



Vigor, Gusto, Zeal:

Betty Char Knows How to Live a Robust Life

Betty Char, a resident of Palolo Chinese Home's adult residential care home, is a living treasure who embodies the finest qualities of Chinese culture.

At 92, she is from a generation that understands the importance of pulling together with others who share a commitment in carrying on Chinese traditions and values. She dedicated herself to serving on numerous Chinese societies and associations, including See Dai Doo Society's board of directors.

As part of her volunteer work with See Dai Doo, she visited residents at Palolo Chinese Home, including singing during the holidays. Those experiences were her first encounters with Palolo Chinese Home.

Betty believes Palolo Chinese Home is an example of the forward-looking abilities of the Chinese in Hawaii. Eventually, she became an avid, generous supporter of Palolo Chinese Home, and her contributions are acknowledged on the donor recognition wall in Harry Wong Hall.

Her eldest son, **Alvin Char**, retired six years ago and is one of his



Betty Char, left, gladly calls Palolo Chinese Home her home, and enjoys the support of the very caring and attentive care home staff, says her eldest son Alvin Char, right.

mom's primary caregivers along with his sisters Carlene and Diane. Palolo Chinese Home was the natural choice when she needed care because she was already familiar with their services.

Over the past five years, Betty had been admitted to Palolo Chinese Home's skilled nursing care center about three or four times to receive rehabilitation services, including physical therapy and occupational therapy due to injuries from falls.

She also received the benefits of Palolo Chinese Home's senior day care program, participating one day a week.

"The rehab staff is top-notch," Alvin said. "And my mom has always bounced back because she is so determined to get better and push through any pain. There is good care here. You can't beat the quality of the people here. She likes them, and they like her."

(continued on page 4)

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Palolo Chinese Home is a private, 501(c)(3) nonprofit 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:

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A Message from Our CEO**An Enduring Commitment to Quality**

Aloha!

Palolo Chinese Home continues to maintain an overall five-star rating from the Centers for

Medicare and Medicaid Services (CMS), and we are always looking to ways to meet the needs of our residents and other seniors who participate in our programs. That's why we are taking one of our programs to a new, exciting level.

Integrating Cognitive Care

Currently, about 80% of Palolo Chinese Home's residents have some form of cognitive deficiency. Dementia is no longer viewed as a separate, stand-alone illness because it has a direct impact on the quality of life of our residents. Palolo Chinese Home is emerging as a leader that incorporates dementia and psychiatric care into its overall health care delivery.

Palolo Chinese Home has been collaborating with the Queen's Clinically Integrated Physician Network (QCIPN) and the University of Hawaii John A. Burns School of Medicine (UH JABSOM) to better assist our residents who have dementia, depression, anxiety, bipolar disorder and other mental health conditions.

Support from the Hawaii Community Foundation

I am pleased to report that we have a commitment from the Hawaii Community Foundation to continue to provide funding for this valuable,

groundbreaking program for another year through a FLEX grant. The Hawaii Community awards FLEX grants to high-performing nonprofit organizations, and we are honored to be selected to use this unrestricted grant in providing an extra dimension of support for our residents to improve care.

Senior Day Care

Our Senior Day Care program is also different from most traditional adult day care programs. We are available to serve seniors and caregivers seven days a week, and our compassionate staff is able to provide care for participants who require more attention. We are now developing special pricing packages to make our Senior Day Care program more affordable and accessible for more families.

