



Hawaii Pre-Health Career Corps Monthly Newsletter: High School

April 2018



Aloha Corps Members,

Happy April! Check out the events and opportunities coming up:

Oahu

******April's PHCC Volunteer Event: Hawaii Food Bank******

PHCC's next volunteer event will be on **Saturday, April 28th** at the Hawaii Food Bank from **8 am to 12:30 pm**. Volunteering opportunities are open to individuals **ages 16 and up**. Please check your schedule and make sure you will be available before signing up as there are limited slots for this event. You will receive a **Corps Credit** for attending.

We will be helping with the Commodity Supplemental Food Program (CSFP), otherwise known as "Senior Food Box Program", whose goal is to provide 2,400 seniors with supplemental foods such as non-fat dry milk, cereal, juice, peanut butter, rice canned meat, fruits and vegetables. Hawaii is one of 7 states that have been approved to distribute food boxes to improve the health of low-income elderly persons of at least 60 years by supplementing their diets with nutritious USDA foods. We will be helping to pack over 2,000 food boxes for seniors on Oahu who are at risk of hunger. It is a great opportunity to give back to our elders so sign up soon as spots will fill up quickly!

You can find more information on their website @ <http://www.hawaiifoodbank.org/become-a-volunteer>

Attire: Comfortable Attire w/ covered shoes

Service Location: Hawaii Foodbank Warehouse [2611 Kilihau St. - Honolulu, HI 96819](#)

Date: Saturday, April 28, 2018

Time: 8 am – 12:30 pm

Contact: Alex Campos at jacampos@hawaii.edu

If you would like to sign up, please send your [Hawaii Food Bank Application](#) to jacampos@hawaii.edu !
Then register at <https://goo.gl/forms/Yv1U8hlfh5BJWCxt1>

Medical Diagnosis and Treatment Program at the University of Hawaii at Manoa John A. Burns School of Medicine

Dates: July 9 – 13, 2018

Time: 8:00 am – 3:30 pm

Location: Kaka'ako Medical Education Building
(651 Ilalo Street, Honolulu)

[Download Application Form.](#)

The program will take place at the UH Mānoa John A. Burns School of Medicine in Kaka'ako.

Through gross anatomy laboratory demonstrations, clinical skills laboratories, computerized manikin simulations and standardized patient interactions, students will learn how to:

- describe the epidemiology, signs and symptoms, pathophysiology, diagnosis, and treatment of illnesses common in Hawai'i;
- perform basic clinical skills such as measuring vital signs and listening to the heart and lungs with stethoscopes; and
- Interview and counsel patients.

The Medical Diagnosis and Treatment program is part of UH Mānoa Outreach College's Summer Programs.

For: Students in grades 9 through 12 during academic year 2017-2018

Fee: \$500

Scholarships: Information about two need-based scholarships is forthcoming. Please call (808) 956-9246 or email summer.programs@hawaii.edu to be added to a contact list. You will be contacted when details about the scholarships are available.

Email: summer.programs@hawaii.edu to receive detailed information when available.

Phone: Call (808) 956-9246 if you have questions about the program. For more information, please click on the following link: <http://www.outreach.hawaii.edu/summer/features/FEA-JABSOM.asp>

Early Start Program for Graduating Seniors attending UH Manoa

[Early Start Program Application Form](#) Application Deadline: May 15, 2018

For Incoming UH Mānoa Freshmen

Dates: July 2 – August 10, 2018

● Get the Early Start Advantage

Why wait until the fall? ESP gives you a chance to register for high demand courses in the summer so you can fulfill basic requirements earlier and with the bonus of program staff to help you along the way. Interact with faculty and advisors who can help you navigate your academic career. Get to know your way around campus, including Mānoa's libraries, recreational and health facilities, the Campus Center, and other student resources.

● Meet Mānoa Students

While you take a Summer Session 2 course, build a community of friends with other UH Mānoa students.

You'll have the opportunity to attend special activities designed for ESP participants that start to build relationships and academic skills, giving you a solid foundation for college life.

● Save Money

By taking courses during the summer, ESP students pay the prior academic year's tuition rate. Out-of-state students pay resident tuition during the summer for an additional financial benefit.

Scholarships are available for Pell-eligible students and will cover UH Mānoa Summer Session II tuition, term fees, and lab fees for one course, including a lab section, if applicable (this will amount to 3-5 credits per student).

● Courses

As an ESP student, you can choose to take 1 or 2 credit courses during Summer Session II (July 2–August 10).

● Where to Start

- [ESP Application](#)
- [Registration](#)
- [ESP Tuition & Fees](#)
- [Housing Information](#)

For more information and to register, please click on the following link:

<http://www.outreach.hawaii.edu/EarlyStart/default.asp>

NACAC '18 Spring National College Fair

When: April 24, 2018, 2 sessions (8:30 am – 11:30 am, 5 pm – 8 pm)

Where: Hawaii Convention Center

Register here: <https://www.gotomyncf.com/Registration/EventSelectForState?stateName=All>

Wahiawa General Hospital Volunteer

Wahiawa General Hospital Volunteers are people who make a difference because of the role they play in meeting patients' needs or providing essential services and lending support to our hospital staff. Volunteers set an example for all of us . . . they work for the satisfaction of helping others. As a volunteer at Wahiawa General Hospital, you will enjoy many rewards. You will feel a sense of accomplishment, learn new skills, meet new people, make new friends, develop self-confidence and make a valuable contribution to your community. Volunteers have the opportunity to match their skills and interests with meaningful assignments. There are many areas in which volunteer help is needed and scheduling is flexible. Must be at least 14 years old to join the Volunteer Services Program and must be in good physical and mental health

For more information and to apply click on the following link: <http://www.wahiawageneral.org/volunteer-opportunities>

Pearl City Nursing Home Volunteer

Volunteering can be worthwhile and challenging. It provides the opportunity to learn new skills and discover new interests. The minimum eligible age to volunteer is 14 years old, and parent/guardian consent is required for those under 18 years old. For more information, please contact the Activities Coordinator at (808) 687-3280 directly, or via our main line at (808) 453-1919.

