

# NORTH HAWAII HOSPICE

NEWSLETTER

SPRING 2010



*Plein Aire by Greg Schultz*

## **COMING UP:**

**Charity Walk**  
**Saturday, May 15, 2010**  
**Mauna Lani Resort**  
*Registration 6am to 7am*  
*Runners start at 6:45am*  
*Walkers start at 7:00am*

**Hospice Volunteer**  
**Training**  
**May 22 and May 29**  
**At the North Hawaii**  
**Hospice Office**  
**Call 885-7547 to Register**

**Tommy Bahama's**  
**4th Annual**  
**Big Island Classic**  
**To Benefit**  
**North Hawaii Hospice**  
**Mauna Kea Golf Course**  
**Monday, June 14, 2010**  
**See inside for more details.**

For information call North Hawaii Hospice (855-7547) or email: [nhh.office@hawaiiintel.net](mailto:nhh.office@hawaiiintel.net)

We're on-line at [northhawaiihospice.org!](http://northhawaiihospice.org!)

## **Letter from the Executive Director**

In 2006, America said "goodbye" to Art Buchwald, one of the most admired writers and humorists of our time. During his last year of life, Buchwald experienced the benefits of hospice care and was determined to use what time he had left to "make hospice a household word."



Buchwald had decided to check out of his dialysis program and to check in to hospice, where he held court for an astounding five months—months he called the best of his life.

At North Hawaii Hospice we have always striven to make life the very best that it can be for our patients, whether their prognosis is for a year or a single day. We can never rest on our laurels. Instead, we continue to improve our services by adding new programs such as delivering hospice support to residents of Hale Ho'ola Hamakua or employing a new electronic patient record.

Of course, all of that must be done within the means of the organization. That is why as you read this newsletter you will see so many acknowledgements to the volunteers that make it possible for North Hawaii Hospice not only to provide the very highest quality of professional care, but to do so in a cost-effective and fiscally responsible way.

North Hawaii Hospice truly is a community based organization that exemplifies what a caring community can provide to its most vulnerable members in their time of need. North Hawaii Hospice's employees, volunteers, donors and sponsors will tell you that they feel privileged to be able to help.

With over 25 years of experience in providing comprehensive, compassionate care to North Hawaii, our hospice is ideally positioned to handle the inevitable increase in clients that will result from the rapidly changing demographics of our community.

We hope that you will carry on Mr. Buchwald's legacy and join us in spreading the word about hospice care, and partner with us to ever improve the care, accessibility and benefits that North Hawaii Hospice provides to our community.

Mahalo,

*Katherine*

Katherine Ciano  
Executive Director

## NORTH HAWAII HOSPICE

*is a nonprofit organization committed to helping patients, families and friends dealing with life-limiting illnesses.*

### BOARD OF TRUSTEES

#### OFFICERS

**James T. (Toby) King**  
President

**Lynn Higashi**  
First Vice-President

**Chuck Erskine**  
Second Vice-President

**Thomas Blackburn, Ph.D.**  
Secretary

**Howard Edelman**  
Treasurer/Finance

**John Dawson, M.D.**  
Medical Director

#### BOARD MEMBERS

Nancy Bouvet  
Sheila Cadwallader  
Linda Clifford  
Marty Hind  
Harold Hughes  
Mary Hunter  
Randee Kumove  
Julie Mattson  
Kim Norman  
Sharon Potter  
Margarita Scheffel  
DeeDee Warren  
Ali Woods  
Cathy Youtkus



## CALENDAR OF EVENTS

### **The 32nd Annual Visitor Industry Charity Walk Saturday, May 15, 2010**

**Mauna Lani Resort**

**Walkers start at 7:00am**

Take steps to support Hawaii's charities. The Charity Walk gives everyone a chance to raise money for Hawaii's charities. Walk with the Hawaii Hotel and Lodging Association and their allied members to help build a better, healthier Hawaii for all of us.

Enter to walk in support of North Hawaii Hospice! All you need to do is come by the hospice office and fill out an entry form. Call Gayle at 885-7547 for more information.

### **Hospice Volunteer Training**

**May 22 and May 29**

**At the North Hawaii Hospice Office**

Hospice volunteers are prepared for their hospice role with training provided over two Saturdays. If you have a friend, family member or know someone looking to contribute to our community, why not tell them about this upcoming opportunity! Call our hospice office to sign up. The training is offered free of charge. Call 885-7547 and ask for Gayle.

