

The newsletter for supporters of Hale Makua Health Services

TOP STORIES

Over \$175,000 raised

Community comes together to raise a record-breaking amount to help our kupuna

pages 4 - 5

We love our volunteers

Maria Unemori and her dog Moonlight's visits bring smiles and joy to Hale Makua residents

page 6

Hoping for a bike ride

Having a Triobike taxi would make riding a bike outdoors possible for nursing home residents

page 7

Continuing the Journey of Life Together



Barry Kawakami accompanies his grandmother, Alice Kawakami, to speak at Hale Makua's Kokua for Kupuna fundraiser



Kazumi and Alice Kawakami celebrate their 61st wedding anniversary with their Hale Makua family

Alice Kawakami visits Hale Makua every day, from early morning to just after lunch. Her husband, Kazumi, has been a resident for nearly one year and she lovingly refers to Hale Makua as her home away from home. Alice shares, "when my husband first arrived at Hale Makua after his stay at a hospital on Oahu, all I hoped for was comfort care for him. We didn't think he had much time, so my children and I just wanted to make him as comfortable as possible. Now I look at him nearly one year later, and he's happy as can be. I owe that to our Hale Makua family and prayers, without them I'm not sure I would still have my husband."

Alice and Kazumi recently celebrated their 61st wedding anniversary, and Kazumi's care partners made sure it was extra special with flowers, cake and a

handmade banner for the couple. "It's these types of things that they do, above and beyond the care that make them family, and that's what I love about Hale Makua," Alice said. "My husband and I, we always did things together. Housework, dancing, traveling, you name it. We were always together. I think that's what made our marriage successful. We always told our children, you can have all the money in the world, but if you don't have love and stability in your home and family, you don't have anything."

Each year we invite a special guest to share their Hale Makua experience at Kokua for Kupuna. This year a very nervous Alice, escorted by her grandson, Barry Kawakami, graced the stage and shared her story. She spoke of the care and her appreciation for staff.

Alice cared for Kazumi at home for a few years and marveled how she never realized how much work caring for an adult could be. "It's like being a new mother. You don't know what you're doing or how much work it really is, you just figure it out and do it. These nurses work hard, and you have a deep appreciation for them after you've cared for someone yourself. They're a real gift to my husband and our whole family."

Alice's story is testament to Hale Makua's ability to help individuals who can no longer live safely at home continue their journey in life. We are honored to be a part of Alice and Kazumi's lives. They are a reminder of the remarkable and caring staff we have, who go above and beyond each day to make sure our residents and their families are cared for.

Message from CEO, Wesley Lo



These first 10 months at Hale Makua Health Services have been a whirlwind for me. A lot of learning to do. But the employees and Board here have been awesome. Through all of their wisdom and guidance, we have been working on some super exciting and game changing projects. The one that I am most passionate about and hold dear to my heart is one that I think could lay the foundation for senior care on Maui for decades to come, and possibly change the healthcare delivery system on Maui to truly allow for aging in place.

In the middle of Kahului is a 254 bed facility known as Hale Makua Kahului that provides Adult Day Health, outpatient therapies, rehab services and nursing home care. Surrounding Hale Makua is about 400 independent senior living units known as Hale Mahaolu. Adjacent to both Hale Makua and Hale Mahaolu is a 34-acre park that is used by people of all generations, known as Kahului Community Center.

I am very excited to report to you that with the foresight, vision and guidance of the Board and staff, we are starting down a path to redesign the healthcare delivery system and collaborating with our partners to arrive at a plan for the campuses of Hale Makua and the Kahului Community Center. This plan would realize synergies that could make the area into a showcase for senior living, care, activities and recreation.

We have started discussions with the Mayor, Hale Mahaolu, and soon the

County Council to move forward with creating a long term strategy for achieving what could very well become a model for the entire state in how to comprehensively and holistically provide for our aging population. There are so many possibilities and so much potential. But we can only do this together. Hale Makua Health Services is a community asset, and it will take a village to do this. I invite all of you to join Hale Makua on this journey in helping us re-imagine Hale Makua and the possibilities for caring for our kupuna and our whole community on Maui.

When you have a committed group of individuals with a singular vision to improve the lives of those they care about, there is nothing that cannot be achieved. In the months ahead, we will keep you updated on this new journey, and invite you to engage with us to help envision an integrated community offering homes, activities, health services, and care opportunities for Maui's frail and elderly residents for generations to come.

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Got Beef?



Hoku Nui Farms recently made a generous donation of 130 pounds of local, grass fed ground beef. The donation was used to provide two meals, spaghetti with meat sauce and teriyaki burgers, for about 430 residents and clients.

