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Hale Kū'ike

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HALE KŪ'IKE

A New Standard For Memory Care

Message from the President



As our elected officials struggle to prevent Medicare and Medicaid from going under, one thing is clear— recipients in the future will have to make due with less. By 2030, only twenty years from now, one in five Americans will be age 65 or older. The budget cuts are just getting started.

One thing that will remain is that those who have the ability to pay privately for long term care will have more choices and easier access to quality care. Have you considered what long term care may cost in the future? The current monthly charge for a semi-private room at Hale Kū'ike is \$6,557.

Projected Costs for a Semi Private room with a 5% annual increase.

	Today	10 years from now	20 years from now	30 years from now	40 years from now
Monthly cost	\$ 6,557	\$ 10,172	\$ 16,569	\$ 26,990	\$ 43,963
Yearly cost	\$ 78,684	\$ 146,281	\$ 223,167	\$ 348,330	\$ 552,133

This chart makes a strong case for Long Term Care Insurance. I recently asked the spouse of one of our residents if she was happy to have this insurance and she said, "Oh man, am I!"

- David Fitzgerald

Preventing the Dreaded Pressure Ulcer—Bon Appétit

My recent involvement in the Hawaii Pressure Ulcer Coalition has taught me quite a bit about the latest in new technology in caring for wounds and the need for clear communication between agencies performing skin assessments on residents.

International guidelines have recently been developed for pressure ulcer treatments that include those elements one might typically think of – dressing changes and pain relief. A perhaps surprising factor in the best practice of preventing pressure ulcer development includes controlling for risk factors such as:

- Unintentional weight loss
- Under nutrition
- Protein energy malnutrition
- Dehydration

At Hale Kū'ike, the pressure ulcer has been an extremely rare thing as our residents are quite active and staff complete weekly resident skin checks. Resident weight status, independent eating skills and adequacy of total food and fluid intake are constantly monitored as a means of ensuring optimal nutritional health. Nutritional supplements are provided as indicated. What further helps in

this regard are simply that the food served is of high quality, made from scratch, and delightfully seasoned. The existence of a Resident Council which allows for resident input into menu choices rounds out the health plan.

If you have not yet joined us for a meal, please do so. Remember, we're not only feasting, we're preventing disease!

If you would like to view the NPUAP White Paper on nutrition in pressure ulcer prevention, see www.npuap.org/Nutrition%20White%20Paper%20Website%20Version.pdf

- Jane Maxwell, RN

Use It or Lose It: Tommy Kono's Approach to Keeping Healthy

Olympian, Mr. World, and Mr. Universe are a few of the titles Sacramento, California native Tommy Kono has been awarded. Tommy never set out to be an Olympian; he just wanted to improve his health coming from a robust family of parents and three older brothers. When Tommy was a senior in high school, one of his friends invited him to a weightlifting contest. Rather than just being a moral supporter, his friend told Tommy to enter the contest himself and he did. His time competing in weightlifting was cut short when he got drafted for the Korean War. Tommy was busy serving his time in the Army when one day he got notification of discharge to participate in the Olympics as a professional weightlifter. In 1955, Tommy came back to Hawaii full-time and now calls Hawaii his home. He worked as a Physical Fitness Specialist for the Department of Parks and Recreation and has a thirty-seven year affiliation with the Honolulu Marathon. What has kept Tommy going strong for so long? Now an elder himself, Tommy said that it's his active lifestyle and positive thinking that keeps his mind and body going.



Dr. Cullen T. Hayashida (left) KCC's Long Term Care Coordinator with Gold Medalist Tommy Kono.

In an effort to keep our elders physically fit and active, residents at Hale Kū'ike participate in a daily exercise program that utilizes both seated and standing exercises. At the completion of exercise, residents take a brisk walk around the property getting additional exercise while enjoying the warm Hawaiian sun and beautiful landscaping. In addition to exercise, residents participate in a variety of physical sports such as golf and balloon volleyball which improve resident's hand-eye coordination, endurance, and balance. One line can sum up Tommy's motto for himself and everyone's health sake, "To rest is to rust, use it or lose it!"

- Jill Martinez, Director of Recreational Activities

Holiday Events at Hale Kū'ike

There are a number of upcoming activities that are happening at Hale Kū'ike. Starting this month, residents will be participating in a project to create a wreath to be entered in the 24th Annual Holiday Wreath Contest sponsored by the City and County of Honolulu. The theme for the wreath contest this year is **Holiday Memories**.

Our **Holiday Fair** is December 5 from 1:30pm – 3:30pm at Hale Kū'ike. This is an event that will feature the different crafts that residents have been making throughout the year. A few of the items for sale are bookmarks, paintings, and bracelets. Our chefs will be offering a variety of baked goods and holiday treats.

