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Hale Kū'ike

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HALE KŪ'IKE

A New Standard For Memory Care

Message from the President



On July 15, 2009, Hawaii became the eighth state to adopt the Physician Orders for Life Sustaining Treatment (POLST). This is an important step forward because the POLST is a simple form that summarizes a person's end of life wishes and is recognized by all health care providers, including first responders, across Hawaii.

When the Emergency Medical Service (EMS) responds to a call they will look for the POLST form because it quickly and clearly communicates the person's wishes regarding life sustaining care, comfort care, and artificial nutrition. If hospitalization is necessary, EMS will pass the form on so the person's wishes will be followed at the next level of care.

The POLST does not replace a person's Advance Directives. Rather it distills the Advance Directives into legal physician's orders. The comfort care bracelets will no longer be necessary when the POLST is in place.

We want to make sure that all of our residents at Hale Kū'ike have a POLST to express their end of life wishes. If you have not filled out a POLST form already, you will be receiving a letter asking you to make an appointment with our Director of Nursing, Jane Maxwell, RN to fill out the form together with her. She is our designated health care professional who will explain all parts of the form to you and send it to the doctor for authorization.

- David Fitzgerald

Nursing Care Council Helps Quality of Life

Just as the residents have their own council for discussing issues for improvement (from the consumer viewpoint), the RNs have established a Nursing Care Council which meets quarterly to discuss the "top five" care issues for each resident.

On February 6, our RNs (Aurea, Betty, Christina and myself) met to identify and problem solve five issues that figure predominantly for each resident. These areas included a range of identified challenges and

opportunities for improving quality of life while at Hale Kū'ike. Some examples were fall prevention, individualized skin care, prevention of boredom, and specific nutritional needs. This afforded the RNs an opportunity to have a well rounded knowledge of each resident despite part-time scheduling.

Our goal is to ensure a consistent staff with ongoing knowledge of each resident's needs. So you can expect to see me Monday through

Friday, Aurea on Saturdays, and Christina or Betty who will share Sundays.



- Jane Maxwell, DON

P.S. We are looking forward to seeing our family members at the April 17, 2010 support group session at the Community Church of Honolulu. Please join us.

RESIDENT SPOTLIGHT—THELMA T.

Thelma was born in July of 1930 in Honolulu, Hawaii. Her nickname is “Chub”. She is a proud St. Andrew’s Priory graduate. After her days at the Priory, Chub furthered her education and went on to obtain a master’s degree at Stanford University. Chub traveled around the world and worked as a travel agent. Chub is a very outgoing and friendly person who has a great sense of humor and enjoys listening to or telling jokes. She absolutely loves hats, eating strawberry or vanilla ice cream, and listening to Hawaiian music. Currently, Chub enjoys going to the Hawaiian Service on Sunday mornings at St. Andrews Priory as well as singing many of the favorite songs of the past. Chub was chosen as the resident spotlight because in April of this year, she will have lived at Hale Kū’ike for five years.



Chub loves to wear hats of different shapes, sizes, and colors.



Residents Provide Input on Menu Choices

On the last Friday of every month we hold our monthly resident council meetings.

These are meetings that allow residents to make personal requests and offer suggestions as to how we can improve their living experience.

This past Friday, we held our March resident council meeting. At this meeting, we offered a taste testing of salad dressings. We wanted to introduce a fun activity that would exercise the resident’s senses — taste and smell. During

this meeting, we sampled three different salad dressings that Hale Kū’ike is considering offering on our menu. The three dressing choices were Bleu Cheese Caesar, Balsamic Mustard Vinaigrette, and Papaya Seed dressings. Cucumber slices complimented the dressings nicely and served as a refreshing afternoon treat. The Bleu Cheese Caesar received the most favorable response by the majority of the residents. It will be incorporated into our daily menu as a special dressing along with Ranch, Italian, and French.

Hale Kū’ike decided to offer tasting sessions at resident council meetings as one way to encourage participation and input from our

residents. Hale Kū’ike’s dietary staff provides excellent food choices. Our residents enjoy the many flavors from Hawaii’s “mixed plate” of cultures.

Come and enjoy a meal with us.

