

📍 561 Kupuna Place, Hilo, Hawai'i 96720 ☎️ (808) 961-3747



MONTHLY NEWSLETTER

Happy Spring!



I'd like to thank our partner organizations, AARP Hawaii, for the opportunity to share about HIAC at the Aging in Place Seminar and the Alzheimer's Association for hosting the Caregiver Conference last month. Both events were incredible opportunities for us to connect with other community members and to learn more about partnering with those on the caregiver journey. We also had the great opportunity to partner with AARP at our monthly respite event for the premiere of a documentary, Taking Care. This film sparked a lot of conversation among those in attendance, and we recommend it greatly if you have yet to watch it.

On April 15th we will have Positive Approach to Care (PAC) training led by our certified PAC team. This workshop is open to the public and costs have been covered thanks to the Hawaii County Office of Aging. Please checkout the newsletter for more information on this training which focuses on brain change and practical skills that you'll be able to apply immediately.

On Saturday, April 19th, Arliss will be here to facilitate the conversation of Integrating Emotional and Physical Health at our monthly caregiver respite event. These monthly gatherings exclusively for caregivers are a vital way to connect with other caregivers, share experiences, and support each other. We learned at last month's AARP event that 23% of caregivers report that caregiving has negatively impacted their physical health, and 40% report high levels of stress. We hope that you can join this relevant topic and apply it to your life. Daycare costs are covered by our generous grant funders so that you can enjoy the training and receive respite.

Mahalo for the opportunity to partner with you and your loved one during this season of life.

Andrea Wernli
Andrea Wernli
Executive Director

HIAC BOARD MEMBERS:

- President: Marcie Saquing
- VP- Governance: Chris Schlueter
- VP-Internal Affairs: Jay Ignacio
- Secretary: Nancy Kelly
- Directors: Amy Honda, Nicolas Los Banos, Donna Okinaka, Jay Ignacio, Richard Onishi

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MARK YOUR CALENDAR:

Tuesday, April 15, 2025
Positive Approach to Care (PAC) Training

Saturday, April 19, 2025
Caregiver Respite Saturday





HIAC
HAWAII ISLAND
ADULT CARE, INC.

Program Highlights & Updates



March 2025:

United Hawai'i College: Japan Cohort Visit



In March, our kupuna had a special visit from our friends at the United Hawai'i College Japan cohort. They are majoring in Modern Studies, and visited Hawai'i for two weeks as apart of their graduation requirements.

Pictured right is Yumi (student) and Grace playing bingo in the Sunshine Wing.



Our kupuna received a donation of reading materials and crossword puzzle books from our friends at Yukio Okutsu State Veterans Home.

Ceramics Gallery

with Suzanne Wang



“Hands-on Healing: Crafting Cars & Masks to Unlock Memories”



We returned to mask-making, which initially proved challenging. Some participants faced visual-spatial impairments, making the process confusing. Yet, it's remarkable how defining the nose and mouth can transform the experience. Often, the masks resemble their creators or express emotions like sadness, horror, vacancy, or humor. These are facets we all carry, and it's important to express them. Working with clay offers a tactile avenue for such expression.



In March, we continued crafting small ceramic cars, and refining project details weekly. While human and animal figures are often popular in art projects, it was delightful to see elderly the women as engaged as men in building these cars. Many memories lie buried within us, and the right trigger can unlock stories of things once loved or feared. With patience and encouragement, individuals with dementia can often reconnect with these memories—especially when humor is involved. I've pondered the power of archetypes—universal motifs and symbols spanning cultures and eras.

Carl Jung, founder of analytical psychology, viewed archetypal imagery as a bridge to the unconscious mind. Engaging with these symbols allows individuals to explore the Self, accessing and integrating unconscious aspects, which can be profoundly healing.

While cars aren't traditional Jungian archetypes, they serve as contemporary symbols of personal autonomy, journey, and the control over one's path. Isn't this autonomy something all our participants long for and miss? It's no surprise they loved this project.

HIAC's
April 2025



Special Days

Participant Birthdays

Sherry, 04/03

Matsue, 04/04

Michie, 04/06

Teofila, 04/09

Geraldine, 04/25

Haruyo, 04/7

Evelyn, 04/27



EMPLOYEE OF THE MONTH



Keola Keliipino



April 2025



Working at HIAC since October 14, 2024

What do you enjoy about working at HIAC?

"I like spending time with the kupunas. And talking story with them, bonding with them, building relationships with them."

What advice do you have for your team?

"Keep up the teamwork, communication, and hyping each other up. If another person is down, be there to pick that person up."

What people are saying about Keola?

"Keola is positive and a team player. She is compassionate toward our participants and a hard worker."

