

Hale Kū'ike LLC | 95 Kawanānakoā Place Honolulu, HI 96817 | BUS: 808-595-6770 | FAX: 808-595-6771
 Hale Kū'ike Bayside LLC | 45-212 Kaneohe Bay Drive Kaneohe, HI 96744 | BUS: 808-235-6770 | FAX: 808-235-6776
info@halekuike.com | halekuike.com

Compassionate Understanding



Dorothy A. Colby
Administrator
Nu'uano

HALE KŪ'IKE TRANSLATES TO "HOUSE OF UNDERSTANDING."

The foundation of our home is a compassionate understanding of people with dementia. Some diseases have obvious physical symptoms that we can easily understand. A person with lung disease may have a chronic cough and have trouble breathing. We can picture

a diseased lung and understand why our loved one tires easily and needs oxygen. Unfortunately, the same is not true for people with dementia. We cannot see, or even imagine, the dramatic destruction that is happening in the brain with the progression of dementia.

When our loved one yells paranoid accusations at us, refuses to change out of obviously soiled clothes, or asks the same question every two minutes, it is not because they are mean, stubborn or crazy. Dementia is a terminal condition, and the brain of a person with dementia is slowly dying. Like diseased lungs that cannot process oxygen efficiently and make breathing difficult, the brain with dementia cannot effectively take in and process sensory information from the world around it. This makes communication and all aspects of daily life a challenge.

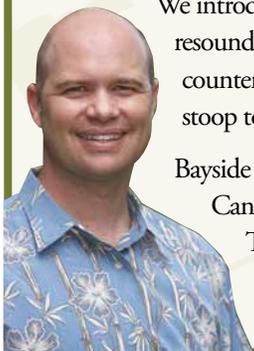
Caring for and living with someone with dementia can be frustrating, infuriating and scary at times. However, if we can understand the physical and chemical failure that is happening to their brain, then we can begin to understand why they do and say the things they do. They are truly doing the best they can with what they have left, and cannot change or stop what is happening to them. We are the ones without dementia in the relationship, and we are the ones with the capacity to change our responses and caregiving approach. One of the great challenges with dementia is that we must constantly adapt our approach and expectations as the disease inevitably worsens over time. At Hale Kū'ike we use Teepa Snow's Positive Approach to Care™ to help staff and families learn to see the world from the perspective of the person with dementia. Hale Kū'ike sponsors Positive Approach to Care™ dementia education seminars for resident families, staff and the general public. These seminars provide essential information on how to have a positive and meaningful relationship with loved ones with Alzheimer's, and other forms of dementia, throughout their journey. For more information on the classes and how to register, please visit www.dorothycolby.com or email dorothy@halekuike.com.

Message from the President

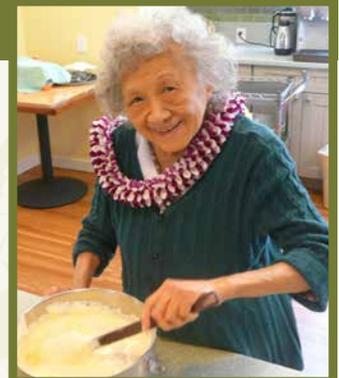
A WELL THOUGHT OUT DESIGN is a critical component of any successful dementia care setting. One of our design goals is to create an environment that is understandable and supportive with the comfortable feel of home. The kitchen is the heart of the home and often the center of activity throughout the day.

We introduced the concept of the country kitchen at our Bayside location, and it has been a resounding success. Residents can engage in familiar activities such as doing dishes or wiping counters and placemats. The dishwashers are raised up so that our residents do not have to stoop to use them. The refrigerator is open access for resident use.

Bayside resident Tillie is famous in her family for her orange chiffon cake. Tillie is our Chef Candace's grandmother, and for Tillie's 89th birthday, they made the cake together in the second floor country kitchen. Three generations of Tillie's family were baking up a storm and laughing together. The deliciously wonderful smell of baking cake filled our entire home. All the residents and staff got a chance to enjoy Tillie's famous orange chiffon cake that day.



David Fitzgerald
President



Bayside's New Director of Nursing

We bid a fond aloha to Jane Maxwell upon her retirement in July. Jane served as Director of Nursing (DON) at both the Nuʻuanu and Bayside locations for six years. The positive difference Jane made in the lives of our residents, families and staff is immeasurable.

We are proud to announce the promotion of Beth Murphey to the position of Director of Nursing for Hale Kūʻike Bayside. Beth has worked at Hale Kūʻike since March 2014. Beth first learned about Hale Kūʻike while taking the Adult Residential Care Home course for RNs at Kapiʻolani Community College in 2013. Christina Hunter, DON of Nuʻuanu, was in same class, and during the introductions, she shared the vision and philosophy of Hale Kūʻike. Beth said she was surprised that such an innovative dementia care home existed in Hawaiʻi.

