

A Weekly Publication of the People of The Queen's Health Systems

The Queen's Medical Center – Punchbowl • The Queen's Medical Center – West O'ahu • Moloka'i General Hospital • North Hawai'i Community Hospital

The King's Legacy

THE INSTITUTIONS and legacies of King Kamehameha IV and Queen Emma exist to this day, but the glory years of their reign and marriage were short. Alexander Liholiho's reign lasted only 9 years and his marriage to Queen Emma only seven—both were cut short by his untimely death in 1863 at 29 years of age.

Born on February 9, 1834 in Honolulu, Alexander 'Iolani Liholiho Keawenui was adopted under the custom of hanai by his uncle, Kamehameha III, who decreed that he would be heir to the throne. The

grandson of Kamehameha I, Liholiho was born to Mataiao Kekuanaoa, governor of Hawai'i, and Kīna'u, the Kuhina Nui, or prime minister, of the Kingdom of Hawai'i.

Liholiho was just shy of 22 years of age when he ascended the throne. Tall and slender, he was described by many as handsome. He was plagued by asthma, which often kept him from performing his public duties. He had an excellent mind, notable for breadth of knowledge and quick perception, rather than depth of knowledge. Fluent in both Hawaiian and

English, the new king was more European than Hawaiian, and was aristocratic, believing it was the duty of the upper class to govern the lower classes. Liholiho . . . took seriously his role in maintaining Hawai'i's independence while protecting the welfare of his people.

Liholiho and Emma had a deep affection for each other, and married in 1856. On May 20, 1858, the queen gave birth to a son, Albert Edward Kauikeaouli Leiopapa a Kamehameha. There was great joy on behalf of the little prince, and the



subjects of the kingdom pinned their hopes on the prospect that Albert would one day ascend the throne.

The young queen exerted a strong influence on the king to establish a hospital, although Liholiho was already interested in establishing one. In closing the 1859 session of the legislature, the king expressed great satisfaction in the establishment of The Queen's Hospital: "Let the fact be made known, that in Honolulu the sick man has a friend in everybody. Nor do I believe that He who made us all . . . has seen with indifference how the claims of common humanity have drawn together, in the subscription [donation] list, names representative of almost every race of men under the sun."

At the laying of The Queen's Hospital cornerstone, the king said, "...let me remind you that so long as sickness shall exist, there will be a duty imposed upon us. . . . Society makes distinctions broad enough, but strip us of our artificial robes,

(Continued on page 4)

**FRIDAY
FEB 9**

**Alexander
Liholiho 'Iolani
Kamehameha IV**
184TH BIRTHDAY
COMMEMORATION

9:00 am - Mauna 'Ala
11:00 am - Queen's Conference Center
Mabel Smyth Auditorium

The Queen's Medical Center continues to uphold the values of its founders and carries on its mission to provide in perpetuity quality health care services to improve the well-being of Native Hawaiians and all of the people of Hawai'i.

Please join us for this commemorative celebration.

THE QUEEN'S MEDICAL CENTER



Sports Medicine at Queen's

The Queen's Center for Sports Medicine offers customized, age-appropriate care and prevention with rapid, accurate diagnosis and treatment. The team offers focused expertise to help athletes and active people maximize performance and minimize injury.

- Same day or next day appointments
- Board-certified sports medicine experts
- Quick access to advanced imaging techniques (CT, MRI) read by board-certified musculoskeletal radiologists
- Age-appropriate treatment of acute and chronic injuries
- Advanced surgical techniques designed for active individuals
- Sports medicine physical therapy services catered to the needs of injured active individuals
- Community education and service programs
- Direct communication with primary care physician

The Queen's Medical Center

Monday - Friday
8:00 am - 5:00 pm

The Queen's Medical Center - West O'ahu

Monday - Friday
8:00 am - 5:00 pm

Call: 808-691-4449

Queen's Sports Medicine Offers Care & Prevention

by Lisa Sekiya
QHS Corporate Communications

THE NEW YEAR is the perfect time to set new fitness goals. Many folks sign up for charity events (like the upcoming Great Aloha Run), or join volleyball, softball, soccer or basketball teams. The Queen's Center for Sports Medicine has a full team of specialists to



Rachel Coel, MD

help out if there is a sports-related sprain, strain, concussion, fracture or other injury.

