



# KA HA'ILONO MĀLAMA

Kaua'i Hospice  
*a special kind of caring*

SUMMER 2015

*Bringing forth the news of caring*

## *Kaua'i Hospice Honors Volunteers*

On Sunday, April 19th over 75 people attended our Annual Volunteer Appreciation Aloha Luncheon at the Courtyard by Marriott. Regrettably, Sharon Leslie our Volunteer Coordinator was unable to attend due to health concerns. Thankfully, she is better now and truly it was her excellent advanced planning that allowed the rest of the Kaua'i Hospice team to host a wonderful and enjoyable appreciation occasion for our amazing volunteers.

Every year during this event, Kaua'i Hospice acknowledges the graduates of our Fall and Spring volunteer training classes. Here are our recent graduates and years of service awardees:

### FALL 2014

Sharon Anderson  
Gloria Carle  
William Garavito  
Kres Johnson  
Thatcher Magoun  
Jo Ann Nishihara  
Robin Sheldon  
Dennis Pezzato  
Cece Fern  
Terry Waters  
Marla Hamabata

### SPRING 2015

Jennifer Bowers  
Ron Darville  
Orié Lutwin  
Marion McHenry

Brent McWilliams  
Hunter Meldman  
Jeanne Obert  
Gail Rosen  
Marianne Dwinell

### FIVE YEARS OF SERVICE AWARD

Cynthia Chiang  
Valerie Holland  
Perry Maglidt  
Karen Newton

### TEN YEARS OF SERVICE AWARD

Jo Ann Chechak  
Lucy Dickson  
Pat White

### THE HEART OF HOSPICE AWARD

Was given to two very special ladies:

**Margie Konishi and Esther Yamamoto.**

Our records show they have been regular "Wednesday Ladies" volunteers since 1999. For many years they have served faithfully alongside each other as office volunteers completing countless seemingly little tasks that when not done become huge omissions and challenges. Margie and Esther were honored for being an essential part of the Kaua'i Hospice team. We are very grateful for all they have contributed throughout the years to assist us serving our patients and families and meeting our mission.



Margie Konishi

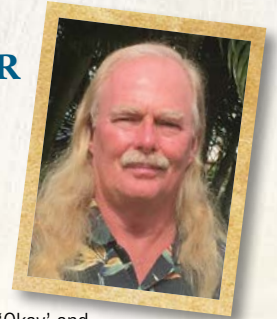


Esther Yamamoto

### 2014-2015 VOLUNTEER OF THE YEAR

Was awarded to **David Crocker**

(Fall '13). When asked if he has availability for a service or task, he is known for always saying 'Okay' and that means he will and does find a way to get the job done. There is a litany of jobs he has assisted with including the following: patient companionship, caregiver respite, running errands, moving furniture to make room for hospital beds, building a wheelchair ramp, caring for the hospice 'pond', walking a patient's dog and the list goes on and on. In fact, in his quiet and loyal way David has faithfully agreed to virtually anything and everything asked of him. Very worthy of the award, David Crocker, Kaua'i Hospice gratefully honors you with our highest award. Thank you so much for all you are and all you do!



*"If I can stop  
one heart from  
breaking, I shall not  
live in vain; If I can  
ease one life the  
aching, Or cool one  
pain, Or help one  
fainting robin Unto  
his nest again, I shall  
not live in vain."*

*Complete Poems,  
Emily Dickinson*



## *Outstanding Kupuna* (2015 Outstanding Older American)

"A little love goes a long way." It's a motto that Pat Simpson lives by and on May 14, 2015, she was recognized along with Col. Roger Caires during the Outstanding Older Americans Recognition Ceremony. Pat,

our Kauai Hospice volunteer makes sure to complete at least one act of kindness every day. "Help someone other than yourself", she says, "It's a blessing." Most Kauai Hospice volunteers

feel that way, it's a "Calling" and we all seem to agree that it is an honor to be invited into our family's homes and lives at this most special time in their end of life journey.

Along with serving as an outstanding Kauai Hospice volunteer since 2009 and was honored as "Volunteer of the Year" in 2011, Pat set up a Share The Care movement in the Lihue community, assists the terminally ill, lends a hand to Kapaa Soup Kitchen, routinely visits Mahelona Hospital, brings hymn-singing to patients, and even finds time to tutor an elementary school student once a week.

*Thank you, Pat, for ALL that you do!*

## Our Call To Serve

Many people imagine themselves becoming hospice volunteers, making a difference for people at the end of their life journey. Too many never make the phone call that could change their lives because they're not sure what will be expected of them, and they are not sure if they have what it takes.

Kaua'i Hospice is always looking for caring, compassionate people like you, who want to give something back to our community. If you truly want to help make someone's life better as they cope with a serious illness, consider volunteering.

