

HALE KŪ'IKE

The Standard For Memory Care

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NEW BEGINNINGS



Jane Maxwell,
DON

January is a season of New Year's resolutions. Some are based on a desire for self-improvement and change, and some on hopeful expectations for the

New Year. I have been thinking about the new beginnings experienced by the elders with dementia who come to Hale Kū'ike to live. These elders' lives are changed dramatically, whether they come from home, hospital or another care facility. Change

is difficult for everyone, but it is especially challenging for a person with dementia. It includes a new physical environment, new caregivers, new routines and new food. Even after living here for some time, the elder with dementia can still struggle with this new environment. While we are making our own resolutions for the New Year, let us all include resolutions that will help our elders with dementia all year long.

- We will help our elders keep to a planned routine to accomplish goals; routine helps reduce confusion

and promotes a feeling of security for elders with dementia.

- We will strive for both ourselves and our elders to live a healthy lifestyle that includes well-balanced food and exercise to promote wellness.
- We will value all types of communication with our elders, both verbal and non-verbal.
- We will cherish the moments we have with our elders as they happen.

May we all focus on fresh starts, while strengthening our relationships to make for the happiest of New Years.

MESSAGE FROM THE PRESIDENT

As we prepare to open our second location, my top priorities are to ensure that we have a smooth transition and that quality remains our focus.

I am very pleased to announce that Scott C. Gardiner recently joined our management team. Scott has a master's degree in Gerontology and has devoted his career to serving our elders. In the twelve years prior to joining Hale Kū'ike Scott worked as a Certified Geriatric Care Manager with Options for Elders. He coordinated the care and staffing for elderly clients living at home, helped families to assess their elder's specific care needs, and assisted families in the difficult transition from home to long term care.

I met Scott when we first opened Hale Kū'ike in 2005. He assisted with many clients' moves into Hale Kū'ike. I was impressed with his knowledge and professionalism. What moved me most was his ongoing commitment to his clients. Scott helped place two of our most memorable residents, a cantankerous and wry 99-year old New Yorker and his 97-year-old wife. They had no children or family in Hawaii and Scott served as their Care Manager for the two years they were with us. He was like family to them – shopping for them, driving them to appointments, and

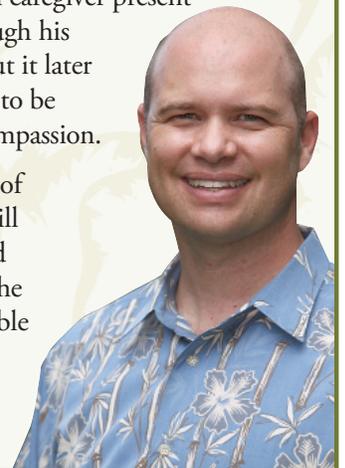


Scott C. Gardiner

managing their affairs. But Scott went beyond his role as their Care Manager. He took the husband to see his wife in the hospital for what was to be their final visit together. He bore the sad news of her passing to her husband and stayed by his side through his grief. When the husband's time came, Scott was by his side at the hospital and made sure there was a personal caregiver present

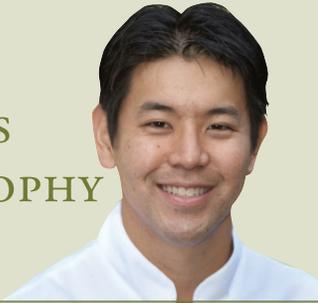
when he could not be there through his passing. When I asked Scott about it later he simply said, "I didn't want him to be alone." I was touched by Scott's compassion.

Scott is learning the ins and outs of our operations in Nuuanu and will have a key role in the start up and ongoing operations of the Kaneohe location. He will also be responsible for marketing and community outreach for both facilities.



