

HALE KŪIKE

The Standard For Memory Care

3rd Quarter | 2011 Volume 3 | Issue 3

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BECOME FAMILIAR WITH MEDICATIONS TO TREAT ALZHEIMER'S DISEASE (AD)



Jane Maxwell, DON

Families sometimes seem bewildered with the “medicalese” spoken by health care professionals. Please forgive us! We were immersed in this language for several years in our respective professional schools. However, families and supporters of the AD resident can always be savvy about the medications given for the

symptoms that may arise during the course of their loved ones' illness.

Here is a simple list with brand and generic names of those medications given to delay or slow the symptoms of AD and some of the drug characteristics. Unfortunately, all the medications listed below lose their effect over time and do not prevent or cure AD.

Aricept (Air-uh-sept) donepezil (doe-NEP-uh-zil)

- Used for mild, moderate and severe AD
- Maintains acetylcholine in the brain

Exelon (EKS-uh-lawn) rivastigmine (riv-uh-STIG-meen)

- Used for mild to moderate AD
- Available in either pill or skin patch form
- Maintains acetylcholine in the brain

Namenda (nuh-MEN-duh) memantine (MEH-man-teen)

- Used for moderate to severe AD
- Sometimes given with other AD medications
- Targets glutamate in the brain

Razadyne (RAZZ-uh-dine) galantamine (guh-LAN-tuh-meen)

- Used for mild to moderate AD
- Available in either pill or skin patch form
- Maintains acetylcholine in the brain

Some common side effects for these medications include nausea and fatigue.

As you can see, there are similarities and differences in the agents, and it is the health care professional who decides which of these best suits the resident.

In our next newsletter, information will be shared about some of the other common medications utilized to treat other issues that may arise in the course of AD.

MESSAGE FROM THE PRESIDENT

The construction of our new site located at 45-212 Kaneohe Bay Drive is on track to be completed in December and will open in the beginning of 2012. I am very excited about the progressive design. The building will have two levels with fourteen residents on each floor. Each floor will be operated independently with its own dining and living space. The idea is that smaller neighborhoods or groups of residents create a more family-like environment and it is easier to control unwanted stimulation such as noise.

Each day I look forward to the delicious meals and pastries made from scratch by our professional chefs. We will continue this tradition in Kaneohe with a commercial kitchen located on the ground floor. In addition, each level will have a residential style kitchen with all the appliances, excluding a stove top, for resident activities. I imagine that this will be the “heart of the home” and an island with seating for eight people will be located in the center of the kitchen.

We are finalizing the interior design. Since the furniture is custom made to our specifications, extra care must be given to ensure the ergonomics work for our residents. The overall design goal is much greater than creating an environment that simply looks good.

It is to design a supportive environment for those with memory loss. The design must be calming, support safe wandering, provide way-finding cues, accommodate for declining vision, hearing, and mobility while feeling like a comfortable home. We achieved these goals in Nu'uuanu. And the Kaneohe facility takes us one step closer to our goal of creating the perfect memory care facility.



THE HOUSE OF UNDERSTANDING



Dorothy Colby,
Business Manager

The name of our facility, Hale Kū'ike, means "house of understanding." But what does "kū'ike" mean to us in our daily lives, in the work we do, to the families, and most

of all to our residents? From the start, we have tried to understand the needs of those with memory loss, and to create an environment that is understandable to them.

We promote understanding of residents' needs through continual training. Throughout the year, we train our staff in innovative dementia care techniques, and we share the latest information on the disease. By understanding the root causes of Alzheimer's, and other types of dementia, and how dementia affects our residents' behavior, our staff can determine which techniques may be most helpful. We provide an environment our residents can understand and appreciate. Our Administrator, David Fitzgerald, has poured his years of research and experience into the design and continuous improvement of our facility. Every feature

of Hale Kū'ike was purposefully selected to ensure that our residents experience meaningful interactions with their surroundings. All these features – lights, dishes, colors, furniture, food, music, aromas, décor, and antiques, to name just a few – work together harmoniously and inconspicuously to create a calming, yet vibrant environment that the residents can readily recognize and understand.

