

# KOKO



## Kīpuka o ke Ola's

(Five Mountains Hawai'i Inc.)

## Annual Report - 2019

# INTRODUCTION

In August 2013, Kīpuka o ke Ola, also known as KOKO, was founded. Two Clinical Psychologists (Dr. Claren Kealoha-Beaudet and Dr. Franco Acquaro), along with five Native Hawaiian community leaders (original Board of Directors: Sonny Shimaoka, Bob Lindsey, Jennifer Bryan, Russell Paio, and Wally Lau), embarked on the journey to establish a Native Hawaiian Health Clinic in Waimea on the Big island of Hawai'i. This initiative was born in response to a community needs assessment conducted by the Waimea Hawaiian Homesteaders' Association which called for a health clinic that could specifically address the health disparities endured by Native Hawaiians in North Hawai'i.

In January 2014, the late Earl E. Bakken joined forces with KOKO and helped establish KOKO as a dba under the existing Five Mountains Hawai'i Inc 501c3 non-profit.

From 2014-2016, KOKO grew to include a suite of integrated health services including behavioral health and primary care services.

From 2017-2019, KOKO celebrated the grand opening of its new ADA-compliant facility and became Hawai'i's only Federally Accredited Independent Native Hawaiian Rural Health Clinic! It also expanded services to include Women's Health and patient care coordination/case management services.

In its first six years of operations, KOKO has been honored to have received the endorsements from such notable organizations as the Royal Order of Kamehameha I (Moku o Kohala), Office of Hawaiian Affairs, Waimea Hawaiian Homesteaders' Association, Kailapa Community Association, La'i'opua 2020, County of Hawai'i's Mayor's Office, Nā Kālai Wa'a, Kanu o ka 'Āina Learning 'Ohana, , the Kohala Center, Pelatron Center for Economic Development, and Hui Mālama Ola Nā 'Ōiwi.



## **Vision Statement:**

**The Native Hawaiians living in North Hawai'i will enjoy the highest quality comprehensive healthcare from prenatal to end of life.**

## **Mission Statement:**

**Kīpuka o ke Ola provides cultural, spiritual, medical, and psychological services to all residents of North Hawai'i with a special emphasis for the Kanaka Maoli. This mission is our kuleana.**

**Kīpuka o ke Ola provides culturally informed direct services, actively collaborates with Hawaiian agencies & associations in order to meet their members' needs and is led by the community it serves.**

# REFLECTIONS

Developmentally speaking, Five Mountains Hawaii – Kīpuka o ke Ola has done some growing up in the year 2019. We on-boarded approximately 800 new patients, hired much needed new staff, added four new patient rooms, and launched women's health and indigenous health services in honor of our founder Dr. Earl Bakken. However, the reason for our existence is always to benefit the health care needs of our lāhui. So, in speaking to that kuleana, KOKO completed 8800 patient visits in the year 2019. I would like to extend my most humble aloha to all KOKO's patients for entrusting your health to our care. Our founder, Dr. Earl Bakken, envisioned a system of health care that would embrace individual differences by blending health care modalities in a respectful manner that honors the patient's perspective of health. This was the intention when we added women's health, acupuncture, lomilomi massage, and lā'au lapa'au to our service delivery at KOKO. It is our hope that as we gather the various fragrant blossoms and vibrant foliage in the rain forest of Kohala we will have woven (wili) together a tight and vibrant lei haku of keola. I look forward to what this new decade will bring to KOKO and promise to stay grounded in the lāhui of Waimea as we holomua together.



**Claren Kealoha-Beaudet, Psy.D.**  
KOKO Executive Director

Here we are at the end of another year and the beginning of a new decade!! We've had another amazing year at KOKO! We expanded staff, services, and facilities! Our board, management team, provider panel and support staff are binding together in deeper and stronger ways and it makes for a coming to life of the ideal of "all hands working together in the lo'i patch." We are also proud that we have developed an organization that truly reflects the community it serves and this is evident in the fact that we have women and Native Hawaiians in leadership roles throughout the agency. Here's to further growth and reaching our vision of a healthy lāhui and healthy larger community!



**Franco Acquaro, Ph.D.**  
KOKO Associate Director

I was privileged to join KOKO in 2019 as the clinic's Medical Director. Diabetes, obesity, and high blood pressure take a terrible toll on the Hawaiian community, and we have brought special focus to these conditions through the team-based Ulu Laukahi Project and by developing and implementing state of the art clinical guidelines for their treatment. In 2020, we look forward to providing a culturally holistic health experience by integrating traditional Hawaiian healing practices with western medical therapies to provide the "best of both worlds" for our patients. It is an exciting time to be part of KOKO as we build to offer the highest quality comprehensive healthcare to our lāhui.