Castle Medical Center Volunteer

Adventist Health Castle volunteers provide a wide range of services in both our patient and non-patient areas. In addition to serving others, many volunteers enjoy the numerous opportunities for socializing with each other. For those men and women on the Windward side who want to make a difference in other people's lives, Adventist Health Castle invites you to be an active member of its volunteer service.

By lending a hand, heart, and smile, volunteers often help hospital staff bring about some of the miracles that occur in the hospital from the birth of a baby to the "rebirth" of a stroke patient through rehabilitation.

To be a volunteer at Adventist Health Castle, you need to meet a few minimum requirements. You must:

- Be 16 years of age or older
- Commit to a minimum of six months of service, or to a period as a summer volunteer
- Be able to volunteer for one four-hour shift per week (but you cannot volunteer for more than twelve hours per week)
- Have a current 2-Step TB test (two separate TB tests done within the last year) or a chest X-ray (when appropriate)
- Have medical clearance from a physician (a form will be provided)
- Wear full-length white slacks, jeans, or scrub pants; and wear covered shoes and socks of any color.

Please be advised that we conduct criminal background and sex offender checks on all volunteers.

Individuals who are recovering from alcohol/chemical dependency or any behavioral disorder will be eligible to participate in the volunteer program after at least one year of continuous recovery. You apply to be a volunteer at Adventist Health Castle by completing our on-line volunteer application form. Please [click here](#), and then follow the instructions.

Kokua Kalihi Valley Volunteer

Kokua Kalihi Valley's success depends upon our ability to maintain deep roots in Kalihi Valley. We know that this community is rich with cultural knowledge, wisdom, and diverse talents, and we aim to uplift these gifts through our hiring practices. As a result, many of our employees and volunteers come directly from the community we serve. Kokua Kalihi Valley is an equal opportunity employer. If you are interested in volunteering, or if you have any questions regarding volunteer opportunities, please email

volunteer@kkv.net

Hospice Hawaii Volunteer

There are many ways to support Hospice Hawaii's work in the community. By volunteering your time and efforts, you can make a difference in someone's life. And sometimes, that life is yours. Volunteers contribute to the quality of patient care and bereavement support for families. They are specially trained and educated in the hospice philosophy and in direct patient care. More than 100 volunteers work in almost every department, sharing Hospice Hawaii's mission and contributing over 3,000 hours of service each year. They bring to their volunteer work an enthusiasm and dedication that money cannot buy. New volunteers are accepted on an on-going basis to fulfill the ever evolving needs of Hospice Hawaii and its patients. For questions, contact our Volunteer Coordinator at 808-924-9255 or volunteer@hospicehawaii.org
To apply, please click on the following link: <https://www.hospicehawaii.org/volunteer/volunteer-application/>

Rehabilitation Hospital of the Pacific (REHAB) Volunteer

REHAB's remarkable volunteers are welcomed members of the team. Whether volunteering in a patient- or non-patient-related setting, every volunteer's contribution is appreciated and we are always grateful when REHAB is chosen.

Our volunteers (individual or group) embrace REHAB's values of honesty, engagement, aloha, resilience and teamwork. They have been described as:

- Caring and Compassionate
- Friendly, Willing to Help
- Dependable, Responsible and Flexible
- *Can do* Attitude

Opportunities to Help:

- Clerical/General Office
- Gift Shop
- Creative Arts Program
- Information Desk/Greeter
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Recreation Therapy
- Patient Transport
- Nursing
- Meal Time Assistance
- Cardiopulmonary Rehabilitation Program
- Lifestyle and Wellbeing Program

Requirements:

- Must be at least 14 years of age, 17 in therapy clinics
- Commitment of at least 60 hours of service expected
- [2-step TB testing required](#)

Benefits of REHAB Volunteering:

- *Feel good* feeling of helping others
- Meeting new people
- *Giving back* to the community
- Health care career exploration
- Fulfillment of professional educational requirements
- Meal allowance and parking

[Click HERE to apply!](#)

Phone: 808-566-3741

The Hapalua – Hawaii's Half Marathon

The start of the Hapalua is by The Duke Kahanamoku statue in Waikiki and finishes in Kapiolani Park.

Date: **Sunday April 8, 2018; 6am**

Start: **Waikiki Beach, Honolulu**

Finish: **Kapiolani Park, Honolulu**

Distance: 13.1 miles – Half Marathon

No Time Limit

There is no time limit for the Hapalua. Just like our sister event, the Honolulu Marathon, we welcome walkers and the fastest runners alike!

What's Included

The registration fee for the Hapalua includes:

- Entry into the Hapalua – Hawaii's Half Marathon, including water and fluid replacement stations; Medical support at the start, finish and along the course
- Entertainment along the course
- Participant dri-tech shirt
- Race day athlete tracking
- Race timing chip
- Hapalua commemorative Finisher medal
- Finisher Malasadas plus more

To register for the Hapalua, please click on the following link:

<https://app.realbuzzregistrations.com/events/honolulu/the-hapalua-2018/login/>

For more information about the Hapalua, please click on the following link: <http://thehapalua.com/>

Tricked into Sex Trafficking: Talk Story and Documentary Screening

Date: Wednesday, April 11, 2018

Time: 12:00 PM - 2:00 PM

Location: HMSA Building, Koa Conference Room 818 Keeaumoku St. Honolulu, HI 96814

The World Health Organization defines the *Universal Right to Health* as a "state of physical, mental, and social well-being" and crimes such as human trafficking and exploitation are a threat to that right. Globally, over 21 million women, men and children are victims of human trafficking. The United States is both a source and transit country for trafficking. Here in Hawai'i, the [Pacific Survivor Center](#) (PSC) is committed to advancing health and human rights through direct services, education, research and advocacy. For the past decade, PSC and its partners have provided medical and other professional services to victims of sex trafficking. This expertise has led PSC to develop a unique Hawai'i resource, the Sex Trafficking Outreach and Prevention Program (STOPP). The program combines an original, Hawai'i-produced animated film, *Tricked: It Looked Like Love*, with an educational curriculum that integrates national and international best practices. How do we achieve the most economic, efficient and effective result in working with survivors of human rights abuses? There will be a screening of *Tricked* followed by a discussion with PSC staff about the vital role healthcare workers play in combatting sex trafficking and ensuring that victims become survivors. To join us for the screening and moving discussion, please [register here](#).

