

HALE KŪ'IKE

The Standard In Memory Care

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THE FOUNDATIONS TO FALL PREVENTION



Jane Maxwell, DON

The 2010 U.S. Census identified those 85 years and older as the fastest growing population in Hawaii. Because every five hours a kupuna is injured so severely in a fall that they must be treated in a hospital, fall prevention is an integral part of elder care.

The Statewide Task Force on Falls Prevention shares that Medicare is the principal insurance payer for fall-related injuries among the elderly and covered 90.3% of the hospitalization costs which averaged \$26,680 per occurrence.

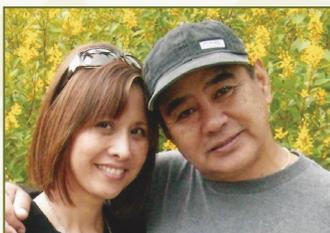
Fall prevention seems a better investment in our kupuna.

According to the 2013 Hawaii Falls Prevention State Plan, there are four foundations to fall prevention. Hale Kū'ike endeavors to address each of these four elements in resident care. They include: *physical activity* (exercise, walking, Tai Chi, etc.) to improve balance, endurance and strength; *medication management* for scrutinizing medications that may be contributory to a resident fall; *vision checks* for conditions such as macular degeneration, glaucoma and cataract; and *environmental modifications* to identify hazards and risks. Things as simple as appropriate shoe choice, provision of supplements for bone strengthening or a physical therapy referral may make all the difference for your loved one. Let's work as a team for keeping our walking population at Hale Kū'ike from the risk of falls.

MESSAGE FROM THE PRESIDENT

Over the last eight years we have been blessed to care for 130 residents at Nu'uaniu and Bayside. The average age on admission is 85 years and the average length of stay is 1.5 years. The average age of current residents is 90.4 years at Nu'uaniu and 83 years at Bayside.

Occasionally we have the opportunity to work with a younger resident. This is harder for me emotionally because I know how challenging it is for the resident and family. I also understand that their needs are different than our older residents and I want to make sure the transition is smooth.



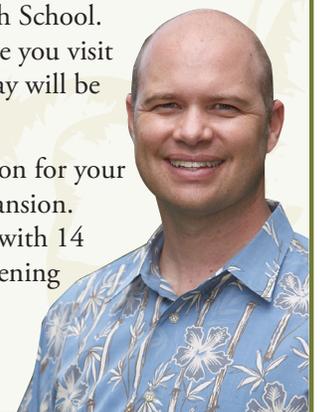
Our youngest resident, Mike, is 59 and moved in two months ago. Mike is an inspiration for me. He is kind, gentle and optimistic. He is always thinking about others and eager to help. I am amazed how someone in their prime

can face memory loss with such dignity and acceptance. Mike was the VP of Sales for a large local company. He is passionate about golf and loves to talk about growing up in

AVERAGE AGE OF ADMISSION	
64 and younger	2%
65 to 74 years	5%
75 to 84 years	34%
85+	59%

Kalihi and attending Farrington High School. Please say hello to Mike the next time you visit Bayside, and I guarantee that your day will be a little brighter.

I would like to express my appreciation for your support and referrals during our expansion. Our first floor at Bayside is now full with 14 residents, and we look forward to opening the upstairs shortly.



CAREGIVING WITH LOVE, EMPATHY, PATIENCE & HUMOR



Dorothy Colby
Administrator

Our passion at Hale Kū'ike is dementia care. All of our residents have some kind of dementia. The majority have Alzheimer's, the most common cause of dementia, while others have dementia due to Parkinson's, strokes, or other kinds of memory impairment. While there are commonalities in the challenges they face each day, each resident is a unique individual, and their dementia manifests itself

uniquely. Helping them with their individualized care and bringing them moments of joy each day requires a very special kind of person, and very specialized training.

For our staff, we look for candidates that have training and experience that their position requires. But to be an excellent dementia caregiver requires much more than what any basic training provides. It requires a loving and empathetic heart, extraordinary patience, and last but not least, a sense of humor. We look for candidates who are not just willing to work with people with dementia, but who feel a connection and calling to work with people with dementia. 75% of our staff have had experience with dementia and caregiving within their own family. We invest a great deal of time in our hiring and training process. Each candidate gets two individual interviews and also a group interview in which candidates interact with residents. We look for those intangible qualities that cannot be taught – a quick and easy smile, positive outlook, calming presence, and an awareness and intuition of the needs of the residents.

After we find the right person, we teach them to understand dementia, not just the facts of the disease, but how a person with dementia experiences the world. We provide every new staff member, in every department, a minimum of three full days of orientation, as well as multiple shifts shadowing our current staff, before they work on their own with our residents. The major focus of the orientation is on learning the skills and techniques to help the person with dementia throughout the progression of the disease. Professional job skills, the right personality and temperament, and thorough education on dementia make for an extraordinary caregiver.

