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PALOLO CHINESE HOME

Better Care · Better Lives

Phyllistine George:

Committed to Quality Care

For **Phyllistine George**, nursing was much more than just a job. It was a calling.

Now 73, Phyllis was recently at Palolo Chinese Home – on the receiving end of care – for short-term rehabilitation. This was her second stay at Palolo Chinese Home.

When she first stayed at Palolo Chinese Home in 2015, she was surprised to see CEO **Darlene Nakayama**, who was then in charge of nursing. It was like a reunion after being in nursing school together. Phyllis immediately knew she would be in good hands. So when she was recently discharged from the hospital and needed short-term rehab, Palolo Chinese Home was her choice because of the caring people. As the saying goes, “It takes one to know one.”

An Illustrious Nursing Career

Phyllis has provided care to thousands of Hawaii patients for more than 30 years, and fondly reminisced about her experience and career.

She had been serving as an LPN in her hometown in Birmingham, Alabama, since 1966, but when her husband was transferred to Hawaii for military service in September 1977, she followed with her six-year-old son and three-year-old daughter in tow.



Despite being in a totally new location with a new culture, Phyllis didn't skip a beat in continuing her nursing career. She immediately signed up at Maui Community College to pursue an advanced RN certification. She learned the value of speaking pidgin English with patients for more effective communication and fell in the love with the people of Hawaii and her new home.

Overcoming Obstacles

That was a tall order for a black woman, who always overcame obstacles and setbacks with her solid faith and trust in God. Growing up in the heart of the civil rights movement led by Martin Luther King, Jr., she also found strength and encouragement in his words that were anchored in his vision for a peaceful, more just world.

“I would always go back to Martin Luther King,” she said.

Phyllis didn't stop at an LPN designation. She went on to the University of Hawaii-Manoa to obtain a bachelor's degree in nursing. That's where she first met Darlene Nakayama, then a 20-year-old nursing student.

A “Mother” for Nursing Students

As a student in her early 30s with real-life nursing experience, Phyllis was the “mother” to the younger students like Darlene, taking them under her wings in their educational journey.

Phyllis graduated with a bachelor's degree when she was pregnant with her third child, and kept moving forward. She went on to receive a nurse practitioner designation from the University of Phoenix. As an agency nurse, she worked with a number of healthcare providers. She eventually worked at Kuakini Medical Center's Hale Pulama Mau as a geriatric nurse, and then as a public health nurse with the Hawaii Department of Health for three years.

Realizing Her Dream

Phyllis returned to Hale Pulama Mau, but knew deep down that she eventually wanted to open her own care home. She took a second job at Rehab Hospital of

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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, Palolo Chinese Home 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 that is professional and multi-disciplinary, in a culturally sensitive family setting."

Palolo Chinese Home's newsletter is published for our families and friends. Please send comments to:

Development Office
Palolo Chinese Home

2459 10th Avenue · Honolulu 96816

Email: info@palolohome.org

Call: 808.748.4902 Fax: 808.735.1754

A Message from Our CEO**Making Caregiver Education a Priority**

Most seniors want to stay in their own homes or to be in a healthcare setting that allows them to remain in place as they get older and their health condition changes.

"Aging in place" requires knowing all of the options available.

This year, Palolo Chinese Home was fortunate to receive a \$210,000 Kupuna Aging in Place grant from the May Templeton Hopper Fund and Minnie K. Fund, which are administered by the Hawaii Community Foundation.

We are excited about the opportunities this gives us to support seniors who want to age in place and to support their family caregivers. We are so grateful to be able to fulfill this important role to support families in the community.

Specifically, the grant is being used to offer in-home care, including personal care services, companionship services, light housekeeping and meal preparation.

The grant will also be used to expand our fast-growing Meals-to-Go home meal delivery program. We are now working on the details to recruit senior volunteers for our meal delivery program.

Palolo Chinese Home has also earmarked a portion of the grant for caregiver support. We are conducting a monthly series of community education sessions on valuable topics to help family caregivers.

We kicked off our community education session with an engaging, entertaining presentation on caregiving by **Gerry Yahata**, author of "The Spirit in Caregiving" at our Chinese New Year event.

We've invited other experts and celebrities from the community to share their insights and knowledge with families, but we're not stopping there.

We're going one step further. Palolo Chinese Home is partnering with **Emelyn Kim** of Elder Care 808 to provide individual and family counseling sessions to address the challenges of caregiver stress and family disputes.

As part of the grant, we're holding our second annual "Palolo Senior Health and Wellness Day" on September 7, featuring a panel of esteemed experts on senior care topics. (See page 6 for more details.)

For more information about Palolo Chinese Home's services and community education program, please call 748-4909.