Special Olympics Hawaii Polar Plunge

Date: **Saturday, April 14, 2018**

Time: **9 am – 1 pm**

Location: **Waterfront Plaza Front Lawn 500 Ala Moana Boulevard Honolulu Hawaii 96813**

Slide down Mount Kilauea, a 95 feet long, 36 feet high inflatable water slide, into a pool of ice cold water! Fundraising has never been so COOL! This family friendly event is a great team building activity for companies, sports teams, schools, church groups and more! It's easier than you think – and more fun than you can imagine! It's a fun, family day that changes thousands of lives for the better. Your moment of cold will mean a lifetime of warm and joyful opportunities for local athletes across the state! All Plungers will receive an event t-shirt. For more information and to register, please click on the following link:

<https://www.firstgiving.com/event/SpecialOlympicsHawaii/polar-plunge-2018>

The Conversation Project

Join Americans across the country in making future healthcare decisions known to family, friends and healthcare providers. Celebrate National Health Care Decisions Day on April 16th by starting the conversation and share your wishes with your friends and family. Interactive Community Advance Care Planning Workshop

Please join us for a 2-hour interactive workshop designed to start the essential, values-based conversation about what matters most about living, caring for those with serious illness, and end of life decisions.

Date: **Monday, April 16th, 2018 from 1-3 p.m.**

Sponsored by: Straub Medical Center

Location: First Insurance Center

Hibiscus Conference Room 980

862 South Beretania St.

Honolulu, HI 96813

Validated Parking: First Insurance Center

Parking entrance on Beretania Street

[REGISTER NOW](#)

Call 808-535-7874 for more information.

Please click on the following link for more information: <https://www.hawaiipacifichealth.org/health-wellness/events/the-conversation-project/>

March for Dimes Walk 2018

Date: **Saturday, April 21, 2018**

Where: **Kapiolani Park**

Registration: **6 am**; Start: **7:30 am**

Distance: **3.8 miles**

We hope you will join us for the 48th annual March of Dimes March for Babies! 2018 is a special year for the March of Dimes as we will celebrate our 80th anniversary. We plan to make March for Babies the best ever. March for Babies draws thousands of people across the islands who come together to support the March of Dimes goal which is, simply put: A fighting chance for every baby. The walk starts and ends at the Kapiolani Park Bandstand on the Kalakaua Avenue side of the bandstand. It goes up Monsarrat Avenue to Paki Avenue and then up to the first look out on Diamond Head Road, just after the light house where the turn around and water station is. Walkers then return back to Kapiolani Park walking along Kalakaua Avenue to the finish line.

For more information and to register, please click on the following link:

<https://www.marchforbabies.org/EventInfo?EventID=19441>

Honolulu AIDS Walk

Date: **Sunday, April 22, 2018**

Where: **Kapiolani Park**

When: **8 am at the Bandstand**

This family-friendly 5K fundraiser takes place at Kapiolani Park at 8 a.m. (walk at 10 a.m.) — the walk starts and finishes at the Bandstand.

Walkers are not required to make a donation, there are no registration fees and everyone is invited to participate.

If you would like to make a donation, be sure to fill out a donor information card so you can get a receipt — Life Foundation is a 501c3 registered non-profit and all donations are tax deductible.

Fundraising incentive prizes are awarded at various levels for individuals and teams.

Life Foundation is the largest provider of HIV-related care and prevention services on the island. One hundred percent of funds raised will stay in Hawaii and provide services from Life Foundation free of charge — no one is turned away or denied access to HIV care, treatment, counseling or testing.

The 2016 AIDS Walk was the largest to date, raising more than \$145,000 to combat AIDS and HIV on Oahu.

For more information about the AIDS Walk, free testing or Life Foundation, go

to www.lifefoundation.org[Opens external link to page that may not meet accessibility guidelines](#) for assistance.

Queen's Speaking of Health – An Insider's Guide to the ED: What You Should Know (FREE)

Date: **Wednesday, April 25, 2018**

When: **5:30 pm to 7 pm**

Where: **The Queen's Medical Center – Punchbowl, The Queen's Conference Center 1301 Punchbowl Street Honolulu Hawaii 96813**

Get an insider's look into emergency care with Queen's ED physicians: **Drs. Rick Bruno, Daniel Cheng, Ajeet Dube and Howie Klemmer**. Learn about the history and future of health care, national health care delivery costs and Hawaii's Emergency Report Card. They will also cover:

- What should you know before entering a hospital's Emergency Department?
- What should you bring?
- What determines how quickly a patient is seen?
- What are the top reasons for an ED visit?
- Who are the "super-users" and what's being done to help them?

Expand your knowledge with four doctors and one informative hour and a half.

For more information and to register, please click on the following link:

<https://www.eventbrite.com/e/queens-speaking-of-health-an-insiders-guide-to-the-ed-what-you-should-know-free-wed-apr-25-2018-registration-44049000747?aff=es2>

Hospice Hawai'i Hot Pursuit

Join our 9th Annual Hot Pursuit fundraising event presented by Par Hawaii!

Lace up those sneakers and put on your thinking caps because it's time for Hot Pursuit! The "Amazing Race" style event will challenge both brains and brawn, as participants will be tasked with solving riddles and completing challenges on their way to the finish line.