Rachel Coel, MD, Sports Medicine's medical director, offers a few tips for those getting back into activity after being sedentary.

- Many people mistakenly believe that shorter races do not need preparation, but that is simply not true. Even running a 5K (3-mile) race needs preparation to prevent injury.
- The simplest way to train is to run short distances every other day during the week and to run a longer distance on weekends. The longer weekend run should increase by no more than 1 mile per week, finishing with an 8-mile run

at least one week before the event.

- Proper footwear is important. Everyone's body is shaped uniquely and moves differently, so it is helpful to go to a dedicated running shoe store to find a shoe that best fits your particular body type and running style.
- Always make time for a proper warm up and cool down.
- Wear sunscreen, a hat and sunglasses during training runs and on the day of the race.
- It is really important to be sure to get enough sleep to support your body and help it recover during training. Adults should aim for 8 hours of sleep per night, and children and teens are advised to get 8-10 hours of sleep each night.
- Stay properly hydrated. Hydration works best when done consistently. Don't wait until you are thirsty. Water is generally all you need for runs less than an hour long. For longer runs, consider a drink with electrolytes and glucose, such as Gatorade.
- Running isn't for everyone. The key is finding an activity you love that fits your lifestyle. A great motivator can be finding a friend to commit to a routine with you.
- Exercise coupled with a healthy, balanced diet of appropriate portions is key to success.

"I have always enjoyed jogging and have done it since my high school days at Punahou," commented Dr. Coel. "I signed up for the Great Aloha Run with my husband as a healthy activity we can enjoy

together." She added she also appreciates the charitable focus of the Great Aloha Run. "Knowing my registration fee is going to the greater good of our Hawai'i community makes it even better. I'm looking forward to the energy of the crowds, the music and entertainment, and celebrating at the end. I am not a fast runner, but I enjoy the exercise and I always feel energized after I run."

The Queen's Team is more than 400-members strong for the upcoming Great Aloha Run (GAR) on Presidents' Day, February 19, and is one of the largest organizational teams in the race.



Queen's 'ohana at last year's Great Aloha Run.

Discovering Our Queen

QUEEN EMMA lived aloha through acts of loving kindness throughout her life. We extend her aloha to patients, visitors and coworkers through the Queen Emma Way.

The Queen Emma Way is a renewed system-wide focus on improving our patients' experience drawing on our Founders' values and focusing on acts of kindness. But the Queen Emma Way encompasses much more. Its purpose is to impact our entire culture as we reconnect with our purpose and mission; apply Queen Emma's values to all; and learn consistent behaviors that project our aloha spirit. Come and discover the Queen Emma Way:

Wednesday, February 14

Queen's – Punchbowl

Time: 10:00 am – 3:00 pm

Location: Harkness Café Lawn

Queen's – West O'ahu

Time: 11:00 am – 2:00 pm

Location: 5th Floor Dining Conf. Rm.

North Hawai'i Community Hospital

Time: 11:00 am – 1:30 pm

Location: Chapel (next to cafeteria)

Molokai General Hospital

Details to be announced

Roving displays to visit units during other shifts. Receive a keepsake poster upon completing your visit!