Darlene Nakayama
Chief Executive Officer

29th Annual PCH Dynasty Invitational Golf Tournament

Get ready for an exciting day of golf at Palolo Chinese Home's 29th annual Dynasty Invitational Golf Tournament! This golf tournament is our biggest fundraising event of the year.

Your participation and sponsorship are important to the ongoing success of Palolo Chinese Home, which has provided residential and in-home care for elders for more than 120 years.

Register Today!

The \$175 entry fee for each golfer includes lunch, golf & cart fees, polo shirt, dinner and prizes.

29th Annual PCH Dynasty Invitational Golf Tournament
Ala Wai Municipal Golf Course
Friday, May 10, 2019

Register Today!

9:30 am: Check-in and Putting Contest
Lunch and Luck Number Drawings

Noon: Shotgun Tee-Off

6 pm: Awards Banquet and Dinner Buffet
Hole-in-One Contest Winners
More Prize Drawings!

Sponsorship Opportunities

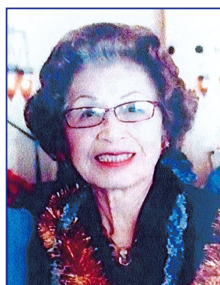
Please consider serving as a sponsor of the golf tournament to give your organization more visibility at this great event. A portion of your

sponsorship fee is tax-deductible as Palolo Chinese Home is a non-profit 501(c) organization. For more tournament details, please call (808) 748-4904.



Gladys Lee:

Coming Full Circle to Serve as Honorary Golf Tournament Chair



Gladys Lee, who has been a dedicated Palolo Chinese Home volunteer for 55 years, is serving as Honorary Chair of the 29th

PCH Dynasty Invitational Golf Tournament.

She served on the planning committee for Palolo Chinese Home's first golf tournament 28 years ago, and has come full circle!

Gladys has been an avid supporter of Palolo Chinese Home. She has


been a member of the Palolo Chinese Home Auxiliary since 1964 and is currently President. Gladys also led other events to support Palolo Chinese Home. She chaired fashion shows in the 1970s and co-chaired a fundraiser in 1971 to build the Lani Booth Wing. She also served on the board of directors and served as secretary for many years.

Gladys volunteers for a number of other health-related nonprofit organizations. She has generously volunteered her time for the American Cancer Society, American Diabetes Association, American

Heart Association, American Lung Association, and other community organizations.

Gladys is also an active member of the Chinese Women Club of Honolulu, Organization of Chinese American Women, U.S.-China Peoples Friendship Association, and the Aloha Dance Club.

In 2017, the Hawaii Chinese Civic Association recognized her with a "Mandarin of the Year" award at its annual Mandarin Ball for her dedication as a volunteer.

Mahalo, Gladys, for your time, dedication and support! 

Palolo Chinese Home Welcomes New Leaders



Darin Yoshimoto, who has nearly 15 years of healthcare administration experience in Hawaii and Oregon, was

recently named Palolo Chinese Home's administrator. He currently oversees the skilled nursing and rehabilitation services teams.

"We're very pleased to have Darin as part of our leadership team," CEO Darlene Nakayama said. "His experiences in senior facilities and track record of performance and quality improvement are valuable assets for Palolo Chinese Home as we strive to continue to deliver the best care and experience to seniors and their family members."

Prior to joining Palolo Chinese Home, Darin served as social services specialist for The Villas, a short-term rehabilitation skilled nursing facility, where he was responsible for coordinating plans of care and rehabilitation and discharge planning.

He also served as administrator of Arcadia retirement residence, overseeing the daily operations of the assisted living and skilled nursing facility; general manager of Regency at Hualalai, a senior living and assisted living community with memory care in Kailua-Kona, and assisted with opening a sister skilled nursing facility in Hilo.

Darin also served in management roles for a number of healthcare

facilities in Portland, Oregon, including Hawthorne Gardens Senior Living, The Springs at Tanasbourne, Marquis Piedmont Assisted Living, and Marquis Piedmont Skilled Nursing Facility.

The Aiea resident has a bachelor's degree in exercise and sport science with a minor in chemistry from Oregon State University in Corvallis and a master's degree in health administration from Portland State University.



Denby Nakamoto has been named Palolo Chinese Home's activities manager and is responsible for managing and coordinating the

activities for all of Palolo Chinese Home's residents.

Before joining Palolo Chinese Home, Denby was the activities and volunteer coordinator at a nursing home for 20 years, where she managed a comprehensive activities program.

The Pearl City resident earned an associate's degree in occupational therapy assistant from Kapiolani Community College. She is a member of the National Association of Activity Professionals and shares her expertise as a fieldwork supervisor for Kapiolani Community College's occupational therapy assistant students.