Race Day Information:

- **Saturday, April 28, 2018**
- Location: **Waterfront Plaza, Kakaako**
- Race Day Registration: **8:30 a.m.-9:00 a.m.**
- Race Start Time: **9:45 a.m.**

For more information and to register, please click on the following link:

<https://www.hospicehawaii.org/special-events/hot-pursuit/>

Hawaii Pacific Health Women's 10K & 5K Fun Run

Hawaii Pacific Health invites women of all ages to participate in the 41th annual Hawaii Pacific Health Women's 10K. The scenic, 6.2-mile race takes participants around Diamond Head and through Kahala, returning to Kapiolani Park for the after-race festivities.

WHEN: Sunday, May 6, 2018 at 7 a.m.

[REGISTER TODAY](#)

For more information, please click on the following link: <https://www.hawaiipacifichealth.org/health-wellness/events/hawaii-pacific-health-womens-10k/>

Charity Walk Oahu 2018

Date: **Saturday, May 19, 2018**

Where: **Ala Moana Beach Park McCoy Pavilion's Keyhole Area**

When: **5 am – 7am Registration; Walk at 7 am**

5.25 miles tour through Waikiki

Gives everyone a chance to raise money for Hawai'i's charities. Walk with the Hawai'i Lodging & Tourism Association and their members to help build a better, healthier Hawai'i, for all of us. **For more information and to register for the walk, please click on the following link:**

<http://www.charitywalkhawaii.org/oahu.html>

Relay for Life

Date: **Saturday, July 21, 2018**

Where: **Magic Island Beach Park**

Time: **4 pm – 10 pm**

At Relay for Life events, no one faces cancer alone. We come together every year at more than 3,500 Relay events around the country to support and celebrate survivors and caregivers. Each Relay has special events and activities (many throughout the year) just for survivors and their caregivers, so they can connect with others and know there is a strong support system available to them. **For more information and to register, please click on the following link:**

http://main.acsevents.org/site/TR/RelayForLife/RFLCY18WER?pg=entry&fr_id=88504

25th Anniversary Oahu Heart & Stroke Walk

Date: **Saturday, August 11, 2018**

Where: **Kapiolani Regional Park**

Distance: **4.5 miles or 1 mile**

Thanks to all our walkers, donors and volunteers who have accepted the challenge to help fight heart disease and stroke. We cannot achieve our mission without each one of you! For more information and to register for the walk, please click on the following link: http://www2.heart.org/site/TR/HeartWalk/WSA-WesternStatesAffiliate?pg=entry&fr_id=3501

Walk to End Alzheimer's Oahu 2018

Date: **Sunday, September 9, 2018**

When: **Registration at 6 am; Walk at 7 am**

Where: **Ala Moana Beach Park – Magic Island**

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

For more information, to register or to volunteer, please click on the following link:

http://act.alz.org/site/TR/Walk2018/HI-Aloha?pg=entry&fr_id=11165

Hawaii Island

Science Camp of America

Begin your summer in the field exploring the volcanoes, rocks, forests, ocean and skies of the Big Island of Hawaii. At Science Camps of America in what has been called "nature's greatest laboratory," you will see science come to life as you experience geology, oceanography, ecology, climate, and astronomy, "up close and personal". Practicing scientists will share their stories and show you the latest gear they use to further their work. Gain an understanding of our world that will surely have a life-long affect.

<http://sciencecampsamerica.com/>

EVERY SUNDAY

- **8:00 am: [Walk-with-A-Doc in Hilo](#) at Liliuokalani Gardens.** Join Dr. Craig Kadooka and our docs from the Hawaii Island Family Medicine Residency Program. **A NOTE FROM DR. KADOOKA:** "All of you know that we start our walks every Sunday after a brief QiGong warm up lead by Grif Frost and then many of us take advantage of the 9am Work Out of the Day ("WOD") at the Hilo Health CoOp (HHC). Some of you also know that the Saturday classes at HHC are also free for WWAD registered walkers. This includes 50 minutes each of medical QiGong, SMART yoga, Core training and STRONG Zumba. A brand new, just announced addition is the chance to take one of the many other classes offered by HHC during the week! There are classes that start at 6am (Core training on Monday,

Wednesday and Friday) and one that starts at 6:30pm (SMART Yoga, on Tuesdays) plus all the other classes throughout the week. You will be able to find a suitable activity for any level of fitness, interest and time of day.”

7th ANNUAL BIG ISLAND AIDS WALK – HILO

Sunday, April 8, 2018

The Annual Big Island AIDS Walk is an easy **2-mile walk around Lili'uokalani Gardens**. There is no registration fee to participate in the walk. Ask friends, family, co-workers and neighbors to sponsor your participation and raise funds for HIHAF. There will be a Community Health Fair featuring local community organizations, entertainment and raffle prizes. Light refreshments will also be served Time: 8:00 AM to 11:30 PM. Free to the public. For more information, visit www.bigislandaidswalk17.kintera.org.

Big Island Charity Walk

Date: **Saturday, May 12, 2018**

Location: **Queen's Marketplace**

Registration: **5 am – 6:30 am for Run; 5 am – 8 am for Walk**

Start Time: **Runners to start to 6:45 am; Walkers start at 7 am**

Distance: **3.7 miles**

Gives everyone a chance to raise money for Hawaii's charities. Walk with the Hawai'i Lodging & Tourism Association and their allied members to help build a better, healthier Hawaii, for all of us. WHO MAY WALK? The Hawai'i Lodging & Tourism Association invites every one of every age to walk. Those under 12 years old must be accompanied by an adult and walkers under the age of 18 must have this application signed by a parent or guardian. All walkers should have minimum donations regardless of age (see front of form). Please note that ALL pets are NOT allowed on the Charity Walk. **For more information and to register, please click on the following link:** <http://www.charitywalkhawaii.org/hawaii-island.html>

Kona Marathon/Kona Half Marathon/Kona Quarter Marathon/Kona 5K

Date: **Sunday, June 24, 2018**

Location: **Waikoloa Beach Resort**

Race Day Start Times: **Marathon: 5:30 am; Half Marathon 6 am; 5K: 6:45 am; Quarter Marathon: 7 am**

For more information and to register, please click on the following link: <http://konamarathon.com/>

Hilo Medical Center Volunteering

Volunteers are an essential part of the hospital, performing a variety of services to help patients, visitors and staff. Being a volunteer is an experience full of personal rewards and positive interaction. **For a volunteer application, contact our volunteer office at: (808) 932-3165.**

Must be 16 years old and able to commit to 6 months of service or 50 hours.

