

NORTH HAWAII HOSPICE

SPRING 2016

NEWSLETTER



COMING UP:

Visitor Industry Charity Walk

Saturday, May 14, 2016
at 7AM

Waikoloa Beach Resort
Walk with us to support
North Hawaii Hospice, Inc.
For more information
call Gayle at 885-7547.

Tommy Bahama Classic Golf Tournament to Benefit

North Hawaii Hospice

Monday, June 13, 2016
Mauna Kea Beach Resort
Mahalo to all who have signed
up to play. The event is
currently Sold Out.

MARK YOUR CALENDARS!

Floating Lantern Ceremony

Honor and Remember

Sunday, August 28, 2016
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

This year, North Hawaii Hospice will celebrate 30 years of caring for families in our North Hawaii Island community. In this newsletter, you will find a short history of our early beginnings written by board member, Alan Gartenhaus.

We credit the success of our small community hospice to the quality of our dedicated board, staff, and volunteer members who have made tremendous contributions over the many years. We also are celebrating 30 years of gifts from our community members that have sustained the vision of our founders.

Founding board members and staff carried the banner for hospice in a big way in our early beginnings. They not only had to find the resources to support the organization financially, they had to also teach people what hospice care was and work with the community physicians to build trust that we would be able to provide quality care at home.

In 1986, Hawaii was also home to Mits Aoki and many others who are considered pioneers in the hospice field. In addition, the Hawaii Hospice Organization (HIHO) provided guidance for our state's first community hospices. These "legacy" hospices were built from grassroots local efforts to care for their communities and each one represents the culture of the surrounding population. All of these early hospices exist today and most of them have also reached their 30 year anniversaries.

Besides celebrating 30 years of caring, we are also celebrating 30 years of gratitude. It takes a village to support our work. We celebrate each and every one of you who has contributed to our success.

We are not resting on our laurels, we are still just as committed today as we were 30 years ago. We are committed to providing our model of care to those needing support while they are still searching for a cure, to provide increased bereavement support groups for the community at large including more support for our keiki and our schools, and to be a community resource for end-of-life care planning.

Imua!

Mahalo for all you do to support our work,



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

OFFICERS

John G. Roth
President

Jaisy Jardine
First Vice-President

Margarita Scheffel
Second Vice-President

Linda West
Secretary

Stephanie Ladwig
Treasurer

BOARD MEMBERS

Nancy S. Bouvet
Sheila Cadwallader

Karyn Clay

Wendy Craven

Bev Dawson

Howard Edelman

Alan Gartenhaus

Stewart Lawrence, MD

Diana Mahaney

Julie Mattson

Sue Neyens

Michael Petrosian

Ginny Robb

Joanne Sameshima

MEDICAL DIRECTOR

John Dawson, MD



NORTH HAWAII
HOSPICE

NEW FACES AT HOSPICE

By Phyllis Tarail

Renee Gonsalves

Finance Assistant

Stepping through the door of the office she shares with Colleen Norris, NHH's finance manager, Renee Gonsalves greets me

with a slightly shy smile and a welcome. She is naturally quiet and reserved, but soon she warms up and although she is somewhat reticent to talk about herself, she begins to share a little.

Renee was born and raised in Kona and she was a member of the first graduating class at Kealahou High School in 2001. She became a mother right away and since then she has focused most of her attention on her family--her husband, Travis, and her four children. Recently, they bought a house in Waimea, having lived here since 2010. Even so, they are still adjusting to the cooler and wetter climate.

As a stay-at-home mom for six years, Renee has put most of her energy into raising a family. Now she finds that working at NHH as the finance assistant is like being involved in another family. Even though she has only worked at NHH since August 2015, she feels that NHH is far and away the best place she has ever worked, as the staff and volunteers are very supportive and encouraging.

Renee's responsibilities as finance assistant include assisting

with accounts payable and receivable, banking and being a right hand assistant to the finance manager. Her attention

to detail and graceful presence has been a delightful addition to the hospice administrative office.

Having never left the Hawaiian Islands, Renee dreams of vacationing somewhere/ anywhere off the islands to experience a place that's very different from home. One of the ways she relaxes

at home is listening to all types of music and watching a variety of fantasy and drama movies as a healthy way to escape from reality.

