

NORTH HAWAII HOSPICE

SPRING 2017

NEWSLETTER



COMING UP:

Visitor Industry Charity Walk

Saturday, May 13, 2017
Runners start at 6:45am
Walkers start at 7:00am
Queens' Marketplace
Walk with us to support
North Hawaii Hospice.
For more information,
call Gayle at 885-7547.

Tommy Bahama Classic Golf Tournament to Benefit

North Hawaii Hospice

Tuesday, June 6, 2017
Mauna Kea Beach Resort
Mahalo to all who have signed
up to play.
The event is currently Sold Out
and we thank all players.

MARK YOUR CALENDARS!

Floating Lantern Ceremony

Honor and Remember

Sunday, August 27, 2017
Fairmont Orchid, Hawaii
5:00pm-7:30pm

More information inside or call
North Hawaii Hospice
at 885-7547 or e-mail
info@northhawaiihospice.org

Letter from the Executive Director



Lately, it has come to my attention that there is still a lot of misunderstanding about hospice care. It is often thought of as giving up, letting go, or doing nothing. Even the word hospice is something that nobody wants to hear. In 2012, I lost my own mother to cancer. I experienced the heartbreak of knowing that my mother's time here on earth was limited. Because of my professional role as a hospice director I thought of hospice for my mother, but at the same time I also wanted a miracle and I was praying for a miracle. It was hard to say we were ready for hospice but we were. There I was experiencing for myself what each of our patients' loved-ones also experiences.

What I would like people in our community to know is that hospice is not scary, or giving up, or doing nothing. Coming into hospice feels like a relief. If you are facing a life-limiting illness and there is time left, that time is the most precious time there is. That time is time for high quality decisions and time for calling in support. It is also a time of blessings and of the opportunity to come to peace and to enjoy what can still be enjoyed and to communicate well with loved-ones. Hospice becomes a partner so a family can have this precious time together.

So, my message to our community is this: If you love somebody who is not getting better and if you are afraid and wanting to do the best thing you can do in this heartbreaking situation, please know that we are here to be with you every step of the way. It takes courage to take the leap, but you are not jumping into the unknown. You have a partner with experience that will be with you along the journey. In fact, you have an entire community that has worked very hard to build and sustain this support for you. To be there when the time comes. Do not be afraid to call us early. If it is too early, we will let you know. That is my simple message.

If you are a supporter of our hospice, I want to thank you on behalf of our board of trustees, staff, and volunteers. We see the result of your commitment to support us. It is real and it inspires the best in us. Every day is a gift for our families and every day we see how your gifts of time and financial support keep this miracle alive.

Mahalo for all you do to support our work,

Katherine

Katherine Werner, MHA, RN
Executive Director

NORTH HAWAII HOSPICE

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

BOARD OF TRUSTEES

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Michael Petrosian
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John Dawson, MD



**NORTH HAWAII
HOSPICE**



Hospice Founder Sheila Cadwallader Visits to Celebrate 30 Year Anniversary

North Hawaii Hospice was founded 30 years ago by Sheila Cadwallader and a group of community members. Nancy Bouvet was Sheila's partner in the endeavor and went on to serve as the founding executive director for 20 years. Last fall, Sheila and her husband Gary returned to the island to celebrate with other community members and supporters who were instrumental in getting our hospice off the ground. Nancy Bouvet was unable to make the journey due to the recent passing of her husband, Ernest Pierre Bouvet. Nancy and Sheila are still close friends. Sheila lives near St. Paul Minnesota and Nancy and Pierre retired to the mountains of North Carolina. We honor them both for their foresight and for all of their years of dedication to our community.





JOIN OUR TEAM AT CHARITY WALK

You can walk or run to support North Hawaii Hospice on Saturday, May 13th, at the 39th Annual Charity Walk.

NEW THIS YEAR! Now you can register online OR if you cannot be there in person you can donate online too. Go to: https://app.mobilecause.com/vf/BigIslandCW/team/2_NorthHawaiiHospice

It's great fun and this year the start and finish line are at the Queens' Marketplace in the Waikoloa Resort. The beautiful circuit goes throughout the resort and ends up at a huge celebration of food booths and live music. Some of the finest chefs from the area's restaurants and hotels provide food tasting booths. That is why they call this the only charity walk where you can gain weight!

