

HALE KŪ'IKE

The Standard In Memory Care

3rd Quarter | 2014 Volume 6 | Issue 3

Hale Kū'iike LLC | 95 Kawanakoa Place Honolulu, HI 96817 | Bus: 808-595-6770 | Fax: 808-595-6771

Hale Kū'iike Bayside LLC | 45-212 Kaneohe Bay Drive Kaneohe, HI 96744 | Bus: 808-235-6770 | Fax: 808-235-6776

www.halekuike.com

CELEBRATE WITH GOOD FOOD AND GOOD MUSIC



Scott Gardiner,
Director of
Community
Relations

At Hale Kū'iike Bayside, we are always looking for a reason to party! With the summer's wonderful weather, David decided to have an outdoor pizza party. Our residents and staff were treated to some incredible freshly made pizzas and amazing musical entertainment.

Born and raised in Piacenza, a small town in northern Italy between Milan and Bologna, *Roberto Gramigni* has

25 years of experience as a Maestro Pizzaiolo. He opened his first pizzeria in 1986 and now offers authentic Italian pizzas at your door. Our residents and staff enjoyed watching Roberto make dozens of customized pizzas right on our outdoor patio. The smell from the oven made us feel as though we were in an Italian kitchen and the pizzas were unbelievable.

In our living room, we were swooned by the musical stylings of *Pierre Grill*. Pierre has been performing and recording music in Honolulu for over 30 years. He plays most

instruments and often accompanies recording artists in and out of the studio. Pierre impressed our residents by playing the piano and trombone simultaneously. He knows all the songs from their generation. He had them clapping and even a few dancing to the upbeat songs. Fortunately, Pierre will be routinely visiting both of our homes. Please see the activities schedule for upcoming performances. *See more photos on Page 4.*



Roberto with Marissa, Glen, Mimi, Apple and Kristle.



Pierre plays multiple instruments at the same time!

MESSAGE FROM THE PRESIDENT

I often start my day with a paddle in Kaneohe Bay. It is great exercise and very meditative. Sometimes I cross paths in the ocean with my neighbor, *Fred Farrell*. Out on the water together last week, Fred mentioned to me that he just turned eighty five. I've known Fred for fifteen years and he hasn't slowed down one bit.



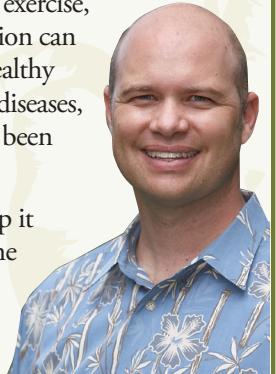
After being out on the water, Fred said he was heading home because he "ran out of batteries." At first I thought that he had run out of energy, but then I realized he meant the batteries in his camera had died. Fred has been documenting the reef system in Kaneohe Bay for thirty years with the Hawaii Institute of Marine

Biology. On that morning he paddled out to a reef and snorkeled around taking pictures of the coral and marine life.

Before we parted I asked Fred what his secret was. His answer was simple, "you just have to keep it moving." Fred is an inspiration to me. His life is vibrant and filled with purpose. He is physically fit and intellectually engaged.

In working in the dementia care field I am often asked if there is any way to avoid getting dementia. Unfortunately there is no proven medication or "magic bullet" to prevent the onset of dementia. We do know that having a healthy lifestyle that includes a healthy diet, regular exercise, social interactions, and intellectual stimulation can improve overall health and well-being. A healthy lifestyle can lower the risk of other chronic diseases, such as diabetes and heart disease that have been linked to an increased risk of dementia.

Personally I will take Fred's advice and "keep it moving" as much as possible. He inspires me to always keep working to help others and our community.



MEET THE FOLKS WHO MAKE DAYS BRIGHTER AT HALE KŪ‘IKE: OUR STELLAR ACTIVITY STAFF



Jill Martinez, CTRS
Director of
Recreational Activities

The Activity Department team at Hale Kū‘ike are one of a kind and I am proud to introduce each one of them. They were carefully selected based upon their personality and ability to engage residents in activities while maintaining close, continuous and lasting relationships with our residents. I am so fortunate to work alongside such talented and dedicated individuals who engage residents in activities on some of their most challenging days.



