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Healing Gardens Enhance Well-being



Scott Gardiner, Director
of Community Relations

VIBRANT AND BEAUTIFUL GREENERY fills the indoor and outdoor spaces at Hale Kū'ike. At both the Bayside and Nu'uānu locations, our Healing Gardens are an important part of our residents' lives. Expansive outdoor walking, gardening and patio areas wrap around the buildings. Many of our residents have relocated to Hale Kū'ike from their

homes where outdoor activities were a part of their daily routine. Our residents can continue to enjoy the outdoor activities they have done throughout their lives.

Access to nature in our Healing Gardens can be beneficial to the physical, social, psychological and spiritual health of a person. A therapeutic garden can provide exercise through activities such as planting, weeding, walking and bending. Interaction with nature gives people the chance to be physically active, to feel unconfined, to be more in touch with the world around them, to be alone if they want to be, and to do meaningful activities that make them feel at home and give them a sense of purpose.

Our Healing Gardens are accessible to residents throughout the day, and our residents can exit and enjoy them at will. The gardens can be reached safely by both wheelchair and walker. The raised garden bed can be tended from wheelchairs or while standing. Shaded resting areas provide a place for rest, family visits, or quiet contemplation.



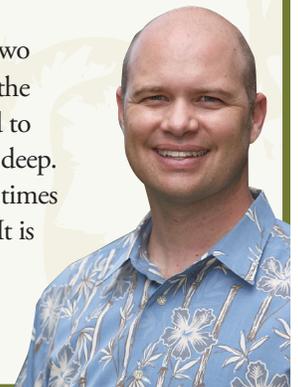
Access to the outdoors and outdoor activities can reduce many of the more challenging dementia behavioral symptoms, such as agitation, anger, frustration, depression, wandering and rummaging. Clinical research has also shown that exposure to very bright light in the day and darkness at night can consolidate rest and activity patterns in individuals with dementia. This can help maintain a normal daily sleep/wake cycle and in turn make for a better overall quality of life.

Some of our residents moved to Hawaii from a cold weather environment specifically for the warm and sunny weather. Residents love spending time in the Healing Gardens with families or friends, enjoying a meal at a picnic table, playing on the walking path with our pets Pepper, Vita and Mimi, or just listening to the wind and birds. Please visit either of our homes and experience the joy of our Healing Gardens first hand.

Message from the President

THE NEW YEAR is always a time for reflection and thankfulness. Hale Kū'ike Bayside has now been open for two years, and Hale Kū'ike Nu'uānu for ten years. What stands out most for me in thinking back on the years is the profound understanding and love that our staff gives to our residents and to their families. The best are called to the profession of caring for people with dementia. The staff's caring and love for our residents is genuine and deep. The smiles, hugs, and laughter are joyful moments I see each day. I also see our staff comfort our residents in times of sorrow and pain. I think this affection and close connection is one of the reasons our residents do so well. It is also why our staff grieves so deeply when we lose a resident. Love is not too strong a word for it. Our residents are family to us.

David Fitzgerald, President



Spotlight on Betty Ross, RN



Betty Ross, RN

We have welcomed several new staff members over the past few issues of this newsletter. This time around, I would like to help everyone get to know Betty Ross, our weekend RN. Betty has been with Hale Kū'ike for almost 8 years! She worked with David for many years before he opened Hale Kū'ike. She loved the idea of a smaller, home-like environment for residents with dementia. He invited her to have lunch at the Nu'uaniu location one day in 2007, and she started the following week as a part time RN.

"I really do love my job", she tells me. "It's so rewarding to help a resident relax and feel safe and loved when she is feeling lost, anxious, or agitated." She learns something new every day at Hale Kū'ike. The most important lessons she's taken away from all these years is that it is essential to live in the moment, really listen to others, and to tell those you love that you love them. "I like to recommend families read *The Four Things That Matter Most* by Ira Byock, M.D. Life is so short, and it so important to be in the moment. My other favorite book is the Bible, especially Psalms and Proverbs. Lots of words of wisdom there!"

Betty has three grown children with her husband, Web, a successful neurologist with the Veteran's Administration. They have been married for over 30 years. When not at the Nu'uaniu or Bayside, you can find Betty enjoying a Peppermint Pattie, reading a good book, and probably preparing for one of her fabulous vacations to far off places.



Christina Hunter,
Director of Nursing
Nu'uaniu

Holiday Time is Family Time



Cyrus Serrano,
Head Chef

With each holiday gathering, there are deep-rooted traditions to be found. Happily, many of these traditions are centered on food. That's one of the most delicious and beautiful things about the holidays. Depending on your family background, the traditions of how you celebrate are varied and personal. Yet, food is the one common thread that seems to tie us all together. We celebrated Thanksgiving and Christmas with wonderful family meals at Hale Kū'ike and are looking forward to many more in 2015.



Mini pumpkin cheesecakes with caramel pecans.



Family gathers together for Thanksgiving Day.

Busy Hands & Warm Hearts



Mapuana Taamu
Activities Director
Nu'uaniu



Rena Miranda
Activities Director
Bayside

The end of 2014 was busy with holiday celebrations and family gatherings. Santa brought both homes new baby dolls for our residents to love. In the spirit of giving, Hale Kū'ike residents assembled 100 toiletry kits that were donated to Project Dana for needy elders. Residents first folded the washcloths, while other residents put one item - soap, toothbrush, toothpaste, shampoo, lotion, wet wipe - into each bag along with the washcloth. It was amazing how quickly the 100 kits were put together - about one minute per bag. You are never too old to give back.



Recurring Activities at Our Homes

Recurring Events at Nu'uaniu

EVERY TUES	2:30pm	Tai Chi with Ken
2ND & 3RD FRI	3:30pm	Pastor Dan
1ST, 4TH, & 5TH FRI	3:30pm	Hula/Singing with Nalani

Recurring Events at Bayside

EVERY OTHER TUES	10:15am	Tai Chi with Ken
EVERY THURS	10:15am	Tai Chi with Ken
1ST & 4TH FRI	3:30pm	Pastor Dan
2ND, 3RD, & 5TH FRI	3:45pm	Hula/Singing with Nalani

Return Service Requested

*A Moment of
Joy in Bayside's
Healing Garden*