The Charity Walk, founded in 1974 and expanded statewide in 1978, is now Hawaii's largest single-day fundraising event by a non-profit organization. Spearheaded by the Hawaii Lodging & Tourism Association and its non-profit arm Hawaii Hotel Industry Foundation, the Charity Walk is traditionally held every May.

Each year our walkers and volunteers support this event so that North Hawaii Hospice can be eligible for a grant from the proceeds of the event. We have contribution forms and sign-up sheets. If you are interested, please call or come by our office.

If you prefer using a paper form, please contact Gayle at (808) 885-7547.



NORTH HAWAII HOSPICE STAFF

Katherine Werner, MHA, RN
Executive Director

Colleen Norris, MBA
Finance Director

Renee Gonsalves
Finance Assistant

Gayle Hubbard
Associate Director
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Patient Case Managers

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Hospice Physician

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Rachel Real, LPN
Hospice Nurses

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Social Worker

Bobbi Bryant
Volunteer Coordinator

Inez Schultz, MA
Bereavement Coordinator

Rev. Robert Schwarzhaupt
Spiritual Counselor

Nina Millar, RN
Christine Richardson, RN
Kristin Wohlschlagel, RN, CHPN
After Hours Nurses

Marshall Cacoulidis, HA
Sandee Moiha, HA
Sandie Rossi, HA
Hospice Aides

WHO'S ON BOARD

Steve Kittell

Steve Kittell joined our board of trustees this past March. Originally from Balboa Peninsula in Southern California, Steve first visited the Big Island in the summer of 1967 when he got a summer job at 16 waiting tables at Kona Village. He spent an idyllic summer living in one of the hales, watching the construction of the swimming pool, and learning about Hawaiian culture. He fell in love with the island then and has wanted to return for many years. Steve got a degree in finance and returned to Kona Village where he obtained the position of executive manager. From there he moved into personnel consulting at Coopers & Lybrand and then, in 1984, he was asked to establish the Olympic Village for the summer Olympics in Los Angeles. The Los Angeles Olympics was such a huge success



that Steve went on to establish Olympic Villages for many other Olympic games. He returned to Hawaii, living on Oahu. Steve has some very close friends dating back to his days at Kona Village. Among them are Charlie and Barbara Campbell, long-time Waimea residents who had experienced the services of North Hawaii Hospice firsthand when Charlie's mother was in hospice care. Steve had always wanted to return to the Big Island and he got his chance when a neighbor of the Campbells was selling their home. Steve had also wanted to dedicate his talent to a worthy community organization since he is retired and has a lot of wisdom and experience. Steve has already joined the finance committee of the board and the golf tournament planning committee. Welcome Steve.



VOLUNTEER CORNER

North Hawaii Hospice offers a unique End of Life Doula Program.

The word "doula" translates from Greek to mean "woman servant." Today, doulas are known best for accompanying laboring and/or postpartum women. Doulas offer emotional, mental, spiritual and physical support during the transition of opening to new life. A small but growing number of organizations wisely build upon the doula model and offer training to support the dying and bereaved. North Hawaii Hospice is one of those organizations.

End of life doulas, who can be male or female, are specially trained non-medical volunteers

that are a part of the hospice care team. They provide additional comfort and support for patients and their families. They are there to help protect the sacred space of dying for the beloved as well as the family. They hope to facilitate an ongoing understanding of the changes that occur at the end of life, which in turn can bring a greater sense of calm and peaceful ease in the knowing of what lies ahead.

The end of life doulas for North Hawaii Hospice are a group of seasoned patient volunteers who have significant experiences as health care

professionals, caregivers and healers. In addition to personal and professional experiences, our volunteers have taken an additional 24 hour training that instructs them on how to support and prepare people for life's final transition.

Not every patient and family will want to elect to have an end-of-life doula but this service is available and we have been blessed with a volunteer that has led a successful end-of-life doula program on the mainland that has been instrumental in guiding the creation of this program.