We are grateful for the generosity and support of local businesses like Hoku Nui for thinking of innovative ways to give

back to our community. Residents loved the meals and resident Olive Silva (pictured above) said it was one of the best burgers she's had!

Hoku Nui Farms' mission is to re-establish a diverse native and endemic habitat, and foster a productive agricultural operation, integrating a small community of sustainable residential homes.

Changing the Lives of Families



After having three joints fused in his leg, Arza Brown of Lahaina recently underwent physical and occupational therapy at Rehab by Hale Makua. Originally Arza was sent home after his surgery on Oahu, but after a near fall, nurses and therapists quickly realized that he needed more intensive therapy and assistance getting back on his feet. While Arza says Hale

Makua was definitely not on his “bucket list”, he was pleasantly surprised with the care and exceptional service from the staff. Arza shares, “my stay here has been a really good experience, the employees are helpful and they treat you like a grandparent, like their own grandparent.”

When Arza was admitted to Rehab by Hale Makua he wasn’t able to walk,

stand or move from a bed to a chair. Just two and a half weeks later, he is now able to do all of those things, and go up and down stairs.

Arza said that the therapy he’s received from our rehab team was better than he could have expected. “They’re pleasant, knowledgeable and intuitive. They’ve taught me things that I didn’t even think I needed to know.” Although he is still on his road to a full recovery, he credits the progress that he’s made to his therapists. “My wife was at Hale Makua last year for a little while, and she honestly wouldn’t be where she is today without the incredible therapists and the work they did with her, so it’s not just my life that they’ve helped change, it’s our family’s.”

For more information about Rehab by Hale Makua, please call (808) 877-7840 or visit halemakua.org/rehab.

A Time Honored Tradition



Kelly Rich and May Cordero pass out refreshments

Since 1982 Hale Makua Health Services has honored the Japanese Obon festival by holding an annual Bon Dance. It began as a small dance held at our Wailuku campus and has since expanded to both campuses and gained popularity in the community.

The Hale Makua Bon Dance originated with the United Women’s Buddhist Association bringing together dancers from Maui Minyo Kai and drummers from Maui Taiko in the roundabout entrance of



Hale Makua Kahului Bon Dance in full swing

Hale Makua Wailuku. Wailuku Hongwanji would provide the music and together they danced to honor and welcome the spirits of loved ones who had passed on. A few years later, the Kahului campus decided to start their own tradition.

Over the past 35 years, the annual Bon Dance has grown and welcomes community members to join in the celebration, but the key organizations are still involved and we couldn’t do it without them. In addition to the support we receive



Kiyoko Shimizu dances along with Betty Idira pushing her

from Maui Taiko and the Maui Minyo Kai, residents’ family members donate refreshments and volunteer at the event, helping to serve residents and take them back to their rooms at the end of the night.

It is our hope that we continue to draw a crowd for this very special evening for many years to come. We are grateful for the community support and appreciate the continuous dedication of Maui Minyo Kai and Maui Taiko for volunteering their time and talents each year.

Community Comes Together to Rais

Hale Makua Health Services' annual fundraiser, Kokua for Kupuna, raised a record-breaking \$175,963 to help provide healthcare services for the frail and elderly on Maui. On September 9th a sold out audience of 460 individuals

came out to support the organization, and enjoyed a delicious luau dinner beach front and under the stars at the Sheraton Maui Resort & Spa. Guests were treated to the Grammy Nominated, Singer-Songwriter and multiple Na Hoku Hanohano Award-

Winner Henry Kapono.

Long-time supporter and friend Sue D. Cooley, who passed away earlier this year, was honored with the Ho'oilina Award for her legacy of giving to Hale Makua Health Services. Over her lifetime



Roy (Board Treasurer) and Betty Sakamoto accept the inaugural Ho'oilina Award honoring Sue D. Cooley



Front from left: Ashley Takitani, Saedene Ota; Back from left: Mike Donahue, Barry Kawakami, John Takitani, Ken Ota, Roger MacArthur, Kanoa Leahey (Board Director), Tony Takitani, Jolie Tu



Michael (Board Director) and Lori Munekeyo



Bill Caswell and Senator Rosalyn Baker



Llyod and Sharon (Board Director) Sodeitani

Mahalo for 20+ Years of Service

In August, three employees in Nutrition Services were recognized for their dedicated service to the organization.

Lorena Hendrickson (pictured right) started 30 years ago as a Kitchen Helper

and has been in the same position to this day. "I just love my job, which makes it really easy to come to work," Lorena said. Christine Fernandez (pictured left) celebrated 20 years with Hale Makua,

she started as a Kitchen Helper and was recently promoted to a Cook. "I love cooking, the food here, and all the people." Christine's peers say she's full of energy and always looking for ways to help.

