

NORTH HAWAII HOSPICE

SPRING 2012

NEWSLETTER



Plein Aire by Greg Schultz

COMING UP:

Jacque Johnson Watercolor Show
to Benefit North Hawaii Hospice
Isaacs Art Center in Waimea
Opening Reception
Thursday, May 10, 2012
5:30 PM to 6:30 PM
Call 885-7547 for more information.

Visitor Industry Charity Walk
Saturday, May 12, 2012
Waikoloa Beach Resort
Runners start at 6:30 AM
Walkers start at 7:00 AM
To join team North Hawaii Hospice,
call our office at 885-7547.

Hospice Volunteer Training
Saturdays, May 26 and June 2, 2012
at Tutu's House in Waimea
Call 885-7547 to register.

**Tommy Bahama Classic
Charity Golf Tournament**
to Benefit North Hawaii Hospice
Mauna Kea Golf Course
Monday, June 18, 2012
See inside for more details.

Save the Date!
Floating Lantern Ceremony
Honor and Remember
Sunday, August 26, 2012
Fairmont Orchid Hotel
5:00 PM to 7:30 PM

For information, call
North Hawaii Hospice
at 885-7547 or e-mail
nhh.office@hawaiiantel.net
northhawaiihospice.org

Letter from the Executive Director

Those of us who work in Hospice often hear the question – “Isn’t it depressing?” We know it isn’t, but it is often hard to explain why. Usually the answer boils down to two things: The work is extremely rewarding in that we are making a difference, and the things that we learn by doing the work are life transforming.

Hospice isn’t giving up or giving up hope as most people think. Quite the opposite, hospice care means aggressively treating all distressing symptoms as they arise. These could be physical symptoms, but also emotional, spiritual or social symptoms of distress as well. Our hospice team is there to provide compassion, care and comfort as hope changes. This is why providing hospice care is so rewarding. We can truly make an important difference for patients and families struggling with serious illness.

Because we are able to make this life changing difference, we need to get our story told. We need to let families know that they should not be afraid to call us. We offer a comprehensive program of comfort care that is not available elsewhere. Many insurance plans are beginning to approve hospice care in conjunction with curative care. Often hospice patients get better and as a result live longer. Working towards a goal of comfort and improved quality of life isn’t depressing work. This past year, we have had a significant number of our patients improve so much so that they were able to “graduate” from hospice because they were stronger, healthier and had renewed hope. There have been a number of studies published showing that patients in hospice care live longer than those who do not seek hospice care. It is time for us to stop fearing hospice and start viewing it as a place to rest on a long and hard journey.

Each day is a gift. Our goal is to make each day the best day possible.

With sincere aloha for all you do to support our mission,

Katherine
Katherine Ciano
Executive Director



NORTH HAWAII HOSPICE

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

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Ali Woods



HOSPICE HAPPENINGS

Spring High Tea & Silent Auction Honoring Mary Koski

You could not ask for better weather on the slopes of Waiki'i Ranch, where the Fifth Annual High Tea and Silent Auction was held on April 7, 2012. The sun was shining and many attendees were happy to don their lovely bonnets for shade. Outside the clubhouse, a rainbow of potted plants and spring flowers were being sold along with Peruvian alpaca rabbits for additional fundraising efforts. Upon entering the Waiki'i Clubhouse, one might have expected the Queen of England to be present for this elegant affair. Sixteen tables, each one very unique and eye-catching, were filled with gracious guests who make the event what it is. We would like to thank every single individual who attended and supported this lovely afternoon.

Listed are the creative hostesses who added flair to their tables:

Pat and Tiffany Bergin
Marquita Denison and Cynda Unger
Judy Frazier
Marty Hind
Tai King
Denise Ray and Jan Marrack
Vanessa Kalama and Stephanie Rutgers
Ali Woods and Candace Lee
Muffet Callender and Joan Moynahan
Marie Fellenstein
Kadie Harris
Emily Hoover and Sharon Potter
Diana Mahaney
Anne Rediske
Alexandra Starr



*Princess Ka'iulani
by Mary Koski.*

The High Tea committee was comprised of the following individuals: Katherine Ciano, Wendy Craven, Judy Frazier, Gayle Hubbard, Randee Kumove, Diana Mahaney, Sharon Potter, Linda West and Ali Woods. The Spring Bonnet concept came



Guest of Honor Mary Koski (right) with Marie Fellenstein.