HALE KŪ'IKE'S FOOD PHILOSOPHY

MARCUS ASAHINA



Aloha all! As this is my first time writing for the newsletter as Head Chef, I wanted to take some time to highlight some of the many reasons why I am proud of what we do here at Hale Kū'ike. The quality of the cuisine is always our top priority. I generally ask myself two questions after each meal: "Is this the best version of this dish that I have ever tasted?" If the answer to this is "no," then "What are the steps we need to take to make it so it is?" This is the standard that we are continually striving to achieve. Perfection by definition is not attainable, but that still shouldn't stop us from shooting for it.

Another facet of our dining experience that I believe to be exceptional is the variety of cuisines we are able to offer our residents. From Asia to Europe, throughout the U.S. and down to Mexico, we are always trying to serve both familiar and comfortable foods in addition to new and exciting offerings. It's wonderful when a resident is able to enjoy something that they've never had the chance to try before. After all, it is never too late to discover a new favorite food.

I am extremely proud of what our dietary team is able to accomplish day in and day out, but I am also very excited for where we are headed in the future. Like any good restaurant out there would, it is important to always be in constant pursuit of elevating the quality of our meals. As a chef I definitely understand the importance of using fresh ingredients when it comes to a quality end product. We have already established a good relationship with Nalo Farms as a sizeable portion of our produce comes directly from them. For 2012 I am looking forward to seeking out and strengthening more relationships with local farms in the community to ensure we are offering our residents the freshest and most vibrant meals possible.

Other projects on the horizon are our Resident Fine Dining Luncheon, Weekly Sunday Brunches, and the return of our Pau Hana Fridays. I am also very much looking forward to working closely with Jill Martinez, our Director of Recreational Activities, in coordinating numerous food related activities and activities themed/inspired meals. Many of our residents were avid cooks when they were younger so working with food again has the ability to evoke great memories and fond feelings. I am very much looking forward to continuing to share what we are up to on the dietary side of things at Hale Kū'ike. Food is something that everyone should look forward to and get excited about and our team here will do everything we can to make sure that our residents are able to have these experiences too!

WELCOME TO THE CLUB



Jill Martinez,
CTRS

Over the past month, activity personnel have participated in training sessions to implement The Club at Hale Kū'ike. The Club will allow us to keep residents engaged in activities throughout the day so that they are active during waking hours. It is our hope that with residents being engaged for much of the day that we will eliminate feelings of loneliness, helplessness, and boredom. While this program is

primarily targeted towards those with mild to moderate dementia, all residents are able to participate in some aspect of The Club. At right, our "Volunteer Workers" perform tasks that are familiar to them such as sorting and folding laundry. As a team, they are able to socialize while engaged in fine and gross motor skills.

In addition to offering The Club, Hale Kū'ike also has our ongoing Namaste program which is focused on comfort and the power of loving touch in a very calming setting. Both programs have and will add so much to the specialized care we offer at Hale Kū'ike. The next time you come by for a visit, feel free to participate with your loved one in either program. Happy Holidays!





HAPPY HOLIDAYS!

RESIDENT Birthdays

JANUARY 13 – Joyce B.

FEBRUARY 14 – Gayle M.

MARCH 23 – Kei M.

JANUARY 30 – Jean R.

FEBRUARY 19 – Chiyo I.

UPCOMING ACTIVITIES FOR JANUARY / FEBRUARY / MARCH 2012

JANUARY 1	Happy New Year!
JANUARY 28	Family Networking, Community Church of Honolulu, 3:00 pm
FEBRUARY 14	Hearts & Kisses, Valentines Day Celebration
MARCH 3	Girl's Day Celebration

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



The Standard For Memory Care

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RETURN SERVICE REQUESTED

We have made a lot of progress on the construction of our new Kaneohe location since the last newsletter. It is taking shape beautifully. The roof, air conditioning and elevator have been installed. The exterior and interior painting is underway. Sunlight is streaming in through the numerous wide windows. Doors and cabinets are starting to be hung. The construction will be completed and landscaping will begin in January. We hope to be open a few months after that. If you drive by Hale Kū'ike Bayside (45-212 Kaneohe Bay Drive), you can catch a glimpse of the beautiful home it will soon be.

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