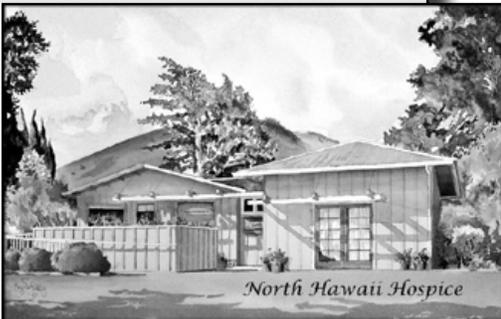


NORTH HAWAII HOSPICE

SPRING 2015

NEWSLETTER



Plein Aire by Greg Schultz

COMING UP:

Visitor Industry Charity Walk

Saturday, May 9, 2015
The Shops at Mauna Lani
Walk with us to support
North Hawaii Hospice, Inc.
For more information,
call Gayle at 885-7547.

MARK YOUR CALENDARS!

Floating Lantern Ceremony to Honor and Remember

Sunday, August 23, 2015
Fairmont Orchid Hotel
5:00pm-7:30pm
For information, call
North Hawaii Hospice
at 885-7547 or e-mail
info@northhawaii hospice.org
www.northhawaii hospice.org

Letter from the Executive Director

Welcome to our Spring Newsletter! As the last of the snow on Mauna Kea melts and Cherry and Jacaranda trees blossom, we are happy to report that there is new life springing forth at North Hawaii Hospice. We have a new place for our clinical staff to meet, new trees are being planted and we have several new programs to offer our community



Inside you will find a list of the support programs that we are offering to everyone in the community. We hope that if you know someone who has recently lost a loved-one, you will let them know about our programs.

We still find that there is a reluctance to enter into a hospice program. Hospice is still something that patients and families fear. We hear over and over that a patient is "not ready for hospice." Hospice is there to assist that person to be as strong and symptom-free as possible so that they can enjoy and live a quality life. Hospice is about living and getting the best possible care along the way.

In this issue, we are including some information about hospice in hopes that you can save the information for a time when you might be assisting a friend or family member facing a serious illness that might require our services. The earlier a person can start receiving the hospice care, the sooner the family will have support.

With aloha for trusting and believing in North Hawaii Hospice,

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.

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NEW FACES AT HOSPICE

Bob Schwarzhaupt *Spiritual Counselor*

Well known and loved by the North Hawaii community, Bob Schwarzhaupt, known as Father Bob, is one of the newest members of the NHH team. He actually prefers just being called Bob.

As our spiritual counselor, Bob sees himself as an instrument to help our hospice patients find their way "to the other side."

Working part time and only since October 2014, Bob has already found his new assignment to be very rewarding. Having taken a leave of parish ministry after 30 years within the Catholic Church, Bob has discovered how enriching it is to work with patients and families of all faiths and viewpoints, finding spirituality as the common ground. He goes by invitation to patients' homes and he sees about half of the patients being served by NHH.

Visiting with patients, their families, and their caregivers provides him a special honor, as though he's "walking in Jesus' footsteps." Bob states, "Just as God abides with us, accompanies us in our life journey, the good people of hospice accompany others to find peace and comfort." He feels very grateful to be able to walk with hospice families in this compassionate way. During this challenging time in people's lives, Bob "has seen the blessing of God's amazing grace to families coming together in loving care."



Born and raised in Baltimore, Maryland, Bob came to Hawaii in 1969 to attend Chaminade University on Oahu, where he obtained a Bachelor's degree in Psychology. Later, he attended UH Manoa, receiving a Master's degree in Education. From the age of 5, Bob had wanted to be a priest and in 1986 he was ordained a Catholic priest. His initial service was at two parishes on Molokai. About 20 years ago, he moved to Hawaii Island to serve two parishes, one on the Hamakua coast

and one here in Waimea. His only living family is a sister in Montana who he visits once a year.

Bob shared his fortune in being able to cross something off his bucket list. He had always wanted to hold a baby. At the bedside of a grandmother who was dying, the daughter, the mother of a young baby (a grandchild), handed him the child and after a few seconds of juggling the baby like a football, Bob was able to relax into the joy of new life—such a special experience for him, especially at the bedside of a dying grandmother.