One of the most effective dementia training tools we use at Hale Kū'ike is the work of Teepa Snow, an Occupational Therapist and dementia care and education specialist (teepasnow.com). Teepa Snow embodies the use of love, empathy, patience and humor in working with people with dementia, and in training dementia caregivers. I first encountered Teepa Snow in the 4-hour training DVD *Accepting the Challenge: Providing the Best Care for People*

with Dementia. I have watched many of her videos and had the privilege to see her training in person at a conference here in Hawaii. She teaches an empathetic positive approach to working with those with dementia.

We have also used her video *Understanding Progression: Seeing Gems Not Just Loss* in our Hale Kū'ike family



Teepa (left) does a lot of hands-on role playing to support the technical and medical progression of dementia.

networking meetings, to help families understand what to expect through the different stages of dementia and the end of life. Her videos are refreshingly frank and humorous. She is able to put herself completely in the shoes of the person with dementia, and in doing so, she helps her students understand how best to connect and help them. Teepa Snow has recently launched the Dementia Care Academy (dementiacareacademy.com). It was founded to be a convenient, affordable and easy to use informational resource center for dementia care. Some of the many DVD titles available include *Dementia 360*, *Managing Other Medical Conditions*, *Sexuality and Intimacy*, *The Journey of Dementia*, *The Art of Caregiving*, *It's All in Your Approach*, and *Filling the Day with Meaning*. She also consults and does in-person trainings and lectures. I highly recommend her videos to families and professionals.

I am awed every day by the work of our staff and the close relationships they have with our residents. Every day I see the love they give in their care, smiles and hugs. They see the world through the eyes of the residents and are able to find creative ways to help and support them. They are patient through thick and thin, understanding that it is the disease at work, and the residents are doing the best they can. They are able to laugh with the residents and at the often funny and absurd situations in which they find themselves at times. Dementia care requires continuous learning to adapt to the ever-changing needs of the person with dementia. Together, and with the help of mentors like Teepa Snow, we can continue to grow and learn and provide the kind of care our residents need and deserve.



Clockwise: Bayside residents prep newsletter for mailing, Nu‘uanu residents assist with YMCA Healthy Kids Day event, Hisa and Umi (Pepper’s half sister) share a happy moment, Chiyo celebrates a birthday, Mike putts on the “greens” at Hale Kū’ike Bayside.

RESIDENT Birthdays at Nu‘uanu	APRIL 12 – <i>Ree M.</i> APRIL 26 – <i>Charlotte H.</i> MAY 3 – <i>Marianna K.</i>	MAY 14 – <i>Valerie S.</i> MAY 17 – <i>Hisa M.</i> MAY 27 – <i>Kikue F.</i> JUNE 3 – <i>Patsy U.</i>	RESIDENT Birthdays at Bayside	APRIL 2 – <i>Haruko S.</i> MAY 1 – <i>Helen K.</i> JUNE 25 – <i>Gladys T.</i>
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UPCOMING ACTIVITIES SCHEDULED FOR APRIL/MAY/JUNE 2013

AT NU‘UANU

APRIL 10	9:30 am	Legacy
APRIL 28	3:30 pm	Punahou Piano Recital
MAY 9	10:00 am	Small World Harmonica Band
JUNE 5	9:30 am	Legacy
JUNE 26	10:30 am	Ellen’s Ukulele

AT BAYSIDE

APRIL 28	3:30 pm	Piano Recital
MAY 3	3:30 pm	Le Jardin Service Project

RECURRING ACTIVITIES AT NU‘UANU

Every Tuesday	2:30 pm	Tai Chi with Ken
2nd, 3rd, and 5th Friday	3:30 pm	Pastor Dan
1st and 4th Friday	3:30 pm	Hula/Singing with Nalani

RECURRING ACTIVITIES AT BAYSIDE

Every Thursday	10:15 am	Tai Chi with Ken
1st and 4th Friday	3:30 pm	Pastor Dan
2nd, 3rd, and 5th Friday	3:30 pm	Hula/Singing with Nalani

RETURN SERVICE REQUESTED

QUILT ON DISPLAY AT NU'UANU



Hale Kū'ike's Quilt to Remember is on display at Nu'uanu until June 2013. It will then become a part of the Alzheimer's Foundation of America's Quilt to Remember project.

The mission is to pay tribute to all those who have passed or are living with dementia, and their families. Thank you to our families, friends, and staff who created squares for our residents. We give special mahalo to our monthly volunteers—*Ruby Sonomura* (left) and *Helen Tsugawa* who spearheaded the project from start to finish.

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