**Ken Riff, M.D.**  
KOKO Medical Director

On behalf of the KOKO Board of Directors I want to thank all those community members and organizations who generously supported our work in 2019! We continue to grow to meet the needs of our lāhui. Last year we added a new highly-accomplished Medical Director, a Women's Health provider, a 3rd Clinical Psychologist, a Patient Care Coordinator, and a Patient Case Manager! This strengthens our ability to narrow the health disparities between Native Hawaiians and the rest of the State's population - the core of our mission at KOKO! In 2020 we'll do even more! We are currently expanding our physical facilities and adding a Native Hawaiian Healing Practitioner - who will provide lomilomi massage, lā'au lapa'au (herbal healing), and acupuncture services! We are humbled to be able to serve our lāhui and larger Waimea community with all of their health needs!



**Sonny Shimaoka**  
KOKO Board President

# 2019 HONOREE



## M. Keaulana Holt, M.S.W.

Keaulana Holt & Dr. Claren Kealoha-Beaudet

Can you relate to moments when you meet someone for the first time and something in your bones and spirit sends a special type of signal to your brain notifying your conscience that this person has always been your hoaloha? Well, if you can relate to this sentiment then you will understand the unique relationship that I have had the privilege of sharing with Keaulana Holt. If you have the honor of meeting Keaulana you will most likely never forget him. He is a 6'6 Native Hawaiian gentlemen with penetrating soulful green eyes and an intelligent quick wit that leaves your head spinning if you stop paying attention for even a second. When I met Keaulana he was the director of Papa ola Lokahi's Native Hawaiian Health Scholarship program of which I am a grateful benefactor. It was at a conference in LA where we sat together in the bar of the Hotel and shared our personal stories. Keaulana listened with intent as I shared my vision for a Kipuka in Waimea Hawaii that would pay special attention to the ola or health needs of Native Hawaiians on the Big Island. Keaulana's green eye's sparkled with enthusiasm for such a relatable project as he too shared a feeling of kuleana for the health of his own 'ohana and lahui. Keaulana took on the role of Kahu for this project as he pushed, gently nudged and coached me toward a better and clearer understanding of health care systems. I was not a fluid learner but perhaps more of a pakiki (stubborn) Native Hawaiian women who had difficulties with the acceptance of social injustices. Keaulana took the time to teach me that not all injustices will be solved in one project, but with a consistent and unwavering approach we will eventually reach Kahiki (the destination). Under his watchful guidance Five Mountains Hawaii – Kipuka o ke Ola was able to attain the Federal Rural Health Care designation. This designation allows KOKO to turn over the financial constraints of Insurance driven managed health care, to a system that exists for the betterment of the disenfranchised members of the community. One small step toward social justice. Keaulana has played an integral role in the existence of Five Mountains Hawaii – Kipuka o ke Ola, so with every ounce of my aloha Keaulana, I remain in deep gratitude to you in perpetuity. Mahalo piha my hoaloha, aloha wau ia oe.

Me ke aloha,

Claren Kealoha-Beaudet, PSY.D.

# 2109 NEW PROJECTS SPOTLIGHT

## Women's Health

With the addition of Jennifer Bell (FNP), we began our Women's Health services providing Gynecological and Uro-gynecological care!



## Internal Medicine

With the addition of Dr. Ken Riff (M.D. Internist) we were able to offer some of our Ulu Laukahi Project participants his expertise in Internal Medicine!

## Patient Case Management/Care Coordination

KOKO provided this much needed service to our patients - helping them apply for various benefits; obtain authorization and specialty referrals; secure health insurance coverage; and patient navigation support in the larger healthcare system.

## Facility Expansion

As we added new services and new providers, we needed to add more treatment rooms! 2019 saw the addition of four additional treatment rooms! We now have 11 rooms in which we can see our patients!

