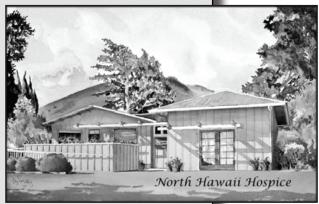
NORTH HAWAII HOSPICE

NEWSLETTER

WINTER 2013



Plein Aire by Greg Schultz

COMING UP:

SAVE THE DATE

May 4, 2013

Waimea.

"Off to the Races" North Hawaii Hospice will celebrate Derby Day in Grand Style Saturday, May 4, 2013 from 1pm to 5pm at Pukalani Stables in

Join us for a day of festivities including mint juleps, silent auction and grand table settings (it is not just for ladies).

If you are interested in being a table hostess or reserving your spot please call Gayle at 885-7547

Letter from the Executive Director

Hospice I recently read a thank you note written to our hospice by the friends of one of our hospice patients. The authors of the note mentioned that the staff members from North Hawaii Hospice who had cared for their friend had "cared beyond the job." They wanted



to thank our staff for being more than "hospice" by reflecting "care in all aspects." This expression of gratitude caused me to stop and think. What makes the care we deliver more than just "hospice"? I have often felt that there was something special here and I have come to believe that it is the spirit of aloha that comes from the community that surrounds us and supports our work. Expressions of gratitude and the desire to participate through giving are received daily. This community kokua surrounds our work and flows through everything we do for our patients and families.

As we begin a new year, it is time to express our gratitude for the kindness and caring that is expressed through every donation we receive and through every effort made by our devoted staff and hospice volunteers. Throughout the year, we have remained very busy with the many events and programs that support what we do and without the efforts of so many people to raise the funds needed for hospice care in our community we would not be able to provide our services.

At the very heart of our success are those who give freely of themselves so that members of our community may have hospice, no matter what their financial situation.

Mahalo for being the community of aloha that supports our work and makes us more than just "hospice."

With our best wishes for a peaceful holiday and new year,

Katherine

Katherine Werner Ciano 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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Tommy Bahama 6th Annual Charity Classic Golf Tournament a Success!

We were once again thrilled to be the beneficiary of the Tommy Bahama Charity Classic Golf Tournament. This 6th annual event was held at the beautiful Mauna Kea Beach Resort. The sold out event was the 3rd year that North Hawaii Hospice was the benefactor of this fund raiser. The full-day event featured world class golf, food, drinks and prizes all to benefit North Hawaii Hospice's programs and services.

The event started with a breakfast bar provided by the Mauna Kea Beach Hotel followed by a putting contest and the lucky ball drop from a helicopter. Although it was a bit of a "blustery" day, our golfers more than met the challenge and had a super day on the links. Tommy Bahama's restaurant provided delicious grilled food and



Happy Golfers

delightful tropical drinks for all participants on the course. That evening, Tommy Bahama sponsored a wine and cheese reception at the Tommy Bahama store followed by a private award ceremony and dinner at the Tommy Bahama Bar and Café. The evening festivities included a silent and live auction.

A special big Mahalo to the entire staff of Tommy Bahama at Mauna Lani, the entire golf team at the Mauna Kea Beach Resort, each and every golfer who came to play, and all of our Hospice volunteers who made the event so great. A special thanks also to all of our many sponsors and donors. This year this event netted over \$50,000 to support North Hawaii Hospice's programs and services.



Brenda Supnet, Event Coordinator, Tommy Bahama's Restaurant and Bar

NEW FACES AT HOSPICE

Sandee Kama,

Certified Nurse's Aide

There is a quote that says, "When the heart weeps for what it has lost, the soul laughs for what it has found." There could

not be a truer statement for Sandee Kama. She endured many years of caregiving for family members, which is how she was introduced to the services of hospice. After three years of caregiving for her grandfather

who passed in 2005 on Oahu, she immediately relocated to the Big Island to do the same for her father. With his passing, Sandee also had to process the sudden loss of her older brother. It was a tremendous amount of grieving in a short span of time. She is grateful to hospice on both islands for their support but especially to Mark Therrien, a social worker at North Hawaii Hospice, for the hours of counseling he provided during this difficult time.

With a band-aid on her heart, she began to look for work to get herself back on track and keep her mind diverted from the sadness. Ironically, the job search landed her at NHH as a Hospice Aide starting July 2012. Sandee is a natural at caring for those who need assistance and had the privilege

of making it her career. It is all rewarding work to know that she makes a difference for patients and their families. In return, Sandee praises the team at NHH for their support. In fact, during her interview, she



from Certified Nursing Assistant" and how daunting it seemed. An NHH nurse in the room gave her a recommendation on becoming a Licensed Practical Nurse, which she had

not considered. Sandee has cheerleaders all around her.

