

NORTH HAWAII HOSPICE

SPRING 2018

NEWSLETTER



COMING UP:

**Tommy Bahama Classic
Golf Tournament to Benefit
North Hawaii Hospice
Tuesday, June 12, 2018**

Mauna Kea Beach Resort
Mahalo to all who have signed
up to play.

MARK YOUR CALENDARS!

**Floating Lantern
Ceremony
Honor and Remember
Sunday, August 26, 2018**

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



Hospice isn't giving up or giving up hope as most people think. Quite the opposite. Hospice care is a philosophy of care. Hospice means enhancing the quality of life. Hospice care addresses uncomfortable physical symptoms as they arise. Hospice care not only treats the physical body, hospice care addresses the whole being, emotional, spiritual, and psychological. Calling hospice means hoping for the best quality of life possible.

Because we are able to make life changing differences, we need to get our story told. We need to let families know that they should not be afraid to pick up the phone and call our office directly. We offer a comprehensive program of supportive assistance that is not available elsewhere. It is assistance for the caregivers so that they are not alone in making decisions. This assistance is just a phone call away. So if you have a friend or a family member facing a serious illness, please encourage them to consider calling hospice. If it is too early to call we will let you know.

Your generosity makes it possible for North Hawaii Hospice to enrich our community by helping people discover compassion, insight, courage, humility, inspiration, confidence, and growth. These are the underlying gifts that come through the work we do in the community. Our community support inspires our work. You are part of our team and we are very grateful to have you join us.

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 Werner
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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President

Karyn Clay
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John G. Roth
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Linda West
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Diana Mahaney

Sue Neyens

Susy Ruddle

Margarita Scheffel

MEDICAL DIRECTOR

John Dawson, MD



NORTH HAWAII
HOSPICE

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 26, 2018 • 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

A pre-North Hawaii Hospice Lantern Ceremony DECORATING EVENT will be held at Hospice on August 16th from 2:00 to 4:00 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.



STAFF MILESTONES

Celebrating More Than 10 Years at North Hawaii Hospice



(L-R) Colleen Norris, Finance and HR Director, Gayle Hubbard, Director of Development, and Debbie Washburn, RN, CHPN, Director of Clinical Services

RETIREMENTS



(L-R) Sandie Rossi, Hospice Aide, Megan Mc Caffrey, MSW, Hospice Social Worker, and Reinhard Fritsch, RN, PhD, Hospice Nurse Case Manager. Ipu were handmade by Mark Therrien, MSW, former hospice social worker.



NORTH HAWAII HOSPICE STAFF

Katherine Werner, MHA, RN
Executive Director

Colleen Norris, MBA
Finance and HR Director

Renee Gonsalves
Billing and
Reimbursement Coordinator

Gayle Hubbard
Director of Development

Debbie Washburn, RN, CHPN
Clinical Services Director

Denise Reyes
Clinical Operations Coordinator

Beverly Kypfer
Clinical Services Assistant

Sandee Moiha
Receptionist

Leilani Dumaguin, RN
Reinhard Fritsch, RN, PhD
Kaiki Gunderson-Cook, RN
Monica Newcomb, RN, CHPN
Jennifer Rabalais, RN, CIC
Patient Case Managers

Jennifer Real, MD
Hospice Physician

Amanda Duncan, CHPLN
Susan Hildenbrand, RN
Hospice Nurses

Sandy Sproat, MSW
Social Worker

Bobbi Bryant
Volunteer Coordinator

Inez Schultz, MA
Bereavement Coordinator

Robert Schwarzhaupt, MDiv, MEd
Spiritual Counselor

Nina Millar, RN
Rachel Real, LPN
Christine Richardson, RN
After Hours Nurses

Ashley Batacan, CNA
Marshall Cacoulidis, HA
Nicole Ignacio, CNA
Sandee Moiha, HA
Hospice Aides



2018 HIGH COUNTRY TEA

The stormy weather upcountry did not dampen the mood of the attendees at the "High Country Tea" held at the Waiki'i Ranch Clubhouse on Saturday February 24th, 2018.

The extra-large rainproof tent and covered walkways provided shelter to cowboys, cowgirls, Scottish Highlanders dressed in kilts, and ladies in their most elegant bonnets. The individually designed tables were picture-perfect, and photographer, **Laura Reid**, was assigned to capture the beauty of the decorations and festivities. The savory delights and sweet treats were prepared by **Chef Whitney Harvey** and **Chef Noah Hester** of **Puako Provisions and Catering**.

The festivities included a Prosecco reception and silent auction, a welcome pule by **Father David Stout** and a live auction and entertainment provided by **John Roth** and **Susy Ruddle**.

