



# PALOLO CHINESE HOME

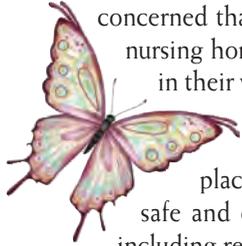
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*Better Care. Better Lives*

## The Namaste Program

Namaste Care is a program designed to improve the quality of life for people in nursing homes, assisted living facilities and hospice care who are unable to participate in activities or communicate with ease, are unresponsive, agitated or near the end of life. The Hindu term means "to honor the spirit within" and the purpose of Namaste Care is to embrace the most vulnerable in our community and provide them with a sense of comfort and serenity – because their lives are still relevant.

Namaste Care was originally created by Joyce Simard, a veteran eldercare social worker who was concerned that frail and disoriented residents of nursing homes were allowed to sleep or sit alone in their wheelchairs all day, when what they really needed was human contact and a loving touch. She designed Namaste Care to take place in a designated space that helps to create a safe and comforting environment for all who enter, including residents, their families and staff.



of tranquil Palolo Valley add to the serene atmosphere.

There, residents who are not able to participate in traditional activities due to various physical and/or mental conditions will take part in sensory activities, receiving individualized care in a quiet and welcoming area. PCH

will also provide a mobile Sensory Cart that will go to residents, providing care to those unable to be moved from their rooms.



Led by the Activity Department, the PCH Namaste Program includes gentle touch, calming music, nature scenery on DVD and aromatherapy, and offers nutritious foods and beverages to stimulate taste sensors. PCH staff will also incorporate activities of their own creation for the benefit of participants, with the common purpose of enhancing their lives by providing a peaceful non-isolating environment that allows them to live with dignity and tranquility.

Palolo Chinese Home's Namaste Program will be held in our Sensory Activity Room, located on the second floor of the Home where views

The PCH Namaste Program is designed to enhance our community spirit of respect, love and support for our residents and their families.

## PCH Receives 'Persons In Need' Grant

Palolo Chinese Home (PCH) is again pleased and honored to announce the award of a Persons In Need (PIN) Grant from the Hawaii Community Foundation (HCF) with the purpose of "supporting Hawaii's poor/frail elderly as they age in place."

Hawaii Community Foundation has selected PCH as a PIN recipient and provider since 2009. The current grant is a three-year award with PCH raising a percentage of matching funds each year.

PIN funds will be used to provide PCH HiNOA (Hawaii Neighborhood Outreach to the Aged) services to seniors who meet income qualifications. HiNOA services include home care (personal care, chore services and companionship), home cleaning, meal deliveries, overnight respite and service coordination. In addition, on a critical need basis, PIN funds may be utilized to purchase necessary equipment to enhance care or improve outcomes for elders living in their own homes.

For information on qualifications, please call 748-7994 and ask about the PIN grant.

## Call For Volunteers



PCH seeks individuals to help with the support of kupuna in our community. There are many volunteer opportunities including meal deliveries, friendly visitations and group activities for seniors.

For more information or to sign up, please call Lauren Kagihara at 748-4931. Mahalo!

*Retiree Nancy Lee enjoys keeping busy and there's no better way than to be a volunteer at PCH!*



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*Palolo Chinese Home is a private, 501(c)(3) non-profit charitable organization. From its origins over a hundred years ago PCH has been open to all regardless of race, religion, nationality, or ethnic origin. Palolo Chinese Home's mission is "To assist and care for elders and their families by providing a continuum of care which is professional and interdisciplinary, in a culturally sensitive family setting."*

*Palolo Chinese Home's newsletter is published for families and friends of PCH. If you would like to receive our newsletter by e-mail, or have comments, inquiries, or ideas, contact us at:*

Development Office, PCH  
2459 10th Avenue • Honolulu, HI 96816  
Fax: 808.735.1754  
Email: [info@palolohome.org](mailto:info@palolohome.org)  
Call 808.739.6033.

## Chief Executive Officer's Report



Darryl Ing  
*Chief Executive Officer*

Happy New Year of the Monkey!!

