

1st Quarter 2010
Vol 2 Issue 1

Hale Kū'ike

95 Kawanānakoā 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



Hale Kū'ike will celebrate its fifth anniversary on January 31, 2010! I am most thankful for our fantastic staff that give so much to our residents. They are the heart of Hale Kū'ike and one of my greatest priorities is maintaining a high quality work environment that enables us to stay focused.

We are committed to helping change the culture of long term care in Hawai'i and a core part of our mission is to be a model of what is possible.

I am very excited about the development of our second property in Kaneohe that will accommodate twenty eight residents. The innovative design incorporates a "neighborhood" concept which divides the building into two self contained "households" with fourteen residents. This smaller size household has many benefits such as promoting relationships and reducing disruptions. We are in the final stage of permitting and hope to start construction soon.

I appreciate the trust that you have placed in Hale Kū'ike over the last five years. We are excited about the future and will work diligently to bring progressive approaches to memory care for our elders in Hawai'i.

- David Fitzgerald

Hale Kū'ike Offers Support Sessions for Family Members

Beginning in January 2010, Hale Kū'ike will offer family members a chance to come together to "talk story" with each other. It will be a time to meet other family members and share feelings, concerns, and memories.

From time to time, we will also offer educational sessions on aging, dementia, grieving, etc. Our primary focus will be to hear about issues from our family members that may be of concern to them.

We hope our families will use this opportunity to learn more about the current and future health issues that may relate to their loved ones and share with one another.

We plan to provide light refreshments at each of these quarterly sessions.

Please mark your calendars for the first session on:

Sat, Jan 16, 2010, 3pm-5pm
Community Church of Honolulu
2345 Nuuanu Avenue

If you have any specific issues that you would like to have addressed at an upcoming session, please let me know.

We look forward to seeing you at our first session. Please email Jill at jill@halekuike.com or call 595-6770 and let me know that you'll be able to make it.

- Jane Maxwell, DON



“Do you remember me? What’s my name?”

Have you ever had the awkward experience of running into someone you should know, but just couldn’t remember her name? You rack your brain, rifling through memories trying to resurrect the connection. You are too embarrassed to ask her name and hope that she will drop clues. Sometimes a memory bubbles up to the surface, sometimes it doesn’t come till after you have parted. All in all it can be an embarrassing, stressful experience when you fail to remember a person’s name.

For the residents at Hale Kū'ike this is the reality of almost every social interaction. Whether their dementia is the result of Alzheimer’s disease, a stroke or other cause, it is very common for people with dementia to not be able to recognize or remember the names of family, friends and the staff they see every day.

Tips for visiting someone who doesn’t remember you

Refrain from quizzing them with questions like, “Do you remember me? What’s my name?” If you think the person with dementia might not know who you are, give them a friendly greeting and tell them your name. *“Hi. I’m Ann. It’s great to see you.”*

Blessed is that person who comes up to me and tells me his name first and reminds me of some experience we have shared. Usually this kind of approach suddenly triggers a flow of memories that is almost impossible for me to recall just by reaching into the blankness.

** Robert Davis, Author of “My Journey into Alzheimer’s Disease”*

and comfort now more than ever before. They may not know your name, however they know that you love them at that moment of your visit. And even if they cannot remember your visit after you have left, the feeling of joy remains and affects the rest of their day.

Sometimes a person with dementia will not recognize their grown children as their children. If you say, “Hi Mom. It’s me, your youngest daughter Ann,” your mother might not talk to you because in her mind you are not the young girl she remembers. Instead, try visiting as a friend instead of a child. *“Hi. May I sit and chat with you this morning?”*

Please don’t stop visiting because the person doesn’t recognize you or know your name. Please know that they need your companionship, love

-- Dorothy Colby

Hale Kū'ike's wreath wins 2009 Judge's Choice Award



The theme was “Celebrating 50 Years of Statehood.” Hale Kū'ike's wreath contained ti leaves, fern, anthuriums, orchids, and photos from the 50s. **Congratulations!**

Resident Birthdays

Jan	13	Joyce B.
	21	Shigeru H.
Feb	5	Coral K.
	5	Mary M.
	19	Chiyo I.
Mar	20	Nelson L.

Upcoming Activities for Jan/ Feb/ Mar 2010

Jan	1	Happy New Year!
	25	Kupuna MA; 9:30a
Feb	3	Elks Club Luncheon; 10:00am
	14	Chinese New Year—Year of the Tiger
Mar	18	Taisho Koto; 10:30am

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 Tour; 1:00pm

Meet the People Who Keep Hale Kū'ike Looking So Great!