Renee's family likes to do things together including beach days and occasional picnics and walks in the Waimea Nature Park. Twice a week she enjoys watching her oldest daughter and her youngest son practice Universal Kempo Karate. Once in awhile she'll go on a cooking or baking spree.

Renee's eyes light up when she talks about her children, her 10 year old daughter's interest in science and nature (different from her other kids and greatly supported by Renee) and when she expresses her love of movies—her most favorite way to relax after work.





Sacha Contreras

Administrative Assistant

As a nature lover, it was totally appropriate to meet Sacha at Ulu La`au, the Waimea Nature Park. Sitting on a bench in the

warm sunshine, she told me that she was born in Kona, but moved to a farm off-grid in Ahualoa when she was 12. Sacha attended Parker Middle and High School where she graduated in 2011. Portland, Oregon was her destination for school and work after high school, but after four years there, she moved back to help her parents with their pool and spa business. They needed her so they

could take vacations. Because her work at the family business allows her lots of flexibility, she decided to volunteer for hospice and soon thereafter the office had an opening for a part time receptionist and she was happy to accept the position. She had already helped with the Volunteer Appreciation Party and the Floating Lantern Ceremony. Hospice is a good fit for Sacha due to her desire to help people. Her grandfather could have benefited from hospice care, but didn't have it, which helped her realize the importance of hospice and how much it can really help the patient and the family.

Sacha still lives on an off-grid farm in Ahualoa where she and her family grow vegetables and raise chickens for eggs and she helps her mother raise miniature

goats. She's a definite nature and animal lover who loves to swim in the ocean and hike. Art is very important to her—she does



photography for friends and she likes to draw and paint—mixed media with metallic colors—that's her passion.

Yoga helps Sacha with her scoliosis and she tries to do yoga as much as possible. It's also a form of meditation for her.

Describing her self as "a little

quirky," she means that she likes to have fun and when she's not working, she delights in being "silly" or "goofy." For this reason she is always delightful to be around.

Sacha has an interest in the medical field, particularly radiography and she wants to go back to school for that some time in the future. In her free time she enjoys all types of music as well as doing her art. Sacha likes being involved in creative activities and collaborating with others creatively. When she said, "I'm a believer in the little things," she explained that she gets excited when she sees a pretty flower or when she learns new things about people or when she accomplishes something new.



NORTH HAWAII HOSPICE STAFF

Katherine Werner, MHA, RN
Executive Director

Colleen Norris, MBA
Director of Finance

Renee Gonsalves
Finance Assistant

Gayle Hubbard
Fund Development Manager

Debbie Washburn, RN, CHPN
Clinical Services Director

Denise Reyes
Clinical Services Assistant

Sacha Contreras
Administrative Assistant

Nancy Bellatti, RN
Reinhard Fritsch, RN, PhD
Kaiki Gunderson-Cook, RN
Patient Case Managers

Jennifer Real, MD
Hospice Physician

Rachel Real, LPN
On-Call Nurse

Megan McCaffrey, MSW
Social Worker

Bobbi Bryant
Volunteer Coordinator

Inez Schultz, MA
Bereavement Coordinator

Rev. Robert Schwarzaupt
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

Karyn Clay

Karen was born and raised in Lake Tahoe, Nevada. In 1992 she left the "Tahoe nest" and attended college in San Luis Obispo while working at Ocean View Care Home in Cayucos, so she could afford to raise a Cocker Spaniel puppy whom she'd fallen in love with. With an AA degree and two years of elderly care home experience, she moved down to San Diego to study Gerontology. She moved to Hawaii with her best friend after graduating from San Diego State University in 1998. She and her friend figured they would live in Hawaii a year or two, now, 18 years later, she is still here! Since then Karen has worked to serve the community by founding two organizations that care for our Kupuna; Ho'oNani Day Center in Waimea, founded in 2002 and Ho'oNani Care Home, also in Waimea, founded in 2015.

