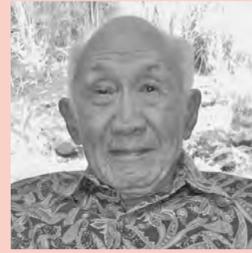


Centenarian Harry Tenn to Benefit Palolo Chinese Home through a Charitable Trust



Nearly eighteen years ago, Harry Tenn learned that a charitable trust can be a homeowner's best friend. He deeded a property he no longer needed and did not wish to maintain and created a charitable trust. The Trust sold the property, invested the proceeds and gave Harry a generous federal income tax deduction. Harry also chose to receive income from the trust for 20 years. Now, at age 100, Harry looks forward to November 2017, when the trust will turn over its remaining assets to charities he selected as beneficiaries, including Palolo Chinese Home.

When asked why he chose Palolo Chinese Home, Harry explained, "After his contract with the plantation was up, my uncle had no food and shelter anymore and no place to go. The Home took him in," Harry explains. "That's when the Home was originally a Hospital and a Home for the aged, sick and infirm Chinese and located near River Street, around the time of World War I." PCH Chief Executive Officer Darryl Ing observes, "That was how Palolo Chinese Home got started – to address homelessness among former plantation laborers."

Originally from the Big Island, Harry remembers playing in the neighborhood churchyard after school because it was the only nice place around. That came with a price, however – the pastor required him to go to Sunday school and help with the Christmas grab bag. "My sister would place our orders for grab bag gift items through the Montgomery Ward and Sears catalogs. One year, I put in a pen and

pocket knife as my grab bag gift, but when I picked my gift, I drew a Japanese doll", he remembers ruefully.

Harry's father came to Hawaii from China when he was twelve, and his mother was born on Oahu. Harry and wife Marjorie, who is originally from Oahu, had a son who has predeceased them, and a daughter who lives in California. Harry smilingly says that though he wanted to be a beach boy, his sister convinced him to find a "real" profession. He studied at the University of Hawaii and trained as an electrician at Dillingham Boulevard Vocational School.

When asked what he would like his gift to accomplish for PCH, Harry said to Darryl, "You know better than I how to use it." Darryl Ing commented, "We are extremely grateful to Harry for his generosity and thoughtfulness. Unrestricted gifts are very important to help us accomplish our priorities and meet present and future challenges. We are especially pleased to thank Harry for annually contributing to the Home since 2002 as well as for his future gift of the balance of the assets remaining in the Trust when it terminates in 2017."



The Associated Chinese University Women entertained the residents of PCH with song, lei and furry friends. Pictured is Beverly Mau and President, Blossom Mau with Elsie Ching (seated).

Palolo Chinese Home

2459 10th Avenue • Honolulu, Hawaii 96816-3051
Telephone: (808) 737-2555 • Fax: (808) 735-1754
E-Mail: info@palolohome.org • Visit: www.palolohome.org
Federal Tax ID# 99-0073521

RETURN SERVICE REQUESTED



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



Designate your donation.

NON PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 928
HONOLULU, HI



PALOLO CHINESE HOME

February 2015 • Volume 29 • No. 1

Caring For All

Hawaii Neighborhood Outreach to the Aged Grows to Meet Community Needs

"Aging in place" helps PCH clients maintain their quality of life by remaining as independent as possible, for as long as possible, in their own homes. To achieve this, PCH provides a variety of support services that include in-home cleaning, companion services, chore services and meal preparation and delivery through its Hawaii Neighborhood Outreach to the Aged (HiNOA) program.

According to HiNOA Director Kevin Wu, "There has been tremendous growth in our home care – 300% from 2013 to 2014 – and there continues to be further need in the community." To help meet the growing demand, HiNOA has upgraded home care training, policies and procedures and added to its administrative staff to better provide personalized scheduling.

Service-wise, HiNOA provides companionship and personal care in addition to chore work. In-home assessments, at no cost, ensure that care services best meet the needs of the individual client. "HiNOA is unique among home care services in that we can suggest options in nursing homes, care homes, day care, etc. to provide the most appropriate and affordable delivery of care," says Kevin. HiNOA may also have grant funding available to help subsidize the cost of services for qualified individuals.

Home cleaning and meal deliveries continue to be very popular HiNOA services. Our teams are fully insured, background checked and trained. Cleaning products and procedures are safe and

Daisy Kurashige (r) enjoys a visit and a gift of tulips from Srisuda "Suda" Smith, Certified Nurses' Aide and HiNOA Personal Care Assistant. PCH Outreach supports Daisy's companionship needs and gives her family much needed respite from caregiving responsibilities.



appropriate, and foods are tasty and nutritious. Clients may subscribe on a trial basis and services can be revised or canceled at any time.

