

The newsletter for supporters of Hale Makua Health Services

TOP STORIES

15 Years of Comfort, Care

Read about the Thompson family's 15 year journey with Hale Makua Long Term Care.

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Scholarship Helps Families

Learn about how a grant from the Hawaii Community Foundation is supporting families in need.

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Making Strides to Get Home

With the help of physical and occupational therapies Stephanie Smith is able to return home.

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Donor supports rehab for generations

Helping to make plans to provide for your future as you age

Jean Prandini has been a Maui resident for the past 38 years, and active in the community for just as long. She volunteered with Kaunoa Senior Services and AARP, and has dedicated her life on Maui to giving back to the community.

As someone who has spent years dedicated to helping others, Hale Makua wasn't even on her radar. From what she had heard from others, "Hale Makua was not a place you would want to visit or see."

That was until 2016 when Jean had a fall at home and needed in-patient occupational and physical therapy to help her recover. In addition to being a nursing home where frail elders and disabled individuals lived, the Kahului campus is also home to a rehabilitation center that helps individuals of all ages recover from injury or illness. During her stay at Hale Makua Kahului Jean became better acquainted with staff.

For a woman who is not easily impressed, she was impressed with the care that she received. Hale Makua was not the place that people told her about. "There's vibrancy and life at Hale Makua. It's not a depressing place, but a place where people continue living and thriving."

Jean has always been a strong, independent woman, who has done things on her own terms at a pace that would have those a fourth her age hard pressed



Jean Prandini's quick wit brings a smile to even her face, especially when it's warm out and the sun is shining.

to keep up. After another fall at home she realized that she was physically starting to slow down and needed a bit more help, Jean began evaluating her options.

With no family on Maui and her friends aging as well, Jean thought that she should stay at Hale Makua, and in April 2017, made it her permanent residence. She says, "It's an ideal place to live. Everything is provided. I've reached the age where you need that type of guidance."

"I appreciate that Hale Makua is here for me during a time where I can no longer do everything myself. My meals are prepared, my clothing laundered, and staff are available 24-hours a day if I need them. Plus, I have Donna Tabion {Social Worker}, to assist me with my affairs."

Donna was there to help Jean when she made the decision to make a planned gift to Hale Makua in the form of an annuity. She chose to leave Hale Makua a gift after her passing, in large part because she was impressed with the organization's plans for the future, in expanding to the neighboring Kahului Community Center land. (Read the more about plans on the next page.) Jean's hope is that "this gift encourages others to step up and give as well."

Jean is no stranger to fighting to make Maui a better place, and this donation is no exception. "We are so grateful for Jean. Her gift will help in creating a vibrant community for seniors to age in place and receive needed health services, leaving a legacy for generations to come," says Hale Makua CEO, Wesley Lo.

News from CEO Wes Lo



Previously we shared our initial plans to create a Master Plan for Hale Makua Kahului in an effort to plan for the rapidly growing number of seniors. According to a Department of Business, Economic Development and Tourism (DBEDT) report, Maui County's population of individuals ages 65 and over is anticipated to grow by 25,282 or 92% from 2016 to 2045.

With a dramatic rise in the senior population, we need to change the way healthcare is delivered. There is a growing trend for more rehab services as hospitals discharge patients more quickly post-surgery. In addition, individuals now expect private rooms with modern amenities in which to recover.

Originally built in 1965 and 1978, Hale Makua Wailuku and Hale Makua Kahului respectively are aging and extremely difficult to modify. The extensive renovations that would be necessary are cost prohibitive.

The Kahului Community Center gate ball field adjacent to Hale Makua Kahului is an ideal site for expansion. We are working with the County of Maui on a lease which would also include the Kahului Community Center up to the Kokua Pool. The County would ensure that there are replacement facilities and fields in place prior to turning over land control.

Your help in planning for the future is needed now. Please contact your Council Members and let them know that you support Hale Makua in its efforts to plan for future generations of kupuna on Maui. Visit <http://mauicounty.us/councilmembers/> for a complete list of Council members and ways to contact them.

Caring for Mother Earth



In celebration of Earth Day, employees and volunteers gathered in Ma'alaea on April 21, 2018 to care for our environment. The group of 20 volunteers spread out over the nearly two mile stretch of the Ma'alaea Mudflats and picked up enough trash and debris to fill the bed of a pick-up truck.

Over the past 15 years, Hale Makua Health Services has partnered with Matson's Ka Ipu 'Aina program, an

environmental community partnership program in Hawaii, to clean-up this coastal stretch of Maui that helps keep trash out of the ocean. Employees and volunteers have noticed a significant decrease in the amount of roadside trash.