*Above: Table Hostess
Marquita Denison*



*Below: Tea Hostesses
Tai King and Alexandra Starr*



together beautifully when Linda was in search of a painting including a bonnet. Mary Koski, Waimea resident and artist, had completed a painting of Princess Ka’iulani in the early 90s for the owners of the Princess Ka’iulani Shop in town. The painting has since traveled to the mainland but recently returned to Waimea where it is being sold at the Gallery of Great Things. Mary was delighted that the princess would be featured for the tea. She continues to enjoy doing portraits. She says that she has been given a gift and needs to share it. This is quite inspiring as the artist is putting 83 candles on her cake this month. When asked about her thoughts on hospice, she used the words “absolutely marvelous, splendid.” North Hawai’i Hospice was there to help her husband, Oiva, in the last few days of his life. He passed away peacefully at the age of 92 in 2008. We toasted a tribute to Mary in gratitude for her talent and visual contributions in the Waimea community.

Out of the nearly 150 attendees at the tea, there are most likely a handful who have attended all five high tea events. Susan Tiuis is one of those people. She commented that the Pu’uopelu event honoring Richard Smart in 2009 was one of her favorites because of the ambiance and speakers on the history of Parker Ranch. Susan supports North Hawai’i Hospice because it is an organization that her family on the mainland as well as friends have turned to in a time of need. She said that it is filled with “extraordinarily positive, giving and special people.” The high tea benefit not only has a purpose to raise funds but it is a wonderful event that she would not miss.

In conjunction with the tea, the silent auction provides an opportunity for further fundraising. This year, some noted items were a Tibetan ceremonial horn and Picasso lithograph from the Shorty

Johnson Estate as well as an Yvonne Cheng painting donated from the artist herself. We are thrilled to share that a net total of \$28,000 was raised from the high tea tickets and silent auction. This is the most successful fundraising tea thus far and we extend our most sincere gratitude for the support and generosity to all involved.

Mahalo nui loa to the individuals and businesses who donated to North Hawai'i Hospice for this event:

Kamuela Liquor for donating the Prosecco and **Merriman's Restaurant** for donating the champagne flutes for toasting

Suzanne Sasaki and **Janet Hori** for sewing the aprons for our lovely wait staff

Kathy Clarke Hawaii for donating bamboo chairs

The Grass Shack of Kona for discounting champagne flutes

Starbucks for donating coffee

Mamane Bakery for donating bread

Everett Knowles for his piano melodies

Brookfield Homes Hawaii for underwriting our invitations and publicity

For their time and strength: **Scott Craven, Chris English, Toby King, Bruce Kumove, Mark Mahaney, Rick Potter** and **Junior Small**

Tea time is after lunch and before dinner but it is very easy to devour bitesize nibbles being continuously presented on a silver platter by smiling faces. Who wouldn't enjoy a sun-dried tomato, pesto and cream cheese sandwich followed by a coconut macaroon? These and many other savory and sweet treats were prepared and baked by the following friends of North Hawai'i Hospice:

Ali Woods, Whitney Harvey, Esther Hughes, Jaisy Jardine, Randee Kumove, Candace Lee, Maria Elena Martinez, Katherine Mitchell, Adele Bahl, Ava Bernstein, Sharon Potter, Mary Walker and **Kelly Wakayama (Kel's Creations in Cake)**.

North Hawai'i Hospice could not provide the level of assistance to its families without the success of events such as the tea, golf and floating lantern fundraisers. However there are other ways to help. If you would like to know more about the organization and also see pictures from the high tea, please visit this link at the North Hawai'i Hospice website: northhawaiihospice.org.



Top Left: Cathie & Jaisy Jardine

*Above: Board President Lynn Higashi
Welcomes Tea Party Guests*

Bottom Right: Ali Woods

New Materials in Hospice Library

You are welcome to borrow any books or other resources.

Callahan, Maggie. Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying. Bantam 1997. ISBN 0553378767 pap.

Harris, Trudy, RN. Glimpses Of Heaven: True Stories Of Hope And Peace At The End Of Life's Journey. Revel 2008. ISBN 978-0-8007-3251-6 pap.

Harris, Trudy, RN. More Glimpses Of Heaven. Inspiring True Stories Of Hope And Peace At The End Of Life's Journey. Revel 2010. ISBN 978-0-8007-3440-4 pap.

The Undertaking. Frontline DVD. 60 minutes. Behind the scenes glimpses of the undertakers' world, from funeral arrangements to the embalming room.

