



# IH OHANA HAPPENINGS



IT'S ABOUT LIVING!



WHERE  
WE'RE  
GOING:  
SAVE THE  
DATE!

IH HERO:  
STAFF  
SPOTLIGHT

WHERE WE'VE  
BEEN:  
RECENT  
EVENTS

## WHERE WE'RE GOING: SAVE THE DATE!

**February** is American Heart Month! What you need to know...

"About 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. But about 80% of cardiovascular diseases may be prevented. Heart Month is a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Take action to end heart disease and stroke and commit to: know your numbers, move more, eat smart and manage blood pressure. For more information, visit [heart.org](http://heart.org)." {Excerpt from [nbcdfw.com](http://nbcdfw.com)}

**February 18:** President's Day

### UPCOMING VOLUNTEER TRAINING SESSION:

**Tuesday, February 26th, 5:00 p.m.** at the Islands Hospice office, 1301 Young St.



## ❁ IH HERO: STAFF SPOTLIGHT: ❁

### MARK VILLANUEVA, SOCIAL WORKER

Mark Villanueva joined Islands Hospice as a social worker in the spring of 2018 and since that time has worked with three different teams. Even though Mark's time with Islands hasn't been long, his impact is great!

As a hospice social worker, Mark describes his role as "more than just providing the patients and families with community-based needs or some form of therapeutic intervention." It's more about his "compassionate 'kuleana' that allows [him] to walk alongside patients and their families in order to build that trusting relationship which [he] believes is the baseline of comfort care."

Mark feels truly blessed to call Hawaii home. He has seen "a lot of different states and nothing can compare to the 'aloha spirit' and Hawaii's majestic and peaceful beauty." He holds the Hawaiian culture deep within his heart and tries to practice some of the old traditions.

When he's not working, Mark enjoys spending time at the beach or the park or playing darts with close friends. Naps and Netflix are welcome pastimes in the event of inclement weather! He loves his family, especially the visitation time he gets with his 10-year-old son every summer whom Mark says, definitely keeps "me on my toes!"

Mark is truly honored to be nominated as an "IH Hero," but says he "could not do it alone." He wants to thank each team member, especially Mareen Engel for "always giving [him] the time to sit and talk" whenever an issue arises. Instead of disciplining him, she challenges him to prevent mistakes from happening again.

We are thankful for Mark and proud to have him as part of our IH ohana!

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## IH HERO: STAFF SPOTLIGHT, CONT.

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“Mark is always willing to help out where he is needed. He does his best to ensure his patients' needs are met.”

-- Mark Villanueava's co-worker

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**Did you know that our Islands Hospice website is full of helpful information regarding hospice & palliative care? Check out this excerpt from our "Hospice 101" tab titled, When is it Time for Hospice?**

It can be difficult for patients and their families to know when it's time for hospice. However, medical studies show that patients who choose hospice as early as possible for a terminal illness tend to live better and longer lives than those who wait.

If four or more of these apply, hospice may be the best answer:

1. Physician has given a limited life expectancy (six months or less).
2. Several hospitalizations or visits to the emergency room over last six months.
3. Increased medication for physical pain.
4. Several falls within the last six months.
5. Frequent phone calls to physician's office.
6. Majority of day spent in bed or chair.
7. Require assistance with two or more of the following: getting out bed, bathing, dressing.
8. Noticeable shortness of breath, even at rest.
9. Feeling more tired and weaker overall.
10. Dramatic weight loss, clothes noticeably looser.
11. Starting hospice isn't an easy decision. Speak with your physician, family members and trusted loved ones, and call us at (808) 550-2552 to discuss your options.

## WHERE WE'VE BEEN: CELEBRATING RECENT EVENTS



Mahalo to Tehani Bollinger, one of our community liaisons, for hosting an inservice with HMSA neighborhood center staff!

Caregivers support group!  
What an amazing, giving,  
dedicated group of people!

*"They may forget what you said,  
but they will never forget how you  
made them feel."*  
-- Carl W Buechner



Like us on FB & Instagram to keep up  
with all things Islands Hospice & wish  
your IH Ohana Happy (work)  
Anniversaries!