So many of our visitors are quick to compliment Hale Kū'ike's facilities and grounds. We are fortunate to have a team of employees and vendors who do a wonderful job in maintaining and improving the appearance of our building and the grounds. Please meet our housekeeping and maintenance staff who work very hard to keep our facility clean and safe for our residents and staff.

Eva Abad, Housekeeping. Eva moved to Hawaii from the Philippines in March 2006. Soon after, she started working for Hale Kū'ike as a housekeeper. Anyone who visits will see Eva always busy at work, inside and outside. She's a dedicated employee who truly takes personal pride in maintaining our residence. What Eva likes about Hale Kū'ike is it's very clean (thanks to her), quiet, and co-workers are friendly. Her favorite residents include Martha and Jane who always greet her with a smile. She says she works hard so that she can provide for her children. Eva has a son in college on the mainland and a daughter at Farrington High School. Eva recently completed the Certified Nurse Aide training and is a licensed CNA. Eva works full-time at Hale Kū'ike and part-time at a care home. She enjoys Filipino and Korean foods, likes watching the Wheel of Fortune, and when she's not working at Hale Kū'ike, she's busy cleaning her own home.



Robert Galanto, Housekeeping. Robert is the other half of our housekeeping team. You will often see him shampooing the carpets and pressure washing the grounds. Robert is part-time with Hale Kū'ike. He works full-time at the Kahala Mall. He is originally from the Philippines and has lived in Hawaii since 1993. He worked for Delite Bakery as a baker and cake decorator. He has two sons, nine and four years old. Robert was referred to Hale Kū'ike by RN Aurea Tinaza. He enjoys working with our elders and has fond memories of Mr. Ito. He and Mr. Ito shared jokes and Mr. Ito would often share snacks with Robert. Robert's hero is Jose Rizal, a national hero that helped the poor and needy in the Philippines. Robert just finished reading a book on Father Damien, who is now Robert's new hero. Robert loves Filipino food and fresh apple pie!

Jerry Tabbay, Maintenance. You will see Jerry at Hale Kū'ike on Saturdays and Sundays. He takes care of repairs to resident rooms as well as the building in general. He is often seen doing touch-up paint jobs. Jerry likes the flexible schedule, the environment, and the staff at Hale Kū'ike. He's able to utilize his building maintenance skills and engineering background. Jerry related a childhood story that his children find humorous. He started working at an early age as a bread deliverer for a local bakery. One morning as he made his way to sell bread, he fell off of his bicycle and his load of bread fell to the ground. He quickly picked up the loaves, dusted them off, and sold them to his relatives. The day was not loss and neither the bread nor the profits! Jerry enjoys the Filipino dishes that his wife prepares. Jerry says his important life lesson so far is "I've learned that by working hard, I am able to provide my family the best possible life that I can give them. By seeing them happy, my life is complete."



Jerry's favorite quote is "When work, commitment, and pleasure all become one and you reach that deep well where passion lives, nothing is impossible."

- Anonymous



Share the Journey and the Knowledge

Support Groups:

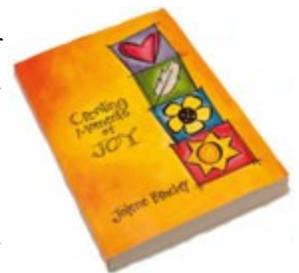
Project Dana provides *Caring for the Caregiver*. This support group for family caregivers meets from 9am-1pm on the 2nd, 3rd, and 4th Wednesdays of each month. One session is educational, one offers a time to “talk story”, and the third is a “re-creational” outing to restore and rejuvenate the spirits 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 nearest one to you.

Hale Kū'ike will start a support group for our family members. The first is scheduled for Saturday, January 16, 2010 from 3pm-5pm at the Community Church of Honolulu. Please call Hale Kū'ike at 595-6770 to let us know if you are able to attend.

Resources:

Brackey, J. *Creating Moments of Joy*, 4th ed. Purdue University Press, 2007. Jolene looks beyond the challenges of Alzheimer's disease and focuses more of our energy on creating moments of joy. Life is made up of moments, memory is made up of moments, too. Learn how to create a perfectly wonderful moment; a moment that puts a smile on their face, a twinkle in their eye, or triggers a memory. Five minutes later, they won't remember what you did or said, but the feeling you left them with will linger.



Our family members may borrow a copy of Jolene’s book from Hale Kū'ike. On your next visit, please ask David for a copy.