

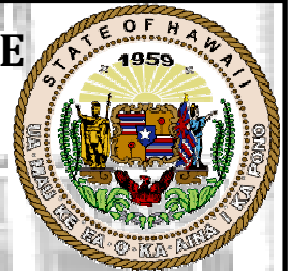


REPRESENTATIVE RYAN YAMANE

District 37, Mililani · Waipi'o Gentry

CHAIR, Health Committee
COMMITTEE MEMBER,

Education
Higher Education
Hawaiian Affairs
Human Services



Contact

Tel: 586-6150

Fax: 586-6151

Room 419

repyamane@capitol.hawaii.gov

Neighborhood Board Report · October 2010

Aloha,

October has been a busy month with community events, breast cancer awareness, and public outreach for flu vaccinations.

October is also Breast Cancer Awareness month, also known as "**Pink month**".

October 2nd, the American Cancer society kicked off the month with its **Making Strides Against Breast Cancer Run/Walk** at Ford Island.



Susan G. Komen Hawaii held their **Race for the Cure** in Honolulu on October 17th at Kapiolani Park.

The **Cancer Research Center of Hawaii** will be having a Ground Blessing Ceremony on October 28th near the Kaka'ako John A. Burns School of Medicine Building. Since 2005, I have been an avid supporter of Hawaii's need

for a Cancer Research Center and I will be very glad to be a part of the ground blessing.

Parents, don't forget upcoming **school vaccinations**. The Department of Health is visiting public and private schools for the months of October and November to provide flu vaccinations for our keiki.

A list of public flu vaccinations is on the next page.



I am dedicated to working hard to serve you. Please feel free to contact me anytime by phone, fax, or email and mahalo for your continued support.

With Warmest Aloha,

Please remember that it is still Hurricane Season in Hawaii

Stay prepared and make sure your family has a plan.



Kanoelani Elementary School's "Drive to the Top" Golf Tournament

Earlier this month, Waipio Gentry's Kanoelani Elementary School held their "**Drive to the Top**" golf tournament to benefit the school to purchase additional computers for students.

It was a very successful event "driving" our keiki to the top, I was very happy to volunteer for the students.



(Above) Volunteering at the putting contest.

(Below) With Kanoelani PTA President, Mislyn Alensonorin, and Kanoelani School Principal, Sandy Ahu.



Don't let the flu catch you!

Upcoming Flu Vaccination Clinics in Mililani and Waipio:

Thursday, November 11th: Mililani Consolidated Theatres 14

8:00am-10:30am FREE for HMSA and Medicare Part B members

- Must be 18 years or older, remember to bring a photo ID or driver's license
- Non-HMSA members pay \$40.
- Call 948-6111 for more information

Monday, November 22nd: Leeward YMCA (Old Waipahu Sugar Mill)

9:00am-3:00 pm FREE for HMSA and Medicare Part B members

- Must be 18 years or older, remember to bring a photo ID or driver's license
- Non-HMSA members pay \$40.
- Call 948-6111 for more information

Can't make it? Call these businesses to make an appointment.

Mililani Town Center Longs Drugs

Flu and Pneumococcal Vaccines available

- Call 625-5222 or visit www.longs.com for more information
- Appointment hours : Mon-Fri: 7am-10pm, Saturday:7am-9pm, Sunday: 7am-7pm

Mililani Marketplace Longs Drugs

Flu and Pneumococcal Vaccines available

- Call 623-6636 or visit www.longs.com for more information
- Appointment hours : Mon-Fri: 8am-9pm, Saturday:8am-7pm, Sunday: 8am-5pm

Mililani Times Fujioka's & Rx

Flu Vaccine only

- Call 625-8010 for more information
- Walk-ins available, but appointments are preferred
- Appointment hours : Mon-Sat: 9am-8pm, Sunday: 10am-6pm

Kmart Waipahu

Flu and Pneumococcal Vaccines available

- Call ahead to make an appointment: 678-9701
- Appointment hours : Mon-Fri: 9am-9pm, Saturday:9am-7pm, Sunday: 10am-6pm

8 Tips to Beat the Bug:

- 1.) Get vaccinated
- 2.) Cover your cough or sneeze with a tissue
- 3.) Wash your hands often
- 4.) Use hand-sanitizing gels
- 5.) Clean hard surfaces with soap and water
- 6.) Avoid touching your eyes, nose and mouth
- 7.) Stay home if you're sick
- 8.) Stay HEALTHY! Get regular checkups, eat well and exercise daily

provided by:

The Hawaii Department of Health



The Department of Health will be visiting our community to give flu shots to our students. Keiki from Kindergarten to Eighth Grade are able to receive this free flu vaccine. **Here are the dates our schools will be visited:**

- Kanoelani Elementary School: **November 30, 2010**
- Highlands Intermediate School: **November 18, 2010**
- Mililani Uka Elementary School: **October 20, 2010**
- Mililani Waena Elementary School: **October 20, 2010**
- Kipapa Elementary School: **November 17, 2010**
- Mililani Middle School (first clinic): **November 24, 2010**
- Mililani Middle School (second clinic): **November 30, 2010**
- Hanalani Schools: **October 21, 2010**

Upcoming Halloween Events:

October 30 (11am-2pm): **Mililani Town Center** will be having a Halloween Spooktacular with a costume contest beginning at 11:45 and parade at noon! Two grand prizes will be awarded, plus candy and fun!

October 29-30 (5:30pm-9pm): **Mililani Middle School** will be having a Haunted House in C building!

October 31: HAPPY HALLOWEEN! Please Stay SAFE!

