

NORTH HAWAII HOSPICE

WINTER 2020

NEWSLETTER



COMING UP:

Hospice Volunteer Training:

New! You can now begin your hospice volunteer training right away using our interactive online training course featuring national experts. After completion of the online training, there is an in-person session as well. For more information, call Katherine Cross, Volunteer Manager, at (808) 885-7547.

SAVE THE DATE!

“LAULIMA”

Island Style Luncheon & Tea

North Hawaii Hospice's Fundraising Event

SATURDAY, FEB. 29, 2020

12:00 P.M. – 4:00 P.M.

WAIKII RANCH

Circle the date and plan to join us for our annual fundraiser. Celebrate island style with the music of Puamana, visiting from Honolulu, while enjoying delicious island flavors. If you are interested in being a table host or reserving tickets, please call Gayle at (808) 885-7547.

Letter from the Executive Director

Aloha Hospice Ohana,

We know too well how an unexpected diagnosis can change someone's universe in an instant. Or how family members can be thrust into the new reality of caregiving and feel pushed beyond their comfort zones. We witness the painful yet necessary process of grieving losses - health, independence, or losing someone we cherish - and we witness the physical, emotional, and spiritual journey toward a more hopeful “new normal” as the journey of recovery progresses. In each of these new realities, our hospice team is there to help - thanks to YOUR contributions of time and financial support.



The generous support we receive enables our hospice to serve more people in more ways. Through individual, corporate, and foundation gifts, grants, partnerships, and volunteer time and talent, you help make possible the many projects, events, services, and programs that enhance the lives of our patients and families, and the well-being of our community. Whether it is home hospice care for an uninsured patient, grief support for our community, our volunteer program, providing community education, workshops and events, or partnering with community agencies, your support is what allows us to keep these community benefits available.

As the new year commences, we want to wish everyone in our community peace and aloha and the sharing of precious time with friends and family.

With Aloha and Best Wishes for 2020,



Katherine W. Brooks
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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MEDICAL DIRECTOR

Jennifer Real, MD



NORTH HAWAII
HOSPICE



Welcome Jennifer Real, MD, Our New Medical Director

We welcomed Jennifer Real, MD, as our new hospice medical director at the beginning of 2019 after Dr. John Dawson retired. Dr. Jenn had been serving North Hawaii Hospice making house calls since 2011. She had become an important part of our hospice and supportive care services, so we were very pleased that she was able to step into the role of Medical Director. Shortly after assuming the role of medical director, Dr. Jenn obtained her certification from the Hospice Medical Director Certification Board. We congratulate her on this accomplishment.

Dr. Jenn grew up in Cincinnati, Ohio, and it was her pediatrician grandfather that gave her the impetus to study medicine. She went to medical school at Albert Einstein College of Medicine in New York City and then went to the west coast to do her residency in internal medicine at UC San Diego where she also met her husband, David, who was then in the Navy. She had planned to become a pulmonary specialist, but when David was transferred to Virginia Beach, she became a hospitalist and soon discovered that she really liked this type of medicine. She moved to Hawaii Island and served as the lead hospitalist at North Hawaii Community Hospital in Waimea. She is a familiar face to many people in our community who got to know her there. Dr. Jenn and her husband own a family farm in Ninole Mauka and David built an off-grid house. They grow taro, pineapple, coffee, and avocados. Dr. Jenn also enjoys mountain biking and participating in local races. As an animal lover, she has found herself picking up pets on the side of the road and taking them home to care for them until she can find their owner or a new home. Her soft-hearted nature is wonderful when it comes to working with hospice patients and their families. We are so happy to welcome Dr. Jenn in her new role here at North Hawaii Hospice.

Annual Hospice Tea Event is now "Laulima"

The Hawaiian word Laulima means many hands working together in harmony and aloha. What a perfect way to describe all of those who come together to support hospice and to support our event. This year's hospice benefit will feature a luncheon and sweets with tea, catered by Hawaii Island private chef **Martha Brahm** of the **Hawaiian Tart Company**. There will be live music by **Puamana**. Also featured this year will be a lively benefit auction with Kathy Kingston.

To get everyone in the mood, we have a recipe provided by private chef Martha on the facing page.