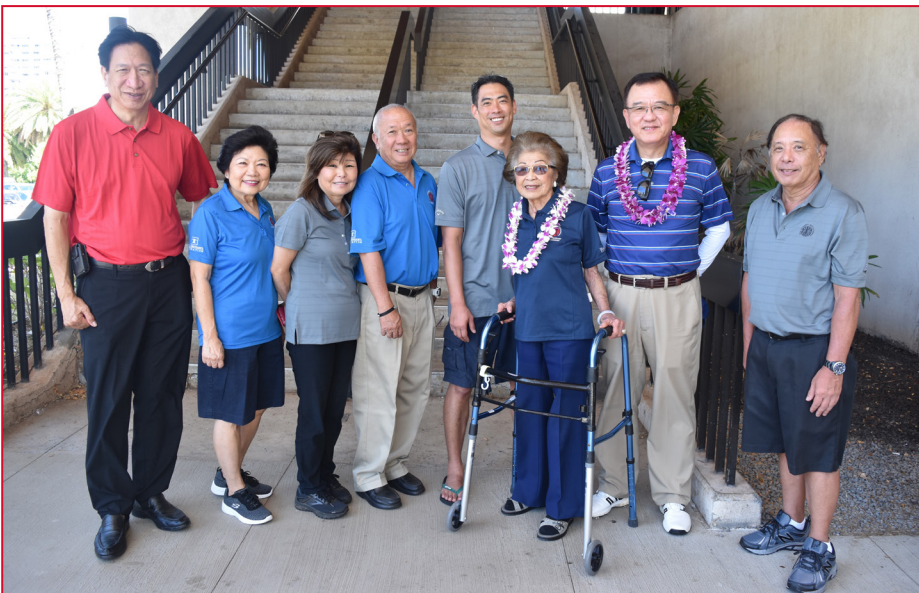
Meals-to-Go

Our Meals-to-Go program is growing in popularity because many seniors want to age in place. Our delicious meals delivered to their homes is a great convenience and the number of meals we delivered last year increased by about 30% over the previous year. Meals-to-Go is a way to ensure the nutritional needs of seniors are met.

If we can help you or anyone of your friends or family members, please let us know. Palolo Chinese Home is here to serve you!

Darlene Nakayama
Chief Executive Officer

Palolo Chinese Home Dynasty Golf Tournament



Palolo Chinese Home hosted its 29th PCH Annual Dynasty Invitational Golf tournament in May and raised more than \$100,000. This year, **Gladys Lee** served as the Honorary Chair of our golf tournament, working with **Brian Lim**, Steering Committee Director, and the other volunteer committee members. Gladys was asked to serve on the planning committee for Palolo Chinese Home's first golf tournament 28 years ago. She has been a strong supporter ever since!

She is a dedicated Palolo Chinese Home board member and has been a member of the Palolo Chinese Home Women's Auxiliary since 1964, and currently serve as its President.

Palolo Chinese Home is truly grateful for Dynasty and Platinum sponsors, including **Island Insurance Foundation, Pyramid Insurance Centre, Ltd., Bristol Hospice, Burts 76 Services, Gordon S.K. & Lana L. Au, Islands Hospice, Leu Okuda &**

Doix, Servco, and the Wu Family Charitable Foundation. Golf tournament proceeds help Palolo Chinese Home offset the cost of care that may not be fully covered by government reimbursements or insurance, and enable us to start new programs to meet the needs of seniors and family caregivers.

Mahalo to all of our sponsors and golfers for a wonderful day at the Ala Wai Municipal Golf Course!



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. 人

Betty Char Knows How to Live a Robust Life

(continued from page 1)

Alvin said his mom has always been fiercely independent and dedicated to living a healthy life.

“She would catch the bus to Chinatown every day to buy fresh food. Her freezer would be empty and her cupboards would have a few canned goods, but when you opened her refrigerator, there would always be fresh food. She loved to cook; she was a dedicated housewife and mother.”

That independence changed about two years ago.

“We had home care six hours a day for her, and I or my sisters would be there two or three times a day for breakfast, dinner or to take care of her other needs,” Alvin explained. “But one evening, she told me she could take care of herself and that I should go home. The next day when I returned, she

was on the floor. She had been on the floor all night.”

That incident was a turning point. Alvin and his sisters chose Palolo Chinese Home, knowing their mom would be in good hands and receive 24/7 care and attention.

There required an adjustment initially, but now Betty considers Palolo Chinese Home her home. And her strong spirit makes her an ideal resident.

Alvin said the activities coordinator does a great job of keeping the residents socially and cognitively engaged, which he attributes to his mom's well-being.

“She lives for Bingo. She has trophies she collects in her room,” he said.

“And she participates in all of the activities because I think the Chinese in her wants to get her money's worth!” Alvin laughed. 人

Teresa Novio Named Director of Business Office



Palolo Chinese Home has named **Teresa “Tess” Novio** Director of Business Office, responsible for managing and supervising all of the business office functions. She joined Palolo Chinese Home in 2011, first serving as an Accountant before being promoted to Business Office Manager.

Tess has more than 30 years of accounting and auditing experience in Honolulu and Manila, including 22 years with Philippine Airlines, where she was eventually named Corporate Audit Executive/Senior Auditor. She also served as an accountant with the Japan Travel Bureau Overseas Development Corp./JTB Hawaii in Honolulu.

Tess graduated cum laude with a bachelor of science degree in accounting from the University of the Assumption in San Fernando, Pampanga, in the Philippines. 人

Creating Win-Win Opportunities with Planned Giving

There's nothing mysterious about planned giving. It's a way to make a major gift to a nonprofit organization—such as Palolo Chinese Home—that is important to you. It is called “planned” giving because the gift is planned for a future date, either during your lifetime or upon your passing.

Planned giving not only benefits nonprofit organizations, but also donors. Laws governing planned gifts provide incentives for donors to support nonprofit organizations, so no matter how you make your planned gift and what form it may take, there is a benefit for you.