Understanding resident needs and creating an optimal environment are the building blocks that allow us to rise up to the next level of understanding: empathy. By first understanding the disease, and also our residents' special needs, we can try to put ourselves in their place, and see the world they live in through their eyes. We eat with them, play with them, laugh with them, and cry with them.

We recently started a program we call "Pack Your PJs." When we have a room that is open for a day or more, we encourage staff members to stay for 24 hours and become a resident for a day. We are beginning with the managers, and we hope that many other staff members will be able to experience this kind of understanding.

Fi-Do to be a service dog for Hale Kū'ike. Our breed of dogs is excellent for a setting such as a care home. We have a great disposition, we don't shed, we are smart and easily trained, and we are so darn CUTE!

I came to live at Hale Kū'ike in August 2007. I was a year old, had received all of my shots, and been trained to be a great service dog. Hale Kū'ike has been a real treat for me living in an environment where the staff is trained to join the resident in his or her "journey." We move along with the resident and try to understand what they are experiencing.

I have my own bed where I can sleep but I'd much rather sleep in David's office or at the foot of Joyce's bed. Often you will see me stretched out just inside the front door. Of course, I'm "ready" to greet you when you enter.

Vita, Director of Pet Therapy



Our understanding and empathy does not just extend to our residents, but also to the experiences and needs of their families. 60% of our staff have had, or currently have, family members with some type of dementia. 75% of our staff have provided, or are currently providing, care for their own elderly family members. My own grandmother had Alzheimer's disease and my father suffered from vascular dementia. Many of us at Hale Kū'ike were drawn to work in dementia care because of our personal experiences with the disease. We understand the pain, challenge, burden and reward of caring for a family member with dementia. We understand the difficulty, but also the necessity, of sharing the duties of care giving.

In the end, our residents are the most important source of our understanding. Each day brings new experiences and challenges that help to broaden our understanding of their dementia experience. By becoming close to our residents and opening ourselves to their world, we realize that they are not different from us. They are us.

Please remove your sunglasses and hat. I like to make eye contact.

I was raised and trained to be respectful of my elders. I am surrounded by elders all day. They are kind, lovely, and wise people. They often try to give me scraps of food from their plates. I am told NOT to accept any hand-outs. But sometimes it's hard to turn away from a piece of meat or a chocolate chip cookie.

I've been able to alert the staff when someone is having problems opening the door to the garden or if someone seems "lost" on the way back to his or her room. I often find myself dogging the wheels of a walker or a foot. I enjoy spending quiet time with the residents in the afternoon – listening to some long-time favorite songs and feeling happy.

Who said a dog's life is easy? We have real work to do – around the clock!

IT'S A DOG'S LIFE... A DAY AT HALE KŪ'IKE

I recently attended Dining with the Dogs, a benefit fundraiser for Hawaii FI-DO Service/Therapy Dogs. I was one of many service dogs – fellow Labradoodles, Boxers, and Labradors – at the event. Did you know that Hawaii Fi-Do trains dogs for specific functions – hearing dogs, mobility dogs, social therapy dogs, assistance dogs, buddy dogs, and READ dogs?

Facility dogs are trained to live and work in nursing and care homes. That's me! We not only bring the touch of home but also help in therapeutic, occupational therapy and physical therapy activities.

I am a Labradoodle (half Labrador, half poodle), bred and trained by Hawaii



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RETURN SERVICE REQUESTED

Construction is underway at our Kaneohe location. The secure walking path wraps around the sides and rear of the building with additional gathering space for group activities. A covered lanai on the first floor leads to the garden. Residents on the second floor will have access to a secure walking path and covered lanai to enjoy ocean views. The tall structure on the left side is the elevator.

To see a larger version of the rendering please go to: <http://www.halekuike.com/>

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