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## KIWANIS VOLUNTEERS CREATE ONE-OF-A-KIND ACTIVITIES

**HALE KŪ'IKE'S PHILOSOPHY IS TO FIND JOY IN ALL THAT WE DO AND TO BRING THE ZEST OF LIFE INTO EACH DAY.**

The goal of our comprehensive activity program is to keep residents engaged in meaningful activities throughout the day. While our residents living with dementia have challenges with their short-term memory, their long-term memory is still strong. We tailor our environment and activities to play to this strength. The photos on the walls are reproductions from the Bishop Museum from the 1920's – 40's, the Hawai'i of their youth. The music we play is from that time as well, from Big Band to Hawai'i Nisei Japanese favorites. In addition to tapping on our residents' memories of the past, we tailor the activities to engage our residents to be able to use the cognitive skills and strengths they still have, meeting them where they are in the journey of their dementia.

A year ago, Nu'uano Administrator Dorothy Colby expressed a desire to see a "local" Hawai'i version of JINGO, a picture-based board game similar to BINGO that is played with residents during large group activities. She enlisted long-time Hale Kū'ike volunteers Ruby Sonomura, Helen Tsugawa and Kay Tokunaga from the Kiwanis Club to design a Hawaii version of JINGO game. The three volunteers immediately accepted the challenge and began to brainstorm on words and images of growing up in Hawai'i. Pineapple, hula dancer, hibiscus, and laulau, immediately came to mind. They downloaded images of those



items and created the clues that residents would use to identify each item. After a year of hard work, they created a board game that was field tested at both Nu'uano and Bayside locations and received favorable feedback. The intent of the game is more than being a fun game to play with the hope of being the first to call out JINGO. It's a time to reminisce about a favorite local food or place or person. It gives the person living with dementia a chance to recall something from the past that is familiar and that still holds meaning. Through their rigorous testing at both locations they developed two versions of the game, one with simpler clues and one with more complex clues so that residents at different cognitive levels could be successful playing the game.

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## MESSAGE FROM THE PRESIDENT

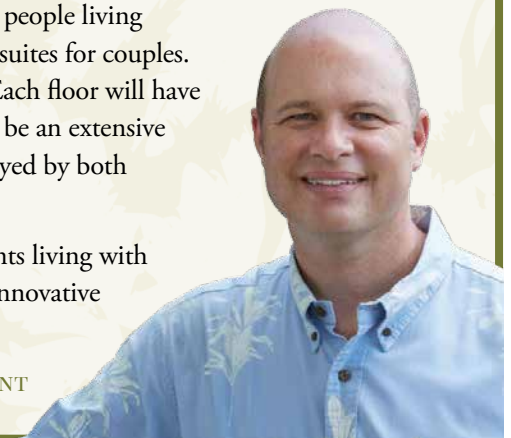
**I AM EXCITED TO ANNOUNCE** the recent purchase of property for our third Adult Residential Care Home, Hale Kū'ike Pali. Our home will be conveniently nestled in the quiet neighborhood of Nu'uano right off the Pali Highway.

Like Hale Kū'ike Bayside, our new Pali location will be two stories and be home for 28 people living with dementia. It will feature mostly private style apartments with four semi-private or suites for couples. The apartments will have amazing views of the lush mountains of the Nu'unau valley. Each floor will have a country kitchen, spacious living areas for activities, dining and daily living. There will be an extensive outdoor area for leisurely walks through the healing gardens and outdoor activities enjoyed by both residents and their families.

As with our current homes, the focus will be on quality care and support for our residents living with dementia and their families. This is achieved through our dynamic activities program, innovative design, fine cuisine, pet therapy and highly trained staff.

*Please stay tuned for updates as our home is completed.*

**DAVID FITZGERALD, PRESIDENT**





*Volunteers Helen Tsugawa, Kay Tokunaga, and Ruby Sonomura.*

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In addition to Hawaii JINGO, our trusty trio also created a “Hurray for Hollywood!” photo card set to reminisce with our residents about the movie stars of their youth. Once again, they did a great deal of live testing with our residents, showing photos and sharing facts from the actors’ lives and careers. They wanted to see which actors and actresses resonated with them and which did not. The end result was a trip down memory lane of Hollywood stars of the 1940’s and 50’s. Not too surprisingly, the most popular photo is of Burt Lancaster and Deborah Kerr locked in an embrace on the beach in the film “From Here to Eternity.”

Thank you from the Hale Kū’ike residents and staff to Kiwanians Ruby, Helen and Kay for creating these personally tailored engaging activities for all of us to enjoy!

