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## Hale Ku`ike

95 Kawananakoia Place  
Honolulu, HI 96817  
Bus: 595-6770  
Fax: 595-6771

### President

David Fitzgerald

### Business Manager

Dorothy Colby

### Nurse Supervisor

Aurea Tinaza

### Director, Recreational Activities

Jill Martinez

### Website

[www.halekuike.com](http://www.halekuike.com)



# HALE KŪ'IKE

*A New Standard For Memory Care*

## *Message from the President*

Hale Ku`ike is pleased to publish its first newsletter for the families of our residents. The intent is to share information about life at Hale Ku`ike, healthcare issues that affect your family member, and general news from our staff. We look forward to your feedback on what you would like to see and hear about in the future.

Hale Ku`ike has been fortunate to maintain close to 100% occupancy since we opened in 2005. We maintain a waitlist and receive requests for tours and applications frequently. Over the last two years, we have actively looked for a suitable property that would allow us to open a second location. I'm very excited to announce that in late November, we purchased a property located at 45-212 Kaneohe Bay Drive. The project will be very similar to Hale Ku`ike and should be completed in the next 18 months.

Although our nation is facing challenging times, I want to assure you that my focus continues to be on maintaining and improving quality. We have developed a reputation in Hawaii as the leader in our field, and I need your feedback to help us improve. As we celebrate our 4th anniversary, we ask for your thoughts on how we are doing. Please take a few minutes to complete the satisfaction survey that is being sent to our current resident families. In the next newsletter we will publish the results of the survey and our plans for the areas that require attention. Thank you for giving us the opportunity to serve you and your family.

- David Fitzgerald

## *When "No News is Good News"*

We hope we are doing a good job in keeping our families informed of any concerns over a resident. So, if you don't hear from Nursing, it means everything is all right. (***No news is good news.***) At the same time, we hope that you will call us anytime with your concerns.

Michelle Klima, an Advanced Practice Registered Nurse (APRN), is on-site every other week to see Dr. Johnson's patients. If you wish to meet with her, please let us know and we will set up an appointment.

We are still updating each resident's healthcare directives. Please forward the form to us as soon as you can.

We have administered annual flu shots and have updated pneumonia vaccine for our residents.

Please continue to inform us of future appointments so that we can update our calendar.

Aurea Tinaza, RN



Aurea's favorite quote is "*Forgive and you will be forgiven.*"

## *Keep on Moving: An Overview of Hale Ku'ike's Activity Program*

Aloha! My name is Jill Martinez and I'm the Director of Recreational Activities for Hale Ku'ike. I'm a 1999 graduate of Kaimuki High School and I pursued higher education at Central Michigan University. I have a Bachelor of Applied Arts degree in Therapeutic Recreation and I am a Certified Therapeutic Recreation Specialist (CTRS). Much of my coursework involved activity programming for a wide variety of populations, but I took a special love to working with the geriatric population in the absence of grandparents who have since passed. I am honored to be here at Hale Ku'ike programming activities for residents and I am excited to continually grow and embark on a journey in providing meaningful and appropriate activities for your loved ones. Below I've outlined my activities program so that you have a better idea of what it is that I do.



*Jill encourages family members to visit their loved ones often, particularly around the holidays when memories of family gatherings are very strong.*

The activity schedule is designed to work with the biological rhythms of residents' day by offering active and stimulating activities in the morning and passive and relaxing activities towards the late afternoon right before dinner. Residents are engaged in activities from 9:00 AM – 4:45 PM daily with breaks in between for snacks, meals, and toileting. There is also down time in the middle of the day for about an hour or two after lunch when residents are taking naps or relaxing in the common areas occupied with independent activities of choice. Every evening, residents are shown a wide variety of movies. The activities calendar is always subject to change as residents vary from day to day in their mood (some days residents are more agitated than others, etc.). However, we have regular activities that do not change which are tai chi, Pastor Dan, and pet visitation volunteers who have recurrent scheduled days during the month.

Many of the activities offered involve hand-eye coordination, increased mobility/flexibility, and cognitive stimulation. These are important skills that we exercise as it keeps the residents' minds alert and oriented while it also improves their overall body awareness. As a result, it increases residents' mood which allows them to have better self-confidence and feel good about themselves and their abilities rather than focusing on their inability to remember. All activities can be modified or adapted to meet the resident's level of cognitive function so that all residents are able to participate in the activities program.

I am always open to suggestions for new ideas and I'd like to encourage you to speak with me so we can chat about how your loved one does in the activities program. I may be asking for your assistance on special projects in the upcoming year and I will keep you updated on special events that I plan for the major holidays. I hope you all have a wonderful 2009 and I look forward to planning a lot more fun and exciting activities this year!

Jill Martinez, CTRS

### *Upcoming Activities for Jan/ Feb 2009*

Jan 19 Manju making (and eating), 1p

Jan 20 Inauguration of 44th President of the United States

Jan 26 Chinese New Year—Year of the Ox

Jan 27 Hawaii Youth Symphony Woodwind Quintet, 5p

Jan 31 Catfishing at the Nuuanu Reservoir

Feb 1 Superbowl Sunday

Feb 6 Island Praise Band, 10a

Feb 16 Makualii Senior Club, 10a

#### **Birthdays:**

Jan 13 Joyce B

Feb 5 Coral K, Mary M

Mar 10 Kazuo I

Mar 20 Nelson L

## Resident Spotlight—Mr. Ito

Mr. Ito was born in March of 1911 in Lapauhoehoe, Hawaii. At the age of six, Mr. Ito lost his mother and went into the work force at the young age of sixteen years old, helping out his father on the sugar cane plantation for many years. In 1933, Mr. Ito relocated to the island of Oahu where he resided in Waimanalo. Mr. Ito continued to work on the sugar cane plantations on Oahu until he retired.

Mr. Ito met his late wife Kimio Ito on the plantation where she was a maid for the plantation engineer. Together Mr. Ito and his wife had four children (2

boys and 2 girls) and they were married for forty years. In his free time, Mr. Ito enjoyed playing baseball, volleyball, and basketball. He wanted to play football as well but was too light to make the weight requirement for football. In addition to sports, Mr. Ito enjoyed painting homes and fishing. Mr. Ito loves to eat and his favorite foods are of the Chinese and Japanese variety.

When he was growing up, Mr. Ito's parents told him to *"be a good boy and stay away from the bad girls."*



Mr. Ito at the 2008 resident Christmas party with Santa (Elizabeth)



Residents take a photo with Mayor Mufi outside Honolulu Hale.



Jill goes over the Christmas program with our residents.

## Get to Know Vita, Our Resident Pet



Vita goes into the community and visits with students at Waikeola Preschool in Kahala.

She's hard to miss. She'll greet you as soon as you walk in the door at Hale Ku'ike. **Vita**, our resident Labradoodle, has lived with us for more than a year. She came to Hale Ku'ike when she was only a year old. She is still a puppy at heart and loves the attention she receives from our residents and guests.

Vita was trained by Hawaii Fi-Do as a service dog. Her purpose at Hale Ku'ike is to bring companionship and unconditional love to our residents. Vita enjoys going on the daily morning walks with our residents, loves the singing and exercise circles, and of course will wait patiently at our residents' feet for a doggie treat.

You can see Vita at the following websites:  
<http://en.wikipedia.org/wiki/Labradoodle>  
[www.aloha-labradoodles.com](http://www.aloha-labradoodles.com)