



# HALE KŪ'IKE

*The Standard In Memory Care*

4<sup>th</sup> Quarter | 2011 Volume 4 | Issue 4

95 Kawanānakoā Place | Honolulu, HI 96817 | Bus: 595-6770 | Fax: 595-6771 | [www.halekuike.com](http://www.halekuike.com)

## SIMPLE GIFTS CAN BRING THE GREATEST JOY



Dorothy Colby,  
Business Manager

The busy holiday season is fast approaching and it can be a difficult time for people with dementia. Changes in routine can easily overwhelm a person with dementia. Here are a few tips to make the most of your holiday celebrations and visits.

### **First and foremost, keep it simple**

Someone with dementia has difficulty when presented with too many choices or too much stimulation. So while your tradition may be to have large family celebrations, the person with dementia can focus better and will enjoy your presence more in smaller groups. Break up the holiday into smaller events — open presents one day, have a holiday meal another day, attend church on another.

Opening presents is exciting, but too many presents at once can be overwhelming. Consider opening one or two presents a day with your loved one. Give the gift of simple pleasures. Many elders with dementia would enjoy a back rub, lotion rubbed into their hands or eating

with a loved one much more than any wrapped gift they would receive.

### **Holiday cards are gifts that keep on giving**

Receiving mail is an exciting event and makes your loved one feel special. They read and re-read each letter. In this age of email it is easy to forget how special a handwritten note received in the mail can be. This is true all year long. Even if you live nearby, drop a “just thinking of you” card in the mail.

### **Spreading the cheer when you visit**

Please feel free to bring in simple holiday decorations for their room. When you visit wear a cheery holiday item, such as a pin or hat. It is a great place to start a conversation and bring out smiles. Many elders love to sing old favorite holiday songs and hear familiar holiday stories. Holiday foods bring back many memories and are always much appreciated.

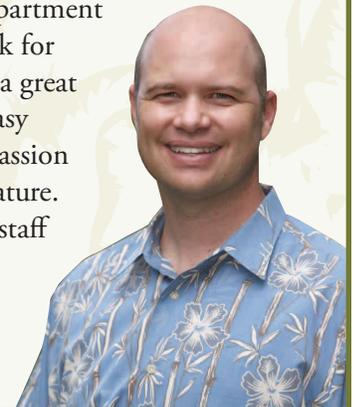
Our elders with dementia live in the moment each and every day. Let's fill their days with moment after moment of holiday joy. Gifts to them don't have to be elaborate or expensive. Our presence beside them, in person or in a letter, wishing them a happy holiday makes them feel loved.

## MESSAGE FROM THE PRESIDENT

Occasionally someone will say to me, “You must be really proud of Hale Kū'ike.” While I am very proud of our work here, what I feel more deeply is gratitude. I am grateful to our residents' families for putting their faith and confidence in us to care for their loved one. I am grateful to our residents for sharing their lives and wisdom with us each day.

Finally, I am especially grateful for the wonderful caring people that I'm able to work with each day. I am grateful knowing that every person at Hale Kū'ike (and Vita) strives each day to provide real quality of life to our residents. I am grateful for our staff's dedication and longevity. Nearly 60% of our staff has been with us for more than three years. As every business knows, it can be a challenge to hire and retain good employees. In its first two years, Hale Kū'ike's staff turnover rate

reached a high of 57%. We revamped our interviewing and hiring practices and our turnover rate plunged to 16%. We strive to hire people who demonstrate qualities beyond the basic competencies of their position. Potential employees go through interviews with the Business Manager, Department Manager, and residents. We look for those intangibles that make for a great caregiver and co-worker — an easy smile, a positive personality, a passion for elders, and a gentle caring nature. I am so very grateful for all the staff at Hale Kū'ike. I am honored to have them dedicate so much of their lives to our residents and to each other.



## OTHER MEDICATIONS USED TO TREAT BEHAVIORS

Last quarter's newsletter listed some of the more familiar medications utilized for Alzheimer's Disease. There are other medications, however, that may need to be employed for specific symptoms that are not common for all of those diagnosed with AD.

**The following three medications are anti-depressants:**

**Celexa** (Sa-LEKS-a) citalopram (sye-TAL-oh-pram)

**Lexapro** (LEKS-a-pro) escitalopram (es-sye-TAL-oh-pram)

**Remeron** (REM-er-on) mirtazepine (mur-taz-a-peen)

- Used to reduce depression and anxiety
- May be used to help with erratic sleep patterns
- May take 4 to 6 weeks to be effective

**Depakote** (DEP-uh-cote) sodium valproate (so-DEE-um val-pro-ate)

- Used to treat aggressive behavior

There are other medications that are used with caution with our AD residents. These include sleep aids, anti-anxiety medications and antipsychotic medications. These medications are only utilized when specific targeted behaviors have not responded to behavioral interventions. The resident's family is always consulted and the risks, possible side effects and benefits are discussed.

