

PRECIOUS GEMS



Dorothy Colby,
Administrator
Nu'uaniu

Each person with dementia is unique. While there are often commonalities in causes, behaviors and symptoms, dementia manifests itself differently for each person. Add to this the uniqueness of every caregiver of a person with dementia. Each of them, the person receiving and the person giving care, is trying their very best. It is a close and caring relationship, but so often it is fraught with frustration, anger, guilt and grief. Alzheimer's and other forms of progressive brain failure lead to physical and

cognitive changes over time, and eventually to death. Because of this, a care partner relationship with someone with dementia is ever changing. The great challenge is how we change along with the person who has dementia. The person with dementia cannot alter what is happening to them, nor can they alter their behaviors. The only person with the capacity for voluntary change is the person without dementia, the care partner.

For many years at Hale Kū'ike we have used the dementia training videos of Teepa Snow, an Occupational Therapist and renowned national advocate for those living with dementia. Teepa's personal mission is to spread a Positive Approach to Care (PAC)[™] to help families and professionals better understand how it feels to be living with the challenges of dementia and to change and improve life for everyone involved. She recently developed a new dementia progression classification model called Teepa's GEMS[™]. In a move away from numeric scales to show progressive negative decline, Teepa's GEMS[™] were developed to reflect an individual's changing abilities, simplifying a complex process into a structured Positive Approach[™] that supports everyone involved. Understanding the GEMS[™] helps adjust expectations while providing hands-on care techniques that better meet the ever changing needs of people living with dementia.

See Teepa's GEMS[™] on Page 2

MESSAGE FROM THE PRESIDENT

As our residents age at Hale Kū'ike, there may come a time when we suggest that the family consider hospice services for their loved one. I am a great believer in hospice, and have seen first hand how our residents and families benefit tremendously from this service. In working with families, I often find that hospice is misunderstood and sometimes feared. To start, let me review the basics of hospice. Hospice is a medical service that provides palliative care for people who are diagnosed with a terminal illness (such as endstage Alzheimer's). It concentrates on relieving pain and discomfort, not curing the disease. Here are some of the myths that I have seen prevent or delay families from choosing hospice:

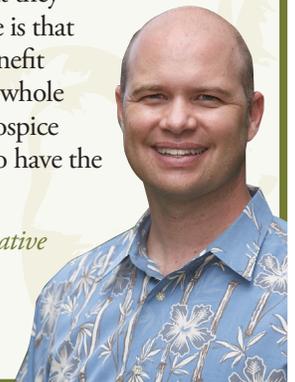
MYTH #1: Hospice means the patient or family is giving up. Nothing could be further from the truth. There are many treatments available under hospice care that can help manage pain and symptoms and improve the patient's quality of life. It offers the choice to live as fully and pain free as possible until the end of life.

MYTH #2: Hospice hastens death. Studies have shown that patients who receive palliative care live as long or longer than

patients who do not receive palliative care. In addition, patients who receive hospice care suffer less depression and have an improved quality of life.

MYTH #3: Hospice is only for people about to die. There is not a limit on the amount of time patients can receive hospice care. It depends upon the course of the illness and is not limited to 6 months. When hospice care is started early, there is more opportunity to reduce pain and treat any symptoms that cause discomfort. I have seen residents improve after going on hospice and some that improved to the point that they have "graduated" from hospice. My hope is that the more people understand the great benefit hospice can bring to their loved one and whole family, the sooner people will consider hospice and get the care and support they need to have the chance to live fully to the end.

If you would like to learn more about palliative care and hospice resources in Hawaii visit:
kokuamau.org/services/caregiving



THE “H” WORD



Christina Hunter,
Director of Nursing
Nu‘uanu

“What is hospice?” “How do we know when it’s time to start hospice?” “Can Dad stay at Hale Kū’ike if he’s on hospice?”

These are all common questions that are raised when discussing end-of-life care with families. Hospice, at its very core, means adjusting the focus from curing to comforting. It is a type of medical care that focuses on quality of life and

comfort. The goal of hospice is to help the person feel as well as they can for as long as they can.

