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A MESSAGE FROM THE CEO | DARLENE NAKAYAMA

CEO HOLIDAY GREETING!



As we enter the holiday season, let's be sure to celebrate Christmas and the New Year with others. This has been a year of many changes and challenges, but our family, friends, colleagues, and community are the most important to us. We must take the time to send our love and appreciation to those who have given of themselves to all of us.

The Palolo Chinese Home would like to thank you for your support and prayers this past year. It was a very difficult time for us, but with your assistance we have made it through. Thank you to all of our donors and supporters. You have continued to support us through all of your challenges, and we are so grateful for your continued generosity. We wish each and every one of you a bright and healthful holiday season.

We want to thank all of our in-kind donors, too! Mahalo for all the

donations of masks, face shields, disinfectant equipment, blankets and more. We have been so blessed this year with everyone thinking about the needs of our seniors.

I want to acknowledge the Palolo Chinese Home Board of Directors for their ongoing assistance with the home and all of our activities. PCH is so very blessed to have such a hardworking and knowledgeable board. Our PCH management has done a great job in caring for our staff, and the financial and operational needs of the home. This work has been done through our Senior Leadership Team ~ Darin Yoshimoto, Administrator; Aiza Pobre, Home and Community Services; Lauren Kagihara, Director of Human Resource; and Tess Novio, Director of Business Office. This team worked many hours to ensure that the residents were kept safe from infections and helped with the drive-by visits. They have done a great job even with all of the changes.

In closing, I want to thank all of the seniors, clients, participants, and residents for making the Palolo Chinese Home such a special place. We are so grateful for your trust in us to provide you the best care. Please have a safe holiday season. HO HO HO, Merry Christmas to all, and to all a GREAT night!

Darlene Nakayama



SENIOR DAY CARE STORIES

Palolo Chinese Home's Senior Day Care (SDC) gives seniors a welcoming place to enjoy stimulating activities, talk with other seniors, and dine on nutritious meals. Operating seven days a week from 7:00 a.m. to 5:30 p.m., the program also provides much-needed support and relief for hardworking family caregivers. Yet beyond providing a vibrant and caring environment, SDC can also be a truly transformative experience for kupuna.

MRS. EDITH LITTLEFIELD

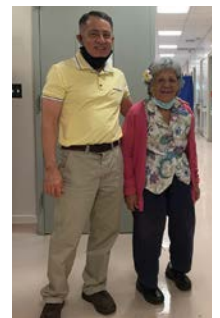
Mrs. Edith Littlefield was born on April 28, 1933. She raised three children. A retired Laborers Union Employee, she would prepare newly constructed homes for their buyers by providing a final clean-up. One of her biggest goals was to one day own a home of her very own, which she eventually accomplished.



With her love of gardening—especially orchids—Mrs. Littlefield still enjoys the many pleasures of the beautiful home life she helped to create. Yet as her dementia and mild paranoia developed, additional care became necessary to support her well-being. Her family reached out to Palolo Chinese Home due to its reputation and reasonable rates, first utilizing PCH's Home Cleaning Service, then In-Home Personal Care services. The family was also able to get

further financial assistance with the help of the KAP Grant and the Elderly Affairs Division. Mrs. Littlefield's son, Gary, quickly appreciated that the PCH staff was extremely responsive, professional, and trustworthy. It was obvious to him that Palolo Chinese Home's employees were being held to a higher level of quality and expectation.

At first Gary thought keeping Mrs. Littlefield predominantly at home would be best for her given her dementia, concerned that a whole day away from her familiar surroundings might be confusing for her. However when SDC and Palolo Wellness Program manager, Aiza Pobre, spent a couple days with Mrs. Littlefield to fill in as the home care personal aide, Aiza highly encouraged Gary to place Mrs. Littlefield in the Senior Day Care program to provide her with further beneficial stimulation and companionship. Now, that Mrs. Littlefield is attending the program, Gary feels the SDC environment has been the best change they've made for his mom in a long time. She rests better at night, her mood is lifted—and when Gary picks her up from day care, it's clear that she moves with a greater purpose.



MRS. WAI QUON PONG

Mrs. Wai Quon Pong was born in 1926 in Kwantung, China. She immigrated to Hawai'i as the wife of Ernest Pong and raised four children. Once the youngest daughter reached school age, Mrs. Pong operated a lunch wagon near Lex Brodie's and Mother Waldron Playground in the Kakaako District. After almost 15 years selling plate lunches, she began a new career as a housekeeper at Sheraton Waikiki until she retired to begin babysitting her grandchildren. She is currently the grandmother of five children, and great-grandmother to three. Her biggest goal in life has been to ensure that her family will be happy and successful.



Wai Quon enjoys cooking Chinese meals, talking for hours with her friends and relatives on the telephone, and playing mahjong—which she can play non-stop! She also enjoyed walking for exercise, but began to experience

symptoms of Parkinson's disease. Her family chose Palolo Chinese Home because of its longstanding reputation in the community of dedicated service to the elderly. Because of Mrs. Pong's desire to age and remain in her own home, she initially requested In-Home Care services from Palolo Chinese Home, and subsequently received excellent and attentive care from the home health aides. Eventually however, she sought more social interaction and varied activities, and so transitioned to Senior Day Care at Palolo Chinese Home.