Dying To Live. Documentary series: episode 1, "You only die once", 45 minutes; episode 2, "A Family affair", 46 minutes; episode 3, "We're in this together", 66 minutes; episode 4, "Living with loss", 50 minutes. Study guides available.

Moyers, Bill. On Our Own Terms. DVD set: episode 1, "Living with dying" (Lou Gehrig's patient); episode 2, "A different kind of care" (palliative); episode 3, "A death of one's own" (caregivers); episode 4, "A time to change" (hospice model). 174 minutes total.

Bell, Karen Whitley, RN. Living At The End Of Life: A Hospice Nurse Addresses The Most Common Questions. Sterling Ethos, 2010. ISBN 978-4027-8728-7 pap.

McCaffree, Ruthann Reim. Suddenly Single: A Guide For Rediscovering Life After Tragic Loss. Langdon St. Press, 2011. ISBN-13: 978-1-936183-66-1.

Griffin, Randy. Changing The Culture For Dementia Care: The Path To A Better Quality Of Life For People With Alzheimer's Disease. PESI healthcare, 2012.

Holland, John Myron. Wild Death And Other Ways Of Dying: A Hospice Chaplain's Memories. Stories shared by a North Hawaii Hospice volunteer.

Rosenthal, David. Witnessing Death: A Grandson's Reflection On Alzheimer's. DVD. 26 minutes. Beheld Center on Aging, Northwestern University, 2005.

As of April 2012
Elaine Warner, Hospice Librarian



Welcome to Planet Bunny

There were some very special guests at our spring tea party in the form of soft cuddly alpaca bunnies. These very special bunnies are the project of Ann Rothstein, a friend of hospice that has made it her mission to bring these special companions to those that need comfort and care. The bunnies are handmade in the mountains of Peru. Ann was given a similar bunny when she lost her parents in a tragic car accident. Since then she has imported these very special "service" bunnies to children and adults who need the comfort of a cuddly friend.

For more information on adopting a handmade alpaca bunny please call Ann Rothstein at: 808-987-9783





REGISTER TODAY !

Tommy Bahama Classic Charity Golf Event to Benefit North Hawaii Hospice

Register today for the Tommy Bahama Charity Classic at the beautiful Mauna Kea Golf Resort.

Where: MAUNA KEA GOLF CLUB

When: 9:00 AM – 7:00 PM

Monday, June 18, 2012

All proceeds from this Charity Golf event to benefit North Hawaii Hospice. Entry fee includes golf and a full day of festivities including Tommy Bahama gifts, prizes, food tents along the course and a private party at Tommy Bahama Mauna Lani.

Contact:

Tommy Bahama Mauna Lani 808-881-8686

brenda.supnet@tommybahama.com

maunalanievents@tommybahama.com

Lantern Floating Ceremony

Please join us in this meaningful ceremony to honor and remember loved ones that have passed. There will be a sharing of music, hula, Taiko drummers, chanting and prayers followed by a lantern release into Pauoa Bay at sunset.

Admission is free. Floating lanterns for inscribing messages and decorating will be provided for a suggested donation. Food and beverages will be available for purchase.

Complimentary self-parking will be provided by The Fairmont Orchid.