### **Tommy Bahama's 4th Annual Big Island Classic to Benefit North Hawaii Hospice**

**Mauna Kea Golf Course**

**Monday, June 14th, 2010**

This year North Hawaii Hospice is honored to be the sole beneficiary of the Tommy Bahama Classic. All proceeds will benefit North Hawaii Hospice. The entry fee includes a spectacular day of golf and a host of other festivities including dinner at the Tommy Bahama's Restaurant and Bar. More details included in this newsletter.

### **Circle of Support**

**Regular Weekly Bereavement Support**

**Mondays at 1pm**

**Tutu's House in Waimea**

"Circle of Support" with Sindona Cassteel, MFT, bereavement counselor for North Hawaii Hospice. Opportunity for anyone who has lost a loved one to receive group support, understanding, and inspiration as a new phase of life begins.

## North Hawaii Hospice to Deliver Hospice Care to Residents of Hale Ho'ola Hamakua

Being able to deliver hospice care to residents of the long-term care facilities serving North Hawaii has long been a goal of the founders and board of trustees of North Hawaii Hospice.

Last month, North Hawaii Hospice and Hale Ho'ola Hamakua entered into contract that will finally make that dream a reality.

Hale Ho'ola Hamakua, originally known as Honoka'a Hospital, has served the healthcare needs of the communities of Hamakua, North Hawaii and South Kohala since 1951.

In November 1995, a new facility was opened above the old hospital, to provide long-term-care services. The facility was renamed Hale Ho'ola Hamakua (Haven of Wellness in Hamakua) in 1997 to reflect its new focus.

In 2009, construction began to add 28 beds to the 50-bed facility.

Hale Ho'ola Hamakua is a 50-bed critical access hospital and long-term care facility in Honoka'a and is a member of the East Hawaii Region of Hawaii Health Systems Corporation.

The facility has a 28-bed expansion underway.



*Cathy Meyer-Uyehara brings 30 years of healthcare executive experience in Hawaii and the mainland to lead Hale Ho'ola Hamakua.*

## Myths About Hospice Care

**MYTH:** Hospice means giving up hope.

**REALITY:** Hospice actually brings hope to patients and families. Upon entering hospice, many patients find relief from pain and anxiety and gain energy and clarity. Often, they are able to live more fully and comfortably, allowing their families to feel more at ease.

**MYTH:** A patient doesn't need hospice care because the family will provide their care.

**REALITY:** Hospice helps families. North Hawaii Hospice offers professional support. Family members are encouraged, supported, and trained by hospice professionals to care for their loved ones. Hospice staff is on call to the patient and their families 24 hours a day, 7 days a week, to help family and friends care for their loved ones.

**MYTH:** Hospice patients have to give up their own doctor.

**REALITY:** The hospice team approach includes the patient's primary care physician, who continues to oversee the patient's care. Other members of the team include the hospice medical director, nurses, social workers, hospice aides, volunteers, and bereavement counselors.

**MYTH:** Hospice is only for the last few days.

**REALITY:** The earlier a person receives hospice care, the more opportunity there is to stabilize your medical condition and address other needs. Some patients actually improve and may be discharged from hospice care. Hospice care can be appropriate for more than a year prior to death.

**MYTH:** Hospice is a place.

**REALITY:** Hospice care usually takes place in the comfort of an individual's home, but can be provided in any environment in which a person lives, including nursing homes and foster care homes.

**MYTH:** Hospice is only for cancer patients.

**REALITY:** More than half of hospice patients are diagnosed with other conditions such as end stage congestive heart failure, dementia, neurological diseases or chronic lung diseases.

**MYTH:** Hospice is just for the elderly.

**REALITY:** Hospice serves anyone facing a life-limiting illness regardless of age.

**MYTH:** To be eligible for hospice care, a patient must already be bedridden.

**REALITY:** Hospice care is appropriate at the time of the terminal prognosis, regardless of the patient's physical condition. Many of the patients served through hospice continue to lead productive and rewarding lives. Together, the patient, family, and physician determine when hospice services should begin.

**MYTH:** A patient needs Medicare or Medicaid to afford hospice services.

**REALITY:** Although insurance coverage for hospice is available through Medicare and Medicaid and most private insurance plans, North Hawaii Hospice offers a special program to care for patients who are without insurance.

# HOSPICE HAPPENINGS

## Cultural Traditions at the End of Life Community Education Program Held at Kahilu Theatre

Last October, North Hawaii Hospice presented a community education program featuring distinguished speakers representing Hawaiian, Japanese and Filipino cultures. The speakers examined cultural perspectives on death, dying and grieving. If you are interested in viewing a DVD of the program, copies are available for check out through North Hawaii Hospice's community library. Our library is open to the public during normal business hours.