This adjustment can often be frightening, especially in Western medicine where we expect a pill to cure every ailment. It is important to keep in mind that dying is a natural process and that Alzheimer’s is a terminal disease. End-of-life care and hospice are difficult topics to discuss. Through open communication and frank discussion of end-of-life care goals, we work to overcome the taboos surrounding the discussion of death and help our residents and their families realize their end-of-life care goals.

Alzheimer’s disease has a generally predictable course. At Hale Kū’ike, staff receive specialized training to identify each phase

of the disease. Our care staff look for the following signs at “End-Stage Alzheimer’s” that would signal death may occur within the next three to six months. One of the earliest signs is persistent weight loss. The resident’s appetite may be good, fair, or poor, but when we see weight steadily decreasing over a period of time, regardless of intake, it is a sign that their body is preparing itself for a change. Other signs may include sleeping more, difficulty swallowing, and requiring assistance for all activities of daily living.

When this occurs, we recommend a hospice evaluation for the resident. A nurse case manager meets with the family and resident to verify that the Medicare criteria for hospice services are met. If so, a care plan tailored to end-of-life care needs is developed and followed by the staff at Hale Kū’ike with the support of the hospice provider. As long as the resident’s comfort and care needs can be met at Hale Kū’ike, they can continue to live in our home. Occasionally, we are unable to provide the level of care required to promote comfort and alleviate pain. In this case, we work with the hospice provider to find suitable placement in a hospice or other care facility.

If you have further questions about hospice and the services they provide, please feel free to contact our Directors of Nursing, Christina (Nu‘uanu) and Jane (Bayside).

TEEPA’S GEMS™ *continued from Page 1*



Teepa Snow (left)
with Dorothy
in Chicago.

We are very excited to be incorporating Teepa’s GEMS™ and her Positive Approach to Care™ into our dementia training for staff and families at Hale Kū’ike. Every new family at Hale Kū’ike receives a copy of Teepa’s new book, “Dementia Caregiver Guide: Teepa Snow’s Positive Approach techniques for caregiving, Alzheimer’s and other forms of dementia.”

In July, I had the honor to attend a Positive Approach to Care™ Training with Teepa in Chicago to become a Certified PAC Trainer. I hope to receive my final certification by the end of this year. My personal mission is to bring her dynamic training techniques, active learning style and empathetic understanding of those with dementia to Hale Kū’ike staff and families. The training courses I will be offering will encourage care partners to:

- Respond to a person's change in cognition and abilities in a way that is not hurtful or offensive
- Understand that, with practice, common "reactions" to the person with dementia can become thoughtful "responses" that improve quality of life for everyone involved
- Recognize that the person with dementia is "doing the best they can" and that if something isn't working, it's the responsibility of the care partner to change their approach and behaviors toward the person with dementia
- Notice the environment surrounding a person with dementia and make changes necessary

The ultimate goal is to better support our residents with their ever-changing abilities. We want to have the open mind and flexibility to adjust our expectations and care behaviors in response to what is happening with the person who has dementia at the moment so that they can shine.

To learn more about Teepa Snow and PAC go to teepasnow.com.

MEET OUR ACTIVITIES DIRECTORS

Hale Kū'ike is very pleased to announce the appointment of two new Activities Directors to our Kaneohe and Nu'uaniu locations - Rena Miranda at Hale Ku'ike Bayside and Mapuana Taamu at Hale Kū'ike Nu'uaniu. In addition to overseeing the programs for their respective locations, Rena and Mapu will have the opportunity to work collaboratively for the betterment of both activities departments.



**Marcus Asahina,
Business Manager**



RENA MIRANDA comes to us with over a decade of experience at One Kalakaua Senior Living (six of those as their Activities Coordinator). She was first drawn to Hale Kū'ike, she explains, because of the small family setting that we

offer. "It's a nice ohana feeling when you're here," she says. Rena has always been quite at home with elders, even from a young age, and vividly remembers spending much of her childhood with Kupuna. "My great grandmother was at Ann Pearl (Nursing Facility) and I would often go with my grandparents to visit on weekends. We would sing and dance hula for all the residents there," she says. It was perhaps this time spent with Kupuna during her younger years that encouraged her to work with seniors as an adult. The thing she is looking forward to most in her new position here is creating bonds with each resident as the days go by. "Whether it's through games, singing, clapping or crafts, it's such a warm feeling knowing you are able to put such big smiles on their faces daily."