Nora Ganotisi (pictured center) also celebrated her 20 year anniversary. She started working at Hale Makua as a Kitchen Helper and was promoted to a Cook five years ago. "The people I work with and the residents make it easy to stay working here for so long."

Congratulations and thank you to all three of these hard-working ladies!



e over \$175,000 to Help Our Kupuna



A sold out crowd enjoys a feature performance by Henry Kapono with Johnny Valentine



Hale Makua Health Services Board Chair, Donna McCleary, MD, with Gary Wilkins, MD, Mary Hew, Pamela Hope, MD, and Garret Hew



Senator Gil-Keith Agaran and Karey Kapoi



Tak Sugimura, Council Member Yuki Lei Sugimura, and Grant Chun (Board Director)



Wesley Lo (CEO) with honoree Bill Moore of the O.L. Moore Foundation



Wesley Lo (CEO), Myra and Bill Warshauer, Janet (Board Director) and Dwayne Betsill



Baldwin High School SCHWA Media Club. Back from left: Devyn Yarbrough, Mykaela Padron, Trisha Roy, Josh Ooka, Katherine Swor, Front: Carl Antiado

she made several instrumental gifts totaling over \$4.6 million.

The O.L. Moore Foundation was also recognized for its avid support and contributing \$171,000 over the past 25 years to help the organization serve Maui's kupuna, and over \$4.5 million to charities nationwide with an extensive focus on Maui charities. After having knee surgery, Ed Moore required skilled nursing care in his home and relied on Home Health by Hale Makua to help with his wound care needs. Appreciative of the care he received, Ed began giving to Hale Makua through the O.L. Moore Foundation.

Highlighting the evening was a short video about Hale Makua Health Services, shot and produced by Baldwin High School SCHWA Media students. The students spent two days shooting video at Hale Makua during their summer vacation, and countless hours editing and producing the video.

Kokua for Kupuna would not have been possible without tremendous support of our dedicated Board Directors, over 100 businesses donating to the silent auction and dozens of volunteers. In addition, the event was made possible by the generous support of Title Sponsor

Atlas Insurance Agency; Major Sponsors Carlsmith Ball, First Hawaiian Bank, HMSA and Kaiser Permanente; and Supporting Sponsors ACM Consultants, Alexander & Baldwin, AlohaCare, American Savings Bank, Arisumi Brothers, Betsill Brother, Dowling Company, Genesis Healthcare, Goodfellow Bros, HFM Foodservice, Hawaii Gas, Islands Hospice, MDX Hawaii, Maui Oil Company, Maui Soda & Ice Works / Roselani Ice Cream, Muneikiyo Hiraga, Ohana Health Plan, Sakamoto Properties, Servco Foundation, UnitedHealthcare Community Plan, VIP Foodservice / Island Grocery Depot, Vizient, and Willis Towers Watson.

Meaningful Moments



This year at Hale Makua Kahului's annual Barrio Fiesta, we had the honor of having Miss Maui Filipina 2016 crown our Barrio Fiesta Queen, nursing home resident Pastora Monces. Each year our Activities team coordinates an extensive program with traditional music and dance performances for our residents and Adult Day Health clients. We are grateful to all of our talented employees who have helped keep this tradition alive.



Resident Patrick Kato enjoys petting a duck on a recent visit to the Haku Baldwin Center in Makawao. The Center is a favorite outing for residents. There residents get to interact with animals both big and small. Haku Baldwin Center has been a long-time partner, and comes to both of our campuses weekly and brings bunnies, guinea pigs, dogs and other furry and feathered friends for residents and clients to play with and feed.

We Love Our Volunteers



Moonlight, a lovable six year old Corgi, and her owners Maria and Hilton Unemori have been spreading tail wags and happiness at Hale Makua Kahului. Maria says what she loves most about bringing Moonlight to visit is "seeing the residents' faces light up with pure joy when Moonlight and I approach them. We have received

positive feedback, and this motivates me to keep coming."

"We visit with a client who always asks for kisses from Moonlight. We met a lady who said she never owned a dog but wanted to pet her, and another who said she misses her dog and wanted a hug. Moonlight has been quite accommodating

and I have enjoyed meeting the different personalities at Hale Makua. The time I spend at each visit has given me a very different perspective about life."

As part of Hale Makua's Eden Alternative journey, we see the benefits of enabling residents to have close, continuing contact with animals. Hale Makua makes it easy for family and visitors to bring their furry friends to visit with a easy pet policy.

