

HALE KŪ'IKE

The Standard In Memory Care

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WE CAN ADVOCATE FOR LIVING WITH DIGNITY



Jane Maxwell,
DON

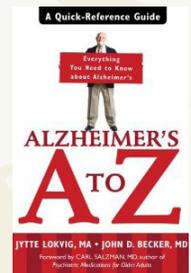
Why write something when a subject has already been written about so well? A favorite resource of mine is Lokvig and Becker's *Alzheimer's A to Z – Everything You Need to Know about Alzheimer's* published in 2004. It describes the very important concept of dignity related to a mother with Alzheimer's symptoms this way:

Your mother needs you to become the guardian of her self-respect and dignity, especially as her confusion increases. You'll speak out on her behalf in ways you never would have imagined. It may have taken you a while to build up your nerve, but now you interrupt others who insist on talking to her in a patronizing tone, and you stop people who speak about your mother as if she wasn't there.

The authors further share a scenario in which the two of you are sharing lunch and you ask if she is enjoying the

food. She answers "yes" but appears uncomfortable. As she replies, a tea bag tag hangs out from the side of her mouth. You gently remove the bag with a napkin then realize that her mouth is full of loose tea. Your response to her is, "That doesn't taste very good, does it?" and instruct her to spit the tea into a napkin and have her rinse her mouth with water. By treating this as if it's a completely normal occurrence, you will help your mother maintain her dignity and good spirits. Next time (and there should be a next time as you do not want to stop taking her out), you can hold her drink for her so she won't confuse her liquid and solid foods or arrange with the waiter to prepare a special plate for her with one kind of food at a time or with finger foods.

The secret to maintaining dignity in this case, the authors state, is for you to have a positive attitude and relaxed approach. They remind us that no one has ever died of embarrassment.



MESSAGE FROM THE PRESIDENT

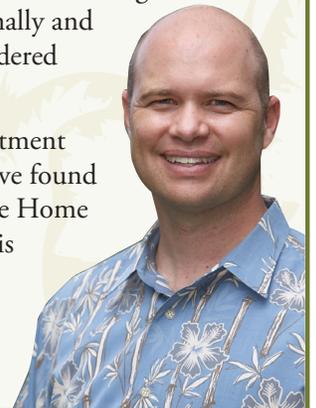
Each September we welcome our colleagues from the Hawaii Department of Health to Hale Kū'ike for our annual inspection that is required to maintain our Care Home license. The two-day inspection was quite thorough. Two nurses from the Office of Healthcare Assurance focused their energy on our nursing program and a registered dietician reviewed our dietary department and nutrition.

I believe that the Hawaii Care Home regulations provide the right level of regulation. They have achieved a balance of oversight and independence, allowing the focus to be on caregiving. Too much regulation, such as the Federal rules for Nursing Homes, stifles creativity and motivation. Excessive regulation and paperwork in the Nursing Homes drain resources and staff time away from resident care. One of the worst outcomes is that it burns out one of our most critical industry leaders, Directors of Nursing (DONs). The high DON turnover rates in

Nursing Homes absolutely have a negative impact on quality of care.

I know this from personal experience. I was a nursing home administrator for nearly a decade before opening Hale Kū'ike. My experiences with the Nursing Home regulations and surveys made me question my career in long-term care. The annual surveys were stressful and crushing experiences. After one particular nursing home survey, I felt so beaten down – personally and professionally – that I seriously considered leaving this field I love so much.

I am thankful that the Hawaii Department of Health and our State legislators have found a balance when crafting Hawaii's Care Home regulations. And, I'm hopeful that this balance will also be considered at the Federal level as rules are revised and created to meet the needs of our growing elder population.



EMPLOYEE SPOTLIGHT—CANDACE MORITA



Candace Morita prepared chocolate filled beignets for DON Jane's birthday.

Candace proved to be such a great fit that she was immediately offered a position upon completion of her internship. Residents and staff alike are continually delighted by both her savory and sweet creations.

Candace credits her father as the reason for pursuing a career in the culinary profession. As the second eldest of four children, she would always be the only one willing and able to wake up on Saturday mornings to assist her father in cooking breakfast for the family. The moments and memories created on those mornings would plant the seed for Candace's eventual enrollment in KCC's culinary program. An avid cook himself, Mr. Morita says that he is proud of his daughter for doing something that he has always wanted to do himself.

At KCC Candace claims to have gotten off to a bit of a "slow" start, but once she got "into it," she really enjoyed her experience there. One of her favorite classes was Garde Manger, which literally translates to Keeper of

Food. Garde Manger focuses on a variety of methods of preserving foods including pickling, salting, curing, and smoking. The class also covers the preparation of hors d'oeuvres, appetizers, canapés, force meats, and basic garnishes. Candace enjoyed the class so much because it was structured to be hands-on and personalized. At Hale Kū'ike, she continues to hone and practice the many skills she learned in that class. Candace says that her favorite part about working at Hale Kū'ike is the freedom to experiment with different recipes here. There is always something to learn every day whether it is from a co-worker or from trying something new herself.

She enjoys the opportunity to work with the cuisines of different cultures in our weekly Armchair Travel. Every Wednesday our residents take a virtual tour of a different part of the globe. Part of their tour is an authentic snack that Candace creates from that particular part of the world.

Candace offers a simple yet refreshingly delicious recipe on the back page. She often serves this for the residents as a snack or dessert.



Fruits in a carved honey dew melon.



Bird made from an apple.