Bob wanted to be sure to express his gratitude to clinical services director Debbie Washburn and hospice director Katherine Werner for the opportunity to work within the NHH ohana and expand his ministry in this new direction.

by Phyllis Tarail

Inez Schultz, MA

Bereavement Coordinator

Fourteen years ago, when her daughter announced that she was moving to Hawaii, Inez volunteered to help her daughter find a home since she had visited the Big Island several times and her mother-in-law was one of the first to build in Waikoloa Village.

Seeing island life at a new age and with a different view, Inez fell in love with the aloha and beauty of the Big Island. Her husband had just retired from his job at Microsoft, so she called him and suggested that they move to Hawaii. Amazingly, he accepted, and within a month they sold their home in Washington and Inez started a new career working with the Hawaii Schools as a behavioral specialist. On the mainland, she had a private practice working particularly with individuals from retirement communities and assisted living. Connecting with the same population in Hawaii didn't happen immediately; however the experience of working with children and families was something she valued.

Through the years, Inez has been involved in many Island organizations, including the boards of Hawaii Families as Allies, and the Hawaii Area Mental Health and Substance Committee.

When Inez was offered the opportunity to be the Bereavement Counselor at NHH, it was an easy choice to make



since through the years her heart has always been close to hospice.

Inez's daughter, Debbie Washburn, had joined NHH earlier, first as a nurse and recently as Clinical Director.

Inez finds it very special that both of them were able to work for the same exceptional organization.

Inez loves arts, crafts and jewelry making, and these skills have been put

to use in grief counseling group activities such as the creation of mandalas and mask making as well as art journaling. Inez believes that being creative can be part of the healing process when it occurs in a serene and safe supportive environment. She plans to provide more of these popular classes for our community.

Inez has built an amazing program of support sessions. There are support groups offered for caregivers, as well as individual counseling for adults and children. This summer, she will offer groups specifically for children.

In her leisure time, Inez loves the ocean and will do two hour snorkel swims along the coast line or spend the morning looking for shells. She has traveled extensively around the world, visiting unique places such as Palau, the remote countryside of Bali, Turkey, and an artist's island in Japan and several other Southeast Asian countries.



NORTH HAWAII HOSPICE STAFF

Katherine Werner, MHA, RN
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Gayle Hubbard
Fund Development Manager

Debbie Washburn, RN, CHPN
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Megan McCaffrey, MSW
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, CNA
Sandee Kama, HA
Felicia Murray, HA
Sandie Rossi, HA
Hospice Aides



The Hawaii Cycling Club completed its second annual Hawaii Century Ride on Sunday, April 12, 2015. Once again, proceeds will benefit North Hawaii Hospice!

To learn more about this amazing cycling opportunity which offers riders their choice of three routes, right here on Hawaii Island, where participants can ride at their own pace, visit <http://www.hawaiicyclingclub.com/hawaii-century-ride.html>.

North Hawaii Hospice provided volunteer help at registration and aid stations.

We are so grateful to be the beneficiary of this amazing event.



JOIN TEAM HOSPICE!

You can walk or run to support North Hawaii Hospice on Saturday, May 9th at the 37th Annual Charity Walk. It's great fun and will be at the Mauna Lani Resort again this year. The beautiful circuit goes throughout the resort and ends with 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, so you will be in for a treat. Also, along the walking/running circuit there are aid stations with various drinks, snacks, and give-away items to keep everyone going strong.

The circuit is approximately three miles long. Each year,

walkers and volunteers support this event so that North Hawaii Hospice can be eligible for a grant from the proceeds of the event. Entry forms are now available. If you are interested, please call or come by our office.

Come out and join the fun!

North Hawaii HOSPICE



When you or a loved-one is coping with a serious life-limiting illness, please don't be afraid to call North Hawaii Hospice. WE CAN HELP.

Our organization is dedicated to providing the best quality of life possible including the following:

- Expert pain and symptom management by physicians and nursing staff
- Emotional and spiritual support for your family and friends by social workers and counselors and if requested, a spiritual counselor
- 24/7 on-call availability by phone
- Regular visits in the patient's home
- Companionship and assistance from trained volunteers
- Complementary and alternative therapies
- Other therapies, such as speech, physical or occupational therapy, as needed
- Medications and laboratory testing delivered at home
- Medical equipment, such as a hospital bed, shower chair, and oxygen
- We provide bereavement support for loved-ones through counseling and support groups

If your loved one wishes to remain at home, we do everything we can to keep him or her there.