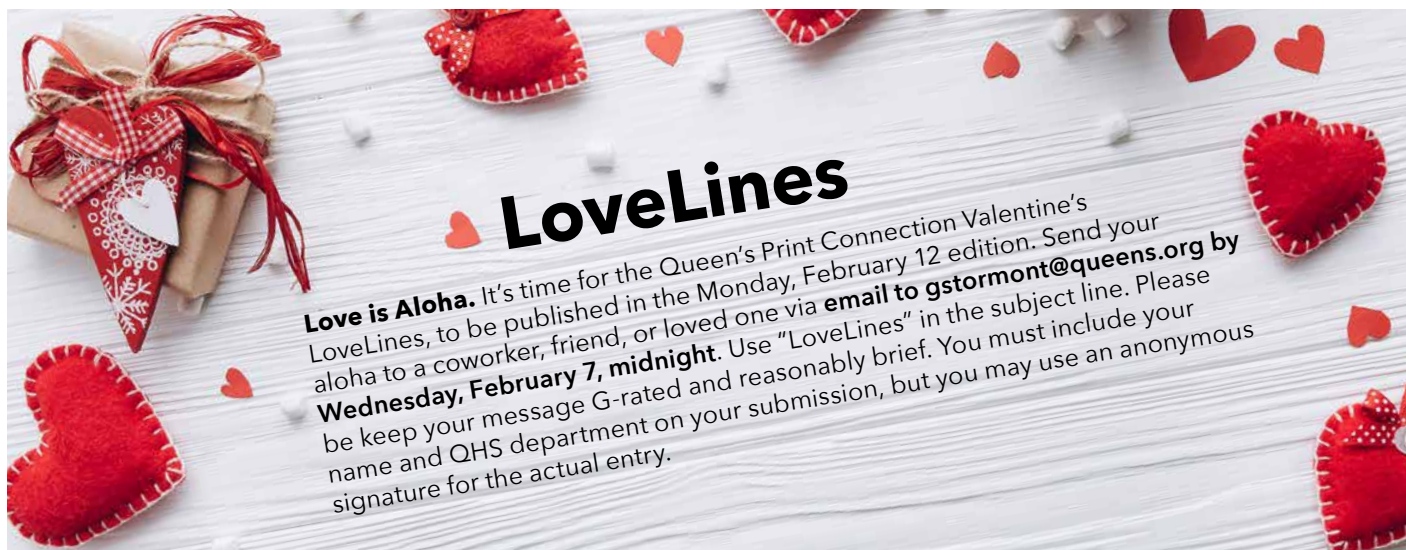
Discovering Emma

The Heart of a Queen

Wednesday, February 14

Queen's – Punchbowl
Queen's – West O'ahu
North Hawai'i Community Hospital
Molokai General Hospital

- This special event is the first step on the Patient Experience journey of living the Queen Emma Way.
- Discover Emma by learning about our Queen and her values.
- Receive a keepsake poster upon completing your visit.
- Refreshments will be served.



LoveLines

Love is Aloha. It's time for the Queen's Print Connection Valentine's LoveLines, to be published in the Monday, February 12 edition. Send your aloha to a coworker, friend, or loved one via **email to gstormont@queens.org** by **Wednesday, February 7, midnight.** Use "LoveLines" in the subject line. Please be keep your message G-rated and reasonably brief. You must include your name and QHS department on your submission, but you may use an anonymous signature for the actual entry.



GREAT ALOHA RUN Queen's Team T-shirts may be picked up Monday, February 12 - Friday, February 16, from 11:00 am - 1:00 pm at the Harkness Cafe Kiosk - Punchbowl. Queen's West will be distributing shirts that week also; contact awilburn@queens.org. For all other locations, contact Lisa at lsekiya@queens.org to make arrangements. Presidents' 100 Club wristbands must be picked up at the GAR Expo February 16 - 18.

THE CARDIOLOGY CLINIC at North Hawai'i Community Hospital has moved to the north end of the Lucy Henriques Building. The phone number remains the same, 881-4658.

DIANE BRENESSEL, RT, is now Manager of Respiratory Care Services and will provide leadership and direction for Respiratory Therapy and the Pulmonary Laboratory. At Queen's for over 20 years, Diane is an effective educator and clinical liaison for physicians, nursing, patients, and family members.

THE ANNUAL QHS Corporate Compliance anonymous survey is now online at <https://www.surveymonkey.com/r/G938FBH>. Your feedback will help make improvements to support your compliance needs.

