

Ohana Happenings

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Makana Pono Recipient Shantashia “Pua” Naki



SHANTASHIA “PUA” NAKI
Director of Clinical Services Assistant,
Kapolei

NONPROFIT:
NA LEI NANI O WAIALUA

From Left to Right:
Pua Naki, Felicita Garrido, Shannon Kane

This month’s Makana Pono recipient is giving back to an organization that has been a part of her life since she was a toddler.



Shantashia “Pua” Naki grew up learning hula and ukulele at Na Lei Nani O Waialua. Funded by Queen Liliuokalani Children’s Center, Na Lei Nani O Waialua offers cultural learning opportunities and programs for children from economically disadvantaged backgrounds.

“Giving back to my Kumu Hula and the organization itself means a lot to me,” Pua said. “I have shared so many memories with this organization and this donation will benefit the future children of Hawaii in so many ways.”

Pua has been part of the Islands Hospice ohana for almost five years as a Director of Clinical Services Assistant. Based in Kapolei, she works with patients in a facility setting and provides administrative assistance to her Director of Clinical Services.

When she’s not supporting her team and patients, Pua’s passion is teaching and performing hula. At Na Lei Nani O Waialua, Pua dances kahiko, an ancient style of hula performed with chants and accompanied by percussive beats from the pahu (tall drum) or ipu (gourd). She also performs ‘auana, the modern style of hula, accompanied by singing and string instruments like the ukulele, guitar, steel guitar and bass.

“Hula kahiko has strong roots in the past and continues to grow in modern Hawaii,” she explained. “Hula ‘auana is influenced by contemporary times but with old knowledge.”





Hospice Hero Town

JANELLE POUESI, LPN

**Director of Clinical Services
Assistant - Licensed Practical Nurse**

Born and raised in American Samoa, Janelle Pouesi, LPN, was inspired to pursue a career in health care based on her culture and upbringing.

"In Samoan culture, it is a must to take care of our parents and grandparents and be humble, kind and respectful to others, especially elders," she said.

She worked as a Licensed Practical Nurse in the emergency department, NICU and at a skilled nursing facility, and eventually found her calling in hospice care.

Janelle is also guided by the memory of her father, whom she lost last year. "In my last conversation before he passed away, he said, 'Carry your Samoan culture everywhere and respect everyone no matter what background they're from,'" she recalled. "This is what I take to work every day."

As a DCSA at Islands Hospice's town location, Janelle supports the Director of Clinical Services with day to day tasks like scheduling, audits, ordering medications, communicating with physicians, and assisting nurses, social workers, spiritual care providers and home health aides as needed. She believes effective communication and teamwork are key to taking care of patients.

"I check for patient needs and concerns and provide resolution in a timely manner and update the field staff so they can be prepared for the day," she explained. "I put in a lot of effort to help my patients by assisting my team members and anyone who needs it."

Although she has been an LPN for more than 11 years, Janelle eventually wants to follow in the footsteps of her late grandmother and become a registered nurse. "It's what my father always wanted me to be," she added.

ANNOUNCEMENTS

Upcoming Events

All Staff Meeting

February 4

9:00 am

Oahu Veteran's Center



Continued from p. 1

Members of Na Lei Nani O Waiialua volunteer by performing and teaching in the community, promoting an appreciation for Native Hawaiian culture and giving keiki the opportunity to learn and participate in cultural practices. The program is supported by fundraisers, grants, sponsorships and donations.

"Growing up, I was always raised to share aloha and teach people our Hawaiian heritage out of love, from my heart, not asking for anything in return," Pua said. I hold my Hawaiian culture dear to my heart and am proud to be Hawaiian.





Hospice Hero West Oahu

MARLA LUKOWSKI, LPN

Director of Clinical Services Assistant
Licensed Practical Nurse

Like many of her colleagues, Marla Lukowski, LPN, was drawn to hospice care from a personal experience. She was a young nursing student when her grandmother was admitted to hospice on the mainland.

"I was there when the hospice nurse would come make her rounds. The nurse saw the compassionate care I gave to my grandmother and said, 'You would make a good hospice nurse,'" Marla said.

"That was the seed that sowed a new passion within me that sparked when I got the job working for Islands Hospice."

She had always been interested in geriatric care, and when she moved to Oahu, she worked for an agency as she looked for a permanent position. She came across an ad for Islands Hospice, and as she says, "the rest is history."

"I'm in a place where I am happy and know I belong," Marla said.

Next month, Marla will celebrate her six-year anniversary at Islands Hospice. She has held several positions here, starting as a field nurse, then transitioning to a DCSA due to an injury. She also sometimes works as a weekend liaison.

Some may recognize Marla from the Islands Hospice commercial that aired last year. "It is one of my ultimate experiences as I have never been in a commercial and it was awesome!" she said. "It brings a smile to my face when being recognized by people out in the community. At times, random families will walk up and share their stories of a family member on hospice or who passed away."

Marla's passion for hospice care is unmistakable. "There is a particular feeling of happiness I get when communicating with patient families," she shared. "To be able to help with problem solving, give advice and tips, or hear families' experiences they are going through or have been through. It's just heartwarming and special."

Volunteer Spotlight



ESTHER WONG

As a high school student, Esther Wong has a busy schedule filled with classes and homework, but she still makes time to volunteer at Islands Hospice a few times a week.

