

Ohana Happenings

JULY 2020

ISSUE 11

Makana Pono: Employee Giving Program

HAROLD PALMA, NURSE PRACTITIONER

NONPROFIT:

FILIPINO NURSES FOUNDATION

Left to Right: June Racela, Harold Palma, Amie Guillermo, Merlin Lim



Nursing school can be expensive, but Islands Hospice nurse practitioner Harold Palma hopes to help ease the burden for students of Filipino ancestry. In doing so, he wants to inspire the next generation of students to pursue a path in nursing.

Since he became a nurse in 2012, Harold has been a part of the Filipino Nurses Foundation and has selected the organization to receive his \$5,000 Makana Pono contribution.

The Filipino Nurses Foundation provides scholarships for students of Filipino ancestry who are entering college or furthering their college education in Hawaii. The group also promotes and perpetuates Filipino culture and customs in communities across the state.

For Harold, this donation was extra meaningful. His late father, Mario Palma, who passed away

two years ago, helped to start the scholarship program within the organization. "Being able to donate to this nonprofit is my tribute to him," explained Harold.

"I chose to donate to this nonprofit organization because I have strong beliefs in their values," said Harold. "My way of giving back to the community is through promoting the importance of furthering your education, understanding how difficult it may be financially."

As a nurse practitioner, Harold conducts face-to-face evaluations for ongoing hospice eligibility and is part of the palliative care program, in addition to managing patients at Islands Hospice's inpatient hospice home. During his spare time, Harold is a volunteer lecturer for Nurse Advocates and Mentors Inc. where he teaches about hospice and palliative care.

"I just want to say thank you for this nomination, it really means a lot of me," Harold said. "I'm blessed to work with such a great organization with excellent staff and support."



SAVE THE DATE

Islands Empower Hour

AN ISLANDS HOSPICE WEBINAR SERIES

Please join us for 'Coping With Grief and Compassion Fatigue,' led by Sally Handley.

Health care professionals can experience grief when caring for patients at or near end of life, especially if a patient has been under their care for a long time. While bereavement services are often times offered to a patient's loved ones, frontline staff and caregivers are not always afforded this service. Additionally, those who care for others can experience chronic stress, leading to burnout and what is known as "compassion fatigue."



Join us for a free educational webinar on coping with grief and compassion fatigue as a health care worker, led by our very own, Sally Handley, Director of Social Services.

LEARN

- How to recognize grief and compassion fatigue in yourself and others.
- The consequences for undetected or cumulative burnout and grief in health care settings.
- Healthy mechanisms for coping with grief and compassion fatigue.

REGISTER THROUGH EVENTBRITE HERE:

<https://www.eventbrite.com/e/coping-with-grief-and-compassion-fatigue-webinar-tickets-111057614314>

The link is also available on our [Islands Hospice Facebook page](#).

Please help us spread the word about this free event and share the Eventbrite link with fellow healthcare professionals or caregivers in our community.



Hospice Hero Town

SCHANELLE PEREZ, DCSA

A family member once told Schanelle Perez, "My mom might forget your name but I'm pretty sure she will never forget how you made her feel." Those words stuck with her. She believes CNAs and other Islands Hospice staff are like extended members of patients' families.

Originally hired as a CNA for facilities, Schanelle now works in DCSA support, helping Islands Hospice teams order medical equipment, schedule visits, answer phone calls and helps families and patients with questions and concerns. She also spent three months assisting the QAPI audit team.

Schanelle grew up in the Philippines but moved to San Francisco to live with her dad. She first got a job at a casino, but after some studying, she became licensed as a CNA. In 2015 she moved to Hawaii, a place she refers to as "paradise."

Like a few other Islands Hospice employees, Schanelle first became acquainted with hospice care from working at a nursing facility. She is glad that her experience led her to hospice work, where she enjoys providing comfort as people reach the end of life. "I made a right decision because working at Islands Hospice is very rewarding," Schanelle said.

"The best part of my job is without a doubt the people that I work with," Schanelle said. "I feel so blessed to work at this company where employees care so much for one another."





Hospice Hero West Oahu

ROVENA JUAN, RN

Rovena Juan, RN, always knew she wanted to be a nurse, but she put her dreams on hold to start a family. When her four children were a little older, she enrolled in nursing school to fulfill her lifelong career goal. She is now a registered nurse serving patients throughout West Oahu.

Her first nursing job was at a skilled nursing facility. While working there, she found herself drawn to caring for hospice patients. She enjoyed being a source of comfort, so she decided to explore a new path at Islands Hospice.

As a registered nurse, Rovena has met many people who have touched her heart. She bonded with one patient in particular, whose life's passion was sharing the Bible with people by going door to door as a Jehovah's Witness. "She said to me that it made her sad that she could no longer do this and that she prayed God would help her find a way to continue to share his word," said Rovena. Their visits turned into discussions about religion, the bible, and their differing beliefs. "Before she passed, she told me that God had sent me to her so she could continue to share her knowledge of the Bible," Rovena recalled.