Mahalo to Tommy Bahama for a Great Golf Tournament

The 13th Annual Tommy Bahama Classic was held at the Mauna Kea Beach Hotel on June 11th. The event is always a must-do for local golfers in the know. It is also on the Tommy Bahama Circuit and brings in golfers from the mainland who love the opportunity to play one of the most famous golf courses in the world.

A special big mahalo to the Tommy Bahama Restaurant – Bar – Store at Mauna Lani and all of their hardworking staff. Mahalo to Josh Silliman and the golf team at the Mauna Kea Beach Resort, each and every golfer who came to play, and all of our hospice volunteers who make the event so great. A special thank you to all our sponsors and donors. Being the beneficiary of the Tommy Bahama Classic is an honor and a very important part of funding our hospice program.



NORTH HAWAII HOSPICE STAFF

Katherine Werner Brooks, MHA, BSN
Executive Director

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Patient Case Managers

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Hospice Nurses

Sandy Sproat, MSW
Social Worker

Katherine Cross
Volunteer Manager

Leah Ledward, MA
Bereavement Coordinator

Vicki Farley, BCC, DMin
Spiritual Care Counselor

Kiko Kanai, RN
Nina Millar, RN
Christine Richardson, RN
After Hours Nurses

Ashley Batacan, CNA
Marshall Cacoulidis, HA
Courtney Washburn, CNA
Hospice Aides

Rosemary and Brie Strata

Yield: 1 individual gratin dish (multiply by the number of guests serving)

½ cup milk	1 slice cooked bacon, chopped
1 large egg	2 tablespoons Stilton or Gorgonzola
¼ teaspoon garlic salt	1 oz. Brie, rind removed, cut into cubes
Sprinkle of pepper	1 teaspoon rosemary, preferably fresh
2 slices of toast made with white or whole wheat bread, cut into ½ inch cubes	chopped

1. Combine milk, egg, garlic salt and pepper. Whisk well.
2. Butter a gratin dish. Place half the toast cubes in the gratin dish. Top with half the bacon, Stilton or Gorgonzola and Brie.
3. Repeat with remaining toast, bacon, and cheese.
4. Pour egg and milk mixture over top. Sprinkle with chopped rosemary. Let stand for at least 30 minutes. Could be made hours in advance and refrigerated.
5. Bake at 325 for 25 minutes or until custard is set.



North Hawaii Hospice's High Tea and Auction Raises Funds

Last Spring, our High Tea and Auction brought in a record breaking \$100,000 of support that went directly to the care of our hospice patients and families. It was an incredibly beautiful day up at Waikii Ranch. The extra-large white tent was a welcomed sight against the backdrop of the rolling green meadows as you approached the Ranch Clubhouse. Luckily, the tent was warm and waterproof and provided shelter for the fabulous individually decorated tables that make this event the most creative event of the year. Each year, the table hosts come up with the most amazing tablescapes ever. The festivities included a Prosecco reception, a silent auction featuring special historical tours and adventures, and lots of one-of-a-kind treasures the event is known for. We honored our departing medical director **Dr. John Dawson**. Then, we were treated to a hilariously entertaining live auction by **Susy Ruddle** and **John Roth**.

The High Tea and Auction committee co-chairs were **Wendy Craven, Sue Neyens, and Linda West** and committee members were **Pat Allbee, Katherine Brooks, Katherine Cross, Gayle Hubbard, Susan Hunt, Jaisy Jardine, Steve Kittell, Chacha Kohler, Joan Moynahan, Colleen Norris, John Roth, Susy Ruddle, Margo Wray, Kathleen Thoene** and **Friends**. We send our gratitude to each and every one of the committee members.

Our Fabulous Table Hosts were:

- Margo Wray and Pat Allbee**
- Diana Mahaney**
- Anne Rediske**
- John Roth**
- Shirlee (Roxie) Freitas**
- Mavoureen Wilcox**
- Nanea Studios, Inc.**
(Brynly Brown and Suzanne Brown)
- Barbara Gerbert**
- Darlene Walencewicz**
- Ali Woods, Allison Rose, and Pamela Heitz**
- Randy Ripley**
- Marty Hind and Yone Moynahan**

- Joan Moynahan**
- Annabelle Shallenberger**
- Carla Pinahs and Lisa Anderson**
- Ho'olaea Andrade, Mealani Morgan,**
and Jody Kaiser
- Annie Mendoza**
- Michelle Paape and Debi Au**
- Mel Holt**
- Lucy Parkin**
- Joan Anderson and Laura Rose**
- Vanessa Kalama and Justine Arrillaga**
- Daena Craven and Crystal Sebastian**
- Karen Bail**

We can't thank each table host enough for making this event so amazing.