On the evening of December 29, 2009, residents of Hale Kū'ike will go on a one-hour **Trolley Ride** to enjoy the annual Honolulu City Lights display. We plan to take **all** twenty-six of our residents. We anticipate completely filling the trolley with residents and accompanying CNAs. Happy Holidays!

Upcoming Activities for Oct / Nov / Dec 2009

- Oct 2 **An Evening of Golden Stars; 7pm**
 5 **Gary and Dale; 10:30am**
 9 **Gift of Music Club; 6:30pm**
 15 **Small World Harmonica Band; 10am**
- Nov 6 **Punahou 1st & 4th Graders; 9am**
- Dec 5 **Holiday Fair; 1:30p-3:30pm**
 14 **Joyful Singers; 10:30am**
 22 **The Movement Center Gems; 3:30p**

Recurring Activities:

- Every Tuesday—**Tai Chi; 2:30pm**
 Every Wednesday—**Pastor Dan; 3:30pm**
 Every Friday—**Pau Hana Hour; 3:30pm**
 Every Wed/Fri—**Holo Holo Van Rides; 1:00pm**



Journeys: The Life Stories of Hale Kū'ike Elders

For the past three months volunteer Gregg Kam and I embarked on a journey interviewing residents at Hale Kū'ike in search of their life stories and words of wisdom for future generations. Residents were asked questions regarding birth, family origin, cultural settings, traditions, social factors, education, love, work, retirement, and their vision of the future. Listening to the residents share their life in their own words made the project heartfelt. The words of wisdom offered were amazing in delivery. The end result of the project is a life story DVD containing an unedited version of each resident interview. The DVD was presented to the families at a Hollywood themed party entitled "An Evening of Golden Stars."

- Jill Martinez, Director of Recreational Activities

Happenings In and Around Hale Kū'ike

The **4th of July** celebrations brought families together. The party extended outdoors into our parking lot where decorated tents awaited our guests.



The Royal Hawaiian Glee Club entertained us while we feasted on 4th of July favorites such as hot dogs, corn on the cob, baked beans, potato salad made by **Bea**, deviled eggs, and lots of ice cold lemonade.



A recent weekly "holo holo van ride" took residents to the Windward Mall in Kaneohe. Vita accompanied the excursion and walked through the mall attracting the attention of fellow shoppers.



Hale Kū'ike participated in the annual Alzheimer's Memory Walk fundraiser on Saturday, Sept. 12. This year, **Rosabel** joined the walkers for part of the 3.1 mile trek.



Hale Kū'ike had a team of about 50 walkers/runners—our largest team so far!

Daily activities include those that exercise both fine and gross motor skills.



Holiday Fair items being made by Joyce and Val.



Resident Birthdays

Oct	3	<i>Lonise E.</i>
	13	<i>Kathy C.</i>
Nov	10	<i>Connie C.</i>
	12	<i>Christina T.</i>
	24	<i>Rosabel N.</i>
Dec	24	<i>Rose M.</i>



Share the Journey and the Knowledge

Suggested Workshops:

What Now? An Orientation Series for Family Caregivers. This Caregiver Orientation series is scheduled throughout the year and is FREE for non-professional family caregivers. Please call the Alzheimer's Association, Aloha Chapter at 591-2771.

Is it Normal Forgetfulness or Something More Serious? by Teepa Snow. Thu, Nov 12, 2009, 5:00pm-6:30pm, Queen's Conference Center, 2nd Flr Mezzanine. *Free to the public. No RSVP required.* Ms. Snow is a Dementia Care and Education Specialist.

The ABCs on Medicare and Medicaid ... Don't Forget Part D! **Margaret Wong**, Affordable Health Care & Benefit Services, will offer small groups or personal educational sessions on 2010 Medicare and Medicaid benefits. Please contact *Kay* at Hale Kū'ike if you are interested in attending a workshop or schedule a personal review of your benefits.

Project Dana's ***Home Safety Program*** provides:

- An initial home assessment visit
- Educational information on Home Safety
- Recommendations of possible home modifications
- A follow-up home assessment

For more information, please contact *Michael Hirano* at 945-3736.

Kapiolani Community College's ***Kupuna Education Center*** has offerings for entry-level direct care workers, family caregivers and active retirees. For family caregivers, the program teaches personal care, transfer, normal aging, chronic conditions, medication management, nutrition, community resources, understanding of legal and financial resources and methods of caring for one's self as a caregiver. Please call Toni Hathaway, Education Coordinator at 734-9461 and/or visit www.kupunaeducation.com.