For more information on HiNOA services, please contact Darin Lau at 748-4911.

PCH is also seeking 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. Please call Analyn at 748-4909 for a Volunteer Handbook and application.

Request A Copy of the 2014 Annual Report

If you would like to receive a copy of the Palolo Chinese Home 2014 Annual Report, available in Spring 2015, please contact Stephanie Hadrick in the Development Office at 739-6033 or email shadrick@palolohome.org by March 31, 2015.

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.



Wishing You A Happy New Year 2015 Year of the Sheep

The Sheep is the 8th of the 12-year cycle of animals in the Chinese zodiac related to the lunar calendar. Years of the Sheep include 1919, 1931, 1943, 1955, 1967, 1979, 1991 & 2003. February 19, 2015 was the start of the Year of the Wood Sheep.

The Sheep symbolizes creativity, intelligence, dependability and elegance. Its Yin energy reflects harmonious co-existence and tranquility. A born creator, the person born under this sign is happiest when occupied in some artistic pursuit.

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

Sumiko Agena	Sadie Gouveia	Maile Miyamoto
Alvin Chock	Sumie Kubota	F. Nakao
Harry Chung	Hang Q. Lee	Francis Yu
Edith Fujikawa	George Lum	



The Chinese Physical Culture Association and Kuo Min Tang Physical Culture Association performed at PCH's 2014 Chinese New Year celebration. Pictured are the Chinese Physical Culture Lion Dancers.



Lion Dancers at work scaring away any evil spirits and blessing all. (Lisee) Money is fed to the lions for good luck. Chinese New Year foods include Gau (sticky rice cakes made from brown sugar), Jai (vegetarian monk's food), Gin Doi (Chinese doughnuts) and candied fruit for good luck, prosperity and long life.

HiNOA: It's Not Just for Seniors

Karen (not her real name) is an articulate woman in her 40s who has been diagnosed with polymyositis, an uncommon inflammatory disease that causes muscle weakness on both sides of the body.

In her 20s Karen experienced infrequent incidents of stumbling and buckling of her legs, though nothing serious enough to cause alarm or interrupt her work, family and social life. By her mid-30s the incidents had become more frequent and hard to ignore, prompting doctor visits, testing, eventual diagnosis and treatments. Some treatments worked temporarily, but over time she became weaker and had to depend upon a cane, then a walker and finally a power wheelchair.

Today, Karen lives with her mother in their long-time neighborhood. She has lost the ability to move her arms and legs

and is confined to bed. Still able to move her hands, she is able to write and feed herself by propping her arm against a bed table. Although her physical limitations are considerable, innovations in technology such as dictation software, e-readers, computers and smart phones enable her to stay connected to what's going on with family, friends and current events.

Last year Karen and her mother decided it was time to find home care assistance. Her cousin referred her to the *Senior Information and Assistance Handbook* published by the State Elderly Affairs Division, where she was surprised to see that PCH offered community outreach services. Their close proximity to PCH made it her first choice to research and an on-line visit to www.palolohome.org made her aware of the HiNOA program.

Continued on page 2

2015 BOARD OF DIRECTORS

Roger K. S. Liu, CPA
Chair/President

Eric K. Watanabe, CPA
1st Vice President

Douglas C. Smith, Esq.
2nd Vice President

Patricia L. Blanchette, MD, MPH, CMD
Secretary

Frances H. Goo
Treasurer

Gordon S. K. Au
Imm. Past Chair/President

Directors

- Beverly C. Ament
- Peter Backus
- Patricia A. Boeckmann, MHA
- Russell J. Lau
- Gladys K. Lee
- Christy Zeng Lei
- Dick I. Oshima
- J. P. Schmidt, Esq.
- Walton Shim, M.D.
- Barbara Kim Stanton
- Dana Takushi
- Lawrence K. W. Tseu, DDS
- Blossom Y. Tyau

Directors Emeritus

- Carolyn Y. K. Ballou
- Clinton K. L. Ching
- Henry B. Clark, Jr.
- Bernard W. K. Fong, MD
- Wesley F. Fong, Esq.
- Chew Nung Lum
- George T. Y. Lum
- Albert Q. Y. Tom

Darryl N. Ing
Chief Executive Officer

Darlene H. Nakayama, NHA
Chief Operating Officer

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
Call 808.739.6033.

