

# HALE KŪ'IKE

The Standard In Memory Care

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## LET'S HAVE DINNER AND TALK ABOUT DEATH



**Dorothy Colby,**  
Administrator  
Nu'uānu

What do we want our final days to be like? Who do we want near us? How can we support the end-of-life wishes of those closest to us? In our culture we are often removed from death and the dying process. Talking about how we want to die, and asking those we love how they want to die, is not an easy topic of conversation. Unfortunately, death is often only discussed when it is

right at our doorstep, when we, or a family member, are in a care home, hospital or doctor's office confronting a serious medical condition or imminent death. This is probably the worst time and place to talk about death. The clinical environment, the time constraints of working with a health care professional, and the stress of illness cannot allow for an in-depth and personal consideration of end-of-life wishes. When we are burdened, overwhelmed and grieving, it is not the best time to initiate this most important conversation. It needs to happen ahead of a health crisis: when we are calm, relaxed and in an environment where we are comfortable.

Some of the most important and meaningful conversations we ever have in our lives are conducted as we are gathered around the table, breaking bread with friends and family. There are few warmer or more welcoming places than the dinner table. Talking about how we want to die while gathered around the table for a delicious meal, possibly with wine flowing, surrounded by friends and family, would change what might be a frightening conversation into a liberating one.

We recently learned about an exciting new project called "Let's Have Dinner and Talk about Death." It is part of a movement to improve the timing and location, and remove the roadblocks associated with talking about death. The project website, [deathoverdinner.org](http://deathoverdinner.org), gives people the tools to bring their loved ones around the dinner table in a lively and friendly atmosphere, and encourage them to talk freely about how they want to die. The hope is that an honest discussion of death



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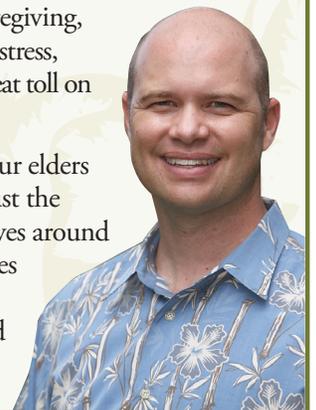
## MESSAGE FROM THE PRESIDENT

I would like to express my appreciation for everyone's support. Both of our Nu'uānu and Kaneohe locations are filled to capacity! The land for the Kaneohe location was purchased in November 2008 and we opened our doors in December 2012. Now, after a five-year journey, our Kaneohe location is a full and vibrant home. We have 28 residents at Hale Kū'ike Bayside engaging in activities, enjoying fantastic food, and receiving the best care possible. I am very thankful that both of our locations have succeeded and we continue to set the standard for memory care in Hawaii.

The Alzheimer's Association *2014 Alzheimer's Disease Facts and Figures* was recently released. In 2014 25,000 people aged 65 and older, 11% of Hawaii's seniors, have Alzheimer's disease. By 2025 that number is expected to rise to 35,000. This year's report has a special focus on women and Alzheimer's disease. They have found that Alzheimer's takes a harder toll on women than men. Women are more likely to

develop the disease. They have longer lifespans and are more likely to reach the high-risk age brackets for dementia than men. Women are twice as likely than men to be the primary caregiver of someone with Alzheimer's or dementia. The longer and more burdensome the caregiving, the greater the share of caregiving is taken on by women. Women are also less likely to receive outside help for caregiving, the result being emotional and physical stress, lost employment opportunities, and a great toll on family relationships.

I have felt a calling in my life to serve our elders with dementia. Dementia affects not just the individual, but also everyone in their lives around them. To be able to partner with families to provide great care and quality of life for their loved ones is a great honor and something I am grateful for each day.



## Let's Have Dinner And Talk About Death

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can lead the participants to share their end-of-life wishes and create advance care planning documents for families and health care providers.

