultural starches that are really good for us more accessible," says Roots director **Ka'iulani Odom**. "We often hear that time and preparation are factors in having these indigenous foods available for our 'ohana to eat." Roots is now offering organic cooked, cleaned and processed frozen cultural starches, stews and dried products. This makes it easy to throw in stews, make patties, baked fries and other `ono and healthy dishes. Stock up on these nutrient-dense foods in your freezer. You can also feel good that

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The **CS' Ai for the month of March (\$35)** includes cooked, cleaned and frozen:

- Kalo (1.5 lbs.)
- 'Ulu (2 lbs.)
- Lū'au leaf (1.25 lbs)
- Dried banana (.3 lb.)

The next CS' Ai pick up is **Tuesday March 24 from 11am - 2pm** and **Thursday March 26 from 11am - 5pm**. Roots recommends bringing a reusable bag for the frozen items.

Orders are limited with only 25 offerings, so **reserve by Monday March 23**. Email roots@kkv.net with your name, phone number and day you will be picking up your CS' Ai.

Learn more about our [Roots Program's work promoting food as medicine!](#)

WAYS TO ENGAGE



Are you a high school student or about to graduate this year? If you are, you may qualify to apply for a **KKV Waiwai Health Fellowship!**

KKV is now recruiting for 25 students to receive the Waiwai Health Fellowship. Applicants must be **incoming 11th grade, 12th grade, and upcoming 2020 high school graduates**. Priority will go to those living in the 96819 zip code (KKV's service area). We will be offering the fellowship for six weeks from **June 1 to July 10, 2020** (total 180 hours). **Students who complete the 180 hours will receive a stipend of \$500.**

The Waiwai Summer Health Fellowship is a **month-long educational program for emerging community health leaders**. The fellowship establishes connections with KKV's various health resources and professionals in the community, rotating through eight KKV experiential learning locations. Daily seminar speakers, many of whom work at KKV, to share their professional and personal perspectives on health and community healing.

For more details, contact: Aprilei Ramirez, aramirez@kkv.net, (808) 721-2055

Photo above: 2019 cohort of Waiwai Health Fellows at KKV's KVICE warehouse.



KKV Launches New Website!

Check out KKV's [new website](#) that we've updated with a refreshed look and new content. We're excited to share it with you! KKV has had the same website since 2011 and our programs and services have expanded, so changes were overdue. It's still a work in progress, and we would love to hear from you about what you'd like to see, things we



Air Cargo Group Visits KKV

On February 11, 15 members of the [Air Cargo Association of Hawai'i](#) came to visit Ho'oulu 'Āina and the Roots Cafe as part of their monthly meeting after hearing a presentation about KKV by KKV Grants Associate **Rachelle Robley**. They started with a brief tour of Ho'oulu 'Āina, where they learned about Ho'oulu 'Āina's history, values, programming, and stories about the strong connections between Native Hawaiian and Micronesian culture and communities. During the Mahalo Circle at Ho'oulu 'Āina, one person said, "I'm grateful for people like Nainoa, who are helping perpetuate our culture. Just hearing him talk was meaningful." Another felt "grateful that I found out this place exists. It was refreshing and kind of spiritual for me in a way that I didn't realize I needed."

After their tour, they ate lunch at the Roots Café and enjoyed delicious brownies for dessert! During lunch, one person remarked, "This food makes me feel like I'm at home!" Moved by their day's experience, each member contributed a generous donation to express their gratitude and appreciation for the work KKV does for our Kalihi community.

We love connecting with our community! If you or your organization would like to visit,

COMING EVENTS



New leadership at Kalihi Valley Homes (KVH) wants to connect with and re-engage community there in positive ways—starting with a community fair to be held at KVH Park during spring break on **St. Patrick's Day, March 17**. The fun event will bring community families together to enjoy music, a puppet show, games and activities, prizes, snacks, and health screenings. **Julie Wiggett**, the new Property Manager of KVH, Hauiki Homes and Lanakila Homes public housing communities, says she is excited to meet and talk story with residents and local agencies partnering to serve the people of Kalihi. The event theme is "**Kalihi Valley is Lucky to Have Our Community Partners.**"

KKV's new **Outreach Hui** is organizing cross-program activities for youth to elders to help make the KVH community event a success. Other Kalihi nonprofits participating in the Health Fair include Susannah Wesley Center, Honolulu Community Action Program (HCAP), Parents And Children Together (PACT), and Work Hawai'i Youth Program.

Hō'ena ke Aloha - Igniting Our Love For 'Āina



Ho'oulu 'Āina would like to invite you to our third bi-annual celebration, [Hō'ena ke Aloha](#), a fundraiser to support Ho'oulu 'Āina's native forestry and invasive repurposing project, **Ola Koa**. Be prepared for a magical event with beautiful music, a bonfire, hand-made sausages, local oysters, grilled vegetables freshly harvested from the land, homemade mead and beer, a bevy of lā'au-infused cocktails, and of course, our Mākeke (Market) and Silent Auction with 'āina-inspired gifts. **Come and join us as we celebrate 15 years of Ho'oulu 'Āina and KKV's commitment to Aloha 'Āina!** Click [HERE](#) for information on tickets and sponsorships.

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