Also, Special Thanks to:

Cal-Kona Produce, Mamane Bakery, KTA, Big Island Tents, Alvin Wakayama, Judy Frazier, Chef Noah Hester, Chef Whitney Harvey, and all of the donors and volunteers who helped make this event a success. Many hands working together with Aloha! We couldn't do it without you.



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.



HOSPICE HAPPENINGS

Appreciating Our Hospice Volunteers

This year, our volunteer appreciation event was held at Kahua Ranch. It was a paniolo style barbeque with live music and festivities. A highlight of this year's event was a live auction of gift baskets and art using play money given to each volunteer as they entered the party barn. **Katherine Cross**, our volunteer manager, and **Sandee Moiha**, our patient volunteer coordinator, served as the chairs of the event and were on hand to honor some special volunteers who have served our hospice for more than 10 years. Music was provided by **Robert Decker** and the live auction was emceed by Susy Ruddle. Everyone had a good time talking story and "bidding" on all the creative prizes and gift baskets.

Our volunteers are the heart of our organization. They dedicate many hours of service to North Hawaii Hospice. They visit our patients and families in their homes providing much needed breaks for caregivers, they answer phones, work with events, produce patient videos, and provide complementary therapies such as acupuncture, massage, or music therapy. We are so grateful for the many volunteers that support our organization. Special thanks to **Eric Savage of Freedom Spas** for underwriting the catering for the event.



WHO'S ON BOARD

Nick Sutton

Nick began his banking career with Bank of America in Washington State in 1980. Not long thereafter, he took on the Branch Manager position at none other than Bank of Hawaii, Kamuela Branch. In the early 90's, Nick took a hiatus from banking while he pursued his passion for providing faith-based counselling to crisis and trauma victims in hospitals and then as a police chaplain before returning to banking in 1999. Throughout the years, Nick has considered Waimea his home; it is where he raised his children and developed deep and lasting relationships that he still maintains today. It was his longtime dream to return to Waimea and it is a great opportunity to return to Bank of Hawaii.



Nick holds a Master of Divinity degree and a BA in Interpersonal & Public Communications, with a Minor in Psychology & Sociology. As a licensed and ordained inter-denominational pastor, he also performs weddings, funerals, blessings, and invocations. He has two grown children and five grandchildren.

Nick holds North Hawaii Hospice as one of his favorite passions and was an early pioneer in helping our hospice get started over 30 years ago.

Tracy Yost, CPA



Tracy was born in Murray, Utah. Immediately after he was born, his dad was drafted into the military which made his early years a big adventure. While his dad was in the Navy, he traveled to Florida, California, and Japan (his first childhood memories

were of Japan and he climbed Mt. Fuji while his dad carried him on his back). Around age nine, his family finally settled down in Idaho

(and his parents are still there today). After finishing high school in Idaho, he went to Utah State University and got both his bachelors and masters degrees in business and accounting. After he was finished with school, he moved to the Pacific Northwest. He moved to Waimea in 2011 and loves the community.

As far as hobbies are concerned, Tracy has always been an avid rock and mountain climber. He has climbed throughout Cascades in Washington and Oregon, Idaho and Yosemite, and internationally in Mexico, South America, and Africa. One of his all-time highlights was climbing Mt. Kilimanjaro with his son Joshua. Tracy has been married for 28 years to his wife, Heather, and all three of his children have graduated from Parker School. Family means everything to Tracy and now that the kids are grown up and gone, his favorite times are when he is able to get the family together again.

Currently, Tracy is the CFO at Canada-France-Hawaii Telescope in Waimea. He has been training for triathlons year-round and enjoys fly fishing, scuba diving, climbing, and hiking. Also, if anyone is interested, he is looking for chess partners in Waimea.

Tracy looks forward to the opportunity to give back to the community and be part of an organization that serves individuals and family members at a time when they need it most. He feels honored to be part of the hospice mission. Welcome, Tracy!