- We assist family caregivers in learning how to care for the day-to-day needs of their loved one.
- We provide home health aides to provide showers/baths or other personal care for your loved one.
- We carefully monitor your loved one's condition so we can help before any crisis may arise.
- We provide friendly volunteer visitors so caregivers can get some respite away from the home for a few hours.

If your loved one is in a nursing home or extended care facility, we collaborate with facility staff to enhance his or her quality of life.

- We work collaboratively with facility staff to ensure pain and symptom management.
- We provide emotional, spiritual and practical support to patient family members.
- We provide extra nursing, social work and chaplain visits to your loved one at the facility to enhance quality of life. Other healthcare professionals, such as massage therapists, may also provide services to your loved one.
- We provide extra equipment, when needed.

What is hospice? Here are the FAQs:

Hospice is not a place, but a practice and philosophy of care for those nearing the end of life. Hospice care focuses on the comfort and quality-of-life goals of the patient and his or her family rather than on curing the illness.

Who can receive hospice services?

Hospice care is delivered to patients whose physicians determine that they may have a life expectancy of six months or less. The medical care is focused on symptom management not cure. Should a patient live beyond that six-month time frame, they may be able to be recertified for hospice care and continue with hospice. These are the guidelines set by Medicare and followed by the private insurance industry.

How are the services paid for?

No one is turned away for lack of money. Providing care for all in need of services is our mission. Hospice services are covered under Medicare, Medicaid and private insurance. If you are uninsured and do not qualify for Medicare or Medicaid, we will still provide the same services that all of our patients receive.

Where is hospice care delivered?

Usually, hospice care takes place in the patient's home, nursing home or other extended care facility. Sometimes, however, if a patient's pain and symptoms need constant monitoring, they may be admitted into the hospital and cared for by the hospice team until the crisis is resolved.

Who makes up the hospice team?

Hospice patients and their families are served by an interdisciplinary team comprised of physicians, nurses, home health aides, social workers, chaplains, complementary and alternative therapists and volunteers. Other healthcare professionals may also be called in as the need arises. The team works together with the family and patient to ensure that the goals of the patient are being met.

What does the hospice team do?

We aim to make life better for all of our patients and families. In addition to expert pain and symptom management, hospice teams are concerned with enhancing quality of life for the patient and their loved ones. Our team asks families and patients what their goals for their own care are, and what their life goals might be.

For example, NHH has assisted families by providing volunteers to give caregivers respite so they can have a break from caregiving and enjoy time with friends. We have helped hospice patients fulfill their dream of marrying their sweetheart. We have helped patients travel so they could spend their last days with loved ones in other states or countries. More simply, we have allowed families to be together at home with their loved one until the end of life. We have coordinated fishing trips and trips to Vegas too!

How do you help me cope with my grief?

After the patient has died, we provide support for family and friends with bereavement counseling and bereavement support groups--if the family so desires. It is offered free of charge. Hospice also provides counseling and bereavement support to anyone in the community who would like it, even if they have had no connection with Hospice in the past.



Open letter to the families in our community with a serious illness

When confronted with a life-threatening diagnosis, it is natural to treat the disease. The treatments such as chemo or radiation unfortunately can have difficult and painful side effects that can leave us emotionally and physically exhausted. We endure it all because we want to get well.

Often we do get better. But sometimes it doesn't work, so we try another drug and another treatment. It can feel like our life is taken over by treatment. Sometimes in this hard process, you may hear a little voice inside that says, "I don't really think this is working. I don't think I want to do this anymore. I'm so sick and tired of all the time and treatments. I want my life back!" Sometimes we push those voices down. We don't tell our families or our doctors. We don't want to disappoint either of them. Our family is saying, "You can hang in there." The doctor may be saying, "Let's try this one more thing. There's a small chance it could help." If, after listening to your family and your doctor you decide, "I don't want to do this anymore," there is another choice.