Rovena assesses patients' comfort, adjusts medications, communicates with doctors, manages wound care, and educates families on how to care for their loved one at home, disease progression and end of life. She offers a listening ear and an educated explanation for the changes they are seeing in their loved one. She provides emotional support and gives comfort when she can.

Rovena recognizes that unexpected visits are an important part of care in hospice. "There really is no typical workday. You plan your day and you understand that plans change...a lot," said Rovena. "I make multiple home visits during the day and chart in between."

When she is not spreading joy and providing support to Islands Hospice patients, Rovena can be found reading, watching movies, spending time with family, and tending to her traditional and aquaponic gardens.

Volunteer Spotlight



JEREMY LIU

This month, we want to give a special shout out to Islands Hospice volunteer Jeremy Liu. Jeremy is an employee of the State of Hawaii and has been a volunteer with us for about a year. He makes daily visits to our patients in care homes and facilities and providing a friendly ear and fun "talk story" sessions. He became involved with Islands Hospice through his aunty. Mahalo Jeremy!



ASK THE EXPERT



TAMI HULCHER

Registered Nurse

Change your diet, change your life

From musubi to malasada, Hawaii's multicultural landscape has made food a very important part of life. The high cost of living here also impacts the choices we make when it comes to eating. Furthermore, as health care professionals, many of us have a mindset of putting others first, which sometimes causes us to neglect our own health and well-being.

As a result, sometimes the “best deal” or an easy, in-the-moment craving ends up creating unhealthy patterns of consumption. Having a high-stress job taking care of others can also trigger you to reach for sugary or fatty foods and snacks.

However, as health workers, we often come across patients dealing with cancer, obesity, diabetes, high blood pressure, and other serious health issues that can cut life short and cause people to miss out on graduations, weddings, and other meaningful milestones. While several factors can contribute to disease and deterioration of the body, I have witnessed firsthand and studied the impact of diet and lifestyle choices on the body for more than 20 years.

Every time you eat or drink something, you are feeding disease or fighting it. The good news is that small changes in your daily diet and exercise routine can help you avoid or even reverse the effects of disease. Making the decision to regain control of your health is a long process, but it doesn't have to be a drastic decision right away. Even those who gradually make little changes can reset their bodies and live a longer, healthier life.

3 MOVES FOR A HEALTHIER YOU

Whether you're behind the desk or out in the field, what you pack for lunch and snacks can impact every aspect of your day, from energy levels, to mood, and even sleep quality. Here are a few quick tips for a healthier diet and a healthier you.

- 1. Put water first** – If you are not naturally a water-drinker, try dressing up your water with fresh sliced fruits or berries, cucumbers, or mint for an infused drink. Herbal teas are also a healthier choice than sugary sodas and juices. Use a large water bottle to measure your hydration throughout the day. Many times, a simple headache can be a sign of dehydration.
- 2. Healthy snacks** – Instead of going through the drive-thru during moments of stress, keep these items at your desk or in your car: raw mixed nuts, sliced fruit or veggies, and some small hummus or avocado cups for dipping. Make healthy nut butter and sliced fruit (bananas, kiwi, strawberries) sandwiches.
- 3. Add healthy choices** – Most people think of healthy changes as restrictive and giving up all things delicious, but you can get on the path toward a healthier you by introducing things into your diet that nourish your body. If you do not want to give up mac salad right away, try to get into the habit of eating a scoop of healthy veggies first. Strive to eat 5-7 servings of fresh fruits, berries, and veggies daily.

I invite you to consider making small healthier choices, and with any new health routine, be sure to reach out to your trusted physician with questions or concerns. Check out my blog at www.NurseTami.com for more tips and resources on nutrition. Our goals are to educate, enlighten and encourage people to live healthier, more vibrant lives.

Yours in good health ~ Tami



Maui Corner



MINDY BURGESS

RNCM

Get to know our Maui Team

How long have you worked at Islands Hospice?

One year and two months.

What do you do at Islands Hospice?

I am responsible for identifying and coordinating patient/family care to support terminally ill patients and families in their home, skilled nursing facilities or residential care facilities. The goal is to provide comfort care and maximize the quality of life for my patients and their families.

Describe a typical workday.

I provide general nursing care and manage physical and emotional symptoms. I help to ensure limited time with loved ones can be enjoyed to the fullest.

What is your favorite part about working at Islands Hospice?

The team!

Do you have any special memories from your time working here?

I've been blessed to work with some exceptional families.

What is your background?

I grew up in Southern California. I've been an RN for 30+ years, but I'm only 39 years old ;) I've been in medical-surgical, PACU, oncology, and an oncology nurse navigator.

I am married and have one daughter, Taylor (in the Navy). I inherited 3 boys from my current spouse and have five grandkids. Number six is due in July. I have a stupid dog named Rocky.

Is there anything about your background that inspired you to work at Islands Hospice/in hospice care?

It was a natural progression from working in Oncology.

What do you like to do in your spare time?

I enjoy going to the beach, gym, and volunteering with ACS Relay for Life.

Is there anything else you want to share with your fellow colleagues?

I really enjoy my coworkers and want to thank y'all for putting up with my insanity!