Sunday August 26, 2012

5:00 PM to 7:30 PM

Coconut Grove

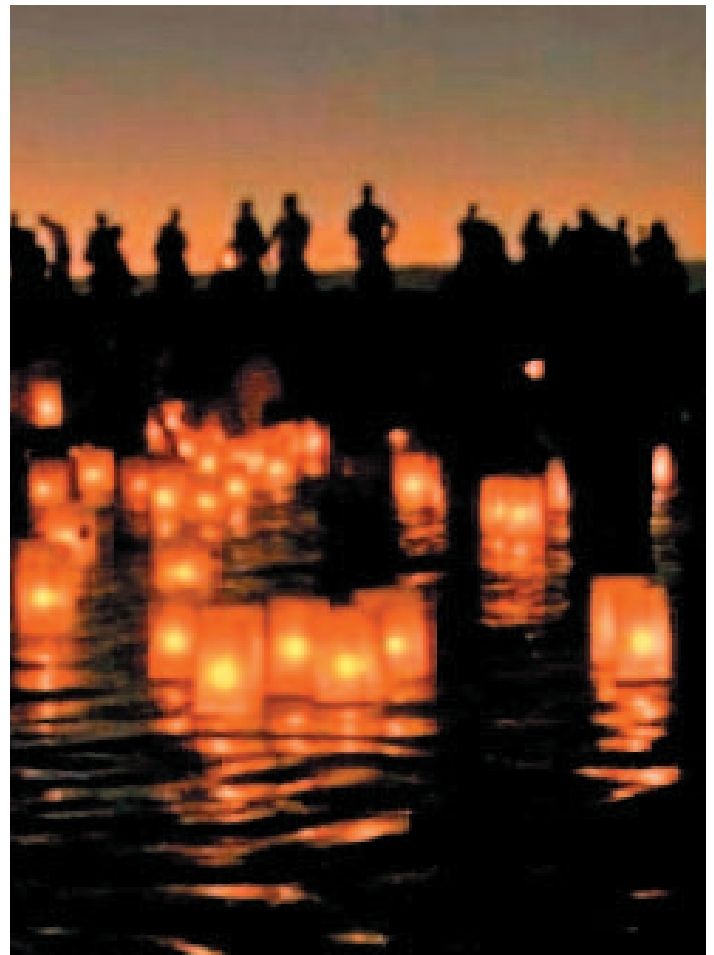
THE FAIRMONT ORCHID, Hawai'i

1 North Kaniku Drive

Kohala Coast, 96743

For more information or to reserve a lantern, call North Hawaii Hospice at 885-7547 or visit northhawaiihospice.org

Everyone is welcome!



VOLUNTEER CORNER



Sandy Sunahara was a long-time volunteer for North Hawaii Hospice. All of us were greatly saddened upon finding out that Sandy passed away from cancer early this year. It was hard to believe because just this last winter Sandy had lovingly made the ornaments, as she did every year, for Light Up a Life, our holiday memorial event. Sandy, who worked for ACE Hardware in Waimea, would purchase and donate the materials for the ornaments and ACE would lend their equipment so Sandy could cut out the many creative and colorful shapes that would go up on the trees in Waimea, Honoka'a, North Kohala and Waikoloa. Some years, Light Up a Life would have a theme for the trees and the ornaments would be entirely butterflies or white doves, for example. In recent years, Sandy would create several shapes in an array of colors. We've had mittens, hearts, cowboy boots, Christmas trees, angels with

hymnbooks, and many more. When volunteer Brigitte Rutgers passed away in 2010, Sandy made dragonflies in remembrance of Brigitte, a symbol of transformation and ever changing life, and a favorite symbol of Brigitte's and her family.

Not many people know that Sandy was the inspiration for another memorial fundraiser, the Floating Lantern Ceremony. Sandy mentioned to Director, Katherine Ciano, that she and her sister had always wanted to take part in the annual Floating Lantern Ceremony held each year on Oahu. They wanted to light a lantern in memory of their beloved mother. Katherine shared Sandy's story with board member Marty Hind, who then made it her mission to start a lantern floating ceremony for the West side of the Big Island. With the hard work of many, NHH had its first Floating Lantern Ceremony just last year at the Fairmont Orchid Resort. Sandy and her sister attended the event and beautifully decorated and dedicated a lantern in remembrance of their mother. Sandy is pictured here at the event.

We will be sure to dedicate a lantern to Sandy next year and we will never forget her and all of the wonderful work she did for her community and for our hospice. Sandy, in her quiet and humble way, gave so much and we are forever grateful to her.

Stephanie Rutgers

Guest Editor of our Spring Newsletter

Stephanie Rutgers moved to Waimea at the age of 12, where she attended Hawai'i Preparatory Academy. After graduating, she decided to test her ability to endure winters and froze through 4 years at University of Vermont. She spent a few years thawing out in Honolulu and then had 6 quality years of city life in San Francisco. Upon hearing news of the arrival of her first nephew, Stephanie returned to Waimea in 2003. She has enjoyed numerous careers in graphic design, human resources and private school admissions but currently places the job of motherhood at the top of the list. Stephanie is thrilled to assist in writing this edition of the newsletter in the wee hours of the night while her daughter is sleeping. Her mother Brigitte, a hospice board member as well as a patient, was an incredible inspiration to Stephanie for giving to the community. Now it is her time to make her mother proud!



Stephanie Rutgers with her sister Vanessa Kalama

The Grief Journey: Talking Story with Norman Piianaia

Stephanie Rutgers

The grief journey is unique to each individual. If you look up the word journey, it says, "a passage from one stage to another." There certainly is no order to these stages, no timeline and no right or wrong way to take this journey. Nothing or no one can prepare you for the moment when your loved one passes but it seems inevitable that a learning opportunity will present itself - whether you want it or not. What follows is the mystical journey away from home of Norman Piianaia.