As part of the Ka Ipu 'Aina program, Matson donated \$1,000. Mahalo, Matson, for creating opportunities to care for our land while raising money to help care for our kupuna.

Planned Gifts

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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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 llocano, ti serbisyo para ti baddang ti lengguage nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 1-888-808-9008, PIN Code: 1332528.

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15 Years of comfort, care at Hale Makua

Kitty Thompson lived at Hale Makua Kahului for 15 years before passing on December 11, 2017. Her only son, Rick Thompson, believes that bringing his mom to Hale Makua was one of the best decisions he's ever made.

"The second she moved into Hale Makua, a huge burden felt like it was lifted off of me. I knew I was getting her the best possible care, and that's what she deserved."

"The staff showed both my mom and my family nothing but compassion and love. They kept me well informed about anything and everything that was going on. It really put me at ease."

While Kitty was still active, she loved going on outings, playing bingo and participating in other activities including the Maui Special Fair Day. "Mom loved the Special Fair Day, and I took her with the Activities team until she wasn't well enough to go anymore. We never missed a year."

"Before deciding on Hale Makua, I tried everything to care for my mom on my own. I left my family in south Maui and moved to Pukalani where mom lived. It was then that I realized how bad her Alzheimer's disease really was, and that she was going



Kitty Thompson escorted by Jordan Kahiamoe at Hale Makua's first Miss Valentine's Sweetheart Pageant

to need a tremendous amount of support." When determining how best to care for his mom, Rick recalled that his father once stayed at Hale Makua for a short time and he was really appreciative of the services. "I spoke with Margie (Albete) in Admissions, and felt really confident that we were making the right decision. I have been very pleased ever since."

Care partners, also reflected on special times they shared with Kitty. Ella Rosetes, the Clerk who worked on Kitty's neighborhood the entire time Kitty lived there shared, "One of my favorite memories of Kitty, was when she participated in the first Miss Valentine Pageant. Her son bought her a beautiful red gown and we did her make-up. She looked beautiful, and was so happy!"

"Kitty loved singing, especially 'You Are My Sunshine' and 'Let Me Call You Sweetheart'. As her cognitive impairment worsened, you could always connect with her by singing one of those songs," Ella shared.

Rick appreciates the staff for the care his mom received, their patience and understanding. "My mom was a tough cookie, and definitely gave the staff and nurses a run for their money, especially as her Alzheimer's worsened, but they were always patient and kind and took really great care of her."

Donors like you make it possible to have a team of caring and compassionate individuals who strive to provide the best care for our kupuna. Whether it be for a few days, or like Kitty, for many years.

Thank YOU for helping raise over \$87,000



Thank you for supporting Hale Makua Health Services' fundraising for this year's Visitor Industry Charity Walk. Because of you Hale Makua Health Services was able to raise a record-breaking \$87,313. You helped Maui County raise a total of \$1.4 million for Maui charities this year.

The funds that we raise go even further in helping provide financial assistance to Hale Makua residents who are unable to afford care, because a portion of money raised is matched by the Hawaii Hotel Industry Foundation.

Tournament raises funds for charities



More than a dozen Maui non-profit organizations, including Hale Makua Health Services, benefitted from the 2018 Sentry Tournament of Champions. Checks totaling over \$310,000 were presented to the charities today at Lahainaluna High School's Sue D. Cooley Stadium.

Sentry Insurance chairman of the board, president, and CEO Pete McPartland, joined by Sentry Tournament of Champions officials and non-profit representatives, announced that \$312,430 was

distributed to the community organizations.

"At Sentry, we take seriously our role as a corporate citizen," said McPartland. "As a company, we've long supported and invested in organizations that serve communities where our offices are located. We're proud to now be part of the Maui community and support organizations that serve Maui residents."

With this year's donations, the tournament has generated more than \$6.3 million for community charities

since it moved to Maui in 1999.

"We want to thank our sponsors, volunteers and all of our fans for their support, who allow us to give back to this amazing community," said Nancy Cross, executive director of the Sentry Tournament of Champions. "The island of Maui continues to embrace this event with open arms and we take pride in our ability to support these local organizations that help this area in so many impactful ways, from education to care of the elderly."

The designated beneficiaries of the 2018 event are Boy Scouts of America, Friends of the Children's Justice Center, Hale Makua Health Services, J. Walter Cameron Center, Ka Lima O Maui, and Lahainaluna High School Foundation.

As part of their relationship with the tournament, these designated beneficiaries assisted in promoting the event, offsetting costs, providing volunteers and much more.

Join us for the 2019 Sentry Tournament of Champions when it returns to The Plantation Course at Kapalua from January 2 - 6.

