



HALE KŪ'IKE

The Standard In Memory Care

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TAKING A PROACTIVE APPROACH TO PLANNING



Scott Gardiner,
Director of
Community
Relations

Since Bayside opened its doors to welcome residents in December 2012, interest in memory care has remained high. In speaking with families over the past several months, I have noticed a trend in individuals who are taking a proactive approach in researching memory care placement options for their loved ones who are in the earlier stages of dementia.

Many families who have recently toured have coverage through a long term care policy. The potential resident realized the rising cost for private care and purchased these policies years ago. When their children tour, they are learning the importance of having supplementary coverage through a private insurer. Several residents, who live at Hale Kū'ike, Nu'uanu and Bayside, have long term care insurance which helps pay for the care they receive. Besides addressing financial concerns, families are also addressing their loved ones' medical wishes through the assignments of Powers of Attorney for Health Care and discussing and documenting their Medical

Advance Directives. Hale Kū'ike Bayside recently hosted several large group tours for individuals looking to learn how our home approaches memory care. In April, a group of 16 retired teachers visited for a tour, lecture and lunch. In May, 10 participants from the Moilili Senior Center visited our home. Although memory care was not immediately applicable for these visitors, they were looking towards the future for their parents, spouses and other family members or friends.

Hawaii has one of the largest demographics of individuals over the age of 65 in the country. It has been good to see recent tours visit our homes who are already well informed about the need for advanced planning during the golden years. If you have not had an opportunity to visit our homes, please do not hesitate to contact me for a tour.

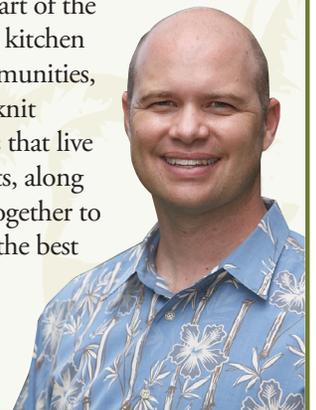
[Next quarter's newsletter will include an article about having that difficult conversation about medical options at the end of life. Hale Kū'ike has just become a partner in Advance Care Planning Decisions, a groundbreaking video-based program created by Dr. Angelo Volandes.]

MESSAGE FROM THE PRESIDENT

Hale Kū'ike Bayside in Kaneohe is fully staffed and running smoothly as we reach our seventh month of operation. We have a capacity for 28 residents and there are only 5 beds still available. There is strong interest and I expect we will be full by the end of the summer. As a resident of Kaneohe myself, I am proud to be able to provide this much needed care to the Windward community.

All of our staff at both locations have worked so very hard and taken on additional responsibilities to help our Kaneohe location become the standard for memory care in Hawaii. I am grateful for our extraordinarily hard-working, creative, kind and dedicated staff. They are what make Hale Kū'ike Nu'uanu and Bayside loving and joyous places to live and to work. Much to the delight of our Bayside residents, our service labradoodle Pepper is currently making her transition to living full-time at Bayside.

It is exciting to see how the design of Hale Kū'ike Bayside's building and grounds impacts the residents' daily lives. The outdoor areas are very popular and residents often go out to the gardens and covered lanai on their own. As I anticipated, the country kitchens are an extremely popular activity area. It is true that the kitchen is the heart of the home. Everyone loves to sit around the kitchen table to chat or work. The smaller communities, 14 on each floor, have fostered a close-knit family atmosphere among the residents that live together on a floor. These physical facets, along with our extraordinary staff, all come together to help make our residents' quality of life the best it can be each and every day.



EXCITING TRANSITIONS AS WE CARE FOR OUR ELDERERS



Jill Martinez, CTRS
Director of
Recreational Activities

On July 1st the first and second floors at Bayside began functioning as their own separate communities. Residents enjoy their meals and participate in activities on their respective floor. During this transition, the results have been outstanding! Residents have adjusted nicely to their living environment and continue to be engaged in our daily activities

program. In addition, there has been a significant impact on the tranquility on both floors. With the small activity groups, the activity staff is able to give provide more intimate attention to each resident.



Pepper takes part in the day's activities along with Jane (center), our DON and Grace.