Life has an interesting way of leading you down a path that you may not have considered, such as the path from Oahu to the Big Island. Fortunately, Sandee has acclimated from the late nights of Waianae to the early curfew of Waimea. Being on this island, she also feels a strong sense of cultural dedication to carry on the craft of coconut weaving learned from her father. It is a time consuming process of two to three days but one she enjoys and hopes to incorporate into her busy schedule. These are the things that make Sandee's soul laugh with joy.



NORTH HAWAII **HOSPICE STAFF**

Katherine Ciano, MHA **Executive Director**

Colleen Norris, MBA Director of Finance

Gayle Hubbard Fund Development Manager

Denise Wade Clinical Services Assistant

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> Nanea Brown, LPN Hospice Nurse

Jobi Frorath, MSW Megan McCaffrey, MSW Mark Therrien, LSW Social Workers

Catrinka Holland Volunteer Coordinator

Sindona Cassteel, MS Bereavement Counselor

Lisa Lawrence, RN, CHPN Nina Millar, RN Christine Richardson, RN After Hours Nurses

> Sandee Kama, CNA Felicia Murray, CNA Sandie Rossi, HA Hospice Aides

NEW ROLES AT HOSPICE

Reinhard Fritsch

Registered Nurse, Hospice Case Manager

There is a very subtle yet audible accent when speaking with Austrian native, Reinhard

Fritsch. His name might also be a hint that he comes from afar. The Fritsch Family moved to the United States when Reinhard was five years old. By 1987, he had begun

his nursing career and would continue to gather knowledge and experience in Northern California and Oregon. It was finally the call of tropical weather that drew Reinhard, wife Carol and daughter Briana to the Big Island in 2002.

What leads a nurse from

the hospital into hospice work? For Reinhard, it was a spiritual motivation. He states that it is an honor to be present with a family during such a vulnerable time and to



facilitate the process but also allow it to unfold as the family wishes. The pleasure reaped from this challenging work is in finding solutions for the families. For instance, he feels a

great sense of accomplishment in explaining a confusing medical concept to a family member in a way that brings clarity.

Initially, North Hawaii Hospice brought Reinhard on board as an on-call nurse in 2010. Just this year, he has

moved into full-time status covering a substantial amount of patients and distance across the Hamakua Coast. On his migrations to the NHH office, he always looks forward to its healing and positive ambiance—a place where he recharges. In addition, Reinhard continues to do oncall work for Kohala Home Health. By the time he returns home to Kalopa, his focus shifts to family. Here resides the foundation of daily love and support from his partner, Carol, who feeds him the wherewithal and energy to ultimately do this work. The hours left in his day go to home maintenance and attending to miniature ponies, chickens, cats and a dog. He wouldn't have it any other way.



Alcy "Shorty" Johnson Leaves Estate Gift to North Hawai'i Community Hospital and North Hawai'i Hospice

North Hawai'i Community Hospital (NHCH) and North Hawai'i Hospice (NHH) will each benefit from an estate bequest made by long-time Waimea residents Alcy D. Johnson and his wife Jacque.

Alcy Johnson, or "Shorty" as he preferred to be called, passed away unexpectedly on June 12, 2011, at the age of 89 in Waimea. Shorty's wife, Jacque, passed away in the care of North Hawaii Hospice in 1993. Their generosity and community support continue with the creation of The Jacqueline and Alcy Johnson Memorial Fund as outlined in Shorty's will to benefit NHCH and NHH. The Jacqueline and Alcy Johnson Memorial Fund, held by Hawai'i Community Foundation, will distribute proceeds annually to each

organization with 60% directed to NHCH and 40% to NHH. North Hawaii Hospice was also the recipient of Jacque Johnson's watercolors. Jacque was a local artist who painted



landscapes and portraits. HPA's Isaacs Gallery partnered with NHH to produce a show to benefit NHH and honor Jacque's work.

Shorty was well known throughout Waimea for his

volunteer activities and dedication to community service. North Hawaii Hospice is grateful to the couple for remembering the hospital and the hospice in their estate planning.