MAPUANA TAAMU is someone many of you already know quite well. Starting as a volunteer for her service learning class at Kapiolani Community College over three years ago, Mapuana knew early on that

she wanted to one day work at Hale Kū'ike. "I wanted to work here because I loved the atmosphere and could easily be myself. Hale Kū'ike is warm, inviting and one of my favorite places on earth," she recalls. Since then Mapuana has established herself as an invaluable member of our staff. In her new role Mapuana is happy to continue to do what she enjoys so much, but also excited for the many possibilities that lie ahead. "I really enjoy making people happy and I know that by working here, I can accomplish that every day. As Activities Director, I am looking forward to the many changes to come. Whether it is personally or professionally, I know that a lot will be changing for me and I am ready and excited to see what challenges this new position has to offer."

CYRUS SERRANO PROMOTED TO HEAD CHEF



We are also happy to announce the promotion of **CYRUS SERRANO** to the position of Head Chef from Kitchen Manager for both of our locations. In his new position as Head Chef, Cyrus will be in charge of managing all aspects of the dietary department. This will include all dietary staff supervision/scheduling, menu development, and special event/menu planning. Cyrus received his culinary training from the California Culinary Academy in San Francisco. Prior to joining our dietary staff in 2011, he had also gained valuable experience working at restaurants such as Fressen Restaurant in Toronto, Chai's Island Bistro in Honolulu, and Koji Sake Lounge in San Jose.

Please help us wish Rena, Mapu, and Cyrus all the best in their new positions! We look forward to working with them and are excited for how each of them will help enrich the lives of all who reside here at Hale Kū'ike.

RECURRING ACTIVITIES AT OUR HOMES

RECURRING EVENTS AT NU'UANU

EVERY TUES	2:30pm	Tai Chi with Ken
LAST WED	10:30am	Music by Pierre Grill
2ND, 3RD, & 5TH FRI	3:30pm	Pastor Dan
1ST & 4TH FRI	3:30pm	Hula/Singing with Nalani

RECURRING EVENTS AT BAYSIDE

EVERY OTHER TUES	10:15am	Tai Chi with Ken
FIRST WED	10:30am	Music by Pierre Grill
EVERY THURS	10:15am	Tai Chi with Ken
1ST & 4TH FRI	3:30pm	Pastor Dan
2ND, 3RD, & 5TH FRI	3:30pm	Hula/Singing with Nalani



The Standard In Memory Care

Ninety-Five Kawanānakoā Place
Honolulu, HI 96817

Presorted
Standard
**US POSTAGE
PAID**
Honolulu, Hawaii
Permit No. 1793

RETURN SERVICE REQUESTED



WE SPARKLED AT THE ALZHEIMER'S WALK



For the annual Walk to End Alzheimer's, we incorporated Teepa Snow's GEMS™ system into our team's name—the Hale Kū'ike Gems. Our staff and family members from both Nu'uānu and Bayside selected a gem lei to wear while they enjoyed the 3-mile walk. Our facility dogs, Vita and Pepper, had their name tags adorned with gems. Thank you to our staff and families who came out to support the annual walk.

We had a great time together sharing the peaceful morning and family memories and stories. See you next year.

David Fitzgerald
President
david@halekuike.com

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

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

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

Marcus Asahina
Business Manager
marcus@halekuike.com

Cyrus Serrano
Head Chef
cyrus@halekuike.com

Scott Gardiner
Director of Community Relations
scott@halekuike.com

Mapuana Taamu
Activities Director at Nu'uānu
mapu@halekuike.com

Rena Miranda
Activities Director at Bayside
rena@halekuike.com

Vita, Pepper, and Mimi
Directors of Pet Therapy



PLEASE VISIT OUR WEBSITE
AT WWW.HALEKUIKE.COM
FOR PREVIOUS NEWSLETTERS.