## Who are our Kaua'i Hospice volunteers?

Kaua'i Hospice volunteers are core members of our care teams. They are diverse, springing from all walks of life, and each person brings special skills that improve our ability to offer excellent care. No matter what type of skill you have to offer, you'll work side by side with inspiring and deeply caring people. We hope you consider joining us today.

Our hospice volunteers fill the gap between loved ones and professional caregivers. Volunteers will be there even when friends and family may find it difficult or challenging to do so. Volunteers are trained to meet the needs of patients and families. They visit on a schedule, yet are open to change as necessitated by the patient's

health and interests. They are unpaid, yet priceless.

Kaua'i Hospice would not exist without our volunteers, not only because they play such a vital role in our daily operations, but also as a matter of historical fact. The organization was founded in 1983 by a group of dedicated volunteers, deeply committed to making a profound and positive impact in our community.

## How will I know what to do?

Every volunteer receives free and comprehensive training before being assigned a volunteer job. You will learn the hospice philosophy, caring for the terminally ill, grief and loss education, health and safety precautions and more. You will talk about what kinds of volunteering interests you and what talents the volunteer coordinator recognizes in you.

There are many ways to contribute your time, talents and experience as a volunteer. Below are a few examples of the many key roles volunteers play throughout the organization.

- Provide comfort and companionship to our seriously ill patients by engaging in tasks such as reading to a patient who may not have loved ones close by, or running an errand for a stressed family

- Give support over the phone and in person to those who have lost a loved one and are grieving
- Help increase public awareness about hospice and palliative care by networking, staffing information tables and providing presentations
- Provide pet or music therapy to patients and families
- Organize lively fundraising events with Development Team
- Help with administrative duties

## Why do hospices have volunteers?

When hospice care became a Medicare benefit in 1982, written into the law was the requirement that community volunteers had to provide a minimum of five percent of total patient care hours. It is one of the things that makes hospice care unique in healthcare. Today every Medicare-certified hospice—trains community volunteers to provide five percent of patient care hours. Kaua'i Hospice is proud to report that nearly 10% of our patient care hours are provided by volunteers. Way to go Volunteers!

When two people relate to each other authentically and humanly, God is the electricity that surges between them.

Martin Buber

## Sharing the Care, An Idea Whose Time Has Come

"I've been taking care of Mom who has Alzheimer's almost alone for 5 years. I'm exhausted and irritable most of the time." You've probably heard a similar care-giving story.

As family and friends, we often ask, "How can I help?" As often, a stressed caregiver doesn't know what to ask for, or even how to ask for help.

An island wide volunteer, grassroots movement called Share the Care (STC) is one solution to help us care for loved ones at home without burning out. The government is not going to help us. We have to care for our own. Sponsored by Kaua'i Hospice, but not limited to hospice patients, STC volunteers help caregivers to organize their family, friends, and resources to form caring teams. For caregivers who don't have sufficient family and friends, STC volunteers fill in to

## Heartfelt Gratitude

### Trishana Star, Administrative Assistant (May 14, 2001 to May 14, 2015)

Kaua'i Hospice extends our deepest heartfelt gratitude to Trishana as she retires from exactly 14 years of compassionate service as our Administrative Assistant (and so much more) to Kaua'i Hospice. As the voice on the other end when people phoned Kaua'i Hospice, Trishana set the calm and comforting tone to the center, assuring that indeed Kaua'i Hospice stood ready to provide our "special kind of caring."

We wish her well on this next chapter of her life, which is certain to be filled with love, laughter, dancing, singing, playing the accordion and more fun than ever. We love you Trishana and thank you for being you. To quote an old standard song, "There will never be another you!"



form hanai, or extended, families.

Volunteers perform a wide variety of tasks including, but not limited to respite care, bringing over a meal, babysitting the kids, transportation to appointments, shopping, or installing grab-bars, or building a ramp. Volunteers are encouraged to volunteer only for things they would enjoy doing, for whatever time they have available.

*The idea is: If we each do a little, we can do a lot.*

To make a referral, volunteer, or request information, contact Deborah Duda, STC coordinator, 332-7668, or Kaua'i Hospice, 245-7277, or email [deborahduda@yahoo.com](mailto:deborahduda@yahoo.com).

When handling yourself use your head; & when you handle others use your heart.

Guest Services Manager,  
Grand Hyatt,  
Kauai Kitashima

## My Call To Serve

In December of 1989, a week before Christmas, my eldest brother Darrell died from AIDS related complications at the age of 37 in a cold stark hospital room in Chattanooga Tennessee. Thankfully, the coldness of the room was brightened by tropical flowers from Hawai'i 'ohana and warmed by our family and friends' presence lovingly surrounding Darrell's hospital bed as he took his last breath.