I would be glad to discuss any of your loved one's medications and their purposes when you visit at Hale Kū'ike.



Jane Maxwell,  
DON



Jill Martinez,  
CTRS

## VARIETY OF ACTIVITIES FILL THE DAY FOR RESIDENTS AND STAFF

### 4<sup>th</sup> of July Festivities

On a beautiful Hawaiian day, our parking lot was transformed into the

ultimate 4<sup>th</sup> of July celebration. We had tons of delicious food, fun games, and awesome entertainment. The Honpa Hongwanji Dharma Taiko Group kicked off the event with their amazing display of coordination and rhythm. Then the Ebb Tides serenaded us with their relaxing music. Residents enjoyed both entertainment groups and were in bright spirits the entire time. The highlight of the day was the ono shaved ice with all the fixings provided by Mel and Gail (son-in-law and daughter of Dorothy and Hideo). We'd like to give them a special mahalo for their generosity and for preparing the mouth-watering treats for residents, families, guests, and staff. We are looking forward to another fun and exciting party next year!

(See photos on Page 3.)

### Walk to End Alzheimer's

## BIRDS OF A FEATHER WALK TOGETHER

*Design created by Aya Asahina, graphic designer.*

On September 10, 2011, about forty staff and family members of the Hale Kū'ike ohana gathered at Magic Island park to participate in the Alzheimer's Association annual fundraising walk. Hale Kū'ike's theme for the walk this year was "Birds of a Feather, Walk Together." To incorporate the theme into our attire, participants wore beautiful purple feather accessories with a company shirt that highlighted the theme. We'd like to send out a special thank you to Amelia, Ruby, and Helen for assembling our feather adornments. If you didn't join us this year, we look forward to having you on our team next year!

*Right: CNA Karen gives Thelma a soothing hand and arm massage*

### Namaste Care Program

Hale Kū'ike is pleased to announce the implementation of Joyce Simard's Namaste care program into our daily activities schedule. Residents have been participating in Namaste care for about a month and we're already seeing the benefits of the power of healing touch. Residents are displaying reduced agitation, improved alertness, increased appetites, and a significant drop in pain levels. Both staff and residents are benefiting from this intimate program in which residents receive hand and foot massages, facials, manicures, and spa pedicures. We encourage and invite families to stop in and observe a Namaste program in action and welcome you to share in this beautiful moment of "honoring the spirit within."





**Clockwise from top left:** 4<sup>th</sup> of July a celebration for the entire family. Shaved ice was a surprise treat for our residents on this hot July day; Vita celebrated her 5<sup>th</sup> birthday with fellow dogs, residents, staff and family; David kneels before Ella who celebrated her 100<sup>th</sup> birthday; The Alzheimer's Annual fundraiser was a 3-mile walk around Ala Moana Beach Park and Magic Island. Hale Kū'ike's team comprised of staff and resident family members including Vita.

**RESIDENT Birthdays**

OCTOBER 3 – LOUISE E.  
 OCTOBER 13 – KATHY C.  
 OCTOBER 28 – LILY H.

NOVEMBER 15 – DOROTHY N.  
 NOVEMBER 25 – ROSABEL N.  
 DECEMBER 31 – PATSY M.

**UPCOMING ACTIVITIES FOR OCTOBER / NOVEMBER / DECEMBER 2011**

OCTOBER 15     3:00 pm     Support Group; Community Church of Honolulu

NOVEMBER 24     12:00 pm     Thanksgiving Day Luncheon

DECEMBER 25     12:00 pm     Christmas Day Luncheon

**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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Ninety-Five Kawananako Place  
Honolulu, HI 96817

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RETURN SERVICE REQUESTED

Construction is progressing at our Kaneohe location. The new facility will be home to 28 residents. The original building footprint has been extended forward and the new roof system will be added shortly. Drywall installation started recently, along with the nurse call and wandering safety infrastructure. The landscaping process has also begun and an exterior rock wall and garden planter will be soon installed on the walking path. The custom furniture details were also approved and are now being manufactured to our specifications. It is exciting to watch the building taking shape.

To see a rendering of Hale Kū'ike Bayside, please go to <http://www.halekuike.com/>

## **David Fitzgerald**

*President*

david@halekuike.com

## **Dorothy Colby**

*Business Manager*

dorothy@halekuike.com

## **Jane Maxwell**

*Director of Nursing*

jane@halekuike.com

## **Jill Martinez**

*Director of*

*Recreational Activities*

jill@halekuike.com

## **Marcus Asahina**

*Head Chef*

marcus@halekuike.com

## **Vita**

*Director of Pet Therapy*