NEW ROLE AT HOSPICE

Catrinka Holland is a jack of all trades in the world of hospice. Over the past 18 years, she has been a hospice volunteer in the areas of pet therapy, bereavement, massage, singing and respite care. When Catrinka began volunteering at North Hawaii Hospice in 2008, she founded Ho'onani Singers to provide comfort for patients who might find serenity in the sounds of a few women singing. Her involvement grew into coordinating and educating the entire staff of hospice volunteers when she was hired as the Volunteer Coordinator in April.

Singing at bedsides brings Catrinka great pleasure, especially since she only learned to sing in her 40s. At that time of her life, Catrinka was completing her BA in Organizational Behavior from University of San Francisco. Those studies along with over ten years of experience managing church and communitybased camps where she hired, supervised, supported and provided management education to hundreds of staff and volunteers, created the foundation and skills Catrinka draws on to direct our volunteer services.

What Catrinka loves most about her current job with NHH is working in a climate of dedicated volunteers and stellar staff and with families who recognize the preciousness of life. She volunteers for other community groups



including Mala'ai School Garden and North Hawaii Community Hospital's Pet Therapy program.

On a personal note, Catrinka and her husband, John Holland, will be celebrating their 34th wedding anniversary in January. John is a retired hospice chaplain and current NHH volunteer. One might think that hospice brought them together but it was actually a massage class in 1977. When Catrinka decides to take a break from volunteering, she hopes to one day snorkel the waters of Thailand. We are grateful and fortunate to be the recipients of all that Catrinka brings to this organization and community.

Myths About Hospice Care

MYTH: Hospice means giving up hope.

REALITY: Hospice actually brings hope to patients and families. Upon entering hospice, many patients find relief from pain and anxiety and gain energy and clarity. Often, they are able to live more fully and comfortably, allowing their families to feel more at ease.

MYTH: A patient doesn't need hospice care because the family will provide their care.

REALITY: Hospice helps families. North Hawaii Hospice offers professional support. Family members are encouraged, supported, and trained by hospice professionals to care for their loved ones. Hospice staff is on call to the patient and their families 24 hours a day, 7 days a week, to help family and friends care for their loved ones.

MYTH: Hospice patients have to give up their own doctor. **REALITY**: The hospice team approach includes the patient's primary care physician, who continues to oversee the patient's care. Other members of the team include the hospice medical director, nurses, social workers, hospice aides, volunteers, and bereavement counselors. MYTH: Hospice is only for the last few days.

REALITY: The earlier a person receives hospice care, the more opportunity there is to stabilize your medical condition and address other needs. Some patients actually improve and may be discharged from hospice care. Hospice care can be appropriate for more than a year prior to death.

мүтн: Hospice is a place.

REALITY: Hospice care usually takes place in the comfort of an individual's home, but can be provided in any environment in which a person lives, including nursing homes and foster care homes.

MYTH: Hospice is only for cancer patients.

REALITY: More than half of hospice patients are diagnosed with other conditions such as end stage congestive heart failure, dementia, neurological diseases or chronic lung diseases.

MYTH: Hospice is just for the elderly.

REALITY: Hospice serves anyone facing a life-limiting illness regardless of age.

WHO'S ON BOARD?

North Hawaii Hospice would like to recognize the service of departing board member **Randee Kumove**. Randee served on our hospice board of trustees for the past nine years. Randee and her husband Bruce Kumove have given of their time and talents cooking and delivering hot meals for hospice families; planning, cooking and serving for many of our hospice fund raising events; and being such a big part of many of our hospice happenings over the past nine years. Mahalo Randee, Bruce, and the entire Kumove ohana for all you do for North Hawaii Hospice.



Randee and Bruce Kumove assisting at the Hospice Floating Lantern Ceremony, 2011

We would like to extend a warm welcome to the newest member of our board of trustees, *John Roth*.

John is a planner by nature. His job is in estate planning with the Robert Hastings II Law Firm. He is involved in numerous

organizations such as Rotary Club and the Young Lawyers Division of the Hawaii State Bar Association. He is also planning his February wedding. It is only fitting that he be asked to share his expertise and join the Board at North Hawaii Hospice. This new endeavor for John provides a clearer understanding of hospice and how to relate to the patients who are also his clients.

Born in Topeka, Kansas, John was soon converted to an island boy when his family moved to Oahu at the age of one. He is a graduate of Punahou School and followed in his father's footsteps down the path of

law. The adjustment from Oahu to the Big Island was an easy one in 2008. When he is not planning, you can find John spinning



Every year, more than 1.6 million people living with a life-limiting illness receive care from the nation's hospice and palliative care providers.