## Miracles, a Fashion Show

A touch of glamour came to Kahilu Theatre when models took to the "catwalk" to showcase the fashions from local boutiques. More than 200 guests attended the event held at Kahilu Theatre. Sleek to Chic Salon and Day Spa organized this fantastic event to benefit several Waimea charities, including North Hawaii Hospice.

## A Kupuna Christmas Holiday High Tea

Puuopelu was shimmering with holiday cheer as our community gathered at a high tea and silent auction fundraiser held on December 12, 2009. The event honored our community Kupuna and featured twelve miniature Christmas trees decorated by local artists that were included in the silent auction.

Each table was decorated by table hostesses utilizing their own heirloom china and crystal and ukulele Christmas carols were provided by the Singing Aunties.

Table Hostesses: **Marty Hind, Yone Moynahan, Joan Moynahan, Muffet Callender, Wendy Craven, Martha Greenwell, Kim Norman, Diana Mahaney, Emily Hoover, Lenore Hoak, Ali Woods, AK Shingle, Tai King, Denise Ray, Chacha Kohler, Barbara Campbell, Marquita Denison, Coe Atherton, Lydia McCoy and Briar Cornuelle.**

Kim Norman and Marty Hind chaired the planning committee and the event netted over \$16,000 in funds to support our hospice.

## Hospice Benefit Held at Merriman's

Friends of North Hawaii Hospice enjoyed a warm and wonderful evening of fine food paired with great beers last October. Merriman's donated 20% of the evening's proceeds to North Hawaii Hospice to support our programs and services. Our thanks go out to everyone at Merriman's.

## Light up a Life

This past December, the communities of Waimea, Waikoloa, Honoka'a and Kohala participated in remembering loved ones by purchasing ornaments to hang on community Remembrance Trees.

Light up a Life events were held in Waimea at Parker Square and in Kohala at the North Kohala Senior Center.

Mahalo to hospice volunteer **Jackie Wright** and all of the other hospice volunteers that sold ornaments in Waimea.

Mahalo to **Stephan Hooper, MD** and all of the volunteers that sold ornaments in Kohala.

Mahalo to **Margaret Woodard** for putting up the tree at the Waikoloa Village Market and coordinating the sale of ornaments in Waikoloa.

**Cathy Youtkus** organized the Light up a Life Remembrance Ceremony in Waimea at Parker Square.

**Mel Yanos** organized the Light up a Life event in North Kohala.

Special thanks to **Alan Gartenhaus** and **Rhoady Lee, III** for putting up the live Memorial Tree in North Kohala.



## It's About How You Live

By Sandy Mochida-Rapozo and Cindy Mochida  
With help from our Mom Winnie Mochida

### OUR DAD

## Ronald "Ronnie" Arthur Mochida

Born: April 6, 1945

Died: March 8, 2010



### Highlights of Dad's Life

- Honokaa High School Athletic Booster Club President for years in the late 1980s into the mid 1990s
- Honokaa High School Class of 1963 Class Reunion "chairman" – he and our mom organized all of the class reunions since high school
- President of Hamakua Development Council. He saw his dreams come true by helping to complete the Honokaa Sports Gym at the complex and to create the Long Term Care facility for the community
- Campaign Chairman for Dwight Takamine for many years
- Honokaa Hongwanji President
- Honokaa Hongwanji Lau Lau Chairman for over 10 years
- Hawaiian Tel Employee PBX Repairman for 35 years
- IBEW Union Chairman for many years
- Loving husband, father, grandfather, son-in-law, brother-in-law and uncle to his family

On February 24, 2010 our oncologist on Oahu advised our family that the battle our father, Ronald "Ronnie" Mochida was fighting against stage four esophageal cancer for the last year was not working. At that time, we respected his final wishes and brought him back home to Honoka'a. Through the help of a Big Island doctor, Dr. Dawson, Dad's care with Hospice began on Friday February 26th. Our social worker, Mark, and the nurses Brooke and Nina were all wonderful and always helpful no matter what time of the day we needed assistance. They provided us with additional medication to make my father comfortable with little or no pain and also worked on providing us with a hospital bed.

During the next seven days, the nurses and social worker came to help us care for my Dad, provided guidance and counseling on what we were to expect and how to handle each situation. When we needed them they

responded promptly and with such compassion.

My Dad felt so well taken care of that he made my sister Sandy promise to write a letter to Hospice to be sure that the entire organization knew how thankful he was for their services. He was so thankful to be able to be in his own home (after receiving most of his treatment on Oahu and living with his two younger daughters and son-in-law in Mililani) and to be able to receive the help he needed. He wanted others to also understand that inviting Hospice in was not a scary thing but truly a blessing to help him with managing his pain and all of his medical needs. He wanted to help other families in a similar situation and wanted them to receive the care our family did.