Norman spent 40 years voyaging across the Pacific Ocean, 20 as Captain of a Matson ship named the SS Matsonia. After two or three months at sea, he would routinely return home to his wife, Nancy, and their two sons. It took a special relationship to endure those long months of separation. Norman describes his 39 years of marriage to Nan as a "full-time job when you're only there half-time. But when I was home, it was 100% love."

Shortly after beginning their life together, Nan confronted her first battle with breast cancer in her early thirties. She had the good fortune of being a long-term survivor for 33 years. Then it returned in the form of lung tumors. After three rounds of chemotherapy and five years of extended illness, Nan passed away on January 29, 2010, in the arms of her Captain. Hospice provided assistance for the last four months. But still, Norman was exhausted and emotionally drained from the intense caregiving. A part of him had been torn away.

Even the worst storm at sea will eventually subside; the sky clears and quiet resumes. In Norman's home, silence enveloped him - no television,

no music, no visitors - he wanted to be alone with his thoughts to ask questions.

Why does our culture hide the reality of death by not including it in the process of life? Why does death seem scary for some of us? Why don't we embrace and accept death before it becomes a reality?

The strategy would be to attack

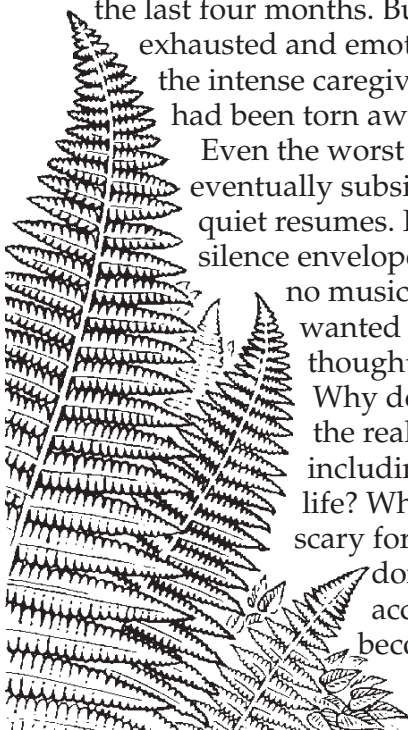
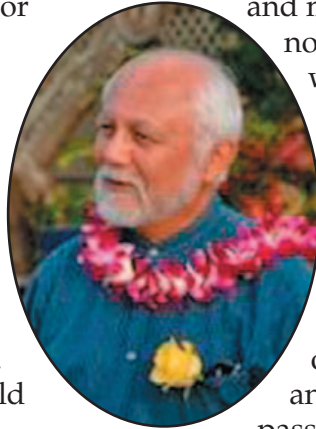
the reality of death and get answers to these questions. This translated to an actual journey across the ocean to California. For one month, he voyaged by car instead of by ship, on his "death and mourning trip." The plan was to have no plan at all. Friends with showers and washing machines were his pit stops along the highways and back roads. Fate was his compass.

Unbeknownst to Norman, these visits with dear friends unfolded as if they were part of a master plan to delve into the traditions of loss and mourning among cultures less familiar. It began on Norman's first night in Berkeley. He and his friend were discussing the recent passing of Dr. Mitsuo "Mits" Aoki, University of Hawai'i Professor of Religion. The documentary created by Dr. Aoki, "Living Your Dying," had aired on PBS but Norman had missed it. His friend turned to the collection of movies behind him and pulled the very documentary from the shelf. Its goal was to take the fear out of dying and show how it is a vital part of life. Dr. Aoki's work with death and dying helped to establish the hospice movement in Hawai'i in 1979.

Norman's next stop was to help console a friend who had recently lost a son to suicide and had not had an opportunity to truly grieve. Both she and Norman were in the same place of grieving so that it was comfortable to join with one another to release pain. They could empathize and discuss their losses together.

A few days later, Norman was at the doorstep of a Jewish friend in Santa Cruz. She had just become certified by the Jewish Burial Society to assist in the preparation of bodies for burial. Norman was educated on the mitzvah (commandments) of honoring our dead. In Judaism, mourning has very specific rituals for the purpose of comforting those left behind, helping to prevent excessive mourning so that one can return to normal life, and showing respect for the dead. Shiva is the seven-day period of mourning for the family, friends, neighbors and relatives. There is also a 30 day and yearly acknowledgement of passing. These marking points made sense to Norman, a way to locate oneself in a sea of sadness.

