

3rd Quarter 2010
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Hale Kū'ike

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HALE KŪ'IKE

A New Standard For Memory Care

Message from the President



I am very pleased to report that Hale Kū'ike Bayside, located at 45-212 Kaneohe Bay Drive, is now under construction. We are currently knocking out the interior of the existing building and have not found any notable surprises. If all goes well the construction process should take about a year.

We purchased the building in November of 2008 while the markets were in a free fall. At the time, I struggled with the decision due to the overwhelming uncertainty. Thankfully, the economy has improved and the only interruptions to my sleep now come from my daughter Emily who just turned three.

Another question that I have wrestled with is how to ensure that our high level of quality is maintained as we expand to a second location. The original start up phase in 2005 was exhausting. The vision was being transferred from my mind to our co-workers. At some point I was able to take the weekends off and after about a year it seemed that things were running smoothly.

Over time I have come to realize that Hale Kū'ike's vision is no longer my vision, it is our vision. I am grateful to share this work with a group of amazing women and men that are kind, intelligent and dedicated. We share the goals together. And by working together I am confident that we will maintain exceptional quality as we expand.

- David Fitzgerald

Guiding the care of our residents

At Hale Kū'ike, the RNs coordinate the health care of the residents by making sure that we work in partnership with the represented primary care physicians. There are several steps to this process which include: Assessing the resident in home or facility to make sure that Hale Kū'ike is a proper fit, creating a plan of care that is based on nursing practice evidence, promoting each resident to manage his/her care and activities as independently as possible, performing monthly nursing monitoring to track health conditions, coaching the residents to practice healthy behaviors through nutrition and exercise, coordinating any transitional care,

educating and supporting our family members and, along with the activities department, making sure that our residents have access to community resources for socialization and good mental health.

The best part is that we also have a lot of fun and enjoy our own community. Should you have questions about your loved one's particular health care plan, do not hesitate to call or speak to any of the nurses at Hale Kū'ike.

- Jane Maxwell, DON



4th of July is a time to celebrate independence!



Judy Swan of Hi-Fido brought oodles of labradoodles to mingle with our guests. **Jude** (left) is in training to be a service dog for our Kaneohe facility. **Vita** (center), our service dog at Nuuanu, is with **UB** and **Benny**.



Resident Birthdays

- Jul 8 Ella S.*
- 23 Charlie H-K.*
- 24 Thelma T.*
- 30 Martha N.*
- Aug 6 Vita*
- 15 Mae S.*
- 27 Kay U.*
- Sep 26 Yoshino T.*

Upcoming Activities scheduled for Jul / Aug / Sep 2010

- Jul 4 July Extravaganza; 11:30am-1:00pm*
- 26 Kupuna MA; 9:30am*
- Aug 6 Vita's Birthday Party*
- Sep 1 Lanakila Beg. Ukulele; 10:30am*
- 11 Alzheimer's Memory Walk; 8:00am*
- 18 Country Fair; 1:00pm-3:00pm*

Recurring Activities:

- Every Tuesday—Tai Chi; 2:30pm*
- Every Thursday—Pastor Dan; 10:30am*
- Every Mon/Wed—Holo Holo Van Tour; 1:00pm*

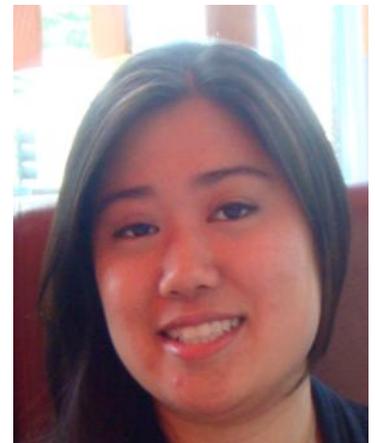
Our activities professionals keep things going 24/7



Her favorite saying is "If there is a word for hard work, then perseverance is its brother."