NOMINATIONS ARE NOW open for the 2018 Ke Kauka Po'okela, Outstanding Physician Awards. Nomination forms are available at Queen's Punchbowl in Harkness Dining Room or from the Referral Line office in Harkness 303 or 307. An electronic writeable version was also included in a recent all users email. If using the writeable electronic nomination, please be sure to re-name the file by adding your initials at the end. E-mail nominations to malvarez@queens.org or fax to 691-7877.

WEIGHT MANAGEMENT options, both surgical and non-surgical, will be present

ed by the Queen's Comprehensive Weight Management Program staff on several dates and locations throughout the month. Join them on Wednesday, February 7, at the 'Ewa Beach Public & School Library, from 5:00 - 7:00 pm. On Saturday, February 10, they'll be at The Queen's Health Centers - Hilo at 9:00 am, 10:30 am, or 2:00 pm. The Queen's Health Care Centers - Kona will host on Saturday, February 24, from 2:00 - 3:00 pm. A session will be held at the Waimanalo Public & School Library on Wednesday, February 12, from 6:30 - 7:30 pm. A session in Honolulu meets on Wednesday, February 28, from 5:00 - 7:00 pm at the Queen's Conference Center. A video conference session will be held in the Molokai General Hospital conference room on Wednesday, February 28, from 5:00 - 7:00 pm. Register online at www.queensmedicalcenter.org/weightloss or call 691-7546. For MGH's video presentation call 553-3189.

"KEEP IT MOVING with Exercise," a Wellness Lunch & Learn session sponsored by QHS, will be held at the Laniakea YWCA on Tuesday, February 13, from 11:30 am - 1:00 pm. Join QMC - West O'ahu internist Beata Summer-Branson, MD, as she discusses the benefits of physical activity as part of a regular routine. Learn how much and what type of exercise is suggested for different age groups; how your exercise routine may change after an injury, surgery, or while traveling; tips to determine exercise options. Admission including lunch is \$18 for YWCA members; \$25 for non-members; or \$300 as a table sponsor with seating for 10. Register at www.ywcaoahu.org/upcoming-events/keepitmoving.

"A PAIN IN THE GUT: When to Worry, When to Hurry," a free Speaking of Health community lecture, will be held on Thursday, February 15, from 6:00 - 7:00 pm at Queen's - West O'ahu. General surgeon Cecily Wang, MD will discuss causes and types of abdominal pain, when to see a doctor, plus pain caused by abdominal surgeries. To register call 691-7117 or register online at www.queenswestoahu.org/classes-and-events.

24 HOUR FITNESS now offers friends and family their first month free when added to your new membership. Use promo Code CFMFH9Y8C2.

The King's Legacy

(Continued from page 1.)

and we are one and all equally naked and equally exposed to the keen winds of want and the torments of disease."

In addition to establishing the hospital, the king assumed leadership in establishing the Anglican Church in Hawai'i, [which] eventually led to the founding of 'Iolani School in 1863. The king also translated the Book of Common Prayer into Hawaiian.

In late August 1862, ...[Prince Albert] took ill, [but he] succumbed to his illness. Liholiho blamed himself...although there was nothing he could have done. Over the course of a year and until his death, the king did not seem well and kept out of the public eye as much as he could. His health was affected both by grief and chronic asthma, and perhaps other causes, but no one expected his early death on November 30, 1863.

Editor's note: This story is excerpted from *The Queen's Medical Center*, a book written by Jason Y. Kimura for the 150th anniversary of The Queen's Medical Center, published in 2009.



The *Queen's Print Connection* is published by Creative Services. If you have news or wish to opine, call 691-7532 or email jkimura@queens.org. The news deadline is Monday prior to publication.

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The Queen's Health Systems consists of The Queen's Medical Center, The Queen's Medical Center - West O'ahu, The Queen's Health Care Centers, Queen Emma Land Company, Queen's Development Corporation, Queen's Insurance Exchange, Inc., Molokai General Hospital and North Hawai'i Community Hospital, and has ownership interests in CareResource Hawai'i, Hamamatsu/Queen's PET Imaging Center, and Diagnostic Laboratory Services, Inc.