Here at Palolo Chinese Home, we look forward to this New Year with excitement and anticipation of completing the fourth and final phase of the redevelopment of our entire campus. Construction is underway and we expect our new building addition that will house 69 skilled nursing beds to be completed later this year. Interior renovations to the Victoria Ward Hall for a new Rehabilitation Services Department, beauty salon, chapel and administrative offices will complete our project, estimated to be in the Fall of this year. "Caring for Generations" is the theme of our capital campaign to raise \$7.5 million for this final phase that will well position Palolo Chinese Home to continue its caring for generations of Hawaii seniors both now and into the future. We humbly ask for your support to help make it happen.

As we establish PCH as a provider of choice for our residential care programs, we also have been focusing our efforts on support to seniors wishing to remain in their homes and age gracefully. For many years, our Hawaii Neighborhood Outreach for the Aged (HiNOA) program has been a resource for advice and referrals, physician home visits, home delivered meals, house cleaning, day care, and overnight respite care. Additional services are planned to address care needs, activities of daily living, and other services to maintain quality of life and healthy living for our seniors. Through several grants, we have been able to offer discounted pricing to seniors with low incomes. We are also building a pool of volunteers to help with meal delivery, companionship, and other activities that will allow us to keep our rates affordable. If you or a friend is interested in volunteering at Palolo Chinese Home, please call 748-7994.

Finally, we are focusing on our Planned Giving program that will ensure that we can continue to offer excellent care for seniors. By including PCH in your estate plans, you can help assure PCH's future to continue our efforts to make a difference in our community. Contributions to our endowment fund will help to support our programs, keep current with new technology, and help maintain our plant and equipment. Interested persons can call me, in confidence, at 739-6033.

In the coming years, Palolo Chinese Home's role in providing services to Hawaii's seniors will continue to evolve as we prepare for changes to the health care environment as well as the wants and needs of tomorrow's seniors. We look forward with excitement, to the completion of our campus redevelopment efforts. To all who have supported Palolo Chinese Home with volunteering time and talent, donating to our capital campaign, general operations, and endowment, we thank you for your help to further our efforts to care for Hawaii's elderly. We look forward to your continued support and involvement with the Home.

## Wishing You a Happy New Year 2016 Year of the Monkey



The Monkey is the 9th of the 12-year cycle of animals in the Chinese zodiac related to the lunar calendar. Years of the Monkey include: 1920, 1932, 1944, 1956, 1968, 1980, 1992 & 2004. February 8, 2016 was the start of the Year of the Fire Monkey, which lasts until January 27, 2017.

Those born under the sign of the Monkey are characterized as intelligent, quick-witted, curious, innovative and mischievous. Though sometimes cunning and tempestuous, they are also known and appreciated for their gentleness, honesty and flexibility.

We wish you all a Happy New Year – and a special "Gong Xi Fai Cai" to the following PCH residents, born in years of the Monkey:

Kam Wah Yuen Ching  
Hong Shim Choi  
Wai Mun Chung  
Nam Sung Fernandez

Ronald Miyahara  
Barney Tanaka  
Michino Umamoto  
Mary Yamada

# Russell Lau: Honorary Chair of the 2016 Dynasty Invitational



This year's Honorary Chair of the 2016 Dynasty Invitational is no stranger to the Palolo Chinese Home. Russell Lau, one of our long-time board members, has numerous ties to our organization.

Lau has been a board member with PCH for over eight years, and has also served on our executive committee. His father was an honorary member of our PCH board and

Russell's own daughter volunteered with PCH through a program with Punahou School back in 2003!

In recent years, Lau and his family have had a closer connection with PCH as his mother stayed at the home several years ago. Through this experience, Lau witnessed firsthand the compassionate care and service PCH provides to each and every one of its seniors and was able to truly understand the positive impact the organization has on our elderly community.

When asked about his goals as Honorary Chair of the 2016 Dynasty Invitational, Lau noted that he especially hopes to help PCH raise funds and awareness for its capital campaign. PCH recently launched

the final phase of its campus redevelopment plan for the construction of a Progressive Care Complex. The complex will be a brand new, one-story building that will increase PCH's overall capacity to 130 beds and will further our mission to continue Caring for Generations.

Lau is a Punahou graduate who holds business degrees from the University of Puget Sound, University of Oregon and the Pacific Coast Banking School of the University of Washington. He is the vice chair and CEO of Finance Factors Ltd., a locally founded and operated company that has provided financial services in Hawaii for nearly 65 years.

