

HALE KŪIKE

A New Standard For Memory Care

4th Quarter | 2010

Volume 2 | Issue 4

95 Kawanānakoā Place
Honolulu, HI 96817
Bus: 595-6770 | Fax: 595-6771
www.halekuike.com

Observation and Intervention

Improve Outcomes

Families and visitors to Hale Kū'ike often ask about their loved one, "Why does she do that? She never did that before!" It is good to understand about the progressive nature of Alzheimer's Disease and the change from normal cognitive functioning to a state of functional decline.

In a recent national talk on Long Term Care, Dr. Eric Tangalos listed several triggers to avoid that can cause those uncharacteristic and often problematic behaviors to arise. They include resident fatigue; changes in routine, environment, and caregivers; perceptions of loss; inappropriate stimuli and stimulus levels; excessive demand; pain and physical stressors such as urinary tract infections.

At Hale Kū'ike there is a reason for the schedule, the types of activities, the design of the environment, consistent staffing, and the manner in which residents are included into the day's happenings. Nursing specifically addresses those behaviors which might be caused by an underlying physical condition. Because of this, it is very important for staff and families to "compare notes" on the resident's emerging comments, responses and behaviors. By doing this together we can individualize the plan of care and improve outcomes for the resident's life.



Jane Maxwell, DON

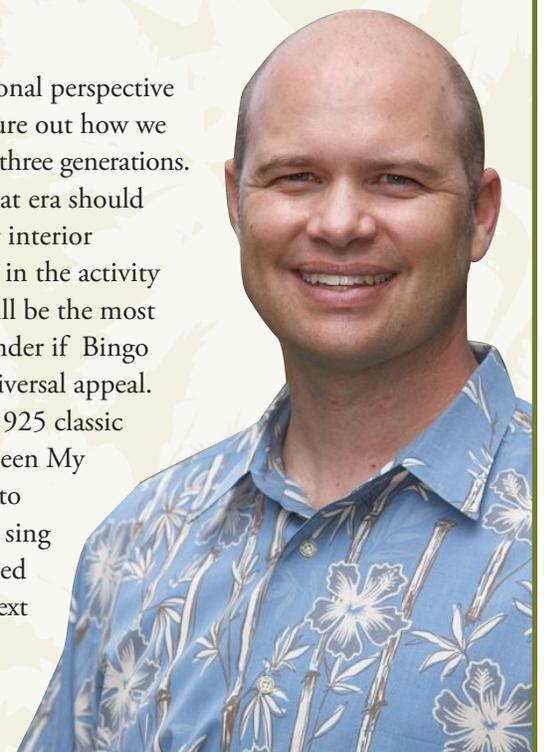
Message From The President

Since starting in this field fifteen years ago I have primarily served our elders from the Greatest Generation. Each generation lasts about twenty years and it's hard to believe that so many of our heroes from the Greatest Generation have faded into history. As we move to 2011 with the opening of our Kaneohe facility it's interesting to think that we will serve three different generations over the next decade.

Next year the Baby Boomers will begin to reach age 65! Thankfully the Boomers are already changing our negative views of aging in America. How often have you heard that sixty is the new forty?

	Begin	End	Age in 2011
Greatest Generation	1901	1924	87 to 110
Silent Generation	1925	1945	66 to 86
Baby Boomers	1946	1964	47 to 65

From an operational perspective I'm trying to figure out how we can best serve all three generations. For example, what era should we target for our interior design? Changes in the activity programming will be the most noticeable. I wonder if Bingo will retain its universal appeal. Even today the 1925 classic "Has Anybody Seen My Gal?" continues to top the charts in sing along. I am excited to see how the next generations will shake things up.





Tanaka Celebrates 95TH BIRTHDAY

Ukiko “Judy” Tanaka was born in May 1915 on the island of Kauai in a small plantation town known as the Lawae Stables. What Judy liked most about growing up on Kauai was walking to school, going to the beach, and attending hukilaus. During the many hukilaus the whole town would rush down to the beach and watch the fishermen pull in their nets. It was a treat to come home with fresh fish that her family cooked, dried, and enjoyed.

Judy comes from a family of seven children. Her father was a plantation store worker and her mother made tofu for the Japanese internment camp. Judy remembers a language barrier while growing up because her father only spoke Japanese while her mother and the children spoke English.

As a child, Judy would describe herself as being serious, shy, quiet, and always impatient. When Judy finished the eighth grade her family relocated to Honolulu. Judy wished she could have attended night school, but did not. She grew to be satisfied with where she was at in life. As an adult, Judy found employment at Sears as a salesperson in the sewing department. Judy enjoyed the friendships she made with customers and co-workers. Judy never married and describes herself as an “old maid.” She reasons she was too shy and that there wasn’t anyone who made her say, “Whoa, I’d like to marry him.”

Judy has lived at Hale Kū’ike for five years and celebrated her 95th birthday with fellow residents. When asked for advice for future generations Judy states, “I suggest you eat tofu because it’s healthy.”