Since the transition, Mrs. Pong has become more alert, interactive, and generally happier. She is no longer reluctant to experience the nursing home environment. Instead, she looks forward to her days when she attends SDC, where the staff is caring, respectful, and dedicated to her social interaction and well-being. Although Wai Quon is generally shy in new situations, she's quickly assimilated into Senior Day Care without any reluctance or concerns. The family deeply appreciates her great response to the program, and Palolo Chinese Home's variety of dedicated services for seniors offered at reasonable rates.





MEALS-TO-GO: SUPPORTING HOMEBOUND SENIORS IN MANY WAYS



At a time when seniors and individuals with underlying medical conditions are at an increased risk, supporting homebound individuals becomes all the more vital. Our Meals-to-Go program has expanded to provide a valuable food delivery service to all individuals who are vulnerable to suffering from COVID-19, while also engaging with homebound seniors in an effort to help them overcome loneliness. In addition to Meals-to-Go, the same hot and nutritious meals are also available frozen and can be purchased in bulk numbers.



SUPPORTING OUR SENIORS IN CHANGING TIMES

Palolo Chinese Home was pleased to launch free educational webinars this year, offering insights to help our kupuna and their families in these changing times. Developed with the same caring spirit of our in-person sessions, the series continued online via Zoom with special guest speakers Gerry Yahata Uplifting Kupuna & Caregivers, and Dr. K. Albert Yazawa and Mia Taylor Navigating the New Normal. We so appreciate the community for joining us in these learning opportunities, and to our wonderful community partners and the Kupuna Aging in Place grant from the Hawaii Community Foundation for making these webinar sessions possible.



Dr. K. Albert Yazawa
MD, CMD

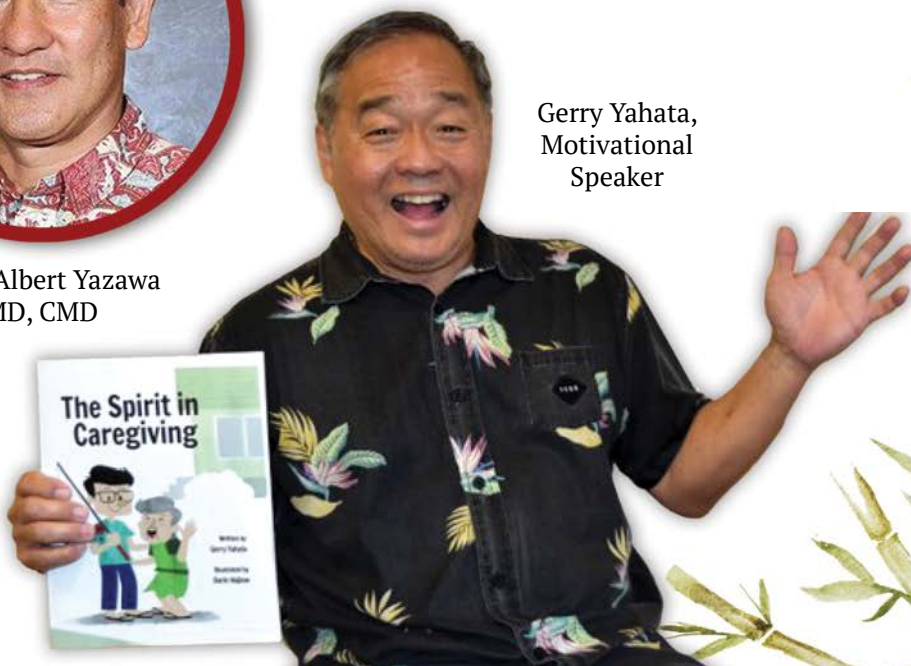


Hermina (Mia) Taylor
MSN, FNP-BC, APRN-RX

KEEPING OUR KUPUNA SAFE

Palolo Chinese Home is doing everything in our power to protect the health and wellbeing of our residents and staff. At this time, we continue to follow the heightened protective measures recommended by the CDC, including restricting visitors. To stay up-to-date on the latest with COVID-19 and PCH, visit our website at www.palolohome.org. A COVID-19 Hotline has also been setup at (808) 748-4906.

Gerry Yahata,
Motivational
Speaker





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).

DECEMBER 2020



MAKE A DIFFERENCE FOR HAWAII'S KUPUNA GIVE TO PCH TODAY

In times such as these, it's important to find the light amidst the struggles. And while it's sometimes tough to navigate through the challenges of today, we must always look ahead to the possibilities of the future.

At Palolo Chinese Home, we continue to seek new ways to support and uplift our kupuna. We've stayed creative, flexible and focused, while never once losing sight of our commitment to provide excellent care for our seniors. If you're able to give back, we hope you will consider making a donation to Palolo Chinese Home. Palolo Chinese Home subsidizes vital services for those needing:

- Hospice care, nursing home care and overnight respite
- Senior Day Care/daytime caregiver respite
- In-home care services such as bathing, house cleaning and laundry
- Technological support to help keep kupuna connected with loved ones
- Nutritious home-delivered meals through our Meals-to-Go program
- Individual and family counseling services.



Palolo Chinese Home additionally contributes to important Certified Nurse Aide education and training, offering tuition reimbursement for any CNA that works 2,000 hours for PCH. This commitment helps to ensure these in-demand positions—all the more critical with statewide shortages around the pandemic—remain staffed with tremendously talented and dedicated employees.

Since our founding over a century ago, we've worked tirelessly to educate, support, and care for seniors and their families. Gifts of all shapes and sizes truly make a difference! Whether you make a donation of face masks for our frontline workers, make a direct donation, or include PCH in your charitable lead trust, you are furthering our ongoing mission to provide better care for better lives. Mahalo for your continued support.