The High Tea Committee Co-Chairs were **Sue Neyens** and **Wendy Craven** and committee members included **Pat Allbee**, **Gayle Hubbard**, **Susan Hunt**, **Steve Kittell**, **Joan Moynahan**, **Colleen Norris**, **Kathleen Thoene** and Friends, **Linda West**, and **Allison Woods**.

Our Fabulous Table Hosts were:

Margo Wray and
Pat Allbee
Shirlee "Roxie" Freitas
Diana Mahaney
John Roth
Debby Stern
Marty Hind/Yone
Moynahan
Nanea Studios

Denise Ray
Puana Pain Clinic
S&G Labs Hawaii
Marquita Denison and
Cynda Unger
Darlene Walencewicz
Hermine Baker
Mimi Kerley and
Zaheva Knowles

Lolly Davis
Mavourneen Wilcox
Joan Moynahan
Tai King
Heidi Smith and
Tracey Gilmore
Doreen Trudeau
Lisa Chu-Thielbar
Barbara Gerbert

Special Thanks to:

Waimea Butcher Shop, Cal Kona Produce, Hawaii Island Picnics and Provisions, Shoots Micro Greens, Kamuela Cucumbers, KTA, Big Island Tents, Alvin Wakayama, Fairmont Orchid, Diana Mahaney, Kathy Clarke, Judy Frazier, Chris Woods, Susy Ruddle, John Roth and all of the many generous donors and volunteers that help make this event a success. We could not do it without you!



WHO'S ON BOARD

Susan Hunt

Susan Hunt was born and raised in a small farming community in rural Northern Illinois where her family has farmed since the early 1900s. She attended Southern Illinois University at Carbondale where she received her bachelor's degree in psychology with an emphasis in organizational behavior. She received her master's degree in health administration from St. Louis University's School of Public Health – St. Louis, Missouri. Following graduation, she was employed at Intermountain Health Care in Salt Lake City, Utah, until moving to Hawaii in 1991.



Susan has held various administrative positions at local hospitals and clinics including Kapiolani Medical Center for Women and Children, Hamakua Health Center, and North Hawaii Community Hospital. She has extensive non-profit management, program development, and leadership experience. Serving as the former CEO for the Hawaii Island Health Information Exchange and on several boards and commissions both local and statewide has resulted in an in-depth understanding of the needs of our Hawaii Island communities within the context of our state's health care system. Susan currently co-owns and manages Hale Ola Pono Health Center in Kamuela which houses a variety of medical and complementary health care services.

Susan and her husband, Marius Ellis, a native South African, have enjoyed extensive travel throughout the southern African continent. She is an avid wildlife photographer. Marius delivers her to remote locations with his off-road driving skill. They reside in Waimea where they enjoy bicycling, kayaking, hydroponic gardening, and each other's company.

Susan was inspired to serve on the North Hawaii Hospice Board after experiencing hospice services first hand in Illinois when her father died in 2014. She is pleased to be given this opportunity to serve and share her non-profit board and leadership experience with NHH in an effort to help the organization grow and prosper.



NEW FACES AT HOSPICE

Jennifer Rabalais, RN, CIC

Jennifer Rabalais joined our team as a hospice nurse and community educator this past year.

Jennifer was born in a small town in Louisiana called Cottonport because it had a hospital and was a bigger town than the town where her parents lived. She lived in rural Louisiana for five years until she moved to the big city of Baton Rouge where she lived until she was 18. Jennifer was always interested in science and medicine and thought nurses were really great so she decided to leave during her lunch hour at a boring clerical job and walk across the street to the hospital and apply to the nursing school there. It was the Lady of the Lake Hospital School of Nursing in Baton Rouge.

In nursing school in the 1970s, hospice nursing as an institution was in its infancy. Jennifer learned about Brompton's cocktail (a pain cocktail used in the first hospices in England) and the very basics of hospice nursing and she became intrigued. Then, while working as a home infusion nurse in the SF Bay area in the early 1990's, she cared for many people with HIV/AIDS and collaborated with hospices. That's where she learned a lot about hospice and was very interested.

Since starting work at North Hawaii Hospice, Jennifer says she enjoys getting to know the

patients and their families and being able to make a real difference for them all during a very difficult time. She feels it is an honor to be part of someone's journey at the end of life.

Jennifer has been married to her marine biologist husband for almost 38 years. He is from St. Croix, in the Virgin Islands. She met him when she traveled there as a traveling nurse. They do not have children but enjoy extended families--siblings, nieces, and nephews. Her mom and sister still live in Louisiana and her husband's remaining family are now mostly in Costa Rica.

Last year, she traveled to Roatan, Honduras, and visited her husband's Costa Rican family.

