

HALE KŪ'IKE

A New Standard For Memory Care

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

SENSORY INTEGRATION TAKES FLIGHT AT HALE KŪ'IKE



Jill Martinez, CTRS

Hale Kū'ike offers specialized care for elders who reside here. While we'd like to see all of our elders functioning at a high cognitive level, that's not reality due to the progressive nature of dementia. Our goal is to provide the best quality care to our elders; therefore we are constantly striving to adjust the activities program to meet the changing needs of those we serve. Attempting to meet the needs of all elders through a single activities approach would result in leaving some elders out of our activities programming entirely.

With that in mind, Hale Kū'ike has introduced a sensory integration program. Sensory integration is an interactive technique that uses various objects to encourage communication and socialization.

I was fortunate to witness sensory integration benefit one of our elders. This particular elder

rarely spoke or made sense when she spoke. But after a sensory integration session, we were having an unbelievable conversation where she was responding appropriately to every question asked. She was in bright spirits the entire time and there was no question that I was sharing moments of joy with her.

If you'd like to learn more about sensory integration, Occupational Therapist Hilary Habershaw will be

presenting at our next support group on Saturday, January 22nd at 3pm at the Community Church of Honolulu. Please join us for this informative presentation, and next time you visit your loved one you will have the option of using sensory activities to make your visit more interactive.

At right, Hideo and CNA Nicole explore the Hoberman sphere during a sensory integration session.



MESSAGE FROM THE PRESIDENT

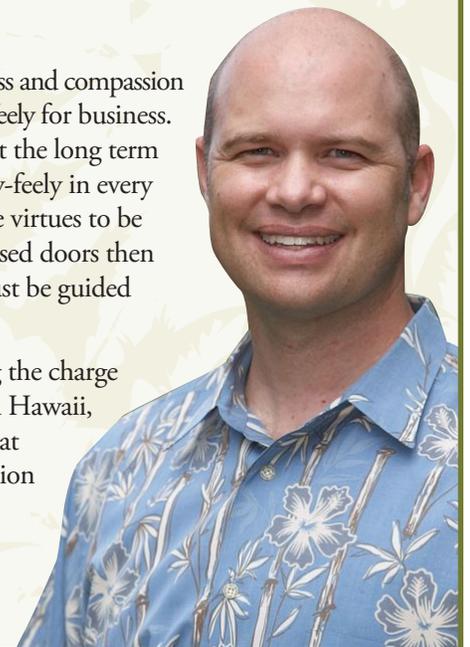
As we start a new year I would like to share the best management advice I have come across by G. Web Ross in his recent management newsletter. (Mr. Ross happens to be the father-in-law of one of our nurses, Betty Ross.)

- It is other people, not you that will determine your success.
- Thoughtfulness, kind, considerate, compassionate, concerned, helpful are all words that describe what you need for success.

Today the long term care industry is at a tipping point. Organizations are struggling to find ways to meet the expectations of the baby boomers. There is a nationwide push to make facilities less institutional, and the term for this is Culture Change. To me the concept is simply giving people what they want.

On the surface, kindness and compassion may seem too touchy-feely for business. But I would argue that the long term care industry is touchy-feely in every sense. If we want these virtues to be carried out behind closed doors then every organization must be guided by these principles.

Hale Kū'ike is leading the charge for Culture Change in Hawaii, and I firmly believe that kindness and compassion are the foundation for this critical and necessary change.



HALE KŪ'IKE PUTS IT ALL TOGETHER

In working with our residents, we have added particular therapies to enrich the lives of our residents. Everyone is probably familiar with physical therapy and the gains that can be made with proper instruction regarding body mechanics. It is possible to not only maintain functional abilities but build strength, independence and confidence in our residents. We know that physical activity can certainly help with mood and reduction of anxiety.

When more is needed in that department, we now are referring for psychological evaluation. Referral to a psychologist includes testing which helps clarify diagnoses, personality profile, and even give insight into utilizing particular medication for behaviors.

Occupational therapy is a third modality which can help with increasing alertness or decreasing stimulation for

a resident. This therapy may also intervene in non-productive or off-putting behaviors.

The staff at Hale Kū'ike endeavors to come up with the right "menu" of services to add to our already strong activities therapy program and provide quality for each resident whatever the stage of dementia.

Read about our insightful therapists (below) who have each had experience with those diagnosed with dementia.



Jane Maxwell, DON

MEET THE THERAPY TEAM WHO ENHANCES THE QUALITY OF LIFE



Reiko Taba, a Physical Therapist with **PT Works**, comes to us with 28 years of physical therapy experience. She received her Bachelor of Science degree in Human Development from the University of Hawaii. She later pursued her Physical Therapy degree from Mayo School of Health Sciences in Minnesota and returned home to practice at Queen's, Castle and Wahiawa General Hospitals and Home Health Agencies. Physical Therapy can be a vital link for seniors to gain back physical control of the aging process. She enjoys working with her geriatric patients and their caregivers. Her aim is to help build strength, flexibility and awareness for safe mobility so that they may live as independently as possible.