Normal processing takes about 2-3 weeks!

Volunteer Program Process:

- Complete a Volunteer Application
- **\$45 Processing Fee** (includes State & Federal Criminal Background checks and picture ID Badge)
- Health Requirements
- Mandatory Orientation

There are a wide variety of opportunities at Hilo Medical Center:

- **Transporter**...assist with discharges and various errands.
- **Nurse's Aide/Ward Clerk Aide** ...assist with discharges, distribute meals to patients, fill water pitchers, etc.
- **Long Term Care Recreation Aide**...socialize and exercise with residents.
- **General Clerical** ...answer phones, file, light typing, copy & staple, assemble packets, errands, etc.
- **Pharmacy Aide** ...label products, file, run errands and update inventory.

- **Physical Therapy Aide:** assist physical therapists with patients.
- **Seamstress:** sew and mend.
- **Laundry Aide** ...fold small pieces of laundry.
- **Gardener** ...water plants, pull weeds and assist with landscaping projects.
- **Dietician Aide** ...assist with modification of select menus and light clerical duties.
- **Wheelchair Maintenance** ...repair and service wheelchairs.

Kona Community Hospital Auxiliary

Welcome to the Kona Community Hospital Auxiliary. The Auxiliary provides the volunteer support base for service, fund-raising and friend-raising for Kona Community Hospital.

Membership in the Auxiliary is open to women and men eighteen years or older (with some exceptions) of all backgrounds and abilities, who are interested in providing services to patients which the staff would not normally provide.

Volunteers help the staff in Administration or departments such as Oncology or Radiology; provide patient services such as Carts with Heart or Falling Star; volunteer in the gift shop or help with the weekly bake sale at the cafeteria. Auxiliary volunteers assist in fundraising activities such as Relay for Life or KCH Foundation events; they also participate in many community parades and activities, representing the Auxiliary and Kona Community Hospital.

Each year, the Auxiliary provides a number of nursing scholarships and continuing education funds for KCH nurses. The Auxiliary also may fund special requests from various hospital departments for un-budgeted necessities.

The Auxiliary provides a communication link between the community and the Kona Community Hospital. Community inputs through the Auxiliary are welcomed and warmly received by the administration and staff. We welcome your interest and invite your active participation. If you would like more information about joining us, please contact **Nella Silverman - 808-238-0351**

CONTACT US AT KCHAuxiliary@hotmail.com

79-1019 Haukapila Street
Kealahou, HI 96750

County of Hawai'i Student Internships & Volunteer Opportunities

Student Internships

The County of Hawai'i embraces the concept of providing learning experiences through student internships to develop a future workforce. Our goal is to provide meaningful student internship opportunities to high school and college/university students attending U.S. accredited colleges/universities. Many departments serve as student internship worksites.

High School Students

Huiana Internship Program

Various County departments serve as worksites for Huiana high school student interns on an unpaid basis. Internship arrangements for these high school students are made with the County through the Huiana program coordinator.

The Huiana Internship Program focuses on Hawai'i Island youth as the labor force of the future. With the strategy to develop the workplace skills of our island high school students, the internship program places high school students in 60-hour internships that are tied to their career pathway interests. By connecting school-based learning with work-based learning, the program does the following: helps students focus in on career interests, teaches job readiness and workplace excellence skills, enables students to reflect on and develop their work ethic, fosters relevance in education, and in some cases, students can earn high school credit.

Interested high school students can contact **HIWEDO (Hawai'i Island Workforce and Economic Development Ohana, Inc.) located at 58 Kinoole Street, Suite 101 in Hilo, via**

E-mail at huiana@hiwedohawaii.org or call (808) 959-6200 for more information regarding the Huiana internship program.

Volunteer Opportunities

The County has various programs where an individual may volunteer their time and skills. If you are interested in any existing program, contact the sponsoring department listed below for more information.

Existing Programs:

Office of Aging: Volunteers are needed to help those with ongoing health conditions gain practical skills for living a healthy life. If you are interested, call the Office of Aging at (808) 961-8600 for more information.

Hawai'i County Office of the Prosecuting Attorney (HCPA): Volunteers give their time and talent to assist the office staff in various capacities. **Persons must be eighteen years or older.** Call the Hilo office at (808) 961-0466 and ask for the volunteer coordinator to schedule an appointment.

Volunteer Fire Fighters: The Hawai'i Fire Department sponsors the Volunteer Fire Fighter Program with volunteer stations located throughout the island. To learn more about this program, visit their website at <http://www.hvfa.net> or call the Volunteer Training Section at (808) 964-3311.

Water Supply: Call the Human Resources Program Manager at (808) 961-8050 to discuss available volunteer opportunities in a variety of Water Supply functions.