NEW FACES AT HOSPICE

Susan Hildenbrand, RN, Hospice Nurse

Susan grew up in an Air Force family and moved around a lot, finally settling in Sacramento, California in 1969. She moved to Wyoming in 1992 and went to nursing school in Cheyenne, Wyoming, graduating in 1998. Susan has been serving as a hospice nurse since graduating from nursing school. She moved to Colorado in 2006 and then to Hawaii in 2016. The highlights of her nursing career include all of the softer moments, moments spent in the presence of patients and their loved-ones witnessing the depth of connection and the magic of insight that comes with facing the end of life. Like the moment a highly agitated patient relaxed and died peacefully as the chaplain whispered something softly into her ear. Or the moment a dying mom asked for permission from her young children and husband to be allowed to "quit fighting," and they finally gave it to her and she died peacefully that evening. Or the insight of her patient in Colorado who had survived the Big Thompson flood of 1976. He lived on the river and was certain that another flood was coming and that the old family home would not, this time, survive. Her patient said he didn't want to be alive to witness the destruction of his home again and was adamant that he die before that could happen again. His stable condition took a sudden turn and he died within a few hours just days before the unexpected flood of 2013, which did end up completely washing away his home. And, in Hawaii, there was the moment of peace, beauty, and tradition she observed when she attended her first death on Hawaii Island. Susan feels privileged to be able to serve as a hospice nurse once again in her new home.



As for family life, Susan married her best friend and they have nine children. Four of them are amazing "in-law" kids and six grandchildren. She and her husband have "twin granddaughters" Maya and Olivia who were born on the same day exactly 12 hours apart to the minute who were the same height and weight born to separate daughters. When anticipating the births of the two grandchildren, her husband Paul travelled to Kansas and she traveled to Colorado ahead of time so that at least one of them could be present at each birthday. Since all of the children and grandchildren are living on the mainland, she and Paul have

adopted a little troublemaker, a Yorkie named Max. The family has a favorite holiday tradition on Halloween. They usually throw a big party for the entire neighborhood for adults and kids. They have amassed a collection of animatronic zombies and a rustic zombie house. Hundreds of kids and adults and even a flatbed trailer truck full of people come by to participate. It all started when they lived in a newly developing neighborhood and they were bribing kids to come by giving out full-sized candy bars and thinking of something to draw them in.

Susan and her husband like to travel in the western states on the mainland. They like to go holo holo without plans. For hobbies, when there is time, she likes to scrapbook, make mosaic tabletops, arrange large pieces of flagstone, and do stained glass projects. She rarely keeps anything she makes because she is too critical if she looks at her projects for too long, so everything is done for gifts or fundraising events. We are very pleased to welcome Susan and her wealth of hospice experience to our 'ohana.



High Tea Swings into Spring

You couldn't have asked for a more beautiful day at the Waiki'i Ranch Clubhouse for the Hospice Annual High Tea Fundraiser. North Hawaii Hospice does high tea in its own way and this year did not disappoint. The theme was 'Swing into Spring,' and what better way to start the festive event than to admire the carefully constructed life-sized floral swing designed by **Kathleen Thoene**. Hanging from a floral archway festooned with greenery was a maile covered swing with a seat studded with colorful flowers to admire. **Aunty Betty Webster** was at the clubhouse entrance in a striking spring mu'u mu'u, with a pair of her signature sunglasses to greet the guests with Hawaiian style aloha. As you passed through the entrance

you were welcomed by hospice volunteers in black and white polka dotted aprons offering flutes filled with cold Prosecco. The cozy clubhouse was full of ladies in stylish hats and men in artful aloha shirts greeting one another with hugs. The clubhouse held the silent auction with many unique collectibles including paintings donated by local artists and individual tickets for the specially designed historical adventures that are put together by board members **Wendy Craven** and **Sue Neyens**.

Once you made your way through the happy crowd, you could venture out to see what was under the big white tent outside. The tent held 24 tables, each decorated by hosts and hostesses with their own choice of theme and colorful settings.

