

3rd Quarter 2009
Vol 1 Issue 3

Hale Ku'ike

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

President

David Fitzgerald
david@halekuike.com

Business Manager

Dorothy Colby
dorothy@halekuike.com

Director, Nursing

Jane Maxwell
jane@halekuike.com

Director, Recreational Activities

Jill Martinez
jill@halekuike.com

Website

www.halekuike.com

HALE KŪ'IKE

A New Standard For Memory Care

Message from the President

I am inspired by the values, integrity and wisdom of those who survived the Great Depression, triumphed in World War II and then rebuilt our nation's economy. They are rightly described as the "Greatest Generation" and the youngest members of this generation are now 85 years old. The average age of our residents is 87 years.

One of my favorite books is *We Had Everything But Money*, by Reminisce Books. It provides insight on the events that helped to shape the collective character of this generation. I also found it to be very helpful in putting our current economic challenges into perspective. We have a copy in our library, and I encourage you to take a look at it during your next visit to Hale Ku'ike.

Last month we received the CUP (Conditional Use Permit) allowing us to go forward with our expansion of a second facility on Kaneohe Bay Drive. If all goes well, we hope to have the building permits in the next six months with a projected opening around the beginning of 2011.

We are pleased to announce **Jane Maxwell**, RN as our Director of Nursing. Jane comes to us with a rich background in personnel management, quality improvement programs, and crisis management. **Aurea Tinaza** is currently on maternity leave and will return to our nursing staff in September.

- David Fitzgerald

Maxwell Joins Hale Ku'ike as Director of Nursing

Jane Maxwell joins us as our Director of Nursing. Jane received her nursing degree from Vanderbilt University. Jane enjoys her annual trips back to Tennessee to visit with family and eat her favorite food — fried okra.

Jane relocated to Hawaii in 1982. She's worked for Castle Medical, West Virginia Medical Institute for the Honolulu VA office, and most recently Helping Hands Hawaii as their Quality Director.

She started working part-time to cover shifts for RN Betty Ross.

She decided to accept the position of DON and feels blessed and challenged with the opportunity. Jane sees that over the next 20 years, geriatric healthcare will be a big challenge. We will need to find creative ways to allow our elders to live safely at home for as long as possible.

At Hale Ku'ike, Jane will be working on consistent communication with staff, caregivers, families, and ancillary support. She looks forward to holding family support sessions to foster education and increase

communication.

Jane's mom, Louise, is her nursing inspiration. Louise had empathy and an innate sense of when things were right or wrong. Jane is married to a UH math professor and has a son and daughter.

Please join us in welcoming Jane.



Her favorite quote is
"Keep on truckin'."

Activities Galore—Playing Tourist, Reminiscing, Gardening

Around the Island Van Ride—On Monday, June 8, eleven residents along with two CNAs went on an *around-the-island* van ride. Our drive started out on the east coast and went up through the North Shore, then back to town passing by Ala Moana Beach Park, Waikiki, and Kahala. In the middle of our trip, we had a nice picnic lunch at the Dole Plantation where the residents enjoyed being outdoors under the shade of a palm tree with the cool breeze as they ate. All residents were in bright spirits during the entire duration of the ride and a few of them pointed out familiar landmarks such as Chinaman’s Hat and Dole Plantation. One resident expressed her total satisfaction and delight with being able to travel as far as we did because she hadn’t been out that way in years. It was an exhausting day (6 hours) that entailed lots of work and preparation, but to see the residents living in the moment and enjoying every minute of the outing was well worth it. We are looking to do a future ride similar to this one next year; as well as a mini version of this type of excursion periodically.



Judy, Joyce and Mary browse through Hawaii-made products in the Dole Plantation Gift Shop.



Peggy enjoys her pretzels with her Sunrise cocktail.

Pau Hana Fridays—Starting in the month of June, the 3:00 PM snack for every Friday is *Pau Hana Friday*. Pau Hana Friday is a happy hour type activity featuring pupu snacks (i.e. pretzels, chips, etc.) and mock cocktails of a wide variety. At the last Pau Hana Friday, Chef **Jaime Galat** made us a delicious Hawaiian Sunrise drink which was a concoction created with pineapple juice and mint (from Hale Ku’ike’s herb garden) decorated with a pineapple chunk and cherry on top. The residents enjoyed drinking their cocktail while they ate pretzels. We had the “Hawaii Calls” radio show playing in the background, giving us the feeling that we were at the Moana Hotel in Waikiki listening to a variety of live bands. We encourage families to come by and join us for this fun-filled activity which allows our residents to relax and reminisce. - Jill Martinez

Right: Martha prepares to transplant lettuce seedlings.
Below: Dry land water-cress, Portuguese cabbage, and hydroponic Manoa lettuce from Hale Ku’ike’s garden.



Resident Birthdays		
Jul	8	Ella S.
	24	Thelma T.
	30	Martha N.
Aug	3	Peggy M.
	15	Mae S.
	27	Kay U.
Sep	18	Joyce M.
	26	Jane T.