Kauai

4th Annual Roots 'n Shoots 5K Fun Run and Walk

Date: **Saturday, April 14, 2018**

The Kauai Marathon and the National Tropical Botanical Garden are excited to put on the Fourth Annual Roots 'n Shoots Fun Run and Walk on Saturday, April 14, 2018 at 8am. This 5k garden run is the fourth ever to be held on the lush tropical grounds of Allerton and McBryde Gardens and raises funds for the marathon and associated charities. Runners and walkers check-in at the NTBG South Shore Visitor Center parking lot starting at 6am and will be shuttled to the start of the 5k. The race begins near the recently opened Biodiversity Trail, a winding 800-foot path designed to tell the story of plant evolution over the last 450 million years. **For more information and to register, please click on the following link:**

<https://www.thekauaimarathon.com/register/roots-n-shoots/>

Jungle Run and Family Fun Day

Date: **Saturday, April 15, 2018**

Length: **4.5 mile Run/Walk (1.7 mile Student Run/Walk) around Wai Koa Loop Trail**

You are invited to participate in the 1st annual Jungle Run, a 4.5 mile Run/Walk (1.7 mile Student Run/Walk) around Wai Koa Loop Trail on Sunday April 15th, 2018. Following the Jungle Run, join us right next door at Anaina Hou for Family Fun Day – a community event with activities, music, food, and festivities for the entire family to enjoy. All proceeds go to Kilauea School. **For more information and to register, please click on the following link:**

<https://flpregister.com/316>

Charity Walk Kauai 2018

Date: **Saturday, May 12, 2018**

Where: **Vidinha Soccer Field**

When: **Registration 6:30 am; Walk at 7 am**

Distance: **3 miles**

The Kauai Charity Walk supports 60 non-profit organizations in Kauai. All the proceeds raised in Kauai Stay in Kauai.

For more information and to register, please click on the following link:

<http://www.charitywalkhawaii.org/kauai.html>

Old Koloa Sugar Mill Run

Presented by Wilcox Health

**PLACE: Anne Knudsen Park in Koloa
Junction Maluhia Rd (RT520) & Emi Rd
Koloa, Kauai, HI 96756**

DATE: Saturday, November 10, 2018

TIME: Half Marathon run starts at 7:00 AM

5K run and walk starts at 7:15 AM

10K run starts at 7:30 AM

Half Marathon REGISTRATION

\$40.00 at <http://www.active.com> until Nov 8th

Nov. 9 \$40.00 at Kukui Grove, Lihue

10K and 5K REGISTRATION

\$30.00 at <http://www.active.com> until Oct 31st

Nov. 1 - 8 \$35.00 at <http://www.active.com>

Nov. 9 \$40.00 at Kukui Grove, Lihue

For more information and to register, please click on the following link:

<http://oldkoloasugarmillrun.org/>

Kauai Habitat for Humanity Volunteer

Volunteers are an integral component of our work. They have built over 500,000 homes around the world with Habitat for Humanity. On Kaua'i, individual volunteers and volunteer groups have helped build over [100 affordable homes](#) and repaired over 20 substandard homes. Volunteer labor, along with donated materials and private contributions, enables Kaua'i Habitat for Humanity to keep costs low and continue building homes that are truly affordable for needy families.

Enthusiasm, compassion and commitment! Together, we can build simple, decent, affordable homes for families in need on Kaua'i.

Register! Registration is easy as 1 – 2 – 3!

1. Complete the [Volunteer Registration Form](#) (you will also be asked to sign a [Waiver of Liability](#) on your orientation day).
2. Contact our Volunteer Coordinator at volunteer@kauaihabitat.org or at (808) 335-0296 x114 for a schedule.
3. Come ready to work! Closed-toe shoes are required.

Kauai Hospice Volunteer

Volunteers are the hearts and hands of our services and vital to every one of Kaua'i Hospice's programs. Currently, we have nearly 800 volunteers who assist with patient and family care, respite care, bereavement support, office work, public education, special events and fundraising projects. At least 75 of these volunteers are active year-round.

- **Patient Visitor Volunteer** – Provides companionship, respite, chores, errands and light physical care for patients and families
- **Bereavement Volunteer** – Provides continued support to Kaua'i Hospice families through telephone calls and/or visits. May assist with bereavement support groups, memorial services, and children's bereavement activities.
- **Office Volunteer** – Provides filing, computer data entry, typing, telephone, and bulk mailing support
- **Community Volunteer** – Educates the community about Kaua'i Hospice and our services. Assists marketing & development staff at special educational or fundraising events such as community outreach presentations or benefit fundraisers such as the Concert in the Sky and Tour of Homes
- **Professional Volunteer** – Provides leadership to the organizations as a member of the Kaua'i Hospice Board of Directors or other professional services such as notary, massage therapy, reiki, and healing touch
- **Internships and Practicum** – Available intermittently for nursing, social work, and continuing pastoral education students

For more information click on the following link <http://kauaihospice.org/volunteer-training-and-support/>

YWCA of Kaua'i Volunteer

The YWCA of Kaua'i's volunteers play an important role in the agency's ability to serve the community. We welcome volunteers to assist with events, facility improvements and programs. Listed below are a few detailed volunteer opportunities. If you are interested in becoming a volunteer, please fill out our [YWCA VOLUNTEER APPLICATION](#) and email info@ywcakauai.org.

Board of Directors

The YWCA is grateful for the leadership and guidance from our Board. The women who comprise the board are diverse and bring a variety of talents. If you are a woman who is interested in possibly being a Board member, contact Executive Director Renae Hamilton at (808) 245-5959.

Camp Sloggett

YWCA Kaua'i's Camp Sloggett, located within Kokee State Park, is a significantly underutilized asset that has the potential to become a significant source of unrestricted funding for our organization. The YWCA strives to keep Camp Sloggett a peaceful retreat. We appreciate the time and talents of volunteers when we perform our large annual maintenance at the camp.

Maui

Kula Hospital Auxiliary

Kula Hospital Auxiliary is a volunteer service for patients, residents and their families. It operates the Thrift Store, assists with improving the physical facilities and helps staff and residents with day to day operations. Dedicated volunteers provide cheer, care and comfort to all who cross their path. The Auxiliary's primary focus is to support the Hospital's mission and goals by promoting a positive image in the community, advocating for health and wellness through education and information and providing departmental support through volunteer staffing.

