

HALE KŪIKE

A New Standard For Memory Care

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MAKING THE MOST OF YOUR VISITS



Jane Maxwell, DON

Families and loved ones bring such richness to Hale Kū'ike residents during their visits. Often visitors provide garden flowers, photographs of new babies or pets, letters from old friends, and special holiday foods. Human existence depends on such communication and sharing.

Despite this, residents with dementia provide challenges in

communication that can be very frustrating to the individuals who love them most. Word difficulties, inability to identify familiar people or objects, or confusing one family member for another are all day-to-day happenings for the resident with dementia. How can we optimize our encounters during visiting? Here are some very important tips:

1. Make sure you listen – Caring begins with listening, an active process. An awkward phrase or expression can often be interpreted if you pay close enough attention to gestures or facial expressions. Not interrupting but allowing a thought to flow may lead to a more sensible phrase that you may recognize and to which you may be

able to respond. Paraphrasing is a way to make sure that you have the gist of the idea. Residents are often trying to express important feelings, even basic ones like hunger or thirst, so listening is necessary.

2. Structure the environment to lend to best communication – Is there a TV on or competing conversations nearby? Does the resident have on his/her glasses or hearing aids? Distractions can ruin some tender moments so utilize outdoor areas, the library or the resident's room if necessary.
3. Think about your body language – Being at eye level will enhance the intimacy of communication. A resident will feel regarded if you are calmly near looking into his/her eyes. Standing over or behind a resident and talking to others in the environment will not enable the resident to feel your presence or attention. When words are not an option, comforting touch is an unmistakable message.

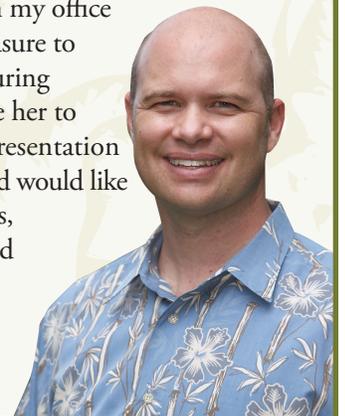
Should you have concerns regarding your loved ones communication, please talk to a staff member. Your observations could be very important for our team effort to maximize your loved one's health.

MESSAGE FROM THE PRESIDENT

When I visited Northern Europe in 1996 to study their models of elder care, I saw the future of long term care. Hofje van Bakenes, located in the Netherlands, stands out in my memory. It was founded in 1395 to care for twenty women and has been in operation ever since. Imagine that, over six centuries of assisted living! The Dutch clogs along the walking path of our garden are a tribute to these pioneers of elder care.

Since I began in this industry fifteen years ago, we have seen significant improvements in America. The most important change, I believe, is our improved understanding of Alzheimer's disease and other types of dementia. As a young nursing home administrator I was baffled by Alzheimer's disease until I read

Creating Moments of Joy by Jolene Brackey. The book had a profound impact on my understanding of dementia and I keep a stack of her books in my office to share with others. It was a pleasure to meet Jolene earlier this month during her vacation to Hawaii and invite her to Hale Kū'ike. If you missed her presentation at the Alzheimer's Association and would like to learn more about her teachings, I highly recommend her book and video series.



VOLUNTEERS MAKE A WORLD OF DIFFERENCE AT HALE KŪ'IKE



Jill Martinez, CTRS

Here at Hale Kū'ike, our Activities Department prides itself on volunteers and the incredible amount of loyalty, support, and assistance they provide to our elders who reside at Hale Kū'ike and to our activities program. Volunteers are an integral part of operations and they undergo an in-depth orientation process prior to starting their volunteer

experience. It takes a unique person with a talent for relating to elders and understanding the progressive nature of dementia to volunteer at Hale Kū'ike. Currently, we are fortunate to have a large number of volunteers who are all so amazing at interacting with residents and assisting with various activity programs. Many of our volunteers are students from local schools such as Kapi'olani Community College, Hawaii Baptist Academy, and Punahou School. We also have a few volunteers who choose to volunteer on their own time to obtain the rewarding experience of working with elders and learning how to live life through the wisdom they share.

Our student volunteers are usually with us for a finite period of time and leave once they fulfill their service requirement. Once in a while, we are blessed with

volunteers who continue to generously give their time and energy to our residents. One such volunteer is *Ann Nishihira*. Ann started visiting her close friend's mother back in 2006 and has stayed with us as a long-term volunteer. Although Ann has a full time job, she has continued to visit with our elders once a week on Sundays. Ann is also a regular on the Hale Kū'ike team for the annual Alzheimer's walk. Ann's regular visit is what makes our activity program thrive. With the generosity of Ann and our many other volunteers, elders at Hale Kū'ike are able to engage in a variety of activities and enjoy each moment to the fullest!

If you are interested in volunteering for Hale Kū'ike, please contact Director of Recreational Activities Jill Martinez for more information.

"We cannot create a perfectly wonderful day, but it is absolutely attainable to create perfectly wonderful moments."

— *Creating Moments of Joy*
by Jolene Brackey

Ann says, "The residents at Hale Kū'ike keep me laughing. They are the ones who nourish my soul."



LIVING GEM NELSON LOO CELEBRATES FIVE YEARS AT HALE KŪ'IKE

Nelson Loo has lived at Hale Kū'ike since July 2005. He is one of two male residents that reside here. Mr. Loo was born in March 1922 and raised in Hilo. He comes from a large family that was very close. His father worked at a local meat market and his mother

was a housewife. As a young adult, he attended the University of Hawaii at Manoa where he received a degree in accounting. Mr. Loo met his wife Constance in college and they courted for four years before tying the knot. After college, he went on to pursue a career in accounting for the State of Hawaii. Some of Mr. Loo's favorite pastimes include collecting stamps, playing basketball, tennis, golf, and driving his family around town. Mr. Loo is a devout Christian and attended services at Central Union Church. When asked what makes him strong in life, he stated that his

"belief in God" is what gets him through. Mr. Loo does not fear what the future has in store for him, and knows it will be "all right." If he could, Mr. Loo wouldn't mind being young again to start over. As a youth, he fondly remembers attending the University while working for his father during the summers. He enjoyed junk food, pudding, water, and Coca-Cola. He has two children and two grandchildren who visit him often and take him on excursions. Mr. Loo is one of our many gems at Hale Kū'ike.





Above: We celebrated the Chinese New Year with an official lion dance performed by Yeung Dakk Dragon & Lion Dance Association. This is the Year of the Rabbit.

Below: The residents made chogami dolls to celebrate Girl's Day.



RESIDENT Birthdays

APRIL 12 – *Ree M.*
APRIL 26 – *Charlotte H.*

MAY 14 – *Valerie S.*
MAY 27 – *Kikue F.*

JUNE 15 – *Alice N.*
JUNE 19 – *Mary T.*

UPCOMING ACTIVITIES FOR APRIL / MAY / JUNE 2011

APRIL 16	2:00 pm	Artly Mus Piano Recital
APRIL 16	3:00 pm	Family Support Group
APRIL 22	10:15 am	Movement Center Gems
MAY 2	10:30 am	Joyful Singers
JUNE 1	10:30 am	Enka Singers
JUNE 9	10:00 am	Small World Harmonica Band

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

The Netherlands has an amazing history of caring for their elders. Each of these hofjes or courtyard homes was created to provide assistance to twenty women and they are still going strong.



Hofje van Noblet (top) was established in 1761. Hofje van Bakenes (bottom) was created in 1395. Photos courtesy of *Guus Bosman*.



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