Our Dad was so grateful for all that he had. He was especially thankful for the wonderful care that he received from the entire OnCare Hawaii Medical Group. He was especially grateful for his oncologist, Dr. Michelle Miyashiro,

and his surgeon Kathleen Mah. We would also like to thank the Queen's Hospital 7th floor Diamond Head wing for all of the great care for Dad in his numerous stays for treatment.

Our Dad just loved the whole community and in his memory we will continue to follow in his footsteps. One way that we would like to give back to the community is through a scholarship for a Honoka'a High School athlete. We have asked Honoka'a High School to assist us with honoring one high school graduating senior with a scholarship in his honor.

Dad modeled his wonderful attitudes that we love him so much for, most of all thankfulness and respect. He was thankful to everyone until the very end of his life no matter how he felt. He enjoyed it all with no regrets. Although we miss him, we know that he is always with us and we continue to hear him say, "Life goes on."

# Tee Off With Tommy Bahama To Benefit North Hawaii Hospice

This year, North Hawaii Hospice will be the sole beneficiary of the 4th Annual Tommy Bahama Classic charity golf tournament on June 14th at the Mauna Kea Beach Resort. All proceeds raised from the event will benefit the many important programs and free services offered in our community by North Hawaii Hospice to individuals and families facing life-limiting illness.

The entry fee includes golf, deluxe goodie bags from Tommy Bahama including a \$150 gift certificate for a Tommy Bahama shirt, and breakfast burritos with a Bloody Mary bar. To keep you motivated on the course, there



will be beer and rum tasting tents, snack tents, and a grill tent serving lunch, but stay focused on the Par 3s for your chance to win a new Ford from Orchid Isle Ford. The tournament will be followed by a wine and cheese reception back at Tommy Bahama's Restaurant. The day's festivities end with a

private awards dinner that includes a silent auction and more prizes.

If you have been to a Tommy Bahama tournament, you will know that it is an unparalleled, classic, FUN event!

You can make it a weekend and stay at the Mauna Kea Beach Hotel for a special tournament rate of \$199 per

night, or at the Hapuna Prince for \$125 per night.

This year's tournament is a four-person shamle format with registration beginning at 9:00am with a shot gun start at 11:00am. A putting contest begins at 10:00am followed by a lucky ball drop. You can purchase mulligans and lucky ball numbers on site that day.

We hope that you and your friends will support this incredible event!

To register, call Brenda Supnet at Tommy Bahama at 881-8686.

If you are unable to play but would like to sponsor a hole, donate a prize, make a monetary contribution or purchase a lucky ball please contact Brenda Supnet at Tommy Bahama, 881-8686 or our North Hawaii Hospice office at 885-7547.



## MAHALO FOR YOUR SUPPORT

**Tracy Bloom** –Computer and IT support

**Mike Hale**-Computer and IT support

**Shoshana Signer** –Graphic design

**Elaine Warner**-Our Hospice Librarian

**Chris Agorastos**-Electrician

**Matt Pearce**-Graphic design

**HPA Students of Tracy Davis**- Clean up and yard maintenance

**Parker School's Eric Sills and**

**Jay Williams-Stephens** - Use of tools



*Elaine Warner is a professional librarian who donates her services to our hospice library.*

## MEET THE NEWEST MEMBERS OF OUR BOARD OF TRUSTEES

North Hawaii Hospice welcomes our newest board members-Harold Hughes, Margarita Scheffel and Ali Woods. All three individuals bring a wealth of experience and heart to our hospice program.

**Harold Hughes** is a long time resident of Waimea. He has been with First Hawaiian Bank for more than 30 years and is currently the Waimea branch manager. Harold is a graduate of Hawaii Preparatory Academy and has been active with many community non-profits and organizations.

**Margarita Scheffel** is currently the CFO at the Keck Observatory.

Margarita grew up in Chicago and pursued a variety of scholarly interests. She initially majored in architecture and then switched to engineering and ultimately earned a business degree. After receiving her CPA certification and an MBA in international business, she began working towards a PhD in business.

Professional opportunities came her way to apply her talents to non-profit organizations, and she has never looked back. A resident of the Big Island since 2003, Margarita has passionately ridden roller coasters with various clubs all over the world.

**Ali Woods** has participated in many fundraising events for North Hawaii Hospice. She served as a hostess for two of our high tea events and has been active in many other community activities to benefit the Waimea community. Originally from Pacific Palisades, California she has a special place in her heart for hospice after being involved with the care her parents received at the end-of-life.