For additional information on joining or supporting the **Kula Hospital Auxiliary please call (808) 876-4400.**

Hospice Maui Volunteer

Interested in becoming a **Hospice Maui Volunteer?**

Year Round Volunteer Opportunities

- **Hospice Maui Gift Tags** – Island-wide we have donation boxes with our hand crafted gift tags for sale. These donation boxes help to raise hundreds of dollars for our patient services each year. Consider donating your time to this great project. We could use help painting and / or packaging these gift tags
- **Painting gift tags** – Consider gathering a group of friends to help us paint these gift tags. The sketched designs have been provided. You simply need to add color.
- **Packaging gift tags** – Bring a group of friends to assist us in packaging our gift tags. We will provide the materials, meeting room, and the coffee & tea.
- **Event Poster Distribution** – We often need help distributing and posting our fundraising event announcements and posters. This involves visiting local businesses and asking permission to hang our poster prominently in their windows and / or in their employee break rooms. See the events page for details.

For more information contact our Volunteer Coordinator, Sara Sparling. **Direct Line:** [446-8236](tel:446-8236) **Email:** hospice3@maui.net. Mahalo!

National Kidney Foundation Volunteer

The mission of the National Kidney Foundation is to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases and increase the availability of all organs for transplantation. Volunteering with the National Kidney Foundation of Hawaii gives you a chance to

be a part of that effort. There are an estimated 162,000 Hawaii residents currently living with Chronic Kidney Disease and another 100,000 at risk for developing it. More than 3000 Hawaii residents need life-sustaining dialysis treatments just to stay alive.

What Can I Do?...

The National Kidney Foundation of Hawaii needs people like you!

The NKF needs people of all ages and interests! Volunteer opportunities include:

- Special Events
- Kidney Screenings
- Advocacy Programs
- Office Volunteers
- And more

How Much Time You Give Is Up To You...

Whether you want to volunteer on a regular basis or just occasionally, there are a number of volunteer opportunities available to you. Any time you can give will be greatly appreciated and you'll feel great by helping to improve the lives of all individuals affected by kidney disease.

Volunteers Speak Out...

- "Volunteering is a way of giving back to an organization who has given so much to me"
- "When you focus on the needs of others, your problems become smaller"
- "I'm grateful to society for being alive and its time for payback"
- "As a mother of a child with kidney disease, the situation is out of my hands and I've left things up to God. This is what I can do to help and learn"
- "I get a thrill out of helping others get over their obstacles"

If you are interested in helping, **please call 589-5961** or click [here](#) for volunteer opportunities.

Maui office: **115 South Wakea Ave Suite A, Kahului, HI 96732. 808-986-1900**

Women Helping Women Maui Volunteer

1935 Main Street, Suite 202, Wailuku, Hawaii 96793

Help Us Help the Community by Donating Your Time

Are you interested in helping us on a regular basis? Are you available for a short time only? Would you like to help prepare for our next annual fundraiser?

Volunteers needed for:

Coordinating volunteers

Transporting donations

Receptionist in admin office

Cleaning shelter

Organizing donations

Helping out at ReVive

Putting help flyers in doctors' offices

Grant writing

Research

Contact us at volunteer@whwmaui.net or call **(808) 242-6600 extension 22.**

20th Anniversary Maui Heart Walk 2018

Date & Length: **April 14, 2018; 5K**

Where: **Keopuolani Park Kahului, HI 96732**

Thanks to all our walkers, donors and volunteers who have accepted the challenge to help fight heart disease and stroke. We cannot achieve our mission without each one of you! **For more information and to register,**

please click on the following link: http://www2.heart.org/site/TR/HeartWalk/WSA-WesternStatesAffiliate?fr_id=2916&pg=entry

Maui Charity Walk 2018

Date: **Saturday, May 12, 2018**

Where: **Maui War Memorial Park Soccer Field**

When: **Registration 6:30 am – 7:30 am; Walk at 7 am**

Length: **3.1 miles**

Gives everyone a chance to raise money for Hawaii's charities. Walk with the Hawai'i Lodging & Tourism Association and their allied members to help build a better, healthier Hawaii, for all of us. **For more information and to register, please click on the following link:**

<http://www.charitywalkhawaii.org/maui.html>

Run Forrest Run Front Street Mile & 5k.10k

Date: **September 15, 2018**

Time: **5k/10k 7am & Mile 9am**

Packet pick-up: **Mandatory pickup 9/14/2017 Location - Maui Sugar Store at 878 Front Street Next to the Maui Theatre. 1-5pm**

The Run Forrest Run Front Street Mile is in its 18th year on the beautiful island of Maui. This flat out and back course along the shoreline in the old whalers town of Lahaina is one of the most popular races on Maui. Narrow streets and packed crowds in this historical area, makes this a great race for not only the kids, but the adults to. The mile begins and ends in front of Bubba Gumps Shrimp Co. **For more information and to register, please click on the following link:** <https://www.active.com/lahaina-hi/running/distance-running-races/run-forrest-run-front-street-mile-and-5k-10k-2018>

Kaiser Permanente Volunteering

A limited number of volunteer positions are available at Kaiser Permanente. Click [here](#) to apply.

Molokai

Molokai Charity Walk 2018

Date: **Saturday, May 5, 2018**

Where: **Hotel Molokai with a turnaround at Friendly Isle Auto**

When: **Registration 6:30 am – 7 am; Walk to 7 am**

Distance: **1.24 miles**

Gives everyone a chance to raise money for Hawaii's charities. Walk with the Hawai'i Lodging & Tourism Association and their allied members to help build a better, healthier Hawaii, for all of us. **For more information and to register, please click on the following link:**

<http://www.charitywalkhawaii.org/molokai.html>

Molokai Community Health Center Volunteer

If you are interested in volunteering or have questions regarding volunteer opportunities, email mchc@molokaichc.org.