Making his way to Southern California, Norman visited with a Dutch friend living in Ojai. This man considered himself a "Bu-Jew," both Buddhist and



Jewish. Through him, Norman learned of a Tibetan lama holding a retreat at a Tibetan monastery up north at the foot of Mount Shasta. So he headed due north and spent five days with the lama, focusing on the topic of the bardos and the opportunities for enlightenment. For Tibetan Buddhists, there is a 49 day process where the departed spirit goes through transitional stages called the bardos. The result is either entering nirvana or returning to Earth for rebirth. Norman's journey to seek understanding and step outside of his grief had mystically come together over the month and now felt complete.

Since his drive-about across California, Norman has been busy filling his days in service to others. According to him, "You take care of your loved one, then you pick up the pieces to take care of yourself. When the time is right, you take care of your community." He is a volunteer mediator for people who are in legal dispute and can hopefully come to an agreement instead of going to court. After completing hospice training, he assists those who have been in his shoes or simply takes a patient for a haircut to feel a little better. And of course, he spends quality time with his two sons and their families, including six grandchildren.

Despite the sadness of losing his wife and friend, Nan's death was also considered a gift to Norman. To be able to care for your loved one in their time of need is a gift. To witness your loved one leave this existence before your eyes and to find peace with their absence is a gift that takes time to open and accept. And there lies the journey - seeking the passage to understanding. We can only hope to set sail once again and voyage across calm waters with a new perspective of life.



Who's On Board

Jaisy Jardine is the newest trustee to the Hospice Board. She is honored to have this opportunity as she experienced firsthand the great benefits which hospice brought to a dear friend. A Big Island girl since birth, Jaisy returned to her hometown of Waimea in 2007. After her kindergarten through grade 12 years at Hawai'i Preparatory Academy, she attended the University of Colorado at Boulder and worked in event planning and marketing in Southern California.



Currently, she is the Director of Public Relations at The Fairmont Orchid. Prior to this position, she was the hotel's weddings and special events manager. When Jaisy is not promoting the face of The Fairmont Orchid, you can find her deep sea fishing, hiking the backside of Waipio Valley, or preparing gourmet dinners for friends and family. When asked about her bucket list, she hopes to take a cooking class in Cinque Terre on the coast of Italy.

Jaisy feels so fortunate to be doing what she loves and to be part of this wonderful community. Joining Hospice feels like "coming home."



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North Hawaii Hospice

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www.northhawaii hospice.org



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Kamuela, Hawaii
Permit No. 20

Jacque Johnson Watercolor Show at Isaacs Art Center

Please join North Hawaii Hospice for an opening reception at 5:30pm on May 10, 2012

North Hawaii Hospice was the recipient of Jacque Johnson's watercolors as part of a gift from the estate of Alcy "Shorty" Johnson. Originally from Pennsylvania, Jacque graduated from The Tyler School of Fine Arts at Temple University with a bachelor's degree in fine arts focusing both on portraiture and art education. In 1958, Jacque moved to Honolulu as a protégé of artist Jaunita Kenda (1923-2000) who was also from Pennsylvania and an art educator with the State of Hawaii, The Academy of Arts, and the University of Hawaii. While in Honolulu, Jacque met and married Shorty and moved to the Big Island in 1959 when Shorty was appointed manager of the Kawaihae Terminal for Theo H. Davies.

In Waimea, Jacque taught art at "The Little School" (as it was then called) of the Hawaii Preparatory Academy. She was also employed at the Mauna Kea Beach Hotel from 1963 to 1972 where she worked in the art galleries and gift shops at the hotel while also designing the window displays that lined the walkways. Jacque also lent her artistic talents to the Parker Ranch newspaper and designed the milk labels for the Greenwell Dairy, Inc.

Throughout her life in Hawaii, Jacque continued to study art and in her later years she focused on watercolor landscapes while taking workshops through the Hawaii Watercolor Society.

Jacque died in June of 1993 shortly after being diagnosed with cancer. She had been a patient of North Hawaii

Hospice and wished to be cared for at home surrounded by her husband and loving friends. At the time of her death she requested that her watercolors be donated to North Hawaii Hospice to benefit other families needing hospice care. We are truly honored to receive this gracious and beautiful legacy of such a talented woman. Her art captures places and times in our islands that are slowly disappearing and through her gift will live on forever. Mahalo nui loa to both Jacque and Shorty for all they have so generously given to our Waimea community and island!