Country Fair Spotlights RESIDENT CREATIONS

Hale Kū’ike held its first Country Fair featuring a variety of resident-made crafts. [As an added treat, Hale Kū’ike chefs prepared an array of culinary delights.] Handmade items included decorated trinket boxes, memo holders, bracelets, ribbon lei, greeting cards, and photo frames. These craft projects were selected because they allowed residents to perform tasks that required hand-eye coordination, fine and gross motor skills, spatial and tactile expression, and color and texture relationship. Families, friends, and employees of Hale Kū’ike came to support our residents’ creativity and accomplishments. The money raised will go towards a fine dining experience in early October.



RESIDENT Birthdays

OCTOBER 3 – Louise E.

OCTOBER 13 – Kathy C.

OCTOBER 28 – Lily H.

NOVEMBER 10 – Connie C.

NOVEMBER 24 – Rosabel N.

Upcoming Activities for OCTOBER, NOVEMBER, DECEMBER 2010

OCTOBER 5	10:30 am	Learn To Play Hanafuda
OCTOBER 18	9:30 am	Kupuna Music
OCTOBER 22	10:30 am	Folk Sing Along
NOVEMBER 25	12:00 pm	Thanksgiving Luncheon
DECEMBER 4	6:30 pm	Tree Trimming
DECEMBER 25	12:00 pm	Christmas Luncheon

RECURRING ACTIVITIES

Every Mon/Wed	1:30 pm	Holo Holo Van Tour
Every Tuesday	2:30 pm	Tai Chi
Every Thursday	10:30 am	Pastor Dan



Jill Martinez, CTRS

Team Vita and her Doodles ARE A HIT AT MEMORY WALK 2010

Hale Kū'ike participates in the annual Memory Walk, a fundraiser for the Alzheimer's Association. This year the walkers of Team Vita and Her Doodles wore poodle ears and colorful bandanas. The team leader, Vita, is a resident service dog at Hale Kū'ike. Vita was joined by fellow labradoodle Jude and his Hawaii Fi-Do trainer Sheree Loui. Jude is in training to be a service dog at Hale Kū'ike's second facility in Kaneohe. This year's team of 57 walkers enjoyed the time spent with family and friends. Please join us next year for a fun-filled morning.



Food Nourishes The BODY & SOUL



Dorothy Colby

In February of this year we began an effort to improve the dining experience for our elders. From the very beginning serving great food has been extremely important at Hale Kū'ike. It is a source of joy and pride for both staff and residents. Our food is delicious and our residents are thriving, however we felt there was more we could do to

improve and personalize the overall dining experience. In April we brought together a Dining Excellence Action Team. The Team, made up of staff from different departments, has met several times to transform our service to be elder-centered. They began by examining the overall experience from the elder's point of view, documenting what they were proud of and what needed improvement. As a personal exercise they

envisioned what they would like to be served when they are elders. The early meetings established two goals:

- To increase opportunities for residents to make choices and provide input
- To reduce the noise level during meal service

In addition, Resident Council meetings have provided resident dining preferences. The residents have done tastings of new dressing recipes to see which they would like to be added as a choice. Most recently residents have worked with the Team to plan a special fine dining luncheon coming up in October. They chose the appetizer, entrée choices and even requested cocktails. It is easy to assume we know what they would like to eat. It is especially easy to make this assumption for people with dementia who often have trouble expressing themselves. Asking for their opinion and input brings the decision and ownership back to where it belongs, in the hands of the elders.



Honolulu, HI 96817
Ninety-Five Kawamanakoa Place
A New Standard For Memory Care

Share The JOURNEY AND THE KNOWLEDGE

Support Groups:

Hale Kū'ike support group session is Saturday, October 2, 2010 from 3pm-5pm at the Community Church of Honolulu. Please RSVP to Hale Kū'ike at 595-6770.

Project Dana provides Caring for the Caregiver. This support group for family caregivers meets from 9am-1pm on the 2nd, 3rd, and 4th Wednesdays of each month. One session is educational, one offers a time to "talk story", and the third is a "re-creational" outing to restore and rejuvenate the spirits of the caregivers. For more information, please contact Susan Miyamoto at 945-3736.

The Alzheimer's Association, Aloha Chapter, provides Neighborhood Support Groups that gather in a supportive environment with other family caregivers who care for family and friends affected by Alzheimer's disease and related dementia. Call 591-2771 to find the one nearest you.

Has Anybody Seen My Gal

Lyrics by Sam M. Lewis &
Joseph W. Young, 1925

*Five foot two, eyes of blue,
Oh, what those five feet can do!
Has anybody seen my gal?
Turned up nose, turned down hose
Flapper? Yes, sir, one of those.
Has anybody seen my gal?
Now, if you run into a five foot two
All covered with fur,
Diamond rings and all those things,
Bet your life it isn't her.
But could she love, could she woo,
Could she, could she, could she coo?
Has anybody seen my gal?*

David Fitzgerald

President
david@halekuike.com

Dorothy Colby

Business Manager and Chef
dorothy@halekuike.com

Jane Maxwell

Director of Nursing
jane@halekuike.com

Jill Martinez

*Director of
Recreational Activities*
jill@halekuike.com

Vita

Director of Pet Therapy