Hale Kū'ike hosted a Death Dinner on April 26th for current Nu'uano families and staff. It was held at CookSpace Hawaii at Ward Warehouse. We enjoyed a gourmet dinner with excellent drinks and engaged in lively conversation about how we want to die. It was in no way a solemn occasion! At the end of the dinner each participant received

an "I Survived a Death Dinner" magnet and a link to the "I Survived a Death Dinner" website that allows them to share the experience and find resources to help them take the important next steps in advanced care planning.



To plan your own Death Dinner, go to [deathoverdinner.org](http://deathoverdinner.org) and they will walk you through the process step by step. It is easy and they give you all the tools you need to plan a Death Dinner for your family and friends.

## MEET CHEF JEREMY COBURN



**Marcus Asahina,**  
Head Chef & Business  
Manager

This issue we would like to highlight an important member of our dietary team who is already a familiar face to many of you.

**Jeremy Coburn** began working at Hale Kū'ike in January of 2011 and was instantly liked by residents and staff for his friendly attitude and marvelous cooking ability. Although originally starting as a part-time employee,

we are very pleased that Jeremy was recently able to accept a full-time position with us.

Born in Ohio but raised in Flint, Michigan, Jeremy has fond memories of his home state being a very special place filled with many culinary treasures. Summer cherry festivals at Traverse Bay and fresh hot apple cider in the fall were among some favorite childhood food activities. Jeremy also says, *"if you ever visit Flint, you can't leave without having a Coney Dog. Michigan has the highest standards for meat in the country and that means all prime cuts of meat for the hot dogs with no byproducts or fillers. These Coney dogs also have a natural casing so they snap when you bite into them. Flint style Coney dogs are topped with chopped onions and dry meat chili. They are simply delicious!"*

Jeremy was blessed with a mother who is a fabulous cook. He and his brother have come to love her Braised Beef & Noodles, which she would make on each of their birthdays, and now whenever they are in town for a visit, without even having to ask. Jeremy loves this braised short rib dish so much that he has worked on a braised short rib and gravy recipe of his own for years. Our residents have benefited from all of this hard work and perfecting as Jeremy often serves his mom-inspired braised short ribs here at Hale Kū'ike. They are accompanied by a coconut ginger sweet Okinawan mash and sautéed bok choy to give it a local flair. Jeremy attended the Le Cordon Bleu affiliated **California School of Culinary Arts** in Pasadena, California, which is now known as the California

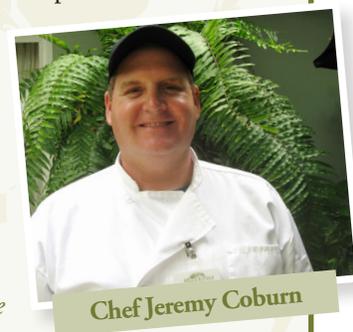
Culinary Academy. Widely recognized as a vigorous and comprehensive program, Jeremy graduated ranked 13th out of over 1200 students. After receiving his degree, Jeremy went on to work in a variety of culinary settings including hotels, catering, private cooking, and school lunch programs. One year he even worked at the Kodak Theatre for the Academy Awards. There he remembers the excitement of working in the same kitchen as Wolfgang Puck, getting a glimpse of Queen Latifah walking the red carpet, and almost running into Gina Davis with a food cart!

Jeremy says that he chose to work at Hale Kū'ike because he was looking to do something different in his career; something that would give him some sort of personal reward that was missing at previous jobs. He loves how appreciative our residents are of his food and getting to chat with them here and there every day. Jeremy is really happy to be able to use his expertise and experience in such a positive way. Another thing about Hale Kū'ike that Jeremy enjoys is hearing our residents sing or when groups come over to play music.

*"Cooking to music is one of my favorite things because the two just go so well together"* he says. According to Jeremy his number one hobby of all time is probably singing. *"In fact, I'm sure all the residents and staff at Hale Kū'ike are well aware of that. To me singing and cooking go hand in hand. Singing makes me happy, and there's no denying that happy chefs make good food."*

I'm sure I speak for everyone at Hale Kū'ike when I say that I hope to be able to enjoy Jeremy's singing and cooking for a good while longer.