She and her husband love hiking, paddling, snorkeling, bird-watching, and photography. They've traveled to many places and some of their favorites were snorkeling in Palau, traveling New Zealand by camper van, and diving in Fiji.

Her favorite things about living on Hawaii Island include the incredible contrast between blue sky, black lava, and blue ocean; watching the amazing sunsets from where they live; enjoying the majesty of the volcano; spontaneous music at patients' homes; and the hugs she gets from patients and their families.



Did You Know?

Did you know that North Hawaii Hospice's services are offered free of charge to our patients and their families? North Hawaii Hospice is dedicated to making hospice care a possibility for all people, regardless of their economic situation.

How does it work? Medical insurance, including Medicare, Medicaid, and private health insurance, covers part of the cost of hospice care. The remainder, as well as the cost of care for patients without insurance, is covered by money received from our fundraising efforts.

As a non-profit organization, we are extremely grateful for the generosity of our donors. Your contributions allow us to fulfill our mission of providing compassionate, quality end-of-life care to the families in North Hawaii.

Monica Newcomb, RN, CHPN

Monica was born and raised in Rhinebeck, NY, a small town in the Hudson Valley region, about 90 miles north of NYC. She decided to go into nursing after working in the research department of a VA hospital and observing up close what nursing really looks like. (Her first degree was in biology and she worked in research for about three years.) Monica went to nursing school at Dutchess Community College in Poughkeepsie, NY. While working in the hospital as a Medical Surgical nurse, she found that she was really drawn toward working with terminally ill patients and seemed to have a good connection with them so decided that hospice nursing was something she'd like to pursue. Monica particularly appreciates the more holistic approach of valuing the emotional,

spiritual, and psychological needs of hospice patients as well as their physical needs, and values working as part of a team to provide hospice care.



Monica moved to Hawaii Island with her husband, Carlos, and daughter, Sarah, in August of 2017. Carlos is newly retired and has taken up ukelele making. Sarah is a freshman at HPA and is an accomplished dancer and actor. The family still feels like they are tourists here and they are enjoying exploring the amazing island. They love hiking, tennis, golf, and swimming, and love that the weather here lets them do that all year round. The absence of Nor'easters (a type of big winter storm) is one of Monica's favorite things about living here so far!



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 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.

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.

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Circle of Support

Grief Circle of Support

Time: 1:15-2:15 *

When: 1st & 3rd Wednesdays

Offers a safe, supportive environment for sharing experiences, insight & encouragement through mutual support, discussion and handouts.

Caregivers Circle of Support

Time: 2:30-3:30 *

When: 1st & 3rd Wednesdays

Available to those who are caring for a family member or friend. Offers support and encouragement. Helpful tips and ways you can take care of yourself during this challenging time.

Suicide Survivors Support Group

Time: 12:00-1:00 *

When: 1st & 3rd Wednesdays

This group is for adults who have lost a loved one to suicide.

Widows and Widowers Circle of Support

Time: 12:00-1:00 *

When: June 7th

The group will plan and participate in discussion topics, activities, while supporting each other in their future journey. Future dates /times will be planned at first meeting.

* **Note:** Sessions: 2 months each.
May/June, July/Aug, Sept/Oct.
Groups need 4 or more participants.
Please call to sign up.

Emotional Support

Patients

A serious illness can cause many different types of suffering. There can be physical pain, but also dealing with a serious illness can create emotional and spiritual suffering. Support is available.



Bereavement activities are available throughout the year

Call to sign up-be put on our mailing list

- Pre-lantern decorating event
August 16th, 2-4
- Ohana Remembrance Ornament
Decorating - Dec. 12th, 2-4
- Expressive Arts-adult. June 13th
- Children's - Memory boxes Ages
7-11 - Oct 10th, 1-3



It is natural to experience a range of emotions. You may be left feeling anxious and worried about how you are going to cope.

Sometimes it can be difficult to talk to your family and friends about your feelings and you may find it helpful to talk to someone trained to listen and respond to your needs.



North Hawaii Hospice is non-profit. Our services are offered to the community at no charge.

Individual Appointments

Adults, Youth & Caregivers

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

Holiday Support Group

Time: 1:15-2:15

When: Nov - Dec, 1st & 3rd Wed

Managing grief in times of celebration can be overwhelming. Come and be supported while learning strategies to manage the mixed and painful emotions that can surface during the holidays.

Community

Bereavement services are available at your location to:

- Schools
- Churches
- Businesses

For more information, please contact:
Bereavement Coordinator/Support
North Hawaii Hospice

Inez Schultz, M.A.
at (808) 885-7547
or e-mail:
inez.schultz@northhawaiihospice.org