Clendith "Glen" Cabase Campo was born in the Philippines. She immigrated to Hawaii on April 8, 2006 with her mother, two brothers and a sister. Glen graduated from Our Lady of the Pillar Academy high school in the Philippines. She began to pursue an AS degree in Computer Technology at the University of San Jose-Recoletos but left after a year to immigrate to Hawaii. Glen took night classes at Windward School for Adults and received her GED certificate. Currently, Glen is attending Kapiolani Community College where she is pursuing an AS degree to be a Physical Therapist Assistant. Her week is filled with working at Hale Kū'ike, hiking, walking, studying, volunteering at St. George church, surfing the net, or playing sports. Glen is a dreamer and would like to travel to many places, Paris being one of them. Glen is our Saturday Activity Assistant and really enjoys doing art and other painting projects with the residents.

Jennifer Nakamatsu was born and raised in Pearl City. She graduated from Punahou School in 2004, University of Southern California in 2008 and returned home to Hawaii shortly after. She's currently working and gaining experience as she prepares to apply to graduate school. You will usually see Jennifer on Sundays as an Activity Assistant. She is also an on-call CNA. Jennifer found Hale Kū'ike on *Craigslist!* She began working at Hale Kū'ike in September of 2009 and enjoys working here. Jenn has mentioned that she has learned so much from the residents and her colleagues. She looks forward to the many more wonderful times they'll share in the future. Jennifer's passions include reading science fiction, eating anything and everything chocolate, watching the sunset at Kaka'ako Waterfront Park, sketching and painting. Jenn's favorite quote is **"Find a job you love and you'll never work a day in your life"** by *Confucius*.



Elizabeth lives her life by the "Golden Rule".

Elizabeth McNeely began working at Hale Kū'ike five years ago when a friend of hers told her to apply because David was looking for staff at the time. Elizabeth was interested in working for Hale Kū'ike as she has a passion for working with elders and caring for them. Elizabeth is both a CNA and an on-call Activities Assistant. She has the ability to get **all** residents involved in an activity. The delicious food, understanding management team, and fun residents keep Elizabeth here and encourage her to give the best possible care. While Elizabeth loves all the residents at Hale Kū'ike, Mary M has a special place in her heart. Mary is an exception because she is quick to correct Elizabeth when she calls the wrong numbers during bingo at four 'o clock in the afternoon. Mary was also the resident who pointed out to Elizabeth that her uniform pants were inside out and that it needed to be fixed. The most important lesson in life that Elizabeth has learned is to "do unto others as you would have them do unto you." Put simply, to treat others with respect and respect will be returned.

If you stop by on the weekend, you will see Glen, Jennifer or Elizabeth guiding activities geared towards the abilities of each of our residents. They all share a special rapport with residents and staff. Feel free to join in on an activity or share an activity that your loved one enjoyed doing. The goal of our activities department is to provide a variety of activities that boost self-confidence and emphasize their abilities and interests.



Share the Journey and the Knowledge

Support Groups:

Hale Kū'ike support group session is Saturday, **July 17, 2010** from 3pm-5pm at the Community Church of Honolulu. Please RSVP to Hale Kū'ike at 595-6770.

Project Dana provides ***Caring for the Caregiver***. This support group for family caregivers meets from 9am-1pm on the 2nd, 3rd, and 4th Wednesdays of each month. One session is educational, one offers a time to “talk story”, and the third is a “re-creational” outing to restore and rejuvenate the spirits of the caregivers. For more information, please contact Susan Miyamoto at 945-3736.

The Alzheimer's Association, Aloha Chapter, provides ***Neighborhood Support Groups*** that gather in a supportive environment with other family caregivers who care for family and friends affected by Alzheimer's disease and related dementia. Call 591-2771 to find the one nearest you.

Resources:

Power, G. Allen, ***Dementia Beyond Drugs: Changing the Culture of Care***, Health Professions Press, Inc. 2010. Foreword by William H. Thomas, M.D. The reader is shown an experiential model of care that treats individuals with dementia as the human beings they are, giving them the personal attention, respect, and dignity they deserve.

Simard, Joyce, ***The End-of-Life Namaste Care Program for People with Dementia***. The innovative Namaste Care program helps facilities provide gentle end-of-life care, especially for residents with advanced dementia. Because of their profound losses, these individuals are often isolated with limited human contact during the final stages of their lives. This new program reveals simple and practical ways for direct care staff to provide holistic, person-centered care that maintains a human connection.