Eric Savage

Eric Savage joined the North Hawaii Hospice board of directors after attending one of our annual fundraising events. He and his wife Jeannie are relatively new to our community but not new to lending a hand when it comes to volunteering, fundraising, and giving back to their community.

Eric has had a long career in the automotive industry and at one point managed nine car



dealerships and more than 400 employees when he lived in Pennsylvania. In 2016 Eric fell in love with the spa business and in 2018 he opened Freedom Spas, a chain of 10 spas based in Hawaii.

Eric has always led his business organizations with a philosophy that being a business owner is also an opportunity to be in the life improvement

business. Eric welcomed the opportunity to join the board of North Hawaii Hospice in 2019 because our mission is aligned with his philosophy of life improvement.

Eric is a pilot and a classically trained pianist. He also makes an awesome risotto. Welcome Eric!



NEW FACES AT HOSPICE

Vicki Farley, BCC, DMin Spiritual Care Counselor



Our wonderful new hospice chaplain and spiritual care coordinator, Vicki Farley, joined us at the beginning of 2019. Vicki was born in Phoenix, Arizona, and grew up in Bend, Oregon. She has lived in Montana, Washington, California,

Oregon, and Arizona.

Vicki double majored in finance and religious education and has her master's degree in Pastoral Ministry from Seattle University and a master's degree from George Washington University in Washington, DC, in Clinical Leadership specializing in end-of-life. She then decided to complete her education and earned her Doctorate in Ministry from Seattle University. She pursued becoming a chaplain because of her great love for humanity. She was drawn to hospice service because friends who were dying would not let anyone see them, so she became a hospice volunteer in hopes that once she was trained, she would be allowed into visiting the dying.

Vicki is a widow. When she married her husband, Tom, he had three grown children. She became a grandmother on the day of their wedding. She now has eight grandchildren and two great-grandchildren, and nine nieces and nephews. She loves the stories of each person and believes that human beings are extremely

resilient. She enjoys crocheting, walking, and traveling. She loves living on Hawaii Island and enjoys getting a break from the wet and cold. Her youngest son also lives on Hawaii Island with four of her grandchildren, which adds to the enjoyment of her newfound island home.

Yukiko Kanai, RN Hospice After-Hours Nurse



Kiko was born in Tokyo and spent her early childhood there before moving to Portland, Oregon, where she spent her teen years. At the University of Washington, she was first a ceramics major, then switched her major to pharmacy, and

then nursing. She finished nursing school at the University of Washington.

When Kiko is not caring for patients, she is farming. She lives on the Hamakua Coast with her husband, daughter, and cats, dogs, ducks, chickens, sheep, and goats. She enjoys her fruit orchards and being able to grow food year-round while being able to live sustainably and in harmony with the environment.

Kiko is one of the nurses that takes after-hours duty. She enjoys hospice nursing because she likes visiting patients in their home environment and enjoys the relationships she is able to develop with patients at the end of life.

We are so happy to welcome Kiko to our nursing team.

North Hawaii Hospice
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NORTH HAWAII
HOSPICE

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Floating Lantern Ceremony in Partnership with Fairmont Orchid Hawaii

The 9th Annual Floating Lantern Ceremony was held in August to Honor and Remember loved-ones who have passed on. Chaired by NHH volunteers **Miles Okumura** and **Lynn Higashi**, this special ceremony not only serves to honor those who have passed away, but also to pray for a future of peace and harmony. Lantern floating has its roots in Japanese Buddhist tradition but now includes other traditions, Christian prayers, hula and Taiko drumming, chanting, and a lantern release at sunset. **Valerie Poindexter** took the stage as master of ceremonies and the music and hula was provided by **Hula Halau O Kukui Aloha O Kohala**. The **Kona Daifukuji Taiko Drummers** performed followed by a blessing from **Fr. David Stout** of the St. James Episcopal Church in Waimea. Gratitude goes out to **MewLan Seto**, **Kelley Cosgrove**, and all the managers and staff at **Fairmont Orchid** for lending their event management expertise. We also want to thank all of the **hospice volunteers** and the **Phi Delta Chi fraternity of the Daniel K. Inouye College of Pharmacy** for providing volunteers at the event. The event is a beautiful opportunity to participate in a meaningful ceremony that has a positive effect on those who are grieving a loss. Please join us next year, the last Sunday in August. We hope to see you there.