Fong Kwok, a registered dietitian, has joined Palolo Chinese Home as food and nutrition manager. He oversees the team

responsible for preparing meals for Palolo Chinese Home residents and for the Meals-to-Go program, which delivers meals to the homes of seniors.

Fong has extensive food service experience in healthcare settings. Prior to joining Palolo Chinese Home, he served as director of food and nutrition for Ka Punawai Ola, a skilled nursing and rehabilitation facility operated by Life Care Centers of America in Kapolei.

He also served as a clinical dietitian at The Queen's Medical Center, where he conducted nutrition screenings and assessments for medical nutrition therapy as part of a multi-disciplinary team.

The downtown Honolulu resident graduated cum laude from the University of Hawaii at Manoa with a bachelor of science degree in food science and human nutrition, and gained field experience while volunteering as a student dietary assistant at Leahi Hospital. He completed a dietetic internship certificate from Sage Graduate School, Troy, New York, and did rotations at hospitals, long-term facilities and clinics for underserved populations. 

Palolo Chinese Home Ushers in the Year of the Boar



① Palolo Chinese Home CEO Darlene Nakayama and Board Chair Eric Watanabe “feed” the lions; ② martial arts demonstration by the students of Gee Yung International Dragon and Lion Dance Association; ③ Elizabeth Sy performs a ribbon dance for the crowd; ④ author Gerry Yahata turns the subject of caregiving challenges into laughable, teaching moments.



Palolo Chinese Home celebrated Chinese New Year with a full house of residents and their family members, donors and other special guests to kick off the Year of the Boar on Sunday, February 10. Even the windy, rainy weather could not put a damper on the excitement of the day, which turned out to be bright and sunny to reflect the spirit of the day.

Jay Jarman, Co-Executive Director of Common Grace, provided a blessing for Chinese New Year. Common Grace, a nonprofit organization located on the Palolo Chinese Home campus, started Grand Grace, which provides

opportunities for young students to share activities with Palolo Chinese Home residents and senior day care participants.

The Chinese New Year festivities then began with a martial arts demonstration by the young students of Gee Yung International Dragon and Lion Dance Association before the gongs, drums and firecrackers set the stage for a dance with three lions.

Those at the event also took advantage of the great bargains at the country bazaar, which was coordinated by the Palolo Chinese Home Women’s Auxiliary, with

proceeds benefiting Palolo Chinese Home. Elizabeth Sy treated the crowd to a beautiful Chinese ribbon dance.

The festivities culminated with an uplifting, inspiring presentation on caregiving by Gerry Yahata, author of the book, “The Spirit in Caregiving.” He signed his books, which were given as gifts to those present at the event.

To top off the celebration, everyone enjoyed a plate full of Chinese chicken salad, roast pork with buns, jai, chow mein, and gao, and many took tours of Palolo Chinese Home to learn about the full range of care options for seniors. ㊦

Save the Date!**2nd Annual Palolo Senior Health and Wellness Day****"Take Charge of Planning for Senior Care"****Saturday, September 7, 2019****9 am – 11 am****Palolo Chinese Home
Farm Hall Community Center
2459 10th Avenue**

Join us for a free, information-packed session to help you prepare for the future. Our top-notch speakers, who have firsthand experience as family caregivers and are experts on various topics, include:


Paul Tanoue (R), a Realtor Associate with Real Estate Specialists, whose mom is a resident of Palolo Chinese Home. He will share his personal caregiving journey.

Scott Gardner, of Scott Gardner & Associates, a Medicaid financial consulting firm. Scott originally pursued a nursing career and transitioned to helping kupuna plan for Medicaid eligibility to cover the costs of long-term care.

Jennifer Okubo, Esq. of the Law Office of Stephen H. Reese. Jennifer earned her law degree from Willamette University College of Law and specializes in estate planning, and probate and trust administration.


Shasteen Lim, EA, of Tony Lim CPA, LLC. She holds an Enrolled Agent license and has extensive experience with trust and estate administration and accounting.

Antonio Bale, Jr., of the Fraser Financial Group. He specializes in income and asset protection strategies for individuals, families, and small business owners.

RSVP today at (808) 748-4909. 

Committed to Quality Care*(continued from page 1)*

the Pacific, working back-to-back shifts for 16-hour workdays for 10 years, and soon earned enough money to purchase a home to start her care home. She ran that successfully for nearly six years until she needed treatment for cancer. Never giving up, she then worked nine years for Healthways, despite being wheelchair bound for six of those years.

Phyllis has more to offer. She plans to be a motivational speaker, something she learned she is good at when facilitating support group sessions at Rehab Hospital. She also plans to write three books – on being a woman of color in the South, advice for military wives on the artificial status of rank, and the historical contributions of the black community in Hawaii. Mahalo, Phyllis, for your unrelenting passion! 


