



HIGHLIGHTS:

- Self Care
- Light Up a Life
- Santa's Helpers
- Ohana Giving Day
- Volunteer Staff Meetings, 2011 Schedule
- A Gift of Massage



*Happy Holidays
and a joyous
New Year
to you!*

North Hawaii Hospice Volunteer Newsletter

Q2 FALL EDITION 2010

The Importance of Self Care



We enjoyed having the Parker School 6th Grade Class, the day before Thanksgiving, their Ohana Giving Day. The students skillfully decorated Light Up a Life ornaments and sewed beautiful lavender sachets for our patients. Mahalo Parker School 6th Grade Class for choosing to give your time and creativity to NHH.

How often in the week do you set aside time, just for you, to relax and do something you enjoy? Self-care is something we often do not think of in the midst of busy schedules and everyday commitments that keep our focus away from ourselves. Self care is personal health maintenance; taking care of one's physical fitness and mental health so that one can lead a more fulfilling life. Stress, something everyone must deal with, often gets in the way of self care. Learning good stress management leads to better self care and overall health, so be sure to give yourself the gift of time, to nurture yourself in the ways that you do for the people you care about.

Self Care Tips

- Take a walk*
- Watch a funny movie*
- Connect with nature*
- Pet an animal friend*
- Make a to-do list*
- Get a massage*
- Listen to relaxing music*
- Talk to a good friend*

From top to right: Karen Sweere, Lauren Sweere and Cindy Giammona help with Ohana Giving Day.



HOSPICE

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Volunteer Calendar

2011 Volunteer Staff Meeting Schedule

Every second Wednesday of the month. See below for times.

January 12th, 10-11am

February 9th, 3-4pm

March 9th, 10-11am

April 13th, 3-4pm

May 11th, 10-11am

June 15th, 3-4pm

July 13th, 10-11am

August 10th, 3-4pm

September 14th, 10-11am

October 12th, 3-4pm

November 9th, 10-11am

December 14th, 3-4pm

Events

Sweethearts on the Range High Tea & Silent Auction

February 12th, 2011

Saturday Afternoon at Kahua Ranch

Circles of Support: The Journey of Grief and Reconciliation with Sindona Cassteel, MFT

6 Week Group: Meets on Mondays

February 7th through March 14th, 2011

4:30pm—6:00pm

RSVP by calling Hospice (885-7547) or Tutu's House (885-6777)

Volunteer Staff In-Service

Caring for the Caregiver & the Importance of Self-Care

Wednesday, February 23rd, 10-11am

Mahalo to Our Hospice Friends



From left to right: Suzi Shaw of Suzi's Scrap-booking Paradise and Kate Butler Tanimoto of Waimea Holistic Massage & Spa

People in our community give to NHH in so many ways. We are extremely grateful to all of them. We know our ohana extends to our community and we are touched by the donations of time, skills, materials and money from our Hospice friends.

A special mahalo to Sandy Sunahara of Ace Hardware for her donation every year of all the ornaments for Light Up a Life. Sandy, on her own time, cuts out the ornaments using different die shapes. A big commitment of time and effort, given to help us raise funds for NHH, through Light Up a Life.

A special mahalo to Kate Butler Tanimoto of Waimea Holistic Massage & Spa for her donation of massage to our volunteers and employees. Kate has also generously given 30 minute massage gift certificates to all of our active volunteer staff and employees as her holiday gift and encouragement of self care to NHH. Pick up your gift certificate at NHH!

A special mahalo to Suzi Shaw of Suzy's Scrapbooking Paradise for her donation of materials and expert assistance in the creation of our patient memorial board and album.



Every year the Lion's Club, NHH and Parker Ranch Shopping Center work together to offer the community's keiki an opportunity to get their photo taken with Santa. Also, a fundraiser for the Lion's Club and NHH, this event is a fun time had by all. *Santa's helpers, clockwise: Juli Szilagyi and Sindona Cassteel with Santa (Braley Pastorino), Gayle Hubbard and Colleen Norris, Olivia Armandorff, Hallie Jacobson, and Lauren Sweere (seated), and Masen Villasista.* A big mahalo, also, to our helpers not pictured.

Mahalo to our Light Up a Life Team

A big mahalo to all of the volunteers and friends of NHH who contributed so much time and effort into making the Light Up a Life (LUAL) fundraising event happen another year. Thank you to the communities of Waimea, Waikoloa, North Kohala and Honoka'a for their generous donations. We made \$5,909.00 and also raised awareness of NHH and the services we offer to these communities. A special mahalo to Sandy Sunahara for donating the ornaments and our coordinators Jackie Wright and Karen Sweere, who oversaw everything and kept LUAL running smoothly. Also, Elaine Warner, for all her work at Waimea Market and Tiny Henriques and Lauren Sweere who put the finishing touches on the ornaments. Mahalo for all of your hard work and service!!!



Karen Sweere, with the North Kohala Tree and Senior Center Members



From left to right: Waimea Tree, Honoka'a Tree and Waikoloa Tree.