- Jill Martinez, CTRS

Resident Birthdays

| | |
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| May 14 | Val S. |
| 24 | Judy T. |
| 27 | Kikue F. |
| Jun 1 | Doris Y. |
| 15 | Alice N. |
| 19 | Mary T. |

Upcoming Activities for Apr / May / Jun 2010

- Apr 12 Na Kupuna O Makua Ali`i; 9:30am
- 22 Ribbon Lei Making with Ruby Part I; 1:00pm
- 29 Ribbon Lei Making with Ruby Part II; 1:00pm
- May 1 May Day
- 11 Harmony’s Hula; 10:30am

Recurring Activities:

- Every Tuesday—Tai Chi; 2:30pm
- Every Wednesday—Pastor Dan; 3:30pm
- Every Friday—Pau Hana Hour; 3:30pm
- Every Mon/Wed —Holo Holo Van Tour; 1:00pm

Employee Spotlight—Jung Kyoo Suh

Jung Kyoo Suh came to Hawaii from Korea to attend the Culinary Arts Program at Kapiolani Community College. He graduated in 2009 with degrees in both Pastry and Culinary Arts. Jung started working at Hale Kū'ike in October 2009 and works full-time on weekdays cooking breakfast and lunch for our residents. Since he has been with Hale Kū'ike he has delighted our residents with two special fine dining luncheons – one with spectacular Korean delicacies and another that featured eight different canapés (below). Both were greeted with rave reviews by our residents and staff.



While Jung was working on his internship at Chef Mavro's restaurant, he heard about an opening at Hale Kū'ike. His KCC professors recommended Hale Kū'ike as an excellent place because the working environment is pleasant and beautiful. One reason Jung wanted to work at Hale Kū'ike is that he is interested in healthy cuisine. He also wanted the experience of preparing a variety of foods instead of cooking from a fixed menu.

Jung is especially close with resident, Martha. She worked in a restaurant for 27 years, and he feels very comfortable talking with her and sharing restaurant stories. Jung is grateful when the residents are pleased with his dishes. The other day when he served broccoli soup, Ms. Chiyo said to him, "This soup is really oishi." Compliments like these boosts Jung's confidence.

His favorite life lesson is that life is short. Do what you want to do, and enjoy your life. Do acts of kindness, and help to make a better world.

Jung's favorite food is blowfish (fugu) soup. The taste of the soup is rich and robust. It is poisonous, so you have to eat this soup in a restaurant with a certified chef. There is a quote from the olden days in China, that says *"It's so good, you could trade it with death."*

Jung's favorite Hale Kū'ike recipe is adapted from Julia Child's Chicken with Mushroom Cream Sauce. He says the mushrooms and cream blend in harmony with the chicken. Here is the recipe for you to try at home.

Sautéed Chicken with Mushroom and Cream Sauce

Yield: 4 servings

You can adjust the amount of wine and cream to suit your tastes or to increase the volume of sauce.

2 lbs chicken parts
2 cups mushrooms, sliced
3 Tbsp butter
1 Tbsp olive oil
Salt
Fresh ground pepper
½ cup white wine
¼ cup heavy cream

Rinse chicken and pat dry with paper towels.

Heat frying pan over medium high heat. Add 2 Tbsp of butter and 1 Tbsp olive oil. When it is very hot, lay the chicken pieces skin side down and season with salt and pepper. Sauté for 5-6 minutes, basting with the juices until the underside is golden brown.

Turn pieces over and season with salt and pepper. Sauté in the same way for 5-6 minutes. Chicken is fully cooked when juices run clear when cut.

While the chicken is cooking, in a separate pan begin to sauté the mushrooms in 1 Tbsp of butter. When the mushrooms are browned, remove to a plate.

When chicken is done, remove to a plate. Spoon out all but one tablespoon of fat from the pan. Add ½ cup white wine to deglaze the pan. Scrape the sides and bottom to incorporate all the fond into the liquid.

Add cream and mushrooms to sauce and incorporate. Simmer for a 1-2 minutes until sauce starts to thicken.

Return the chicken to the pan and baste with the sauce and mushrooms. Cover and simmer for 2-3 minutes until the chicken is heated through.

Taste sauce and correct for salt and pepper if needed.

Bon Appétit!



Share the Journey and the Knowledge

Support Groups:

Hale Kū'ike support group session is Saturday, April 17, 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.

Resources:

Kapiolani Community College's *Kupuna Education Center* has offerings for entry-level direct care workers, family caregivers and active retirees. For family caregivers, the program teaches personal care, transfer techniques, normal aging, chronic conditions, medication management, nutrition, community resources, understanding of legal and financial resources and methods of caring for one's self as a caregiver. Please call Toni Hathaway, Education Coordinator at 734-9461 and/or visit www.kupunaeducation.com.

Elderly Affairs Division (City & County of Honolulu) has a Senior Helpline at 768-7700 that provides telephone consultation, information and referral to services available for older adults and family caregivers. Each island has an agency on aging that can provide valuable information.