Exactly two weeks before that day, Darrell said goodbye to me. We were standing in our kitchen where he managed to shuffle his weak body to the counter to pour coffee in a cup for himself. And of course, as his primary caregiver, every time he would get up I would follow behind him with my hands steadying his back just like a parent holding the safety net for a toddler learning to walk. He poured his coffee, stirred in his six teaspoons of sugar and a splash of cream and then asked me to carry it to the coffee table for him so he could watch 'Family Feud.'

He turned to hand me the cup, but instead of giving it to me, he placed it on the counter and reached to hug me. And this is what he said, "Lori, I love you so much. You are the best sister anyone could ask for and when I get to Heaven I'm gonna work with God to create the most fabulous mansion you have ever seen. You deserve it and between my flair and God's help . . . well, you just wait!" We both cried and laughed so long and hard that morning. I turned to him and said, "Don't talk like that. You are going to get better. The new medicine is going to help you." And then he said (quite prophetically,) "No, I'm going to go

into the hospital and will be dying and I'm telling you I love you and goodbye." I replied through the sobs, "Please stop talking like this Darrell . . . I love you too and I promise you I will fight for a cure for AIDS until it's over and I promise to take care of people who are dying and do my best to assure dignity and humanity for them. Okay? Okay? I can't say goodbye to you right now." Then we released our embrace and slowly moved into the living room to assume our seats for "Family Feud."

This scene is etched in my memory and will be forever. In fact, every morning for nearly a year after he died, I got up and made a pot of coffee even though I didn't drink coffee (then). The smell was so comforting to me. And just so you know, I did say goodbye to Darrell. It was minutes before he died as I leaned in close to his face and whispered in his ear, "Goodbye my sweet brother. I will love you forever."

Darrell's illness and death catapulted me into action and thus beginning a very interesting active grieving process as well as clear vocation. I knew I had a promise to keep and gratefully in March of 1990 I was asked to join the volunteer Board of Directors for Chattanooga CARES, a newly forming nonprofit AIDS service organization. After a few months of seeking funding and successfully receiving modest grant money, the agency was able to hire a part-time Executive Director and a part-time Volunteer/Client Services Coordinator. At that time, there were 46 clients (people living with HIV disease) and over 100 volunteers. I wanted that job and I got it! This was to

be my very first installment into an exciting, incredible and still continuing nonprofit profession.

In that role, I learned more about the inherent nature of people who want to volunteer and give of themselves than I have ever learned in my life. Volunteers are called. People are by nature good, kind, loving, generous, capable and desirous of making a difference in people's lives; especially people who are suffering and need comforting and support. That role prepared me for my life's path of service.

Here at Kaua'i Hospice, the scenario is similar. Those who walk through our doors to volunteer possess the same characteristics of the volunteers I met in the early 90s wanting to support people living and dying with HIV/AIDS. I say to our volunteers, YOU are the ones showing up for our patients, families and organization as a whole. YOU make a difference every single day for someone. YOU brighten lives by your presence and willingness to serve.

This newsletter is dedicated to you – our Kaua'i Hospice Volunteer. Whether you have been with us for over 30 years or less than 30 days, you are vital to the core of our work. From the bottom of my heart, a former Volunteer Coordinator, I honor you and feel so grateful to have you on our Kaua'i Hospice Team. Thank you.

*Blessings and Aloha, Executive Director,  
Lori J. Miller*



## Meet the Staff

Lori Miller, Executive Director  
Jona Ahuna  
Ariel Brun  
Puna Butay, RN  
Neil Clendeninn, MD, PHD  
Linda Crocker, LCSW  
Jan Delavega, CNA  
Juliana Grigorova, RN, CHPN

Jennifer Glorioso, RN, CHPN  
Jessica Haynes, RN  
Leslie Kilcoyne, RN  
Beverly Lavens, CNA  
Yvonne Lawrence, RN, CHPN  
Sharon Leslie  
Annie Meredith-Mitchell, RN, CHPN  
Caroline Miura, MDiv, BCC

Marion Morita  
Myra Niau  
Jeffrey Pears, MA  
Michael Plumer, MD  
Melanie Rindon, CNA  
Kathy Reams, RN, CHPN  
Vicki Requilman  
Ami Ridenour, RN

Su Smith, RD  
Crystal Stoner, LMSW  
Kayla Uptmor, CNA  
Robert Weiner, MD  
Kristi Weiss, RN, CHPN  
Howard Wilson II, RN  
Tricia Yamashita

## Heart of Community

**By: Caroline C. Miura, MDiv, BCC  
Spiritual & Bereavement Care Coordinator**

Last month I was blessed to sit in on Kapaa High School's Senior Project presentations. Every year it is both heartwarming & inspiring to hear these almost grads present a topic of interest to an audience of teachers & community folks. Stephanie's senior project made a strong case for Cultural Awareness. She shared a quote from her mentor, Mr. Kau'i Kitashima, as a way to focus on individuals & their needs in ways that promote empathy, help us suspend judgements, & value diversity.