Dr. Kenneth McCallum is a Hawaii licensed clinical psychologist. His broad experience serving the diverse, multicultural population on Oahu includes work in school, hospital, military and correctional settings. His private practice which he started in 1998 provides mental and behavioral health services for children, adolescents, adults, and seniors. Dr. McCallum has done a lot of work in the geriatric field. He works hard to understand the needs of our elders - difficult when dementia makes communication challenging. He's able to determine optimum ways to approach and to maximize each encounter with his clients.



Hilary Habershaw, MS OTR, is a 2007 graduate of Boston University, Sargent College of Health and Rehabilitation Sciences, where she earned a masters of occupational therapy. Hilary has been practicing occupational therapy for over 3 years in Hawaii and has experience treating neurological conditions including traumatic brain injury, dementia, Parkinson's and other neurological disorders. Hilary has experience in sensory integration techniques used with children and has been consulting with facilities in the area to apply sensory integration principles to the older adult population for behavioral management. She started **OT to You** with the goal of providing services that give individuals the tools needed to maintain their independence and quality of life.

MARCUS ASAHINA WEARS MANY HATS

After working at several restaurants, hotels seemed the next option. As Marcus browsed the culinary bulletin board at KCC, he noticed a listing for a Chef position at Hale Kū'ike. The health care industry never crossed his mind, but Marcus was looking for a way to keep his passion for food and cooking alive without having to endure the sacrifices required of an upscale restaurant. So he decided to apply and learn more about this new opportunity.

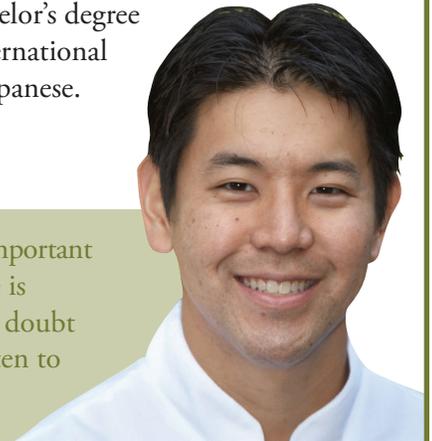
Needless to say he was very impressed with the facility, its mission, and everyone's commitment to that mission. He was offered the position and immediately accepted it. He's happy to be here because the commitment to quality is top notch. At Hale Kū'ike, Marcus enjoys the freedom to be creative with a focus on high standards. Recently, he was inspired by Iron Chef Morimoto's Ahi Pizza with Anchovy Aioli. He made it for an afternoon snack substituting shrimp for the raw fish. The residents enjoyed it, providing Marcus with immediate feedback on his efforts.

Marcus enjoys chatting and getting to know all of our residents. He loves hearing about their diverse backgrounds and the amazing things they've done in their lives. For him, the toughest part of this job is saying goodbye to residents he has grown close to.

Marcus is not a quitter. During his junior year of college in Washington, he decided to walk to Seattle from Tacoma (he didn't have a car). The walk ended up being 35 miles and it took him 10 ½ hours. Needless to say, he was not able to walk the next day. To add insult to injury, it stormed on him the entire time!

Marcus is a big sushi fan and enjoys a well-executed pizza. His favorite herbs are cilantro and shiso and the smell of rosemary. He'll eat anything topped with sautéed mushrooms and caramelized onions and is a sucker for a nice light gnocchi with sage brown butter and freshly grated parmesan cheese.

At Hale Kū'ike, Marcus is one of our chefs and also assists Dorothy and David in the business office. In addition to completing a culinary degree from KCC, Marcus has a bachelor's degree in Foreign Language International Affairs and is fluent in Japanese.



Marcus says the most important thing he's learned in life is "even though you may doubt their advice, always listen to your parents"!

RESIDENT Birthdays

JANUARY 13 – Joyce B.
FEBRUARY 14 – Gayle M.

FEBRUARY 19 – Chiyo I.
MARCH 20 – Nelson L.

MARCH 22 – Kei M.

UPCOMING ACTIVITIES FOR JANUARY / FEBRUARY / MARCH 2011

JANUARY 1	Happy New Year!
JANUARY 22	3:00 pm Support Group
JANUARY 25	10:00 am Elks Club Luncheon
FEBRUARY 3	3:00 pm Chinese New Year Party
FEBRUARY 13	3:00 pm Lion Dance
FEBRUARY 14	3:00 pm Valentine's Day Social
MARCH 3	3:00 pm Girl's Day Celebration
MARCH 11	10:30 am Folk Sing Along

RECURRING ACTIVITIES

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



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RETURN SERVICE REQUESTED

SHARE THE JOURNEY AND THE KNOWLEDGE

SUPPORT GROUPS:

Hale Kū'ike support group session is Saturday, **January 22, 2011** 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.

The Caregiver Foundation of America sponsors the monthly *Support Groups* around Oahu to help caregivers develop new skills, share ideas and deal with concerns. Each meeting features an educational component and a time of sharing and support. Please call 625-3782.

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