The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity, and that our loved ones will receive the necessary support to allow us to do so.

for a workout, walking his dog, Hanai, or adding to his Facebook page of over 1,000 friends. Needless to

say, John is a connected individual.

John is excited to work on the upcoming hospice derby party scheduled for May 2013. He also looks forward to one day being a passenger on an Alaskan Cruise. We are thrilled to have him join NHH where his knowledge, enthusiasm and warm smile will be greatly appreciated.

Dallas Hewitt: A young philanthropist saves his allowance for charitable giving

A donation to North Hawaii Hospice of any amount is a very special gift and one that is greatly appreciated. However, knowing the how and why can make this good deed even more special than the donation itself. In the spirit of the holiday season of giving, the Hewitt Family visited the NHH office with a check in hand. Sid and Sherry Hewitt have been models in demonstrating to their three children that giving is better than receiving. One might think that most teenagers see it the other way around. But their 14 year old son, Dallas, takes great pride in the art of giving.

With the mind of a savvy banker, Dallas meticulously divides his weekly allowance of \$25. Over the span of one year, ten dollars of each allowance is put aside for a charity to be determined in December. In conjunction with his savings plan, Dallas also sells old video games he no longer plays to make room for new and exciting ones. His total for 2012 came to an

impressive amount of \$680. With \$180 going to two other charitable causes, Dallas had to decide who would be the recipient of his remaining collection.

On March 6, 2012, Dallas' Uncle George passed away from a flesheating bacterial infection that kept him hospitalized for several weeks. With the care he needed, hospice was not an option for George. But the Hewitt Family was aware of the tremendous support hospice offers the community. Dallas was very close to his uncle and understood that hospice would have cared for him under different circumstances. It was the perfect organization to receive his charitable donation in memory of Uncle George. Not only is \$500 a substantial amount for any teenager to part with, but Dallas' parents committed to matching his amount for the final gift.

Dallas is an inspiring individual not only for his generous heart but for his unique character in having Asperger's syndrome. By definition, the syndrome affects a person's ability to socialize and communicate with others effectively. In conversing with Dallas, he did not hesitate to provide detailed descriptions about his numerous cats and their personalities, his interest in skateboarding and the many other donations he has sponsored. At the end of the interview, Dallas carefully selected a gingerbread ornament for Uncle George, who worked in a bakery and enjoyed Christmas time. The ornament was carefully hung on the beautiful memorial tree at Parker Square.

Your view on giving will be positively altered if you have the pleasure of meeting the Hewitt Family. Dallas is indeed a gift to our community who we graciously acknowledge and are so thrilled to have met. Perhaps one day he will share advice on how to save money and spread good cheer throughout Waimea and the world.

Dallas Hewitt & Katherine Werner Ciano







Fairmont Orchid Partners with North Hawaii Hospice for the Floating Lantern Ceremony

Along with the priceless setting and gorgeous facilities, the Fairmont Orchid partnered again this year with North Hawaii Hospice to host and produce a floating lantern ceremony. Last year, North Hawaii Hospice held its first floating lantern event in partnership with the resort. The event was attended by more than 600 people. Participants described how meaningful it was to be able to remember a loved one through releasing a lantern during the ceremony. So, this year the second event was held and attended by more than 1200 participants. We are already making plans to hold the event the last Sunday in August in 2013. If you are interested in participating, mark your calendars now.

Hosting a community event for a thousand people is no small feat. Over seventy North Hawaii Hospice volunteers dedicated countless hours to planning, preparing for and creating this heartfelt ceremony. All of this was coordinated by Catrinka Holland, North Hawaii Hospice's dedicated volunteer coordinator.

North Hawaii Hospice Board chair Lynn Higashi oversaw the event from start to finish and was joined at the helm by board trustees Julie Mattson, Linda West, Jaisy Jardine, and Marty Hind. Deena Hurwitz donated her time to be our gracious mistress of ceremonies.

If you were there, you may have noticed dozens of volunteers in dark blue t-shirts and caps helping with parking, taking donations, putting lanterns together and lighting lantern candles.