Mahalo to the C.S Wo Family Foundation

Mahalo to the Wo Family Foundation for recently completing their five-year, \$75,000 pledge to support Palolo Chinese Home's capital campaign for the Palolo Nursing and Rehab Center, the newest addition to the campus.

From left, **Scott Wo** presented the total to Palolo Chinese Home's Board Chair **Eric Watanabe**, Fund Development Chair **Frances Goo**, and CEO **Darlene Nakayama**. 

Honoring Blossom Tyau

Long-time Palolo Chinese Home supporter **Dr. Lawrence Tseu** (right) and **Janice Tyau Peterson**, daughter of **Blossom Tyau**, (second from right) unveiled a special plaque and portrait of Blossom Tyau, at Palolo Chinese Home's Chinese New Year event. **Darlene Nakayama**, Palolo Chinese Home CEO (left), and **Eric Watanabe**, board president, (second from left) received the plaque.

Blossom Tyau served on Palolo Chinese Home's board of directors for many years until she passed away last year and generously supported our mission. The plaque and portrait will be displayed in a new Hall of Honor to recognize the generous support of Palolo Chinese Home donors. 

Supporting Palolo Chinese Home Today

Palolo Chinese Home's facilities and sprawling campus at the foot of the mountains in the back of Palolo Valley are the result of generous donors. These donors supported Palolo Chinese Home, knowing their gift supports seniors and family caregivers, now and in the future.

The Thz Fo Farm

One of those generous donors was Mr. Thz Fo Farm. He became a successful Oahu businessman in the 1800s. He was responsible for Aloha Dairy, Homin Ice Cream, National Clothing, Maunawili farm lots where he grew asparagus, and a piggery and chicken farm alongside a dairy in Palolo Valley. He was a benevolent and forward-thinking community leader and one of the founders of Palolo Chinese Home.

His son's family lived on grounds of the dairy, located diamond head of the current Palolo Chinese Home campus. Thz Fo Farm was an industrious role model with a pleasant disposition, earning the love and respect of his grandson Frank Farm, Jr., who continues the family tradition of generously supporting Palolo Chinese Home.

Meeting Future Needs

Thz Fo Farm and others nearly 200 years ago directed their attention to those most in need at the time as well as those of future generations. Little did he know the investment in the Palolo Chinese Home would also eventually help the Farm family.



Left: A scene of the dairy farm in Palolo Valley from the 1800s. **Right:** Frank Farm, Jr. with Speaker Emeritus Calvin Say.



An Unexpected Benefit

When Frank Farm, Jr. could no longer care for his wife Mary at home, he turned to Palolo Chinese Home for help and was able to continue working.

The quality of the care his wife received at Palolo Chinese Home is still vivid: "We were very pleased with the care that Mary received at Palolo Chinese Home – from the professional and caring staff to the preparation of local foods that she enjoyed. We had frequent family meetings with the Palolo Chinese Home staff. Knowing all was well was a great blessing for me and my family."


"In a way, things have come full circle. I am grateful for the foresight and compassion shown by my grandfather, from which my family and many others now

benefit. It is now our turn to support Palolo Chinese Home and Hawaii families into the future."

Starting Your Family's Legacy

Like the Farm family, you can start your own family legacy of supporting Palolo Chinese Home. Consider starting a family tradition of supporting Palolo Chinese Home residents and participants, now and the future.

For more information about the various ways you can support Palolo Chinese Home, please contact **Darlene Nakayama** at dnakayama@palolohome.org or (808) 748-4901.

Note: Everyone's situation is different. Palolo Chinese Home encourages you to seek professional legal, estate planning, and financial advice before deciding on a course of action. This information does not constitute legal or financial advice and should not be relied upon as a substitute for professional advice. 



PALOLO CHINESE HOME

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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 our symbol. By adding two brush strokes, the artist, the late Clarence Lee, 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).

Kana Vance: Employee of the Year



From left: Palolo Wellness Program Manager Rachel Agustin, Activities Coordinator Kana Vance and 2018 Employee of the Year, and CEO Darlene Nakayama.

Kana Vance, an activities coordinator who has been with Palolo Chinese Home for nearly eight years, was selected as the Employee of the Year for 2018.

Other Palolo Chinese Home employees consider Kana a great team player who constantly takes initiative and can be counted on to follow through on any task. She is always willing to help in any way she can.

In addition to her regular shift in the Activities Department, Kana also supports the Palolo Wellness Program, providing care in the homes of seniors.

No matter who she is serving, Kana is very respectful to all residents, guests, and co-workers. Since she is fluent in both Japanese and English, and her language skills allow her to provide culturally-sensitive care.

Congratulations, Kana!