Kalaupapa Volunteer

Kalaupapa has an active volunteer program. In 2014 alone, 245 volunteers gave over 13,000 hours of service. We provide each of our volunteers with opportunities give back to the community, gain work experiences, meet new people, and participate in resource stewardship. In return, volunteers make valuable contributions toward the park's mission to protect natural and cultural resources. Due to staffing, housing, and transportation limitations, we can only accommodate groups of 12 people or less. All volunteers must be age 16 or older in accordance with Kalaupapa settlement rules. ALL volunteer groups MUST comply with these rules. See here: <https://www.nps.gov/kala/getinvolved/volunteer.htm>

Molokai Humane Society Volunteer

Volunteer Opportunities:

- Vet appointment scheduling and check in's
- Spay and Neuter program volunteers
- Event coordination and fundraising
- Clinic Beautification
- Website Updates
- Foster an animal

For more information, contact Molokai Humane Society at their **clinic location: 3104 Maunaloa Highway Ho'olehua HI 96729; Office number: 808.558.0000**; Email: molokaihumanesociety@gmail.com

Lanai

Lanai Charity Walk 2018

Date: **Saturday, May 5, 2018**

Where: **Start – Park adjacent to the Lanai Fire Station on Fraser Street**

When: **Registration 9 am; Walk at 9:30 am**

Gives everyone a chance to raise money for Hawai'i's charities. Walk with the Hawai'i Lodging & Tourism Association and their allied members to help build a better, healthier Hawai'i, for all of us. **For more information, please click on the following link:** <http://www.charitywalkhawaii.org/lanai.html>

Lanai Culture and Heritage Center Volunteer

The vision and mission of the Lāna'i Culture & Heritage Center (Lāna'i CHC) includes, but is not limited to the collection, preservations and display artifacts of traditional, cultural, historical and artistic value to the people and island of Lāna'i—representative of Lāna'i's Hawaiian culture, ranching era, diverse populations who built the pineapple plantation and community on the island, and natural history.

Our programs seek to educate and cultivate interest and knowledge in the history, folklore, culture, customs and practices of Lāna'i. Identify and recommend cultural and natural landscapes and archaeological sites of historical importance and interest to Lāna'i for preservation, and to determine levels of access and interpretation. Study and promote awareness of the unique environment and ecosystems of Lāna'i. Develop programs to ensure preservation of the island's endemic and indigenous life forms.

Our goal is to provide long-time island families, youth, new residents, visitors, business interests and all interested parties with a sense of place and cultural attachment to the unique cultural and natural histories of Lāna'i. See here: <https://www.lanaichc.org/volunteers.html>

Lanai Nursing Homes Volunteer

Opportunities here, but nothing with a site: <http://local-nursing-homes.com/nursing-homes-volunteer/hawaii/lanai-city/125023-lanai-community-hospital>

For Everyone

Susan G. Komen Hawaii Volunteer

Our volunteers come from various backgrounds, but they have a few things in common, their hearts are pink, and their caring has no limit.

Are you a leader, a thinker or a doer? Use your talents in our promise to save lives and end breast cancer forever! We need you now more than ever.

Volunteers provide countless hours contributing their skills to further the Susan G. Komen for the Cure® promise. We will work with your availability. Every minute you spend helping gives another minute of hope to those affected by breast cancer.

Program areas include:

- Social Media
- Administrative
- Education Committee
- Special Events
- Development – ‘Friendraiser’

To apply for a volunteer position, please [click here to complete your online application](#).

Hawaii Pacific Health Volunteer

Volunteering at Kapiolani, Pali Momi, Straub and Wilcox provides many rewarding benefits, including making a difference in the community, gaining valuable experience and meeting a variety of people.

We're looking for individuals with:

- A positive attitude
- Open mindedness and flexibility
- Maturity and respect for others
- Genuine desire to help others
- Sincere interest in the facilities

Volunteers must also be **at least 16 years old** and commit to working a **regular weekly schedule for three to six months**.

Many volunteers work directly with patients, assisting staff in transporting, visiting or reading to patients. The information desk, patient care units and gift shop are just a few of the areas where volunteers can provide assistance.

As a volunteer, you become a member of our health care team. Because our patient's health and safety is of utmost importance, our volunteers go through a screening and orientation process similar to that of our hospital staff.

Volunteer screening and orientation takes about three to four weeks from the time we receive your completed application.

- To volunteer at Kapiolani, Pali Momi or Straub, please fill out the following:
 - [Adult application](#)
 - [High school application](#)
- To volunteer at Wilcox on Kauai, please fill out the following:
 - [Adult application](#)
 - High school applicants accepted at a later date.

For general questions, please call Volunteer Services on Oahu at: 1-808-983-6333.

On Kauai, please call 1-808-245-1100.

Kaiser Permanente Volunteer

We are looking for responsible student and adult volunteers with a passion for community service to join our health care teams. Whether you want to give back to the community, need to complete service hours, or simply enjoy meeting new people and making new friends, our volunteer program offers many opportunities to fit your talents, skills, and our organization's needs. The most important requirement is a strong commitment to help others in a service-related environment. Kaiser Permanente is one of the largest health care organizations in the state of Hawaii with a rich heritage and a commitment to provide high quality health and life care. Our volunteers are a vital part of our mission to improve the health of our community.

Minimum requirements:

- **16 years of age** at the time of application
- pass **interview, health, and background screening**
- commit to volunteer **four hours per day, one day per week, for at least 80 hours**

[Click here to apply online](#). Once you fill out the application, complete the following forms and email to hi.kp.volunteer@kp.org.

- For **adults**, fill out the [adult volunteer acknowledgement/commitment form \(PDF\)](#).
- For **students**, fill out the [Service Learning Agreement form \(PDF\)](#) and have your health care provider complete the [health requirements form \(PDF\)](#). This must be completed and brought to the interview.
- For **adults and students**, return 2 [volunteer recommendation forms \(PDF\)](#).

For more information, email hi.kp.volunteer@kp.org or call our **Volunteer Services department** at 808-432-8138.

Mahalo,
Monique, JD, Bree, Alex and Jolene
Your PHCC Advisors



Yogarden Community Gardening Volunteer Event



JABSOM Day



Simtiki at JABSOM