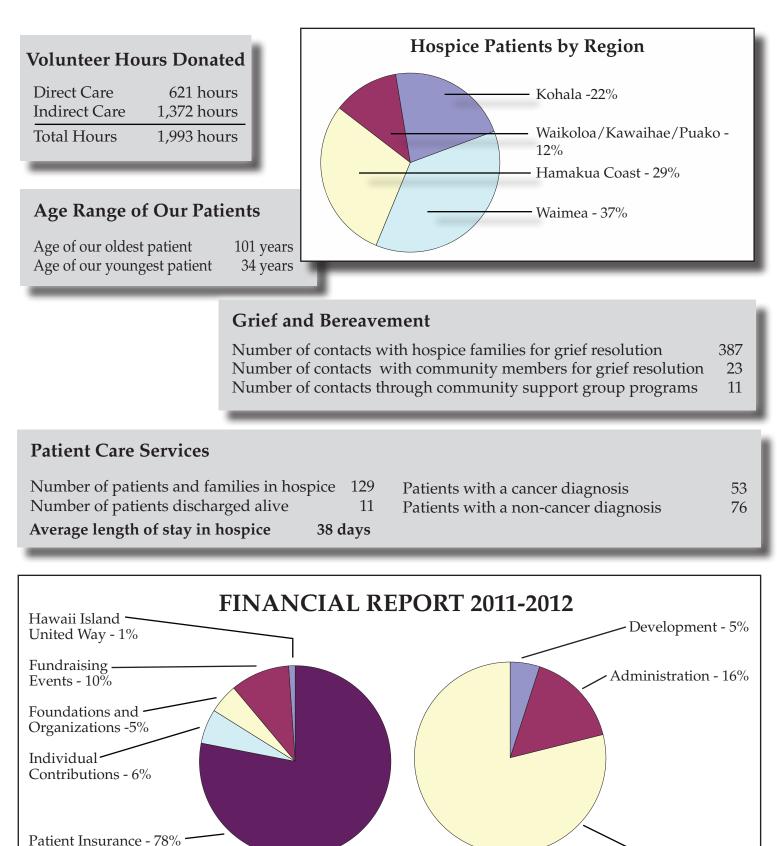
We can't thank Stephan Miller and Jaisy Jardine of the Fairmont Orchid, Hawaii, enough. Jaisy for her excellent PR skills and Stephan for his fine-tuned coordination. The helpful staff at the Fairmont Orchid made sure that everything from parking to food concessions ran as smoothly as possible.

Thank you to all the generous volunteers and staff who contributed their time and talent to this heartfelt event. If we have missed anyone in this list, please forgive us and know we appreciate you very much!

Mahalo nui loa to Susan Akeo, Pat & Dave Allbee, Gino Amar, Olivia Armandroff, Adele Bahl, Susan Barnes, Holly Bell, Lala Black, Tom Blackburn, Wendy & Tony Craven, Bev Dawson, Kimball Dougherty, Clarissa Dunlap, George Fry, Ginger Hall, William Hardisty, Fran Harman, Kadie Harris, Tiny Henriques & Venus, Sachi & Michi Hiatt, Lynn Higashi, Loring Howell, Harold & Esther Hughes, Dena Hurwitz, Jaisy Jardine, Nino Ka'ai, Polly Kaye, Johanna Kim, Toby & Tai King, Randee, Bruce, Melanie, Kelly & Brittany Kumove, Mei Lan, Stewart & Lisa Lawrence, Diana & Mark Mahaney, Karen Martin, Julie Mattson, Miles Okumura, Linda Parker, Norman Piianaia, Joanne Sameshima, Sharon Shutes, Terry Stambler-Wolfe, Debra Stutts, Karen & Lauren Sweere, Elaine & Sherman Warner, Linda West, Laurel & Jim Whillock, Reverend Kosho Yagi, Mel Yanos, and the many hula performers and chanters.

NORTH HAWAII HOSPICE ANNUAL REPORT

The following statistics pertain to fiscal year July 1, 2011 to June 30, 2012.



REVENUES

Program - 79%

EXPENSES

Gifts to North Hawaii Hospice Mahalo to Our Donors

Our giving report includes the names of those individuals, community groups, and businesses who have given gifts to North Hawaii Hospice from July 1, 2011 to June 30, 2012.

Commemorative gifts were received in memory of the following people:

Mildred Adams Mary Lou Anderson Stanley Joseph Antone Marlyn Axelrod Ziegfried R. Azevedo Miriam Bakalar Bernice Baker Paul Barker Puanani Beaudet Eric Bergan Robert Brown Helen Burlingame **Robert Butterfield** Henry J. Cambridge Amy Cazimero Maris Chillingworth Gray Te Iwi Chilton Larry Conley Ernie Corindia Priscilla Cuaresma Alexis De Mello, Sr. Nancy Donigan Masao Endo Marilyn Enns Lui Faleafine

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Commemorative gifts were received in honor of the following people:

Toby King Brent & Janet Malin Elizabeth Spielman

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