Hospice is that other choice. It is a benefit of your insurance. As a non-profit organization, North Hawaii Hospice provides services even to those without insurance. In hospice, you can begin to truly live again. You get your life back. You get to spend your time doing what you want to do and we can help you do that. Our team works closely with your primary care doctor to help you to be pain free and manage any other symptoms. Hospice is about helping you to truly live the precious time you have left whether that is weeks, months or years. Instead of a life of treatment, it becomes a life of playing with grandchildren, visiting with family and friends, going to the beach, reading a book. For some of our patients it's "Going to Vegas." For real! We work hard to make you feel good enough to enjoy your life. And even to be cared for while you're in Vegas if that is your choice.

Studies show that people who choose hospice early actually live longer than people who don't. We think that is because people in hospice get such good medical care from us and that they are having more fun doing the things they love to do. They know life is precious and they are not going to waste any time.

Is it time for you to talk to your doctor about the comforting care of hospice? Most of our patients meet Medicare requirements many months before they actually call us.

Although your loved ones might be greatly relieved to talk about the hospice choice, we must respect the choice of the person. Sometimes people just have to keep treating until the very end. Sometimes a patient has their last chemo on a Wednesday and comes into hospice on Thursday and dies on Friday. We still do everything we can to make these patients comfortable, but they do not experience the joy and freedom that patients who take advantage of their hospice benefit months earlier. There are no co-pays for hospice care. Hospital beds, medications, and oxygen are only a few of the covered benefits. But mostly it's our people. Our medical director, nurses, social worker, volunteer coordinator, volunteers, bereavement counselor, nurse aide, and office staff are deeply committed to providing the best, most comforting care for our patients. At the end of life, it often seems that there are not too many good choices. Hospice is one of the good choices.

For more information call North Hawaii Hospice – your community hospice.

885-7547

North Hawaii HOSPICE

Bereavement / Caregivers / Youth Programs Offered Throughout the Year

Grief Circle of Support

While grief is a highly individualized experience, participation in a support group often helps healing begin. Bereavement support is often successful in helping people to identify their difficulties and begin to adjust to a new phase in life. Share and learn from others in a safe environment.

Caregivers Circle of Support

Are you caring for a family member or friend? Please stop by for support and encouragement. Learn helpful tips and ways to take care of yourself during this challenging time. Meet with other caregivers and learn from their experiences.

Grief Circle of Support – Expressive Art (Adults)

Art is an important means of expression that is particularly useful when you are grieving. It can help you manage your emotions and find calmness. A variety of creative art forms are offered. No art experience needed.

Grief Circle of Support – Expressive Art (Pre-teens and Teens)

This support group is offered throughout the year, providing a variety of creative art forms. Check for summer and school break programs.

Widows and Widowers - Circle of Support - Pupu Gathering

The group will plan and participate in discussion topics, activities, films to watch and more, while supporting each other in their future journey.

Community Education - Video Series and Group Discussion

This series includes a variety of videos covering topics such as living with purpose and gathering information for having a better death. Stimulating group conversation will follow the video presentations.

Individual Appointments (Adults & Youth)

Individual support is offered and can be arranged to meet your schedule.

*To join our mailing list for upcoming groups
or obtain more information on times and locations, contact:
inez.schultz@northhawaii hospice.org
Or call 885-7547
There are no fees for groups and individuals appointments.*

High Tea with Love and Aloha 2015

You could not ask for better weather on the slopes of Waikī'i Ranch, where the NHH's High Tea with Love and Aloha was held on February 7, 2015 . The sun was shining and many attendees were dressed in kimono to celebrate the blooming of the Cherry Blossoms.

Upon entering the Waikī'i Clubhouse, charming ladies in Hawaiian print aprons were on hand to offer champagne from silver trays. The clubhouse was filled with the sounds of friends greeting one another and the lovely live music of Patty Bigelow. The treasures and adventures being auctioned were in the theme of "Love and Aloha" and the afternoon was a celebration of the love and aloha for hospice and for the community.