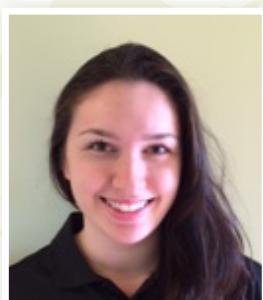
Elizabeth Ann McNeely has been with Hale Kū‘ike for nine wonderful years working as a CNA in Nursing and as an Activity Assistant. What she likes most about working here is the staff, residents, and delicious food we all get to eat. In her spare time, Elizabeth enjoys spending time with her

granddaughters Cadence, Riya, and Naomi setting up the pool, jumping rope and cooking food on the hibachi. Liz has learned to be patient and always smile when engaging residents in activities. A quote that Liz lives by is “Put yourself in the other person’s place or shoes” when interacting with people from all walks of life.



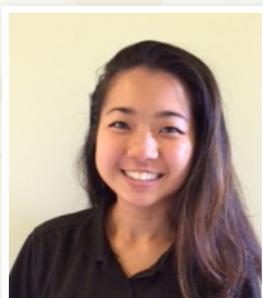
Mapu Taamu has been with Hale Kū‘ike for two years. Her favorite part about working here is that she gets to wake up, go to work and play all day by stimulating residents’ brains while creating an enjoyable atmosphere. When Mapu isn’t at work she enjoys hanging out with friends whom she

sees almost every day. Working with residents has taught Mapu a new way of understanding people. Her job as an Activity Assistant has given her the ability to read residents’ non-verbal signs along with certain verbal cues they give to think one step ahead of them. One of Mapu’s favorite quotes is “And in time, this too shall pass.” Whenever she’s going through something tough in life, she remembers that it’s only temporary and that there will be a better day and it just might take some time. Time to reflect, realize and get stronger.



Cyan Curtis has been with Hale Kū‘ike for a year and five months. Learning about residents’ backgrounds and hearing their life stories is a reward for Cyan while at work. She is always impressed by their experiences and their many accomplishments. Besides pursuing a Masters in Social

Work with an emphasis on Gerontology, Cyan enjoys dancing hula and playing with her dog Tony, a Maltese terrier mix. An important lesson Cyan has learned from working with residents is that everyone is capable of doing a good deed and showing compassion. Audrey Hepburn’s quote “Nothing is impossible, the word itself says ‘I’m Possible’” motivates Cyan to pursue her goals and achieve success.



Reeann Minatoya has been employed with Hale Kū‘ike for a little over a year but started as an activity volunteer while a junior at Hawaii Baptist Academy. Being able to put smiles on residents’ faces is what she likes most about working at Hale Kū‘ike. Reeann keeps herself busy with school, working multiple jobs, and engaging in an extensive list of extracurricular activities. Reeann enjoys dancing hula, playing league volleyball, basketball, going to the beach, hiking, eating, sleeping, trying new things, and visiting new places. Working with residents has provided Reeann an opportunity to discover that you can’t please everyone all the time but a smile, good attitude and patience can make anyone’s day a little brighter. Reeann is inspired by the biblical quote “The pain that you have been feeling cannot compare to the joy that is coming.” (Romans 8:18)



Rhoelyn Cortez has been with Hale Kū‘ike for a little over a year. Rhoe enjoys coming to work because of the friendly and comfortable atmosphere. Hale Kū‘ike fosters an environment where laughter, spontaneous singing, and ‘talking story’ happens daily. She likes developing lasting bonds with some of the residents who have shared a part of

their lives with her. Those residents give Rhoe a different perspective on life and the opportunity to do meaningful work. In her spare time, Rhoe enjoys going on easy to moderate hikes, trying new foods, reading novels by Amy Tan and Jodie Picoult and spending time with family and friends. A quote that motivates Rhoe comes from Aristotle who said “We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” Rhoe first came across this quote in the third grade and since then it has encouraged her to always put 100% into everything she does.