Each table was a knockout. Some hosts had picked up on the swing theme and featured centerpieces with a miniature swing. Each table was its own masterpiece. Each year there are new surprises in table décor. Some of the surprises this year included a 50's retro table with a dress form wearing a dress straight out of "I Love Lucy," and the guests at that table were attired in 50's style polka dots with vintage aprons and hats. Another surprise was the Moroccan tea table complete with gilded glassware for tea and festive colored lanterns suspended on bamboo poles. The guests at that table were attired in jeweled kaftans and headscarves. After taking our seats we began to be served the savory tea goodies. This year, the savories and sweets were





catered by **Martha Brahm of Hawaii Tart Company**. The menu featured a hickory roasted beef slider, pepper crusted ahi on cucumber slices, and wasabi deviled eggs. Yum! By popular demand, **Judy Frazier** and friends made Judy's famous almond crusted chicken sandwiches, which were delectable. Martha's collection of sweets featured a honey caramel mac nut tart square, lilikoi mousse cream puffs, a chocolate torte, lemon rosemary shortbread cookies, and of course chocolate dipped strawberries. Double yum. **Rob Decker** provided music as the guests enjoyed the food and of course tea. A lively auction commenced with **John Roth** and **Susy Ruddle** performing a most interesting auction skit while the level of revelry reached its peak as beautiful works of art were auctioned, as

well as some of the centerpieces that mysteriously kept going from tabletop to auction block. A wonderful time was had by all and the best news is the fundraising success topped all previous records.

Sincere gratitude to our High Tea Committee:

Pat Allbee, Wendy Craven, Gayle Hubbard, Joan Moynahan, Sue Neyens, Colleen Norris, Donna Povich, Kathleen Thoene, Linda West, and Margo Wray

Mahalo to the fabulous table hosts and hostesses:

Margo Wray and Pat Allbee, Erin Petrosian, Norma Edelman, Shirlee "Roxie" Freitas, Diana Mahaney and Candace Lee, John Roth, Debby Stern, Kim Norman, Marty Hind and Yone Moynahan, Nanea Studios,

Inc., Denise Ray, Heidi Smith, Puana Pain Clinic, S & G Labs Hawaii, Hazel Aker, Marquita Denison and Cynda Unger, Molly Harris and Pam Decker, Darlene Walencewicz, Wendy Craven, Brooke Derby and Patricia Freeman, and Nancy Bellatti.

Special Thanks to:

KTA for donating bread for the chicken sandwiches; **Marcia Ray** for her artwork; **Kathy Clarke** for the bamboo chairs; **Joan Moynahan, Marcia Pelca** and **Ann Hanneken** for sewing the aprons; **Alvin Wakayama from Kamuela Liquor Store** for the Prosecco; **Martha Brahm from Hawaii Tart Company;** **Eva Lee from Tea Hawaii** for tea; **Big Island Tents; Rob Decker** for the music; and **John Roth** and **Susy Ruddle** for their auctioneering services.



North Hawaii Hospice
65-1328 Kawaihae Road
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(808) 885-7547

www.northhawaiihospice.org



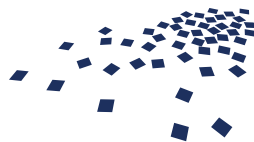
NORTH HAWAII
HOSPICE

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NORTH HAWAII HOSPICE
FLOATING LANTERN CEREMONY
HONOR AND REMEMBER

Please join us in this meaningful ceremony to honor and remember loved ones who 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 Fairmont Orchid.

Sunday, August 27, 2017 • 5:00 PM to 7:30 PM

Follow the signs to the Coconut Grove

Fairmont Orchid, Hawai'i

1 North Kaniku Drive Kohala Coast, 96743

For more information or to reserve a lantern, call Gayle at 808-885-7547

Pre-North Hawaii Hospice Lantern Ceremony DECORATING EVENTS will be held at Hospice on Wednesday, August 9th 9:00 am to 12:00 pm, and Thursday August 24th from 3:00 - 6:00 pm. Decorating supplies will be available. For more information or to sign up contact Inez Schultz at 885-7547 or email inez.schultz@northhawaiihospice.org.