This transitional phase is also an exciting time for caregivers as we are broadening the scope of practice for them. Caregivers are assisting with activities on both floors in addition to continuing to provide excellent quality of care. By encouraging caregivers to lead activities with residents, this allows them to build lasting relationships as they engage with residents throughout the day making them feel comfortable and very much at home.



Pepper shares a private moment with Mali.

With a successful activities program on both floors, Pepper (Facility Labradoodle) has transitioned to Bayside this month. We've been working closely with Hawaii Fi-Do Service Dogs to ensure a smooth transition. Pepper is now living at Bayside as a full-time resident companion animal. Residents are excited about her arrival and are already bonding with her.



Mike and Helen welcome Pepper to the Bayside ohana.

While Pepper provides sensory stimulation via touch, residents have been expanding their visual senses by utilizing an iPad to play games and to video chat (Skype or Facetime) with their families. Seeing the residents use the current technology is extremely exciting as we continue to enhance activities in eldercare.



Masue, at Hale Kū'ike Nu'uānu, uses FaceTime to keep in touch with her son and daughter-in-law who live in Illinois.

Hale Kū'ike is the standard for memory care and we offer a diverse range of opportunities for engagement through innovative methods. We are changing the way we care for those with memory impairment in Hawaii. Our journey has only begun, and we are excited for our future in long term care.

CHEF SPOTLIGHT: CYRUS SERRANO, KITCHEN MANAGER



Marcus Asahina,
Head Chef & Business
Manager

In this issue we'd like to highlight a key member of our dietary team. As Kitchen Manager, Cyrus Serrano is responsible for all of the day-to-day operations for the kitchens in both of our locations. Our meal programs would not operate as smoothly as they do without all of his hard work. We are very happy to celebrate his second year of employment here at the end of July.

Cyrus brings to the table a vast amount of experience in a wide variety of settings in the culinary field. Originally from San Jose, CA Cyrus received his formal training from the highly regarded California Culinary Academy in San Francisco. A professional cook for the last nine years, Cyrus has had the opportunity to further develop his skills at such places as The Academy Grill, Fressen Restaurant in Toronto, Chai's Island Bistro here on Oahu, and Koji Sake Lounge in San Jose where he helped develop the menu. Fressen was particularly interesting because it is a vegan restaurant. He says, "It was a big change from what I had been learning and doing in the past, but overall it helped me develop and learn new things."

Cyrus says that he has always loved to cook and eat which was his main motivation behind going to culinary school. He has many fond memories of large family get-togethers where there was never a shortage of delicious food. Especially dear to his heart are the good times tailgating for football when his friends and family would BBQ to cheer on his favorite team the 49ers. Cyrus believes that it was the familiarity of cooking for family that drew him to Hale Kū'ike. "It was an easy choice of coming here. I love to cook for my "grandmas & grandpas." It brings a smile to my face every time I see them enjoying what we offer them for meals and snacks. It's very fulfilling knowing that what you made brings joy to people."

David recently celebrated a birthday and is fond of a good burger. Cyrus skillfully created David his own Big Mac® birthday cake.



Cyrus carefully assembles tomato slices on his beef patties, lettuce, onions, sauce, cheese, pickles on a bun.



RESIDENT Birthdays at Nu'uano

JULY 5 – Evelyn S.	AUGUST 6 – Lila P.
JULY 23 – Dorothy L.	AUGUST 14 – May B.
JULY 24 – Thelma T.	SEPTEMBER 26 – Yoshino T.

RESIDENT Birthdays at Bayside

JULY 10 – Clarence G.	AUGUST 22 – Michael G.
JULY 10 – Grace K.	AUGUST 30 – Elsie K.
JULY 31 – Gladys N.	SEPTEMBER 2 – Bob M.

UPCOMING ACTIVITIES SCHEDULED FOR JULY / AUGUST / SEPTEMBER 2013

WALK TO END ALZHEIMER'S

SEPTEMBER 7 7:00 am – Noon Magic Island

Hale Kū'ike will have a team and booth at the annual walk. See you there!

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



The Standard In Memory Care

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Standard

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RETURN SERVICE REQUESTED

HAPPINESS IS...



Clockwise from top right: Mike helps to maintain the lush foliage at Bayside. Ellenora is all smiles with her granddaughter and great granddaughters. Thelma moves to the beat of Nalani's music, our universal language.

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