---

## NEW FACES AT HOSPICE

### **Sally Kaufmann, RN**

*Per-Diem and On-Call Nurse*

Sally joined our hospice team as an on-call nurse in December 2008 and also served as our volunteer coordinator for more than six months. Prior to joining our hospice team Sally managed the Hawaii Heart and Brain Center at North Hawaii Community Hospital. A nurse with 30 years experience, Sally has been a resident of the Big Island since 1991.



### **Juli N. Szilagyi, M. Ed., CNA**

*Volunteer Coordinator and Hospice Aide*



Juli's background includes a masters in education, counseling and human relations from Northern Arizona University. After working as an academic advisor and adjunct instructor for psychology and counseling students, Juli discovered that she enjoyed being a personal caregiver and obtained her nurse's aide certificate. Juli also has previous experience as a coordinator of volunteer services for a museum in Prescott, Arizona where she recruited, trained and scheduled over 400 volunteers.



## NORTH HAWAII HOSPICE STAFF

**Katherine Ciano, MHA, RN**  
Executive Director

**Colleen O'Sullivan, RN**  
Clinical Care Administrator

**Colleen Norris, MBA**  
Finance Manager

**Dee Dee Hoffmann**  
Clinical Services  
Office Manager

**Brooke Winvick, RN,  
CHPN**  
**Nina Millar, RN**  
**Lauren Butcher, APRN**  
**Debbie Washburn, RN**  
Patient Care Coordinators

**Mark Therrien, LSW**  
Social Worker

**Juli Szilagyi, MEd**  
Volunteer Coordinator

**Sindona Cassteel, MS**  
Bereavement Counselor

**Lisa Lawrence, RN, CHPN**  
**Christine Richardson, RN**  
**Sally Kaufmann, RN**  
On-Call Nurses

**Sandie Rossi, HA**  
Hospice Aide

**Gayle Hubbard**  
Administrative Assistant

**North Hawaii Hospice**

65-1328 Kawaihae Road  
Kamuela, Hawaii 96743  
(808) 885-7547

[www.northhawaii hospice.org](http://www.northhawaii hospice.org)



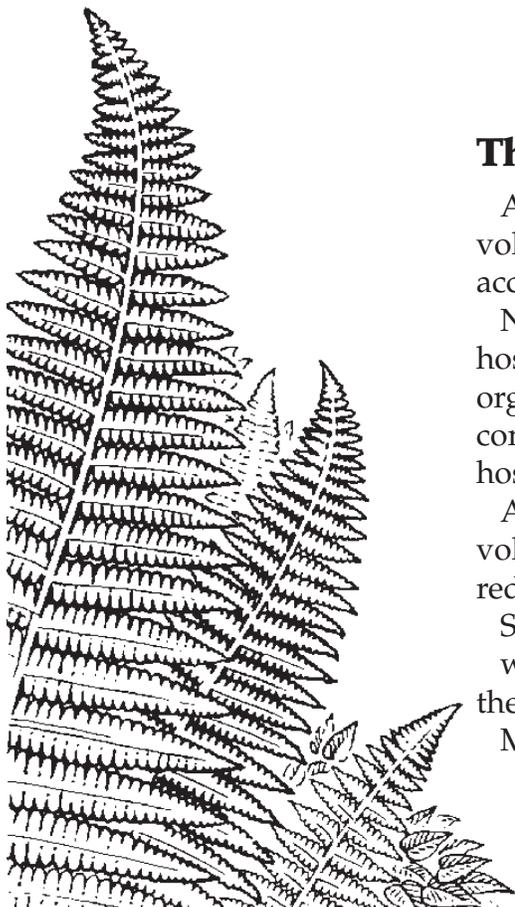
If you received two copies of this newsletter or wish to be removed from our mailing list, please call the office at (808) 885-7547 for assistance.



Non Profit  
Organization  
U.S. Postage

**PAID**

Kamuela, Hawaii  
Permit No. 20



**Thank You Volunteers For All That You Do**

Among the joys of spring for our hospice is planning our volunteer appreciation event to recognize the contributions and accomplishments of our hospice volunteers.

Not only does April give us the opportunity to recognize the hospice volunteers who do so much for our patients and our organization, we are also reminded of how much we rely on community members that volunteer their time and talents to our hospice mission.

Although many of these members may not be “official” volunteers, their contributions are vital to operating our facility at reduced cost and orchestrating our events at a reduced cost.

So as we feel the energy of spring and new beginning, we pause to thank all of our community members who give of themselves to support our hospice mission.

Mahalo from our hearts,

**The board and staff of North Hawaii Hospice**