## UNCONDITIONAL LOVE

If you look in the memory boxes outside the resident rooms at Hale Kū’ike, you will see many photos of husbands, wives, children, and friends, and their many happy times together. But if you look closely you will also see another beloved family member, their dog or cat. Their pets were there beside them as they married, with their children as they grew, and at their feet at family dinners. Often after their spouse passes on and children are grown and move away, their relationship with their dog or cat becomes even closer and more important. For a person living alone this can help give routine and purpose, to give value to life by caring for another that depends on us. Our pets give us unconditional love, regardless of age, disability, or dementia.

When a person living with dementia can no longer safely live at home on their own and moves into a long term care facility, they often lose that opportunity to have continuous contact with the unconditional love of an animal. In a care facility they receive care, but rarely have the opportunity to give care. When Hale Kū’ike first opened in 2005 we had many visiting animals – the former pets of residents brought in by their families, visiting therapy dogs, cats, or even guinea pigs. Our residents loved these visits and they brought great moments of joy to them, but they were few and far between and did not give them a chance to form a relationship with the animals.

In 2007 we brought on Vita, a blond Labradoodle, as a full-time member of the staff. Instead of being a visitor, she lives full-time at our Nuunau location. She was trained for a year before her placement as a Facility Companion Dog by Hawaii Fi-Do Service Dogs (<http://www.hawaiiifido.org>). Vita immediately became part of the family. Our residents help brush her hair and give her treats. She has the run of the facility and the residents call to her and pet her. And it is not just residents that benefit from her presence, residents’ families and staff also love her dearly. She brings joy and love to everyone she meets. Vita was such a positive influence on life at our home that when we opened Hale Kū’ike Bayside in 2012 we adopted another dog from Hawaii Fi-Do, a smaller chocolate Labradoodle named Pepper, to be a full-time part of the family there. Our service dogs help bring a calm and happy starting point for connection and communication with our residents living with dementia.





Many of our residents living with dementia remember Vita and Pepper's names (even though they may not remember staff or even family names). Some call them by the name of their former dogs. Over the years Vita and Pepper have formed extra special bonds with certain residents, sleeping in their room or sitting by their side during the day. Although being an alert dog is not part of their job description, Vita and Pepper have alerted us to residents who have fallen or who are having trouble figuring out how to open a door to come in from the garden. There are some occupational hazards involved with being a facility companion dog in a dementia care facility. Since the residents love to feed the dogs from their plates if they see them during meals or give them inappropriate foods for dogs, we monitor the dogs closely during mealtimes.

In 2013 we added a cat to our growing animal family. Some people are more cat people than dog people. With the help of a Hawaiian Humane Society volunteer at the Cat House to do a temperament test with many cats, we found the perfect out-going, gregarious, and gentle cat for our Nu'uuanu location. The residents suggested names and held a vote to name her Mimi. Mimi immediately established herself as "top dog" and she and Vita get along wonderfully. Our residents talk to her and she talks back. They feed her, pet her, and let her in and out of the garden all day long. During the day Mimi visits with residents and families. In the evenings she sits with the residents to watch old movies. At night Mimi does rounds with the night shift staff to check on all the residents. Some say cats do not form the same loving bonds that dogs do, but Mimi has shown us otherwise. Mimi befriended a woman who was probably our most withdrawn and non-communicative resident. Our Director of Nursing put it well—Mimi chose our loneliest person to love. Mimi followed her everywhere and slept with her in her room every night. When this resident left us Mimi mourned, looking for her in her empty room and crying at night. Mimi continues to touch many hearts here each day and snuggle up with residents at night.

It is heartwarming to see what a positive difference Vita, Pepper and Mimi make in the daily lives of those living with dementia and all of us who love and care for them. For people living with dementia, the unconditional love and acceptance that they bring to each moment is a true gift.



## RECURRING ACTIVITIES AT OUR HOMES

### RECURRING EVENTS AT NU'UANU

2ND & 3RD MON	10:30am	<b>Hula/Singing with Nalani</b>
EVERY TUES	11:15am	<b>Exercise with Ken</b>
1ST & 4TH FRI	3:30pm	<b>Hula/Singing with Nalani</b>
2ND, 3RD, & 5TH FRI	3:30pm	<b>Pastor Dan</b>

### RECURRING EVENTS AT BAYSIDE

EVERY TUES & THURS	10:00am	<b>Exercise with Ken</b>
EVERY WED	3:00pm	<b>Hula/Singing with Nalani</b>
1ST & 4TH FRI	3:30pm	<b>Pastor Dan</b>



NINETY-FIVE KAWANANAKOA PLACE  
HONOLULU, HI 96817

**RETURN SERVICE REQUESTED**

-  LIKE US ON FACEBOOK
-  SIGN UP FOR THE E-NEWSLETTER
-  SIGN UP FOR DEMENTIA EDUCATION WORKSHOPS

***VITA & PEPPER  
ENJOY A DAY AT  
THE BEACH***