Dedicated to giving back to our community, Lau also serves on the boards of St. Andrews Priory, Assets School, the American Judicature Society, East West Center Foundation and the Chinese Chamber of Commerce, among others. He and his wife, Constance Lau, are passionate about making a difference in Hawaii. Together, they have three children.

We are pleased to welcome Russell Lau as our Honorary Chair for the 2016 Dynasty Invitational, and look forward to yet another great year rallying support for Palolo Chinese Home out on the course.

## 2015 Employee of the Year and Service Awards

Employee Service Awards and the Employee of the Year award were announced at the PCH Staff Holiday Party on December 18, 2015. Usually, Senior Day Care (SDC) staff is unable to attend the employee luncheon due to the 1:6 staff to resident ratio required at all times. But because the 2015 Employee of the Year works in Senior Day Care, special accommodations were made – and all program participants and staff were in attendance at the awards ceremony held in Farm Hall!



2015 Employee of the Year, Jonalyn Balisacan with COO, Darlene Nakayama & CEO, Darryl Ing.

To be selected as Employee of the Year, an individual must align with PCH performance standards by seeking continuous improvement in planning, operations and service delivery; maintaining and promoting the highest quality care and ethical practice; enhancing existing programs, improving effectiveness and optimizing a collaborative work environment; demonstrating proven diligence, hard work and professionalism; and showing "Legacy in Action, Respect to Our Seniors."

Jonalyn Balisacan, a full-time Program Aide in Senior Day Care, exceeded the criteria in being named PCH Employee of the Year for 2015. Despite the "big hint" (all of SDC in attendance) and

additional clues provided by emcee Juan Gonzalez, Jonalyn was still surprised to hear her name announced as top employee. Add "humble" to the list of admirable comments submitted by colleagues to describe Jonalyn: She treats all SDC participants, PCH residents and families with dignity...is devoted, kind and friendly...dedicated to her work and the elderly...gives care beyond what is expected and asked of her...always gives the highest quality care and works well as part of a team. Congratulations to Jonalyn Balisacan!



Food Service Manager, Edward Frady presented a Ten Year Service Award to Justin Ng, Dietary Clerk.

The following employees were also recognized with awards for milestone years of service:

10 Years of Service – Justin Ng, Food Services Coordinator

5 Years of Service – Clarence Calma, CNA; Yu-Lin Daligdig, LPN; Marie De Leon, CNA; Mylene Ignacio, Director of Nursing; Brenda Kumabe, CFO; Anna Ra, RN; Rodelio Robles, CNA; Roland Tang, CNA.

## Palolo Chinese Home

2459 10th Avenue • Honolulu, Hawaii 96816-3051  
Telephone: (808) 737-2555 • Fax: (808) 735-1754  
E-Mail: [info@palolohome.org](mailto:info@palolohome.org) • Visit: [www.palolohome.org](http://www.palolohome.org)  
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The blessing of "long life" is universally celebrated. At Palolo Chinese Home, the Chinese character for longevity (shou) has long been used as a symbol. The artist, by adding two brush strokes, has incorporated the Chinese character for people or mankind (ren), and the result is an image of a roof embracing long life - our wish for you. The unbroken circle signifies our mission of continuous care and respect for our kupuna (elders). Logo designed for Palolo Chinese Home by Clarence Lee.

## Aloha United Way



Palolo Chinese Home  
Donor Choice #96410

Designate your donation.

## Community Corner



Lead Cook, Jerry Gallardo served Danny & Vicki Lau suckling pig and buns at the PCH Donor Appreciation Reception.



Cleverly decorated pumpkins and Halloween treats were presented to the residents and staff by the Island Insurance Company. PCH staff pose with Lori Abe and Ty Yamauchi (4th & 5th from the left) of Island Insurance.

## Request A Copy of the 2015 Annual Report

To receive a copy of the Palolo Chinese Home 2015 Annual report, which will be available in Spring 2016, please contact Stephanie Hadrick in the Development Office at 739-6033 or email [shadrick@palolohome.org](mailto:shadrick@palolohome.org) by March 31, 2016.

Also contact Stephanie with any changes to your mailing or email address or to request a change in how you would like to receive PCH newsletters (by regular mail or email).

PCH publications are also available online at [www.palolohome.org](http://www.palolohome.org).



The Hendryk Family surround Masako with love at Thanksgiving.