A year later, a friend urged her to check out this “very cool” facility she visited that was in need of a weekend RN. She met Jane Maxwell, DON of Hale Kūʻike Bayside, for an interview. The warmth, confidence, compassion and sharpness Jane exuded impressed Beth, and the rest is history. Beth accepted the part-

time RN position and has since worked at both the Bayside and Nuʻuanu locations.

Chef Cyrus' early morning, fresh, warm blueberry scones are one of her favorite things at Hale Kūʻike. Beth's favorite quote is “There is one thing that Alzheimer's cannot take away, and that is love. Love is not a memory, It's a feeling that resides in your heart and soul.”

When asked about special moments with residents, Beth has fond memories of a lovely lady who lived at Hale Kūʻike Bayside. Beth said, “On Teepa's GEMS™ scale she was a Pearl, hidden in a shell. But sometimes she'd look at you in the eye, smile, gently touch your hand, pointing, saying ‘you have a new shirt today, nice color. It has pretty ladybugs!’ She gratefully thanked us after being given care. She reminded me to care deeply because residents do notice.”



Beth Murphey, RN
Director of Nursing
Bayside

Special Communication Needs



Christina Hunter, RN
Director of Nursing
Nuʻuanu

As we learn to utilize Teepa Snow's Positive Physical Approach™ with our dementia residents, we need to keep in mind that people with dementia often have aphasia, an impairment of language in the brain that affects speaking, understanding, reading and writing. A person with dementia-related aphasia can find it

impossible to get ideas across to others (expressive aphasia) or difficulty following what other people say (receptive aphasia). There is often frustration all around.

People with dementia-related aphasia need very specific approaches to care and special understanding. Their dementia already causes disruptions to memory storage, intellect, personality and judgment. Adding aphasia on top of all these deficits can result in social isolation and reduced participation in activities.

Here are a few suggestions to help communicate with people with dementia-related aphasia:

- Connect with them visually first and foremost. Make sure they can see you before you start talking to them. Use visual cues (pointing, gesturing) to communicate before using words.
- Pay attention to your tone of voice and body language. Remember that they take in more information from how you look and act than any words you say.
- Stop correcting them. Ignore imperfect speech.
- Speak slowly but naturally.
- Be attentive.
- Use simple, direct language.
- Ask yes/no questions and avoid questions that require open-ended answers. No rapid-fire questions allowed!
- Allow extra time for processing of information. In other words, be patient.

Let the Music Move You!



Rena Miranda
Activities Director
Bayside & Nu'uaniu

Music is a gift and a very powerful way to engage and connect with someone living with dementia. Even when communication skills are lost, music can lift the spirits and change a person's mood. The ability to access rhythm in the brain is often preserved to the very end of life. Music and memory are intertwined. A person with dementia who cannot speak may be able to sing all the words to an old familiar song. Using humming and rhythm while walking with someone in the later stages of dementia can help promote movement when they have trouble getting started. At Hale Kū'ike we start every day with singing, and music is part of the fabric of the entire day. Everyone should have music in their lives every day!



Alzheimer's Walk

Hale Kū'ike had a team of 50 staff members and families from Nu'uaniu and Bayside walking in this year's Alzheimer's Association Walk to End Alzheimer's. For the second year in a row, our team theme was Teepa Snow's GEMS™, a positive way of understanding the progression of dementia that focuses on ability instead of loss. All individuals, whatever their state of being, in the right setting and with the right care, can shine! For more information on Teepa's GEMS visit www.teepasnow.com.



Recurring Activities at Our Homes

Recurring Events at Nu'uaniu

2ND FRI	10:00am	Sing Along with Sean
2ND & 3RD MON	10:30am	Hula/Singing with Nalani
EVERY TUES	2:30pm	Exercise with Ken
1ST & 4TH FRI	3:30pm	Hula/Singing with Nalani
2ND, 3RD, & 5TH FRI	3:30pm	Pastor Dan

Recurring Events at Bayside

2ND MON	10:00am	Sing Along with Sean
EVERY OTHER TUES	10:15am	Exercise with Ken
EVERY THURS	10:15am	Exercise with Ken
EVERY WED	3:00pm	Hula/Singing with Nalani
1ST & 4TH FRI	3:30pm	Pastor Dan

Return Service Requested

-  like us on Facebook
-  sign up for the e-newsletter
-  sign up for dementia education workshops

*At Home in the
Hale Kū'ike
Country Kitchen*