Chief Executive Officer's Report



Darryl Ing
Chief Executive Officer

Happy New Year of the Sheep!!

They say that during the Sheep year, one must develop determination, persistence and patience and not give up because Sheep can only move forward. Here at Palolo Chinese Home, we look forward to this New Year with excitement and anticipation as we move forward to complete the fourth and final phase of the redevelopment of our campus. We have applied for a building permit for the renovation of Victoria Ward Hall and a new Progressive Care Complex that will have 69 nursing home beds, bringing our total bed count to 130. "Caring for Generations" is the theme of our capital campaign to raise \$7.5 million for this final phase that will enable Palolo Chinese Home to continue its caring for generations to come.

We humbly ask for your support to help make this happen.

As we establish PCH as a provider of choice with our residential care programs, we have also begun to move more focus on efforts to support seniors who wish to remain in their homes. 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 include activities of daily living to maintain quality of life and to age gracefully at home. Through several grants, we have been able to offer discounted pricing to seniors with low income. We are also seeking 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 Analyn Asuncion at 748-4909.

Finally, we strive to ensure the continued success of Palolo Chinese Home with our Planned Giving Program. By including PCH in your estate plans, you will help maintain PCH's future as a quality senior healthcare facility that will continue to make a difference in our community. Contributions to our endowment fund will help support our programs, keep PCH 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. To all who have supported Palolo Chinese Home by volunteering time and talent, donating to our capital campaign, general operations, and endowment, we remain grateful for your past support and look forward to your continued support and involvement with the Home.

HiNOA: *It's not just for Seniors* continued

After a few phone conversations and emails, Karen submitted an application, which was followed by a free in-home assessment.

Here is what Karen has to say about HiNOA services, in her own words:

The HiNOA program's home care services are a great resource. We initially had reservations about the timing of the services and having 'outside' people coming into our home, but Program Director Kevin Wu was very flexible and conscientious about scheduling home care to fit our needs and timetable. When our home care services began we were pleased to have a wonderful CNA Imee Gallardo coming in to help.

In addition to receiving home care assistance, we recently signed up for the 'Meals to Go' program, which prepares and delivers hot meals to our door. I had a lot of questions,

but Ed Frady and Justin Ng took the time to explain everything and our meal service started within the same week of signing up. This is quite a convenience, as we don't have to worry about grocery shopping or food preparation. The program is flexible, the meals reasonably priced and you can make menu selections a week in advance. It's also great to keep a few frozen meals on hand.

The HiNOA program has enabled me with my disabilities and my elderly mom to continue living together in our own home. While my mother may qualify for help from other programs due to her age, I often don't qualify because I'm too young. HiNOA is able to help both of us by providing home care, meals and ongoing assistance tailored to fit our needs.

HiNOA is a valuable outreach program and I hope others within the community will use the services and support the program.

PCH Welcomes Walton K. T. Shim to Board



Walton K. T. Shim, MD, FACS

Should you ever come across a book titled, *Life Begins After 80*, by Walton Shim – buy it. It promises to be an interesting read. But don't search Barnes & Noble or Amazon for the book just yet. For now it's only an idea that Dr. Walton Shim is "toying with" - and it's one of many!

Walton K. T. Shim, a new member of the PCH Board of Directors, was born at Kapiolani Maternity Hospital in 1931 to Wai On and Esther Shim, an Episcopal priest and a schoolteacher. He attended Iolani School and then went on to Dartmouth College and Columbia University for medical school, followed by a surgical internship and residency at New York Hospital-Cornell Medical Center and the State University of New York. After a stint in the Army, his surgical training was capped with a two-year fellowship in pediatric surgery at the Children's Memorial Hospital of Northwestern University.

In 1967 Dr. Shim began his practice at the Kauikeolani Children's Hospital on Kuakini Street, which later merged with Kapiolani Medical Center for Women and Children. Dr. Shim's professional activities were divided equally between private practice and teaching, as a member of the John A. Burns Medical School faculty where he has served as Professor of Surgery and Pediatrics. He retired from clinical practice in 2012 and continues his surgical faculty responsibilities today.

As Dr. Shim neared retirement from active practice, he realized that beyond the surgical field there lay a whole universe of politics, healthcare-expansion legislation, entrepreneurship, leadership, diplomacy, volunteerism and more. When approached with the prospect of joining the PCH board, he recognized it as an

opportunity to continue and broaden his contributions in the healthcare field.

During the recent orientation meeting for new PCH directors, Dr. Shim was impressed by the seamlessness of services afforded to our seniors – both residents and community clients. "This is certainly a tall order and involves coordination of care, which, given that these services are 'under one roof' so to speak, gives PCH a unique advantage," he noted.