WALK TO END ALZHEIMER'S



Scott Gardiner, Director of Community Relations

Go team Hale Kū'ike! On Saturday, September 8, 2012, Hale Kū'ike participated in the annual Alzheimer's Association *Walk to End Alzheimer's*, held at Magic Island in Honolulu. This event helps to raise awareness and funds for Alzheimer's care, support and research.

The day was filled with fun activities starting with a vibrant Zumba warm up class with motivational instructors and

inspirational music to get the blood flowing. Participants chose to run or walk a one mile, two mile or three mile course. At the end of each mile, participants received a sticker to redeem for prizes at the end of the race – a hot malassada, a yummy cupcake, and a water bottle. Team



Hale Kū'ike had five members who ran the entire course: Dorothy Colby, Marcus Asahina, Dr. Web Ross, Nicole Tam and Raelene Balubar. The rest of the team was content to walk the course enjoying the ocean scenery and beautiful weather. Jill Martinez led the way for our walking group with our live-in therapy dogs, Vita and Pepper. Hale Kū'ike families, the Nimoris and Mathenys, walked on our team as well.

The Walk to End Alzheimer's is a wonderful event which brings a sense of camaraderie to family members honoring loved ones who have or had Alzheimer's and to professionals who walk to help bring an end to this devastating disease. We hope to see everyone at next year's walk.

RESIDENT SPOTLIGHT: MAY BORTHWICK



Jill Martinez, CTRS

May Borthwick was born on August 14, 1928 in Halawa, Moloka'i. When asked what fond memories she has of Halawa, she says that it was a beautiful and calm place and that she wouldn't mind going back for a visit if given the opportunity. May is married to Mendel Borthwick, and

together they formerly operated Borthwick Mortuary servicing the community since 1916. May has three children, sons Blair and Douglas, and daughter Karen. May is very fond of her family and frequently talks about them.

One of May's favorite pastimes is playing cards. She attained the title of "life master" in Duplicate Bridge. In addition to bridge May was an excellent hula dancer and ukulele player. Occasionally, you will see May sitting in her chair doing the hula or strumming on the ukulele playing various Hawaiian songs. May has a beautiful singing voice. She often sings Hawaiian falsetto

songs for our community. May also enjoys her daily poker games with other residents and staff.

May was very active in the community as well. She was a proud member of the Outrigger Canoe Club in Waikiki and belonged to Hui Holopa'u me na Hoa Hololio, a club that planned monthly riding activities and other social events. The club's main purpose was to perpetuate a charming and colorful Hawaiian riding costume. May was featured in an article about Pa'u dressing in the Honolulu Advertiser that was printed on June 11, 1958. When asked about pa'u riding and clothing, she says there were lots and lots of layers to the outfit. She enjoyed participating in Kamehameha Day parades as a pa'u rider and proudly smiles when shown her picture in the newspaper. May is a very lively and active member of Hale Ku'ike. She enjoys engaging with others and is always ready to participate in activities.



MORNING EXERCISES LED BY JILL, DIRECTOR OF RECREATIONAL ACTIVITIES AND ROSABEL, RESIDENT.



Both Legs Up



Right Leg Up



Left Leg Up



Both Arms Up



Bend Over

RESIDENT Birthdays

OCTOBER 3 – *Ellenora W.*
 OCTOBER 22 – *Rose Y.*
 OCTOBER 28 – *LILY H.*

OCTOBER 31 – *Helen B.*
 NOVEMBER 15 – *Dorothy N.*
 NOVEMBER 23 – *Shizuno F.*

NOVEMBER 24 – *Rosabel N.*
 DECEMBER 31 – *Pasty M.*

UPCOMING ACTIVITIES FOR OCTOBER/NOVEMBER/DECEMBER 2012

- OCTOBER 17 Happy Senior Serenaders; 10:30 am
- OCTOBER 20 Family Networking Group; Community Church of Honolulu; 3:00 pm – 5:00 pm
- NOVEMBER 21 Legacy; 9:30 am
- DECEMBER 4 Small World Harmonica Band; 10:00 am
- DECEMBER 6 Our Savior Church Choir; 10:00 am

RECURRING ACTIVITIES

- Every Tuesday 2:30 pm Tai Chi
- Every Friday 3:30 pm Pastor Dan
- Last Friday 10:30 am Hula/Singing with Nalani



The Standard For Memory Care

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BANANA CREAM PIE BARS

Crust:	1½ cups sifted flour
1½ blocks butter, softened	¾ cups nuts, chopped
3 tbsp. powdered sugar	

Preheat oven to 425°. Cream butter and sugar. Add flour and nuts. Press mixture into the bottom of a 9"x13" baking pan. Bake for 8-10 minutes or until lightly brown. Remove and let cool.

First Layer:	1½ cups powdered sugar
2-3 bananas, sliced	12 oz. fresh whipped cream
2 8oz blocks cream cheese, softened	(use also for 3rd layer)

Mix 9 oz. fresh whipped cream with cream cheese and powdered sugar. Pour over crust. Place a layer of sliced bananas over the cream cheese layer, refrigerate.

Second Layer:	3 cups milk
2 3.9oz boxes instant banana pudding & pie filling	

Blend pudding and milk, pour over banana layer, refrigerate.

Third Layer:	Nuts, chopped
Whipped Cream (leftover from 1st layer)	

Spread remaining whipped cream over 2nd layer and sprinkle with chopped nuts. Refrigerate, cut into bars and serve. Bon Appétit!

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Vita
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Pepper
Asst. Director of Pet Therapy