When Karen first moved up to Waimea in 2001, she lived the single life by hiking and/or diving every weekend. Then she went on a cruise in 2004 and met her love, John Clay, who moved out to Hawaii from Florida soon after. She has found that she enjoys reading, walking and relaxing at

the beach or pool when spending quality time with her husband. Karen and John have been married for 10 years and have an intelligent and beautiful 7 year old daughter, Charly, who is an energetic spirit-lifter at the Day Center and Care Home. Their family will expand again this year when they invite Koko, a pet therapy Standard Poodle into the Ho'oNani and Clay 'Ohana!

Karen says "It is my honor to serve North Hawaii Hospice after they have served so many of the individuals that I have provided care for over the past 14 years. Many of the older adults I have cared for since my Cayucos days have passed on and I have always believed it is an honor to be in a

position to know, love and care for the wonderful souls of this world in their last years, months and days. They are saturated with heartfelt emotion and memories, which moves me in a way that confirms my calling to serve in this new role on the Board of Trustees of North Hawaii Hospice."

Welcome to the NHH Ohana, Karen Clay!



JOIN OUR TEAM AT CHARITY WALK

You can walk or run to support North Hawaii Hospice on Saturday, May 14th at the 38th Annual Charity Walk. It's great fun and this year it will be held at the Waikoloa Beach 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!

Along the walking circuit there are aid stations with various drinks, snacks, and give-away items to keep everyone going strong. There are booths for keiki too. Kids are welcome but please leave

your pets at home.

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.



Celebrating 30 Years of Caring North Hawaii Looks Back to Its Early Beginnings

By Alan Gartenhaus

You only need ask someone whose life has been touched by hospice, whose loved one has received its care and compassion or whose grief was eased by its attentive counseling, and you'll hear a chorus of praise and gratitude. While such tributes to hospice are nearly universal, each person's journey through hospice care is dealt with individually, according to his or her specific needs, desires, and beliefs. "Our goal is to provide comfort, security, support, dignity, and assistance individually tailored to each patient and family situation," states Katherine Werner, NHH Executive Director, "it is our patients and their loved ones who lead and direct how these services are provided."

Like all hospice programs, NHH serves to ensure that those who find themselves beyond the reach of curative medicine receive attentive care and professional medical care so that they might spend their final days at home, with dignity and comfort, surrounded by the people and place they love. But unlike most other hospice organizations, NHH is exceptional in that its very existence has defied the odds. "By all rights, our community has too few people and is too spread out to sustain a hospice program," said Donald Shumacher, CEO of the National Hospice and Palliative Care Organization. "Our hospice is truly a gift the community has given itself, achieved by the determination, efforts, and contributions of a very dedicated community."

Throughout North Hawaii, from Laupahoehoe to Waimea and from Pololu to Waikoloa, grassroots participation has been the hallmark and sustenance of our hospice. Community members assist with office chores, work directly with patients, serve on special events committees, and provide financial support. "We are extraordinarily proud of the hospice volunteers," acknowledges former hospice nurse, Fran Woollard, who was with NHH from its early beginnings and served as its first professional staff nurse. "Anyone interested in supporting hospice can get involved. They need only give them a call and they will find a



Hobrey Brougher and Fran Woollard

role for those with a desire to get involved."

NHH has been a 'gift the community has given itself' from its very inception, having been created through the effort and involvement of volunteers. Sheila Cadwallader, a retired nurse, was the catalyst for developing a hospice program in North Hawaii. "I was visiting a dear friend in a hospital on Oahu. My friend, Yoso Ryusaki, asked upon seeing me in his hospital room, 'How is my Waimea?' The next day, surrounded by his wife, Natsuko, and his family, Yoso died. But his love for his home village of Waimea

was ever present, and my thought was that if our community had had a hospice program, Yoso would have been able to spend his last days at home."

With the encouragement and financial guidance of her husband, Gary, Sheila gathered a number of like-minded residents who believed that hospice care should be an essential component of their community. Among them was Dr. John Dawson, who served from the start as the fledgling organization's medical advisor and who has been affiliated with NHH throughout its existence. Other people Sheila rallied reads like a Who's Who of our community in the mid-1980's, including: Sue Gingrich, Janice Kaniho, Shirley Rizzuto, Mimi Shattuck, Mary Fox, Dr. George Bracher, Dr. John Lowrey, Melinda White Bollinger, Mary Fox, Alvin Wakayama, Barbara DeLaney,

Fran Woollard, Suzanne McNaughton, and Suzanne Brown.