Alexa Fernandez is one of the newbies on our team and has been with Hale Ku‘ike for seven months. Alexa really enjoys her co-workers and the residents as everyone has a great attitude. In addition, her role as Activity Assistant has shown her that no two days are alike and that there's always something new

and interesting to be experienced each time she works. Alexa is currently enrolled in school pursuing a career in nursing and when she's not busy studying or doing clinical rotations, she enjoys spending time with family and friends either eating or doing outdoor activities like going to the beach and hiking. To stay grounded while balancing school and life Alexa is motivated by the saying, “Keep high goals and a low profile.”

RESIDENT Birthdays at Nu‘uanu

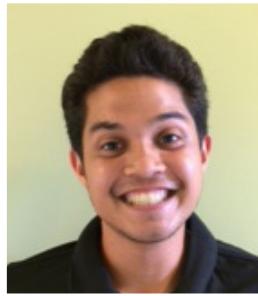
JULY 9 – Alice M.	JULY 31 – Gladys N.
JULY 12 – Stella J.	AUGUST 14 – May B.
JULY 23 – Dorothy L.	AUGUST 18 – Nancy Y.
JULY 24 – Thelma T.	

UPCOMING EVENTS FOR THE QUARTER AT NU‘UANU

July 12	10:30 am	Ebb Tides
July 16	9:30 am	Legacy
July 30	10:30 am	Pierre Grill
September 14	2:00 pm	King’s Chapel East Oahu Senior Ministry

RECURRING ACTIVITIES AT NU‘UANU

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



Steven Hanuna is the newest member on our team and has been with Hale Ku‘ike for four months. Steven is a people person and loves interacting with his coworkers and helping them out when he works. He especially enjoys working with the residents and talking story with them.

Steven currently juggles three

jobs and when he's not working, he enjoys exercising and running. Steven also enjoys playing basketball and volleyball when time permits. Working with residents has provided Steven with the opportunity to learn that each resident is different and the stories they share differ vastly in topic and thought. One of Steven's favorite quotes comes from iconic basketball player Michael Jordan who said “I can accept failure, everyone fails at something. But I can't accept not trying.”

It's such a joy to work with a group of folks as easygoing and dedicated as the activity team. The activity assistants add their special touches to the daily activities program which make Hale Ku‘ike's program so successful. Leading activities is not the easiest job, but they are always ready to give it their all as they are the key players in what brings the home to life. I hope this article gives you a better idea of who these individuals are that make residents' days brighter. On your next visit, please chat with any one of them as they would enjoy sharing the joys of their day with you.

RESIDENT Birthdays at Bayside

JULY 1 – Amy J.	AUGUST 30 – Elsie K.
JULY 10 – Clarence G.	SEPTEMBER 2 – Bob M.
JULY 10 – Grace K.	SEPTEMBER 11 – Susan C.

UPCOMING EVENTS FOR THE QUARTER AT BAYSIDE

July 2	10:30 am	Pierre Grill
July 19	10:30 am	Ebb Tides
September 21	2:00 pm	King’s Chapel East Oahu Senior Ministry
September 25	10:00 am	Kawai Olu

RECURRING ACTIVITIES AT BAYSIDE

Every Other Tuesday	10:15 am	Tai Chi with Ken
First Wednesday	10:30 am	Pierre Grill
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

Ninety-Five Kawanakanako Place
Honolulu, HI 96817

MUSIC TOUCHES THE HEART AND SOUL



Clockwise from top left:
101-yr old Toshiko M. dances to a lively song.
Maggie F. appreciates Pierre's dexterity on piano and trombone.
Maria H., Toshiko M., and Haruko S. move to the beat. Pierre dons a beret and plays a French number on the accordion.



Music connects people with who they have been, who they are, and their lives. Music is known to activate more parts of the brain. It is the universal language.

David Fitzgerald
President
david@halekuike.com

Dorothy Colby
Administrator at Nu'uanau
dorothy@halekuike.com

Jane Maxwell
Director of Nursing at Bayside
jane@halekuike.com

Christina Hunter
Director of Nursing at Nu'uanau
chunter@halekuike.com

Jill Martinez
Director of Recreational Activities
jill@halekuike.com

Marcus Asahina
Business Manager
marcus@halekuike.com

Scott C. Gardiner
Director of Community Relations
scott@halekuike.com

Vita, Pepper & Mimi
Directors of Pet Therapy