# 2019 HIGHLIGHTS & REVENUE

## 2019 KOKO Highlights

2,663 patients (up 20% from 2018)

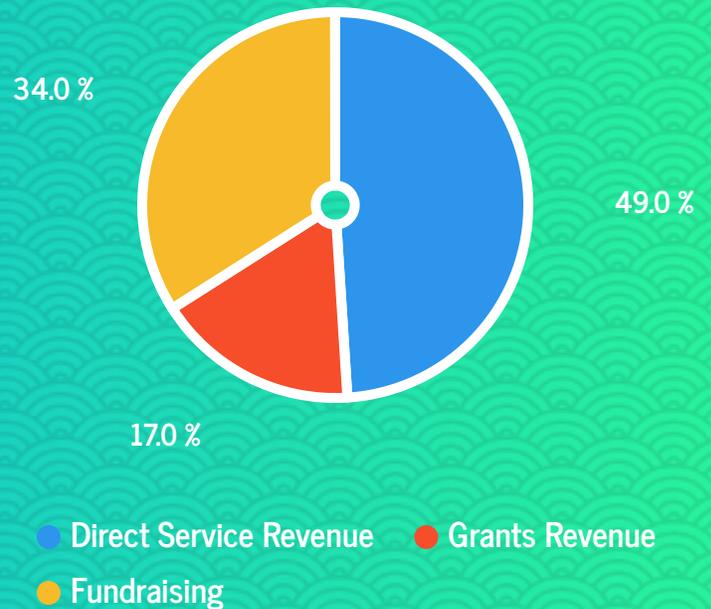
8,800 patient encounters

7 healthcare providers,  
7 support staff, and  
8 board members

Continued special health project:  
Ulu Laukahi Project 2.0

Added 2 new services:  
Women's Health & Internal Medicine

## % From Revenue Sources



A very special mahalo to all our 2019 grantors:

County of Hawaii  
Office of Hawaiian Affairs  
HMSA Foundation  
Hawaii Community Foundation-Flex Grant  
William & Dorothy O'Neill Foundation



# GOING FORWARD

## Lomilomi Massage, Lā‘au Lapa‘au, and Acupuncture



In January 2020, our newest provider - Darrell Lapulapu (MAT, LAc) - will begin offering our patients lomilomi massage, la‘āu lapa‘au, and acupuncture services.

**Lomilomi Massage:** Applying a mixture of different techniques (Hawaiian lomilomi, deep tissue and soft tissue massage, acupressure and Thai massage) to help improve circulation, promote relaxation, relieve stress, and aid with pain management.

**Lā‘au Lapa‘au:** Using lā‘au traditional herbs of Hawaiian medicine in combination with Chinese formulas and western herbology preparations.

**Acupuncture:** Assisting with pain management and correcting the imbalance of Qi. These services are provided in conjunction with the rest of your team of healthcare providers at KOKO.

## Waimea Nui Project

It is the KOKO Board’s strategic goal to build a new and expanded Clinic at the Waimea Nui Project in 2023!

This year KOKO will further its efforts to plan, design, and raise funds for the eventual building of this facility. The project site is located on 161 acres in the Pu‘ukapu Homestead Farm Lots subdivision in Waimea.

For more information on the Waimea Nui Project, please visit:  
[www.hstrial-wwaimeahomestead.homestead.com/Waimea-Nui-Project.htm](http://www.hstrial-wwaimeahomestead.homestead.com/Waimea-Nui-Project.htm)

# STAFF & BOARD

## KOKO Leadership

Executive Director/RHC Clinic Manager:  
Dr. Claren Kealoha-Beaudet

Associate Director/RHC Compliance Officer:  
Dr. Franco Acquaro

Internist/RHC Medical Director:  
Dr. Ken Riff

Family Nurse Practitioner/RHC Safety Officer:  
Jennifer Bell, FNP

## KOKO STAFF

### KOKO Staff:

Clinical Psychologist: Dr. Therese Korth; Business Manager: Wendy Cypriano; Case  
Manager: Caren Javillonar; Biller: Dharelyn Requelman; Medical  
Assistant: Candice Camacho; Admin. Assist.: Alyssa Kawamoto;  
Care Coordinator: Alita-Ray Cookman; Admin. Assistant: Sandra Kaniho;  
ULP Health Educator: Noe Ka'anoi



## KOKO BOARD

Sonny Shimaoka (President, pictured above); Ski Kwiatkowski (Vice President); Kathy Manuel (Secretary); Russell Paio (Treasurer);  
Bob Lindsey (At-Large); Wally Lau (At-Large); Joe Kealoha (At-Large); Malani DeAguiar (At-Large); Jennifer Bryan (Emeritus)

## CONTACT KOKO

"Like" on Facebook at: Kipuka o ke Ola  
Follow on Instagram at: kipuka\_o\_ke\_ola  
Website: [www.kipukaokeola.com](http://www.kipukaokeola.com)

Office Phone: 808-885-5900  
Office Fax: 808-885-6900  
Mail: PO Box 818, Kamuela, HI 96743