Jeremy's favorite food spots include Kahuku shrimp from Giovanni's truck, Goma Tei Ramen, and Ono's Hawaiian Food.



**Chef Jeremy Coburn**

# BAYSIDE WELCOMES RN ELIZABETH



**Jane Maxwell,**  
Director of Nursing  
Bayside

Bayside is pleased to welcome Elizabeth “Beth” Murphey as a part-time RN.

Beth’s educational background actually began with social work in the Philippines with the Lihok Pilipina Foundation which provided advocacy, education and livelihood programs for women affected by domestic violence and for street children. Through her work, she was enabled to

travel across the Philippines mastering four major Filipino languages, however, not Ilocano!

She then tried her hand at the family business dealing with public transportation, rice trading and real estate rental. When her husband decided for the family to fully migrate to the US, Beth completed her nursing education and worked for one year in the Philippines volunteering in a

training hospital. After immigrating to the US, and determined as ever, Beth began working as a CNA, obtained her nursing licensure and became certified as an ARCH operator. She brings four years of long-term care experience into her current position at Hale Kū’ike. Beth points out that working here is like a breath of fresh air and notes supportive staff and enjoys providing high quality care to residents.



Beth shares a favorite thought from therapist Elizabeth Kubler-Ross, *“People are like glass stained windows, they sparkle and shine when the sun is out, but when darkness sets in, true color is revealed only if there is light within.”*

Get to know Beth. She’ll share a bit of that “light within” in her deeds and actions.

## UPCOMING ACTIVITIES SCHEDULED FOR APRIL / MAY / JUNE 2014

### RESIDENT Birthdays at Nu‘uanu

APRIL 12 – <i>Yoshiko M.</i>	JUNE 3 – <i>Patsy U.</i>
APRIL 26 – <i>Charlotte H.</i>	JULY 9 – <i>Alice M.</i>
MAY 3 – <i>Marianna K.</i>	JUNE 23 – <i>Dorothy L.</i>
MAY 17 – <i>Hisae M.</i>	JULY 24 – <i>Thelma T.</i>
MAY 27 – <i>Kikue F.</i>	JULY 31 – <i>Gladys N.</i>
MAY 27 – <i>Irene A.</i>	

### RESIDENT Birthdays at Bayside

APRIL 12 – <i>Haruko S.</i>	JUNE 6 – <i>June G.</i>
MAY 1 – <i>Helen K.</i>	JUNE 25 – <i>Gladys T.</i>
MAY 15 – <i>Dora P.</i>	JULY 1 – <i>Amy J.</i>
MAY 20 – <i>Mary F.</i>	JULY 10 – <i>Clarence G.</i>
	JULY 10 – <i>Grace K.</i>

### UPCOMING EVENTS FOR THE QUARTER AT NU‘UANU

April 16	9:30 am	Legacy
May 11	Noon	Mother’s Day Luncheon
May 11	10:30 am	Happy Senior Serenaders

### UPCOMING EVENTS FOR THE QUARTER AT BAYSIDE

May 4	4:00 pm	Studio Allegra Piano Recital
May 11	Noon	Mother’s Day Luncheon
June 22	10:00 am	Kawai Olu

### 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 Other Tuesday	10:15 am	Tai Chi with Ken
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



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## COORDINATION + COOPERATION = FUN!



**L-R:** Mali, Elenora, Helen, Clarence, Helen.



**L-R:** Helen, Lily, Grace, Mapu.

Activities Assistant Mapu has Bayside residents working together to keep the ball in the air while lifting the parachute over their heads.



These types of activities are important to the physical agility of our residents by exercising their hand-eye coordination, gross motor skills, and rhythm. Another important aspect of these activities focuses on collaboration and teamwork as residents work together towards reaching a goal.

**L-R:** At Nuuanu, Hisa, Nancy and Alice have a good time trying to keep the red ball in the air.

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### **Vita, Pepper & Mimi**

*Directors of Pet Therapy*