Caregiver Connections: Resources & Services



Aloha Caregivers!



We appreciate all of your heartfelt contributions as a caregiver. Providing daily care and emotional support while managing daily life can be challenging, and involves more than just the care you provide; it is a combination of practicing patience, empathy, and acceptance of your role, all without proper training in the field of medical care. You are the unsung heroes who make a positive difference in lives of our kupuna. We are grateful and celebrate you and your unwavering commitment to the care you provide that is often not recognized. At HIAC, we believe that supporting our caregivers is essential to ensure you can provide the best care possible. Many of us forget to prioritize our own well-being. We encourage and empower you to set healthy boundaries, and reach out for support to avoid caregiver burnout.

Mahalo,

Cheryl Dias, MSW

Family Caregiver Counselor
PAC Certified Trainer

For caregiver resources contact (808) 480-3725 or by email at cheryl@hawaiiislandadulthoodcare.org

Positive Approach to Care (PAC)

We are happy to share that our HIAC Team continues to provide staff development PAC trainings that include simple techniques based on understanding the areas of the brain that are no longer working while making use of the parts of the brain that are still active. Our goal is to develop a partnership between you (the caregiver), and the person receiving care that involves active listening, empathy, effective communication, and teamwork, while utilizing the person-centered care approach through ethical practice and enthusiasm. Our hope is to improve participant satisfaction, better well-being, increase involvement, and stronger connections.

Upcoming Positive Approach to Care (PAC) Training:

Date: Tuesday, April 15, 2025

Time: 4:00pm - 8:00 pm

Location:

HIAC Golden Heart Wing (REGISTER TODAY at development@hawaiiislandadulthoodcare.org or call us at (808) 480-3733



Upcoming Group Counseling:

Wednesday, April 16, 2025

10:00 am - 12:00 pm

Location: HIAC

Conference Room

(No RSVP necessary!)

Caregiver Support Group with Maile Young:

Thursday, April 17, 2025

Caregiver Connections: Respite & Community Outreach



Caregiver Respite Workshop

Understanding and Managing Frustration and Anger: Arliss Dudley-Cash



Caregiver Respite Saturday, every third Saturday of the Month from 9 am to 1 pm.

We offer light breakfast and lunch, and host a variety of workshops and activities for much needed respite time.

Alzheimers Association Conference: Positive Approach to Care Trainers



Community Outreach

AARP Aging in Place Seminar



Alzheimer's Association Conference





POSITIVE APPROACH TO CARE (PAC) Community Training



Topic: "Typical and Atypical Aging"

About Positive Approach to Care (PAC):

Positive Approach to Care is an organization that offers dementia education, training, and advocacy that combines theory with practical techniques to help understand what's happening to the brain, and assisting care partners and their loved ones to thrive in their role.

Positive
Approach
to Care®



DATE: TUESDAY, APRIL 15, 2025

TIME: 4:00 PM - 8:00 PM

LOCATION:

Hawai'i Island Adult Care (HIAC)
Golden Heart Wing
561 Kupuna Place
Hilo, Hawaii 96720



Facilitated by HIAC Certified Trainer Cheryl Dias
and PAC Certified Team

Maximum of 35 attendees

RSVP via email at



development@hawaiiislandadultcare.org

or by phone at (808) 480-3733



**NO COST FOR THIS TRAINING
MAHALO TO DISTRICT 2 AND HCOA**

This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawaii County Office of Aging and the State Executive Office on Aging.



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Respite Saturday Workshop

with Arliss Dudley-Cash

"Integrating Emotional & Physical Health"



SATURDAY • APRIL 19, 2025

9:00 AM - 1:00 PM

HAWAII ISLAND ADULT CARE

561 KUPUNA PLACE

HILO, HI 96720

Reserve your spot!

To RSVP to this event or email
development@hawaiiislandadultcare.org
or call (808) 480-3733



This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawai'i County Office of Aging and the State Executive Office of Aging

Ke Ola Pono Better Choices Better Health:

Teleconference Workshop Series:

Self-Management Program for those
Living with a Chronic Disease



A six-week workshop, every Wednesday via telephone conference.
For people 60 and older living with any ongoing health problems or disease.
Limited to five people only. Register today!

Teleconference Workshop Schedule:

Dates: April 2, 9, 16, 23, 30, 2025
May 7, 2025

Time: 9:00AM - 10:00AM

Call Mona at 808-480-3730 or email
mvance@hawaiiislandadultcare.org

This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawaii County Office of Aging and the State Executive Office on Aging.



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ADULT CARE, INC.