"My teacher inspired me to volunteer at Islands Hospice because he told my class about his experience with hospice and how moved he was by the compassionate care his mother received," she said. "It made me want to be a part of it and make other people happy as well."

From helping out around the office to visiting patients, Esther enjoys being a part of the Islands Hospice family. She completes administrative tasks like scanning documents and folding letters, but her favorite part about volunteering is the people and the patients.

"I have many special memories from volunteering at Islands, like my first facility visit," she said. "I was just beyond touched by the patients I visited. They were absolutely delightful and very conversational. Despite everything they were going through, they were very happy."

Volunteers who offer companionship to patients are critical to fulfilling the Islands Hospice mission. Islands Hospice is grateful to individuals like Esther, who has been volunteering for the past two years, for giving patients and families joy and comfort during the final days, weeks or months of their lives.



ASK THE EXPERT



CHAPLAIN SALLY HANDLEY
Director of Social Services

The 13 Months After Hospice



At Islands Hospice, we have a duty to walk with our patients during the final chapter of their life, but our work continues on after they're gone. Our bereavement department ensures close family members have the support they need, especially in the 13 months following the death of their loved one.

The vast majority of us at Islands Hospice work with patients and families in some capacity, even when we aren't the ones providing medical care. Those who don't deal with bereavement specifically may wonder about the best way to support grieving families. Here are some things to keep in mind:

1. **Grief doesn't come in stages.** It's more of a roller coaster ride. A person may go from sad, to mad, to accepting, then back to mad within 10 minutes. If a family member acts out in anger or sadness, react with patience and compassion.
2. **Sometimes the best thing you can do to offer support is to sit and listen without saying a word.** Be present and let the individual lead his or her own grief process.
3. **Grief follows its own timeline.** National hospice guidelines suggest offering bereavement services for 13 months, but depending on the loss, that may be way too short. Many Islands Hospice families attend our support groups or receive individual support for years after the loss of a loved one.
4. **Grief never truly ends in this lifetime.** It may become softer over time, more gentle, but some days it will feel sharp. It is a constant dance of sorrow and joy, pain and sweet love.
5. **The first year after loss is full of so many changes, from big to small.** A person may need to create a new normal and discover a new identity without the presence of their spouse, sibling, parent or child in their life. We can support them and help them find hope in a future that seems impossible without their loved one.

Having suffered the loss of my son, husband, sister, mother and father, I know how important it is to have someone walk beside you through the grieving process. We have an opportunity to be a light in a dark tunnel for bereaved individuals. That's why our official bereavement process is designed to reach out to family members throughout the first 13 months of loss. We send a condolence card, conduct bereavement visits, keep in contact with letters and calls, and offer support services.

But often, it's the small, individual actions from our employees that can have the biggest impact on family members. Writing a short note, taking the time to listen, or spending a few moments to chat and share memories at our Day of Remembrance helps support our families and makes a world of difference in their grieving process.



Maui Corner



ERIN KAMA, RN
Maui Inpatient Unit

How long have you worked at Islands Hospice?

Since December 2017.

What do you do at Islands Hospice? I work in the Maui inpatient unit alongside one of our hospice aides to provide the best care possible to our patients and families that come into the IPU. I also have the opportunity to work with the nurses in my IPU team as well as the office staff to keep our supplies and groceries well stocked and keep our IPU in compliance.

What is a typical workday like? As an IPU nurse, I have the opportunity to work closely with my aide to care for patients and families that come into the hospice home. We do our best to provide excellent and personalized care to each individual based on their needs.

What is your favorite part about working at Islands Hospice? Serving our local families and making them feel at "home." Like a home away from home!

What are some special memories from your time working here? I try to take with me a little something from everyone I meet. I learn something from every person, family and situation. They are all special to me. I feel like God has put me here for a reason and I don't take it for granted.

Where did you grow up? What is your background? I was born and raised on Maui. My grandparents are from Maui, from Hana to Waihe'e. I went to Baldwin High School, then served in the U.S. Army for three years, then came home and went to UH for nursing school. I am a single mother of two boys. Everything I do is for them, and God of course.

Welcome to our new Executive Director: Cindy Dean



Last month we welcomed Cindy Dean to Hawaii and to our IH Ohana as the new Executive Director. Originally from Utah, Cindy has 23 years of experience working in the medical field, with 20 of those years dedicated to hospice care. She has served in a variety of roles in different hospice agencies and has worked as a Community Liaison in business development, and as an executive Director of Operations. Cindy has an MA in Industrial and Organizational Management.

FAVORITE QUOTE:

"EVERY DAY IS LOST IN WHICH WE DO NOT LEARN SOMETHING USEFUL. MAN HAS NO NOBLER OR MORE VALUABLE POSSESSION THAN TIME." – THOMAS JEFFERSON.

What inspired you to work at Islands Hospice?

My grandma was on service with Islands Hospice before I came on. I was searching for something different, and my fellow nursing school classmate, Tanya Takitani-Apo, NP, was already working here. She helped my family and my grandma through such a difficult time, until the end. I am forever grateful!

Is there anything else you want to share with your fellow colleagues? I love everyone and am so blessed to be part of this Maui Islands Hospice team. No place or person is perfect but we do our best every day to impact the lives of others in our community.



WINTER GALA

Dec. 14, 2019 | *The Royal Hawaiian*

