

Your Geriatric Care Team



Alain Takane, MD
Geriatric Physician

- Board-certified geriatrician and family practitioner
- Grew up in Hilo
- Graduate of the University of Hawai'i at Mānoa John A. Burns School of Medicine
- Received her master's of public health in social and behavioral health sciences
- Completed the geriatric medicine fellowship training program at the University of Hawai'i



Kailey Hirumi, PharmD
Clinical Pharmacist

- Born and raised in Mililani
- Earned her Doctor of Pharmacy, PharmD from Pacific University in Hillsboro, Oregon
- Previously was the clinical pharmacist at Synergy MedSolutions and worked at Pharmacare Hawaii



Gwynne Gonzales, PharmD
Pharmacist in Charge

- Earned both her Bachelor of Science degree in Basic Medical Sciences and Doctorate of Pharmacy from Washington State University in Spokane, Washington
- Certified Tobacco Treatment Specialist
- Certified Diabetes Prevention Program (DPP) Lifestyle Coach

Insurance

We accept all forms of insurance, including AlohaCare, UnitedHealthcare, HMSA, HMAA, Ohana Health Plan, UHA, Tricare Select, Medicare, Medicaid and other private insurance. If you do not have insurance, we can assist with enrollment, regardless of your ability to pay. We provide discounted services on a sliding fee scale.

To verify income, please bring ONE of the following documents to if you do not have insurance:

- Recent pay Stub
- Tax return
- Unemployment registration
- Proof of Department of Human Services benefit
- Proof of Temporary Assistance for Needy Families

Plus ONE item to verify identity:

- Driver's license
- State ID
- Passport or green card

Hours of Operation (see website for full list)

Geriatric Specialty Center
Mon–Thur: (7 am –5:30 pm)

First and third Saturday of the month:
(7 am – 5 pm)

Saturdays may vary due to provider availability



A federally qualified health center, providing residents of Wahiawā, Waialua, Mililani, Schofield, Kunia and our neighbors a single point of access to comprehensive and quality health care.

📍 **Geriatric Specialty Center – Suite 106B**
Family Medicine – Suite 106A
Women's Health – Suite 106B



Geriatric Specialty Center

Geriatric Specialty Center – Suite 106B

Mon–Thur: (7am – 5:30pm)

First and third Sat: (7am – 5pm)

Saturdays may vary due to provider availability

Call us at (808) 622-1618

*For after hours care, contact Physician's Exchange:
(808) 524-2575*



Our Mission

In the spirit of aloha & compassion, we provide access to affordable, quality health care & wellness services to promote a healthy community.



Wahiawā Health is dedicated to optimizing aging for older adults by promoting health and quality of life through services provided at its geriatric specialty center.



Geriatric Specialty Center

The Wahiawā Health geriatric specialty center is led by Dr. Alain Takane, a board-certified geriatric physician, and is supported by a geriatrics care team.

Geriatric Care Team

The geriatric care team is committed to fostering collaboration, and empowering patients, their families and caregivers to increase access to care and reach older adults where they need it most.

Community Health Outreach

Wahiawā Health addresses challenging barriers in the community and enhances medical care access by:

- Helping set up transportation to medical appointments
- Delivering medications
- Connecting patients to resources such as food, housing, and hygiene supplies
- Providing telehealth visits via video conference

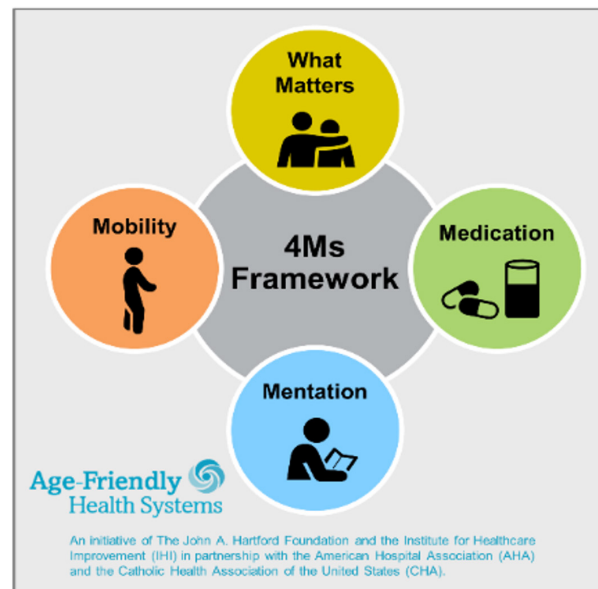
Diabetes Prevention Program

Wahiawā Health offers a year-long Diabetes Prevention Program designed to raise awareness of prediabetes and encourage lifestyle changes proven to prevent or delay type 2 diabetes in adults with prediabetes. Throughout the year, our certified lifestyle and wellness coach assists participants by working through interactive modules to promote weight loss and improve health.



The 4Ms Framework

Every patient visit includes a comprehensive 4M assessment which is key to building a care plan that fits the needs of each individual.



Patient Visits

During geriatric visits patients will receive the following assessments:

- 4M assessment every visit: medications, mentation (mental activity), mobility, and what matters most to the patient
- Geriatric review of syndromes: falls, weight, appetite, incontinence, hearing, vision, dentition, sleep, pain, constipation, mood, caregiver needs, safety, social engagement and isolation
- Cognitive testing
- Geriatric depression screening if indicated
- Polypharmacy – management of multiple prescriptions
- Deprescribing – the planned process of reducing or stopping medications that may no longer be of benefit or may be causing harm
- Advanced care planning
- Healthcare maintenance screenings and immunizations
- Planning for driving retirement, if indicated
- Support for family and/or caregivers

☎ (808) 622-1618

✉ info@wahiawahealth.org

🌐 wahiawahealth.org