This month our newsletter is honoring volunteers of all stripes. When I recall the volunteers I have known, it is this ability to handle others with their hearts that allows them to go joyfully beyond the call of duty in ways that impact others for the good of all. We at Kaua'i Hospice salute these kind-hearted saints! Those who are most effective in service to others are those who choose to build up & encour-

age, instead of tear down & destroy. It takes a special person to say, "Yes!" to what is possible & worthwhile & to volunteer to make a difference in others' lives.

The families we serve at Hospice have shared with me on countless occasions how it is often the little acts of kindness that have kept them afloat when they have felt overwhelmed with life's many challenges. The good news is, those who support others during difficult times also report they, too, have felt lifted in their own spirits as well, as a result of being there for others.

Another KHS senior, Savanna, did her project on Art Therapy. She quoted Hannah, age 8, who said, "If you're feeling blue, try painting yourself a different color." Here on the Garden Island we all have a rainbow of choices we can make. Let's make uplifting heart-warming ones this summer!



## Our Mission

To ensure the highest quality of life possible for individuals and their families facing a life-threatening illness; to provide bereavement support to individuals; and to promote an understanding of Hospice services.





**Kaua'i Hospice**  
*a special kind of caring*

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**Ka Ha'ilono Mālama**

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www.kauaihospice.org



RETURN SERVICE REQUESTED

**Calendar of Events**

*July*

**26th Annual Concert in the Sky**

Vidinha Soccer Field, Lihue  
Gates Open at 4:00 – 9:00pm  
Tickets On Sale at ALL Times/Big Save Markets  
& at Kaua'i Hospice

**Journey Beyond Grief**

Kaua'i Hospice Office, Lihue  
(Wednesday June 24th – July 29th) 6 weeks  
5:30 – 7:00pm

**Contemplative Listening Workshop**

Kaua'i Hospice Office, Lihue  
Monday July 20th 4:30 – 6:30pm

**Caregiver Support Group**

Kaua'i Hospice Office, Lihue  
Thursdays July 16th & July 30th 5:30 – 7pm

**Volunteer Support Group**

Kaua'i Hospice Office, Lihue  
Monday July 6th 5:00 – 6:30pm

*August*

**Contemplative Listening Workshop**

Kaua'i Hospice Office, Lihue  
Monday August 17th 4:30 – 6:30pm

**Caregiver Support Group**

Kaua'i Hospice Office, Lihue  
Thursdays Aug. 13th & 27th 5:30 – 7:00pm

**Volunteer Support Group**

Kaua'i Hospice Office, Lihue  
Monday Aug. 3rd 5:00 – 6:30pm

*September*

**Journey Through Grief (Westside)**

Nana's House: Child & Family Service  
9875 Waimea Rd. Waimea  
(Thursdays Sept. 3rd – Oct 8th) 6 weeks  
5:30 – 7:00pm

**Contemplative Listening Workshop**

Kaua'i Hospice Office, Lihue  
Monday Sept. 21st 4:30 – 6:30pm

**Caregiver Support Group**

Kaua'i Hospice Office, Lihue  
Thursdays Sept. 10th & 24th 5:30 – 7:00pm

**Volunteer Support Group**

Kaua'i Hospice Office, Lihue  
Monday Sept. 14th 5:00 – 6:30pm

**Volunteer Fall Training**

Kaua'i Hospice Office, Lihue  
September 12th, 16th, 19th, 26th.  
Interview required.

*October*

**Journey Through Grief**

Kaua'i Hospice Office, Lihue  
(Tuesdays Oct. 13th – Nov. 17th) 6 weeks  
5:30 – 7:30pm  
Kilauea (Location provided to participants)  
(Sundays Oct. 18th – Nov 15th) 5 weeks  
3:00 – 4:30pm

**Contemplative Listening Workshop**

Kaua'i Hospice Office, Lihue  
Monday Oct. 19th 4:30 – 6:30pm

**Caregiver Support Group**

Kaua'i Hospice Office, Lihue  
Thursdays Oct. 8th & 22nd 5:30 – 7:00pm

**Volunteer Support Group**

Kaua'i Hospice Office, Lihue  
Monday Oct. 5th 5:00 – 6:30pm

**Healing Horses Grief Support Trip**

1st road on right on the Kapaa bypass road  
Saturday Oct. 24th 1:00 – 3:00pm

To learn more visit us at  
[www.kauaihospice.org](http://www.kauaihospice.org)  
or call (808)245-7277.

A proud agency of