Dr. Shim brings to the board an end-product focus on the needs of patients and their families, having been a physician directly involved in patient care for 45 years. When asked to compare pediatric and geriatric healthcare, he responded, "Patients at both ends of life's spectrum require a great deal of third party support and input. Both have challenges with communication and both are fragile. In this way I can see that my former interest in pediatric surgery has great



New board members (l-r) Dick Oshima, Christy Zeng Lei, Dr. Walton Shim and Barbara Kim Stanton with Immediate Past President Gordon Au.

similarity with my new interest in the aged and their families." Retirement from surgical practice has also allowed Walton Shim to take a more active role in developing a property in Montana. The 141-acre site is completely off the grid with water supplied by two springs, electricity provided by a photovoltaic system, gas from a propane tank and heat for the 2,300 sq. ft. log cabin provided by a wood-burning firebox. A current project will expand the duck pond to accommodate the launching of his 8-ft. rowboat.

Another of his endeavors in partnership with two engineers is the creation of an abdominal simulation mannequin that can be computer-programmed to instantly simulate various abdominal conditions (such as appendicitis, gall bladder disease, peritonitis, etc.) for teaching medical and nursing students the art of physical diagnosis. Already holding several patents, they are now seeking to market their product.

Some of the other activities Dr. Shim would like to expand include spending time with his grandchildren, playing tennis and hunting – on hold for the present due to a meniscus tear of his left knee, which is on the mend. This might be the perfect time to start writing that book.

Palolo Chinese Home is pleased to welcome Walton K. T. Shim, MD, FACS to the PCH Board of Directors.

Kimo Kahoana is Honorary Chair of the 2015 Dynasty Invitational



There's no mistaking that voice. Distinctive and resonant, a rich baritone that we recognize immediately as belonging to Kimo Kahoana, who will serve as Honorary Chair of Palolo Chinese Home's 25th Dynasty Invitational Golf Tournament.

No stranger to the tournament, Kimo has exceeded the Dynasty Invitational awards banquet for the past 17 years!

Born James Halolena Kahoana, Jr., Kimo attended Kamehameha School. He got his start in "the business" prior to graduation, when he became associated with a traveling group of entertainers. His training in dance served him well as one of Hawaii's top Polynesian fire knife dancers, and his talents didn't stop there.

Soon recognized for a versatile voice that audiences warmed to, Kimo landed his first radio gig in 1975, playing Hawaiian music on a small AM station. This led to work as an actor, singer/song writer, and host for numerous radio, television and live shows.

We've been entertained by Kimo's hosting abilities over the airwaves, on Hawaii Stars, the Merry Monarch Hula Competition, Kodak Hula

Show, Tihati's Luau, the Sony Open awards program, and his acting talent on Hawaii Five-0, Magnum P.I., Jake and the Fat Man, One West Waikiki, Barnaby Jones, The Jeffersons and the movie, Blue Crush.

Kimo is also the co-founder of Pacific Center for Economic Development, a founding member and Lifetime Achievement Award winner of the Na Hoku Hanohano Awards, is currently serving a second term on the board of the Hawaii Academy of Recording Artists and has been a consultant to young artists working to achieve success in the music industry.

He also gives his time and talent to many non-profit organizations, emceeding fundraising events and entertaining audiences as he keeps the program moving. In 2015, PCH is pleased to announce that Kimo Kahoana will serve in dual capacities – as Honorary Chair and M.C. of the 25th (Silver) Anniversary Dynasty Invitational Golf Tournament on May 8, 2015. It's going to be a great Aloha Friday.

*... It's Aloha Friday, no work til Monday
Be Doo Be Doo, Be Doo Be Doo Be Doo Be Doo Be Doo...*

-Kimo Kahoana



News Anchor, Steve Uyehara (with Lei), 1st Narcissus Princess, Eula Chu and PCH CEO, Darryl Ing on her left with the Dongbu Insurance Company golf team at the 24th Annual Golf Tournament Awards Banquet.



PCH's loyal volunteers come out year-after-year to organize and work at the annual fundraiser.

Save this Date!

25th Silver Anniversary



Palolo Chinese Home Dynasty Invitational GOLF TOURNAMENT

A day of fun, relaxation and camaraderie to support the care of Hawaii's elders. \$150 fee includes golf, shirt, light lunch, Chinese dinner banquet, plus a tax deductible donation. Contact Stephanie at 739-6033 or shadrick@palolohome.org for more info.