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 Allbee and Margo Wray
Pat Bergin and Joan Anderson
Maria Brick and Catrinka Holland
Brynly Brown Spielman
and **Suzanne Brown**
La'i Chong and Julie Hendricks
Wendy Craven
Marquita Denison and Cynda Unger
Norma Edelman and Shirlee Freitas
Marie Fellenstein and Gena McFarland
Marty Hind and Yone Moynahan
Melanie Holt
Tai King
Joan Moynahan
Sue Neyens
Toni Reed
Joanne Sameshima
Margarita Scheffel and Frannie Titosky
Debby Stern
Kari Waldhaus
Ali Woods

The High Tea committee was comprised of the following individuals:

Wendy Craven-Chair
Joan Moynahan, Pat Allbee,
Ali Woods, Linda West,
Sue Neyens, Pam Hons,
Marquita Denison, Cynda Unger,
Margo Wray, Julie Mattson, Lynn Higashi,
Jaisy Jardine, Diana Mahaney,
Gayle Hubbard, Colleen Norris, and
Katherine Werner.

A highlight of the afternoon was a testimonial given by **Kathy Long** regarding the care her mother, Mary Koski, received from North Hawaii Hospice. Included in the silent auction was a gift of one of Mary Koski's lovely paintings from the Koski Family. Our hospice had honored Mary Koski at a high tea event in 2012, when we toasted a tribute to Mary for her talent and visual contributions in the Waimea community.



In conjunction with the tea, the silent auction provides an opportunity for further fundraising.

Besides the lovely Mary Koski painting, some noted items were adventures put together by **Wendy Craven**. Single tickets were for sale for each of the following events:

Flower arranging by **Scott Seymour** held at Pukalani Stables; Huaka'i Holo, A Cultural Tour of Waipio Valley; A Farm Tour and Luncheon hosted by **Melanie Holt** and **Jazzy Bostock** at REAL Farm; A Day of Learning and Lunching at Kiholo Bay hosted by **Jenny Hind Mitchell**; and, A Tour of the Parker Ranch Dairy guided by **Billy Bergin**.

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

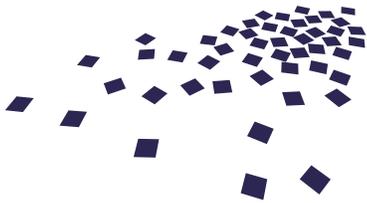
Diana Mahaney for underwriting the programs and invitations; **Alvin Wakayama** of Kamuela Liquor Store for donating the Prosecco; **Amy Ferguson** of Amy Ferguson Catering for providing the champagne glasses; **Suzanne Sasaki** and **Joan Moynahan** for creating and donating the aprons for our lovely wait staff; **Kathy Clarke Hawaii** for providing the bamboo chairs; **The Fairmont Orchid** for donating the macaroons; **Patty Bigelow** for her piano melodies; **Big Island Tents, Hawaii Johns, Foodland, KTA, Costco** and **Starbucks**; and to **Toby King, Stewart Lawrence** and the set-up and break-down crew for providing muscle power and big trucks.

Tea time is after lunch and before dinner but it is very easy to devour bite-size nibbles being continuously presented on a silver platter by smiling faces. Who wouldn't enjoy a sun-dried tomato spread with fresh herbs on a toasted baguette followed by a Meyer Lemon Bar? These and many other savory and sweet treats were prepared and baked by the talented friends of North Hawaii Hospice led by **Ali Woods, Judy Frazier, Whitney Harvey, and Jaisy Jardine**.

North Hawaii 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 the North Hawaii Hospice Facebook page.





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 23, 2015

5:00 PM to 7:30 PM

Coconut Grove

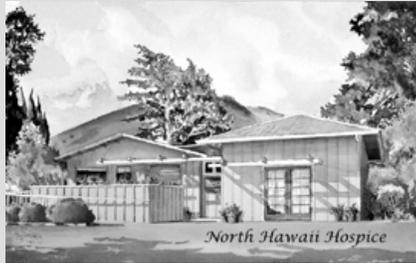
Fairmont Orchid, Hawaii

1 North Kaniku Drive Kohala Coast, 96743

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

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

www.northhawaiihospice.org



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“TOO OFTEN WE
UNDERESTIMATE THE
POWER OF A TOUCH, A
SMILE, A KIND WORD, A
LISTENING EAR, AN
HONEST COMPLIMENT,
OR THE SMALLEST ACT OF
CARING, ALL OF WHICH
HAVE THE POTENTIAL TO
TURN A LIFE AROUND.”
— LEO BUSCAGLIA