Nancy Bouvet not only helped Sheila get hospice off the ground, but she became the organization's Executive Director for nineteen years. Bill Hastings handled the organization's legal non-profit incorporation needs pro bono. Will Hancock developed the backbone of the organization's financial structure including the creation of its Endowment Fund. Maria Lee created the initial NHH logo. Mary Armstrong was the first volunteer and volunteer coordinator and Barbara Jacobson was the perpetual, always available bedside volunteer nurse. Pastor Bill Hawk served as the organization's first clergy representative. Millie Kawano actively drummed up community support, baked goodies for volunteer training sessions, and served as the historian, keeping picture albums of NHH's start-up activities. Mark Sperry, Director of Lucy Henriques Medical Center, represented that institution, which predated the North Hawaii Community Hospital; Maria Stark was the nurse representative from Kohala Hospital and Carol Kalaau, was the representative from the old Hamakua Hospital. Together, this energetic and committed group of community activists wrote grants and appeals, worked hard, gave of their time and professional expertise, and developed the structure of an organization that is now celebrating its 30th anniversary.

The diversity of our community was never an obstacle to NHH services or support. "The diversity of our community is reflected in the faces of our patients and staff and the names of our supporters. We serve all in a manner that is respectful of who they are, what they believe, and what they want. NHH is a grassroots organization

both in who we've helped and who has helped us," affirms Nancy Bouvet, the founding NHH executive director.



Sheila Cadwallader and Nancy Bouvet

With continuous community support, and Medicare certification in 1992, NHH has been able to assist more than 1500 of our fellow citizens at the end of their lives, along with countless numbers of their families, friends, and neighbors without ever charging a patient or family for its services. In addition, NHH has undertaken many other important programs and provided services, including:

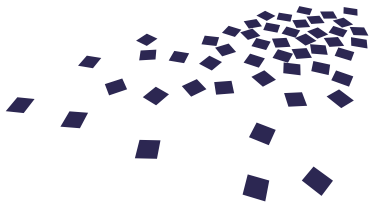
- offering grief-counseling programs for youngsters who experience loss;
- being a voice in the community on establishing "advanced directives," which ensure that a person's end-of-life wishes are known to loved ones; and
- creating an annual floating lantern ceremony to honor and remember friends and loved ones.

This year, to showcase its 30th anniversary, NHH will be hosting a high tea at the Waiki'i Clubhouse. The tea will be held on April 2nd to celebrate the aloha that the community has blessed the hospice with. The always-festive hospice fundraising events are sold out year after year. There will be a large silent auction featuring art and treasures and tickets to special local adventures led by local historians.

If you would like to assist NHH with a gift of time, involvement, or support, or if you would like to learn more about our annual Floating Lantern Ceremony please give us a call. And, of course, most importantly, if you or someone you know needs our support and assistance, do not hesitate to give NHH a call. We will be there for you – truly a gift the community has given itself.



Alan Gartenhaus, Nancy Bouvet and Kahu Billy Mitchell



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 28, 2016

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

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

Volunteer Opportunities

Have you ever wanted to volunteer for something where your efforts would truly make a difference in someone's life? Where you could receive on-going training and support to enable you to grow personally and stretch yourself in new ways?

Consider becoming a volunteer for North Hawaii Hospice!

Attend the next volunteer training class and you will find many different opportunities to become involved with this tremendous organization. We have opportunities in the office support area as well as in patient care. If you are looking for a way to broaden your horizons, see if volunteering for hospice is for you. Call (808) 885-7547 and ask for Bobbi Bryant or e-mail volunteer.coordinator@northhawaiihospice.org for more information.

- **Patient Care Volunteer** - Provides companionship, respite, chores, errands and light physical care for patients in their homes.
- **Complementary Care Volunteer** - Provides support through donating a skill such as massage therapy, Reiki, Healing Touch, Aromatherapy. Also includes music, art and pet therapy.
- **Event Volunteer** - May assist with various community events and fundraisers by working to direct parking, help with registration, serving food, or decorating.
- **Office Volunteer** - Provides filing, computer data entry, typing, telephone, and bulk mailing support, or help with production of the newsletter.