Maria adds, "I have owned many dogs over the years, and Moonlight is one of the special ones. She is affectionate, mellow, obedient, and a fast learner. So when I read about dogs being allowed to visit Hale Makua, I jumped at the chance to share my dog, as well as visit with the clients."

We're grateful for their continued support and sharing Moonlight with us. If you're interested in volunteering at Hale Makua or having a pet visit, please contact our Volunteer Coordinator at danielles@halemakua.org or (808) 871-9283.

Hoping for a Bike Ride

Wish List



Two ladies get a bike ride from a Cycling Without Aging volunteer in Australia. Photo credit: John Slaytor

There are hundreds of videos that go viral on social media these days, but none, so far, have gotten residents and staff at Hale Makua quite as excited as the video of care home residents being taken for bicycle rides and having the fresh air blowing in their faces. This Facebook video has already received more than 26.7 million views. It is a BBC video called "Amazing Humans - The Medical Student Trying To End Loneliness In The Elderly," which features a 20 year old, Cycling without Age volunteer in Scotland who's transforming the lives of care home residents, one bicycle ride at a time.

Cycling Without Age is a Denmark organization that started with one person's dream to get older adults back on bikes a dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community. Cycling Without Ages does this by giving them the right to wind in their hair.

In response to the video residents have said:

"I have never rode a bike before in my life, I never thought I could start at my age, but I would love to, it would be so much fun!"

- Marie Osaki, resident since 2016

"If we can ride a bike now, at our age, we can do anything! I can't wait."

- Nancy Kawamura, resident since 2008

Positive feedback on the idea from residents, and the joy seen on residents' faces as they watched the BBC video have fed our dream of getting a Triobike taxi to take our residents on bike rides.

Activities Director Teresa Lopes has been engaging with Hale Makua residents for the past 40 years, and she sees how residents struggle with the transition to life at a nursing home daily. She shares, "Our residents deal with their disabilities and loss of independence every day and it is important to help them to continue to live life to its fullest. To have reason to get up each day. Offering these bike rides would be an awesome benefit and addition to their lives. I would be honored to take them out to have the wind blow in their hair."

You can help make this dream a reality, and give residents like Marie the opportunity to enjoy her first bike ride, and Nancy the feeling of doing something she thought was impossible at her age. We've already received \$1,000 toward the purchase of the \$8,500 custom Triobike taxi delivered to our door. If you'd like to help give residents the opportunity to feel the wind in their hair while on a bike ride, you can make a donation in the enclosed envelope.

- Triobike Taxi (photo left)
- New hair rubber bands and brushes
- Digital cameras
- Art supplies and watercolor paper
- 8" x 10" picture frames
- Label maker
- New stereos
- New DVD players
- New cosmetics
- New socks
- Fumanet Mat
- Nail polish and remover
- New electric shaver
- Music on CDs
- Dumbbell weights 1 - 10 lbs.



A thoughtful gift and estate plan can help satisfy personal financial-planning needs and allow you to maintain control of your assets, while providing Hale Makua Health Services with important long-term support. There are many easy ways you can accomplish your financial and philanthropic goals through effective gift planning.

Please contact the Development Office at (808) 871-9218 with questions or to learn more about how gift planning can benefit you and Hale Makua Health Services. Your inquiry is always confidential.

If your plans already include a gift to Hale Makua Health Services, please let us know. Our goal is to implement your philanthropic intentions and celebrate your participation in the vision of Hale Makua.

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HALE MAKUA HEALTH SERVICES

COMPASSION COMMITMENT COMMUNITY

472 Kaulana Street
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www.halemakua.org



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OUR MISSION

To improve the well-being of those in our care through compassionate personalized health services in our home and yours

OUR PROGRAMS



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VOLUNTEERS NEEDED...

for the Sentry Tournament of Champions from January 4th through 8th to assist with on-course, sky box and Fan Zone clean-up, as well as in the Media Center. As a benefiting charity of this champions only PGA TOUR tournament, our organization receives a generous donation that helps us continue to provide health services. To sign-up or learn more, contact our Volunteer Coordinator at (808) 871-9283 or danielles@halemakua.org.

Nondiscrimination Policy

Hale Makua Health Services does not discriminate on the basis of race, color, national origin, sex, age, or disability or other grounds protected under state and/or federal law.

If you believe that Hale Makua has discriminated in some way, you can file a grievance with Hale Makua's Chief Human Resources & Compliance Officer/Civil Rights Coordinator, 472 Kaulana Street, Kahului, HI 96732, Direct: (808) 871-9220, Speech-to-Speech Line: (877) 447-8711, TTY: (877) 447-5990.

PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 1-888-808-9008, PIN Code: 1332528.

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