April 2025



This facility is an equal opportunity employer. Milk is served with all lunches

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|---|---|--|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | | Stir Fry Pork WW Noodles Vegetables Fruit Milk | Tuna salad WW bread Fruit Vegetables Milk | Chili & WW Hapa rice Wheat Thin crackers Fruit Milk | Chicken Strips Potato Wedges WW Roll Fruit Milk | Cheese burger WW Bun Potato Wedge Fruit Milk |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Salmon WW Hapa Rice Vegetable Fruit Milk | Pulled Pork Sliders WW bread Fruit Cole slaw Milk | Egg Salad WW Bread Fruit Vegetable Salad Milk | Roasted Turkey & Gravy Mashed Potatoes WW Bread Fruit Milk | Beef Stew with Vegetables WW Hapa Rice Fruit Milk | Ham & Cheese Sandwich an WW Bread Vegetables Fruit Milk |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Shoyu Chicken WW Hapa Rice Vegetables Fruit Milk | WW Tortilla with Ground Beef Vegetables Fruit Milk | Tuna salad WW bread Fruit Vegetables Milk | Chili WW Hapa rice Wheat thin crackers Fruit Milk | Chicken Strips Potato Wedges WW Roll Fruit Milk | Cheeseburger WW Bun Potato wedges Fruit Milk |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | Baked Salmon WW Hapa Rice Garden salad Fruit Milk | Stir Fry Pork WW Noodles Vegetables Fruit Milk | Turkey & Cheese Sandwiches WW Bread Fruit Milk | Kalua Cabbage & WW Roll Mac salad Fruit Milk | Chicken Katsu Curry Vegetables WW Hapa Rice Milk | Egg Salad WW Bread Fruit Vegetable Salad Milk |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| | Meat Loaf Mashed Potatoes Vegetables WW Roll Milk | Chili & WW Hapa rice Vegetables Wheat Thin Crackers Milk | Ham & cheese Sandwich WW bread Fruit Vegetables Milk | Salmon WW Hapa Rice Fruit Vegetables Milk | Chicken Strips and Gravy WW Roll Fruit Vegetables Milk | Tuna salad on WW Bread Fruit Vegetable Salad Milk |

Community Resources & Events



Services for Seniors, Inc.

With the Staff of Services for Seniors, Inc. we believe in the:

Self-worth and Dignity of all frail, Homebound Elderly and Therefore are Committed to Delivering Quality Case Management Services in an Atmosphere of Empathy and Compassion in Hawaii.

County Case Management

• In operation since 1969

• Non-Profit

• Partial state coverage

• This program has been made possible through Kupuna Care, Title II funding from the Hawaii County Office of Aging and the State Executive Office on Aging.

OUR SERVICES

- Assess the needs of client/caregiver within the home setting
- Provide information
- Make referrals to other programs
- Develop care plans
- Coordinate services
- Assist with Medicaid Application Process
- Assist with long-term

ELIGIBILITY

- 60 years of age or older
- U.S. citizen or qualified alien
- Not covered by any comparable programs
- Living at home
- Have physical and/or cognitive challenges that interfere with Activities of Daily Living

Request Services for Seniors, Inc.

• For a referral to our services Contact the Hawaii County Office of Aging (HCOA) at (808) 961-8626

• If you have any questions, please call our office at (808) 935-1144



(808) 731-7009 hceoc.net 47 Rainbow Drive, Hilo

FREE Transportation Options:

HIAC is partnering with HCEOC (Hawaii County Economic Opportunity Council) & HCOA (Hawaii County Office of Aging) to provide **FREE** transportation to and from HIAC at the following locations:

Hamakua Locations

Kulaimano Community Center
28-2892 Alia St.
Pepeekeo, HI 96783
Morning Pick Up: 8:00-8:15AM
Afternoon Return: 2:30-2:45PM

Papaikou Gym
27-228 Maluna Pl.
Papaikou, HI 96781
Morning Pick Up: 8:00-8:30AM
Afternoon Return: 2:15-2:30PM

Puna Locations

Pahoa Senior Center
15-3016 Kauhale St.
Pahoa, HI 96778
Morning Pick Up: 8:15-8:30AM
Afternoon Return: 2:30-2:45PM

Keaau Community Center
16-186 Pili Mua St.
Keaau, HI 96749
Morning Pick Up: 9:00AM
Afternoon Return: 2:15-2:30PM



Hawaii Upcoming Events

www.aarp.org/local

1-877-926-8300

Instagram: /aarp_hi/
Twitter: @AARPHawaii
Facebook: /AARPHawaii
YouTube: /aarp-hawaii2981



For more information please contact Momi at momi@hawaiiislandadulthoodcare.org or (808) 480-3731

*afternoon pick up from HIAC will be at 2:00PM for both Hamakua and Puna Routes

Come join us today at HIAC!