Residents share their aloha

Residents participated in the 6th annual Blossoms for the Brave event. Alongside other community members, they made lei for the Memorial Day ceremony held at the Veterans Cemetery in Makawao. One lei is placed on every grave to honor the lives of our fallen heroes. In total, over 2,900 lei were made. Hale Makua residents have been participating since the inaugural year and look forward to lei making, talking with old friends, listening to live music, and enjoying the surroundings.

Sunnier summer weather brought opportunities for outdoor adventures like picnics at the beach. Recently, residents enjoyed lunch and spectacular views of the bright blue ocean and windsurfers at Kanaha Beach Park. There's no denying



Resident Melissa Miyamura and care partner Edna Capa string lei at Blossoms for the Brave

the calming joy that the salty ocean air has on many people, and residents were happy to spend some time soaking it all in.

You make providing meaningful activities for our kupuna possible. Activities



Care partner Kelly Rich with resident Juan Aningat on a picnic at Kanaha Beach Park

and outings bring spontaneity, a sense of fulfillment, and aid in keeping residents active and happy. You can help residents continue spreading their aloha in the community by making a gift in the enclosed envelope or online at halemakua.org.

Adult Day Health gives peace of mind



Evelyn Santos' life changed immensely after losing her husband a few months ago. In fact, her entire family had to make adjustments while grieving their loss. Her family soon realized that Evelyn needed more attention and care as her Alzheimer's became more apparent and being home alone was no longer safe. One of Evelyn's daughters, Donlyn Santos, took on a lot of the responsibility of caring for her mom in addition to caring her own large family. Donlyn felt overwhelmed with the added responsibility and desperately needed help.

That's when Donlyn helped Evelyn apply to our Adult Day Health Program.

Evelyn, like many people, does not qualify for Medicaid and cannot afford to pay privately for care five days a week. Fortunately, Hale Makua received a three year grant from the Hawaii Community Foundation Persons in Need (PIN) for Elderly Services Program, which supports programs that help kupuna remain in the community and their caregivers lead balanced lives. This grant allows Hale Makua to provide scholarships to qualifying Day Health clients and covers the fee for additional days, which in Evelyn's case is two days.

Hale Makua was awarded the PIN

grant in 2016 and continues through 2018. In that time, 17 clients were able to attend more days of our Adult Day Health program. A large focus of the PIN Program is supporting our client's caregivers because their well-being is just as important to the person receiving care. Our Day Health staff regularly checks in with family caregivers to make sure they are getting enough support and receive education to properly care for their loved one at home while caring for themselves.

Since attending Adult Day Health, Donlyn has peace of mind knowing that her mom is safe and cared for and she has seen a positive change in Evelyn. "I am able to care for myself and my family. I am so thankful that mom gets to socialize and exercise regularly, and she was excited to win a bingo game last week. She is much happier."

Adult Day Health by Hale Makua is licensed by the Hawaii Department of Health. Our goal is to maintain or restore our clients' ability to remain at home. For more information about Adult Day Health and scholarships available, please call 871-9287.

Apprenticeship Program Approved

Hale Makua Health Services received approval from the State of Hawaii Department of Labor and Industrial Relations on its plans to launch a Nursing Assistant Apprenticeship to provide 2,000 hours or one year of on-the-job learning and related instruction to enable the apprentice to attain the required competencies of a Nurse Aide.

The first group that will receive apprentice training will be Hale Makua Health Services' third class of graduates from its Nurse Aide Training Program that completed their course work on July 8, 2018. The goal of the Nursing Assistant

Apprenticeship is to complement the Nurse Aide Training Program by providing additional on-the-job training and support for Nursing Assistants employed at one of Hale Makua's nursing homes.

The apprenticeship will develop skills and proficiency around the areas of communication, resident care, restorative care, resident rights, documentation, infection control and safety. In addition, apprentices will receive in-depth training on medical terminology, first aid including CPR and use of an AED, Dementia care, and culture change.



Our third class of Nurse Aide graduates pictured from back left: Heidi Tyau, Kimberly Kaaikala, front row from left: Jean-Tel Lapinid, Sharon Lacaden, Karen Joy Macanas, and instructor Lucy Porte

Volunteers celebrated



Lynn Allen with therapy dog Griffy volunteer with Caring K9's to visit with residents

We celebrated National Volunteer Appreciation Week from April 15 – 21, and are incredibly grateful for volunteers like you. Hale Makua Health Services is fortunate to have volunteers who actively play a role in the lives of our residents every day. From pet visits to serving meals, talking story, transporting residents, providing entertainment and everything in between, we are thankful for their time and talents and all they do for residents at Hale Makua.