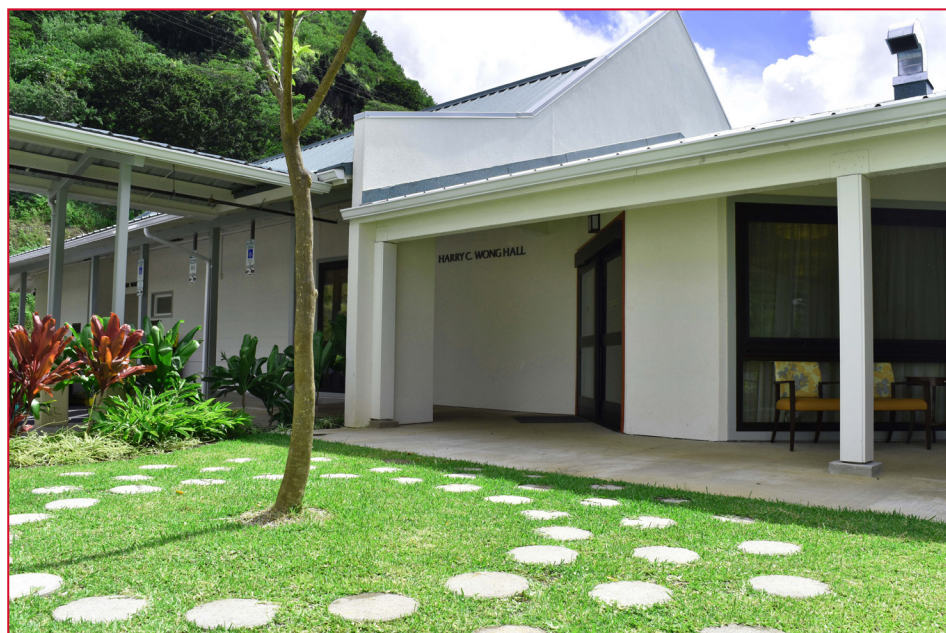
A planned gift could be as simple as a life insurance policy with a nonprofit organization designated as the beneficiary. It could also involve an outright gift of assets such as appreciated securities or artwork. However, planned giving to a nonprofit organization such as Palolo Chinese Home generally takes the form of a bequest, a charitable gift annuity, or a trust.

Bequests

A bequest is made through your will, trust or estate plan. A nonprofit organization receives a specific dollar amount or a certain percentage of the trust's value. The bequest could also be the remaining amount in a trust that is designated for the nonprofit after other bequests from that trust are honored.

Charitable gift annuities

A charitable gift annuity is a contract between a donor and a nonprofit. The donor makes a gift



Harry Wong Hall, Palolo Chinese Home's newest wing that houses the skilled nursing beds, was built in part from planned gifts through the foresight of generous donors.

in exchange for the nonprofit's promise to pay the donor a fixed annual income for life or for a certain period of time. The nonprofit invests the charitable gift to grow in value. Once the pay period ends, the nonprofit retains any remaining funds.

Trusts

There are two types of trusts for planned giving.

A charitable **remainder** trust pays a specified amount each year—either a fixed amount or a fixed percentage of the trust's value—to the recipient for an agreed-upon period of time. At the end of the term, the remaining assets of the trust are transferred to the recipient.

A charitable **lead** trust produces a stream of income for the nonprofit organization while the donor is

alive. When the donor passes, the donor's heirs receive what remains in the trust.

Planned giving uses legal and tax strategies or financial products and requires guidance from professionals so that you can derive the most benefits on top of the tax deduction for your gift.

If you would like to make a planned gift to Palolo Chinese Home, please consult your attorney or financial advisor or contact

Darlene Nakayama at
(808) 748-4904. ☎

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



PALOLO CHINESE HOME

Better Care · Better Lives

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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).

Celebrating the Life of Bernard Wah Doung Fong (May 18, 1926 - March 13, 2019)

Dr. Bernard Wah Duong Fong made a big difference in the lives of many Palolo Chinese Home residents and their families. He was born in Honolulu on May 18, 1926 and graduated from St. Louis High School. He served for two years in the U.S. Navy as a pharmacist's mate. After attending college and medical school in Philadelphia, he returned to Honolulu with his wife and family in 1956 to serve as a board certified internist and cardiologist. In addition to his private practice, he was a clinical professor of the University of Hawaii John A. Burns School of Medicine for two decades.

Dr. Fong was committed to supporting the Chinese community. He treated patients at Palolo Chinese Home and supported our programs and growth by serving as a director from 2005 to 2012, and then an emeritus director since 2012. Palolo Chinese Home originally served Chinese men and women who had no family to care for or support them, so he often “adopted” their families, siblings and children.

He requested donations be made to Palolo Chinese Home as a memorial to him. To celebrate Dr. Fong's life and legacy, please contact **Darlene Nakayama** at dnakayama@palolohome.org or (808) 748-4901.