Upcoming Activities for Jul/ Aug/ Sep 2009

- Jul 29 **Jerry’s Ukulele Ensemble; 10am**
- Aug 7 **Vita’s Birthday Party; 3pm**
- 13 **Taishoukoto Kinshuukai Hawaii; 10am**
- 21 **Pacific Music Foundation; 3pm**
- 26 **Okinawan Dance Group; 10am**

Recurring Activities:

- Every Tuesday—**Tai Chi; 2:30pm**
- Every Wednesday—**Pastor Dan; 3:30pm**
- Every Friday—**Pau Hana Hour; 3:30pm**

Resident in the Spotlight— Mrs. Ella Stewart

Ella was born on July 8 in England. She comes from a large family of four sisters and one brother. Ella lost her mother at a very young age and was adopted by an aunt. *[As a result of the first World War]* she recalls having a tough childhood because she remembers struggling to get food and having to do a lot for herself as a little girl. Growing up, Ella would always remember her mom and dad telling her that they loved her. Ella enjoys going to the beach and reading when she has free time. She likes to listen to music, especially if it's a happy tune. A favorite phrase that Ella loves to say is, "I'm hungry!" One of Ella's favorite foods is ice cream, and she can eat an endless amount of it. She has three children of her own named Gerald, Joan, and Pamela. Ella has the most seniority of our residents as she has lived at Hale Ku'ike since April 2005.

Kara, a Kalani High School student, assisted Jill with this interview. As part of a school community outreach program, Kara volunteered twice a week.



Ella's favorite phrase is
"I'm hungry."

Employee in the Spotlight— Danny Zukeran

Danny Zukeran attended the Culinary Program at Kapiolani Community College on a Veteran's Administration scholarship. Dorothy Colby (a KCC student herself at the time) told Danny that Hale Ku'ike was hiring. After his interview, Danny knew he wanted to work here because the kitchen was immaculate. Danny graduated from KCC in 2006 and is a Certified Culinarian and Certified Pastry Culinarian with the American Culinary Federation.

Danny has been with Hale Ku'ike since October 2005. He is a dinner Chef and our Pastry Chef. Danny creates the pastry delights for the week. Every resident and staff member receives a birthday cake made by Danny.



Danny says that Rosabel is not afraid of hard work and is the definition of hospitality.

While Danny shares his aloha with all the residents, he has a special bond with Rosabel who loves to help him in the kitchen. She reminds Danny of his grandmother because she is never afraid of hard work. They share playful banter and heart-to-hearts. When asked about Danny, she smiles and says, "He's a good boy. If he's naughty or makes junk kine, I spank him!"

In his off hours Danny likes to watch anime cartoons. His favorite foods are éclairs and doughnuts. He says the most important life lesson so far is *"to live in the moment and not to dwell on the past"*. Danny would like to share one of our most popular cookie recipes with everyone.

Triple Chocolate Macadamia Nut Cookies

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2/3 cup **each** of white, semi-sweet and dark chocolate chips. Use any combination of chips totaling 2 cups (12 oz bag)
- 1 cup chopped macadamia nuts

Preheat oven to 375 degrees. Sift together flour, baking soda and salt. In a separate bowl, cream the butter and sugars. Beat eggs into creamed sugars one at a time. Add vanilla and beat. Gradually beat in the flour mixture. Fold in the three kinds of chocolate chips and nuts. Scoop by tablespoon onto ungreased cookie sheets. Bake for 10 minutes until golden brown. Allow to cool completely. Yield: 2 dozen.



Share the Journey and the Knowledge

We want to use this space to share materials that we have found educational as we continue to learn more about the many causes of cognitive impairments. We hope you will share what you've encountered also.

Available for viewing on the Internet:

David Shenk, author of *The Forgetting*, recognized the need for a better way to get the message out to people. Not everyone has the time to read a book or watch a 90-minute film. So he created "pocket films" that can be viewed in less than 8 minutes. Go to <http://aboutalz.org> and you will find four short films:

"What is Alzheimer's Disease"

"An Urgent Epidemic"

"The Race to the Cure"

"A Message for Patients and their Families"

These short films complement our training for our caregivers and staff. We hope you will find them helpful.

Suggested Reading List (Available at Hale Ku'ike)

Brackey, J. *Creating Moments of Joy*, 4th ed. Purdue University Press, 2007.

Shenk, D. *The Forgetting: Alzheimer's: Portrait of an Epidemic*. New York: Doubleday, 2001.

Suggested Videos (Available at Hale Ku'ike)

George, S (Producer) & Walker S (Director). (2006). *Young @ Heart* (Video). This inspirational and heartwarming documentary follows a musical performing ensemble in Massachusetts as they prepare for their new show of rock covers. The unique thing about this group is that their average age is 80! Coldplay, the Clash and Jimi Hendrix will never sound the same once you've heard the *Young@Heart* chorus sing them. To them, music is oxygen. They bring a poignancy and joy to the music that crosses generations. This movie is a Hale Ku'ike staff favorite. You're never too old to rock!