In 2017, 100 volunteers provided a total of 6,764 hours of service to the organization. Independentsector.org calculates a monetary value for volunteer time each year, and this year the hourly value of a volunteer in Hawaii is \$23.80. This means that in 2017, Hale Makua volunteers have contributed over \$160,000 worth of their time to Hale Makua.

Individuals call us nearly every day

to inquire about our volunteer program, whether it's to gain experience in the field of health care, or simply to give back to our kupuna and community. We are grateful for each of them and the special connections they make with the residents. We often hear volunteers say that they came here to give back or get experience in healthcare, but they end up gaining more from the experience than they ever imagined.

The connections that we make with our elders and the insight we gain from listening to their stories and wisdom is something we could never put a price tag on. For those who come to spend their time and connect, we thank you, because of you our elders have meaningful relationships, reminiscing about precious times from their past, and spending their time with individuals with a big heart who care.

If you would like to volunteer, please call our Volunteer Coordinator at 871-9283 or complete the online volunteer application.

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Weaving Life Stories

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Saturday, September 8, 2018, 5:00 p.m.
AT THE SHERATON MAUI RESORT & SPA IN KA'ANAPALI

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Rotarians spruce up Aloha Cafe

The Rotary Club of Maui recently organized the repainting of the dining and activities rooms of our Kahului campus. In addition to Rotarian Valorie Spence providing her interior design expertise in selecting more vibrant paint colors, we were fortunate to have the support, guidance and recommendations from Rotarians Bridget Bongaard, Anna Mayeda, and Steve Spence. Plus, the Club was able to secure volunteers to help with painting from all of the Central Maui Rotary Clubs as well as the Upcountry Rotary Club.

Many thanks to the Rotary Club of Wailuku for donating all of the paint and the Rotary Club of Maui for donating



Rotary Club members pose for a photo in front of the freshly painted blue dining room and red kitchen

painting supplies. The Rotarians repainted the entire rooms on April 28th, making them a brighter, more inviting dining and social environment for residents who

live at Hale Makua Kahului. We are so grateful to the Rotary Clubs for providing such an incredible service for our kupuna.

Stephanie takes strides to get home



Stephanie Smith is 53 years young, and has a vibrant personality that welcomes everyone she encounters. Maybe it's her 25 year history as a Social Worker, or maybe it's just something she's always embodied, but there's no denying that she's one tough cookie.

In early May, while meeting up with a friend to go snorkeling on her birthday, she took a wrong step, lost her balance and fell. She knew the moment she hit the ground that some major damage had been done. She tore her ACL and cracked her right femur.

After losing a pint of blood, and having a rod and screws placed in her knee and

femur, Stephanie was sent to Rehab by Hale Makua for physical and occupational therapies. "I can't say enough about how great my experience has been here. I have so much respect for everyone who works here and their level of professionalism and compassion," gushes Stephanie.

For a little over a month, Stephanie worked hard every day with occupational and physical therapists to help her get back on her feet. "Just yesterday, I walked 90 steps without any assistance, which was a huge accomplishment for me." Stephanie says that the therapists were all incredible, accommodating, attentive.

One of the things that impressed

Stephanie the most was how flexible and understanding the therapists were about her needs and interests. "I'm a Basketball fan, and I was here right during playoffs. Myself and another woman who were here for rehab wanted to watch a game that was on TV right during our scheduled therapy time, so the therapists took us out to where the big TV was in the courtyard area and we got to watch the game and do our therapy. It was pretty awesome."

Stephanie sang the praises of her incredible therapists, nurses and CNAs and especially her physician Dr. Gupta. "Dr. Gupta was probably my favorite person here. I really wish she could be my permanent Primary Care Physician. Her bedside manner, compassion, and listening ear were so wonderful and comforting, she was really incredible".

Stephanie's recovery has been really impressive, and for that we give credit to our amazing team of care partners. From nursing to therapists, and everyone in between. Stephanie is back on her feet and back to doing the things she loves!

For more information about Rehab by Hale Makua, please call 877-7840.



HALE MAKUA HEALTH SERVICES

COMPASSION COMMITMENT COMMUNITY

472 Kaulana Street
Kahului, Hawaii 96732
www.halemakua.org



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stars with Amy Hanaiali'i
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Weaving Life Stories

Saturday, September 8th
at Sheraton Maui Resort & Spa

Tickets now available at 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



INCREASE THE IMPACT OF YOUR GIFT

Thanks to the Maui Hotel & Lodging Association a percentage of your donation in the enclosed envelope will be matched. Your gift directly impacts the lives of the over 1,200 frail elders and disabled individuals that Hale Makua serves each year. Because of individuals like you, Maui's kupuna are able to receive compassionate care and health services.

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