



## NEWS RELEASE

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### **KAISER PERMANENTE HAWAII TO VOLUNTEER AT HALE MAKUA HEALTH SERVICES IN COMMEMORATION OF MARTIN LUTHER KING JR. DAY OF SERVICE**

*Physicians and Staff to Volunteer at Hale Makua Serving Meals, Teaching Crafts, and Helping Beautify Campus on January 18*

**Kahului, Maui (January 14, 2010)** – Kaiser Permanente Hawaii physicians and staff members will be volunteering their time at Hale Makua Health Services in Kahului on January 18 in commemoration of Martin Luther King Jr. Day of Service. This volunteer effort is part of several community service activities by Kaiser Permanente's physicians and staff taking place on the Big Island, Maui, and Oahu.

"Our respected kupuna are our community's greatest resource. So it was natural for us on Maui to reach out to our partners at Hale Makua to see what we could do to help them. In these tough economic times, community service is something everyone needs to step up and make time for," said Dr. George Talbot, Kaiser Permanente's physician leader on Maui.

Kaiser Permanente Hawaii physicians and staff members will be volunteering their time at Hale Makua from 8:30 a.m. – 1:00 p.m. on January 18 visiting with residents, playing interactive games, teaching crafts and other one-on-one activities, serving meals and working to beautify the campus.

"We are so thankful for all that Kaiser Permanente does for our organization, and the partnerships that we've developed over the years. Our Hale Makua Kahului residents and staff are very excited about this special day and spending time with Kaiser Permanente physicians, staff and families," said Carlayna Nakamura, Director of Development for Hale Makua Health Services.

In conjunction with Martin Luther King Jr. Day of Service, Kaiser Permanente physicians and staff will also be volunteering at Ka Umeke Kaeo Charter School and Waimea Middle and Kahakai Elementary Schools on the Big Island and, in partnership with 'AINA in the Schools Program on Oahu, at Waikiki Elementary School, tending to the schools' sustainable gardens. Part of that volunteer effort will include shared learning through fun activities that teach students and their families about nutrition based on the 5-2-1-0 nutrition program, a statewide effort to combat

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childhood obesity through public awareness and education. The 5-2-1-0 program encourages 5 fruits and vegetables or more per day, 2 hours of screen time or less, 1 hour of moderate to vigorous physical activity, and 0 sodas and sugar-sweetened sports and fruit drinks. Dr. Cris Ancog, a pediatrician with Kaiser Permanente, serves as a volunteer medical advisor for the program.

This volunteer effort is part of series of events taking place this year in celebration of the 50<sup>th</sup> anniversary of the Hawaii Permanente Group in Hawaii, which was formed on August 20, 1960, to provide care to all Kaiser Permanente members in Hawaii.

### **About Kaiser Permanente Hawaii**

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### **About Hale Makua Health Services**

Hale Makua Health Services is a private, non-profit 501(c)3 corporation established in 1946. The organization is committed to the mission of excellence in health care. Hale Makua Health Services is one of Maui's largest non-government employers, with over 500 employees serving four home- and community-based health care programs. In addition to Maui PACE, programs include: Hale Makua Long-Term Care with two campuses, one in Wailuku caring for 124 residents and the other in Kahului providing homes for up to 254 people; Home Health by Hale Makua, which provides post-acute care and social work services to homebound clients of all ages and adult foster family care management; and Rehab by Hale Makua. Visit them online at [www.HaleMakua.org](http://www.HaleMakua.org).

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