

NĀ HOALOHA

“Loving Friends;” Neighbors Helping Neighbors

Serving Maui County Communities Since 1997

Helping our kupuna stay active, connected, independent



Since becoming the Executive Director of Nā Hoaloha last June, I am more aware of the challenges for the kupuna of Maui County than I was as a board member. In the last quarter of 2017 we added 61 seniors to our client list and only 8 volunteers. This ratio has dogged us for some time and although we have never been forced to waitlist anyone for services, it is a constant reminder of our need for more volunteers to help us serve our participants.

I am fortunate to have a great staff that knows how to respond to requests and how to meet the needs as they arise. Together, we all do what needs to be done to ensure our services will continue, the social isolation of frail, home-bound elders will be reduced, and the quality of their lives will be enhanced.

Now in its twenty-third year, Nā Hoaloha continues to help persons with disabilities and the kupuna of Maui County by providing reassurance calls, transportation, friendly visits, falls risk reduction assessments, and home maker services. While we constantly look to improve, we remain dedicated in service to our community.

Barry Gay
Executive Director

Nā Hoaloha Office

61 North Church Street, Wailuku, Maui HI 96793

(808) 249-2545

Our Mission

Nā Hoaloha provides compassionate care to seniors and those with disabilities to help them to remain independent and to enhance their quality of life.

The first thing that comes to mind when I reflect on 2017, is how many visits, miles, smiles and lasting memories were made by all the loving, caring volunteers! It never ceases to amaze me how incredibly unselfish and giving people can be. This past year presented change and challenge when Candice Carter retired and Barry Gay took the helm, but the transition went smoothly because you stayed focused on the mission of Nā Hoaloha. Volunteers did not waver in providing the same quality support and caring to Kupuna.

The REST program was launched in 2016, but by having regularly scheduled training sessions for respite volunteers during 2017, we are providing more relief for overstressed caregivers. This is a focus area we will continue to deepen and broaden in 2018 with better developed care plans and measured results. A special thanks to Kimber Niemann for facilitating the trainings and to the 20 volunteers who have taken on this special position.



Responses from the volunteer satisfaction survey showed the most valued event last year was the workshop on Social Isolation and Loneliness. We will continue to address this issue and provide more opportunity for seeking solutions in reducing and eliminating this awful condition here in Paradise. The expansion of the telephone calling program is a direct result of that workshop. With C.A.R.E. (Call and Reassure Elders) a volunteer can “visit” many more seniors throughout the day or week, even if they hold a full time job. This is truly a simple way to reach more homebound Kupuna. I am excited to see it grow and grow until we have a “phone pal” for everyone!

My greatest joy is being able to work with the most amazing people in the world. It is even sweeter when I can publicly tell the community how awesome the volunteers of Nā Hoaloha are at the annual Volunteer Recognition Luncheon. Last year’s event was spectacular with entertainment by the beautiful and talented performers of Old Lahaina Luau, photography by Hopsing Coon, delicious food and incredible views from the King Kamehameha Golf Club. Another great program is in the works, so you will want to mark your calendars for **APRIL 11**.

Mahalo for all the kindness, love and caring compassion you show with every second you give to volunteering. I am eager to continue working with and supporting you in the year ahead.

Warm aloha, *Judy Guajardo, Volunteer Coordinator*

To volunteer, contact Judy Guajardo at the Nā Hoaloha Office on Maui

(808) 249-2545 judy@nahoaloha.org

Volunteer Team Leaders: Debbie Wheeler - Lana`i, Mary Kekalia - Moloka`i

A 2017 Retrospective



Volunteers met for Roundtable Discussions - talking story, sharing projects and ideas while enjoying refreshments.

We are working with three community leaders to set up roundtable discussions in Hana to look for the best ways to provide services for east Maui.



According to the Hawai'i Food Bank, hunger affects one in five Hawai'i residents. Volunteers worked with Whole Foods Market to raise funds to purchase food for seniors. The purchased food items were then bagged and distributed to 600 Kupuna across Maui, on Moloka'i and on Lana'i.



New volunteers trained for the REST program, bringing their number up to 20. These volunteers provided over 2,300 hours of respite care to family members who are caring for their elders.



Sometimes, all it takes is a reassuring phone call to relieve the loneliness felt by many seniors.

Volunteer Irene Oficial (left) is glad to provide just that type of support.

Nā Hoaloa was present with our resources at the 16th Annual Family Caregivers Conference sponsored by the Maui County Office on Aging.



Our Staff was there at the 44th Annual Maui County Senior Fair to let more people know what we have available for our kupuna, those with disabilities and our volunteer opportunities. This MEO sponsored event attracted about 2,000 people!



The sore feet of staff and volunteers who joined the Maui Visitor Industry Charity Walk resulted in additional funds to support our programs and services. Volunteer drivers are reimbursed for mileage. These drivers regularly meet Lana`i kupuna at the ferry in Lahaina and take them to central Maui medical appointments. They are also available to drive local kupuna to appointments or to pick up prescriptions.

Our volunteers reach across generational boundaries as seen here with Miriam Katz and Kalan Bulmer



Our Volunteers were recognized!

Above: Lynn Pelosi sets up for our own recognition event.

On the right: Pricilla Peros was honored for her many years of service with the County of Maui's Outstanding Older American Award.

Left: Volunteer Daniel Ornellas was recognized by Maui's Mayor on the County's Volunteer Recognition Day.



Vision Impairment and Blindness

Education & Peer Support Group

Do you know someone who is living with some visual impairment, who is blind or going blind? Did you know that there is a special support group for them on Maui?

This group, started by a Nā Hoaloa volunteer, is currently facilitated by Kathleen Kenney, Independent Living Specialist with Aloha Independent Living Hawaii. Kathleen, who is also a Certified Orientation and Mobility Specialist and vision rehab teacher for those with low vision and blindness was introduced to this group by her coworker.

Group meetings are held monthly and usually there is a guest speaker. Past presentations have been on fall prevention, Ho`opono, cataracts and vision care by an ophthalmologist. Future presentations will address space changes in the home to enable a person to age in place and accessible voting possibilities for the visually impaired and the blind. If an outside presenter is not available, Kathleen fills in using her expertise and experience. Everyone leaves each session with new information to help them remain independent and having found inspiration from each other.

A few people have attended sessions with a companion but most in the group are truly independent. Transportation to the meetings, held in the Ohana Health Plan Meeting Room in Kahului, are provided by Nā Hoaloa volunteers as well as an MEO bus from Kihei.



Although the group meets in Kahului, Maui, Kathleen, with the help of Kaunoa Senior Center and the Public Health Nurse, has made presentations on Lana`i. She is available to people on Moloka`i and Lana`i as well as Hana and East Maui. Services can be arranged for all residents of Maui County through her.

For more information please contact Kathleen Kenney

kathleenk@alohailhawaii.org

(808) 866-4690

Save the Date!

April 11 – Annual Volunteer Recognition Luncheon at King Kamehameha Golf Club from 11:00 AM to 2:00 PM

Ongoing Events

Every Friday - Free Keiki Ukulele Show 5-5:45 pm, The Outlets of Maui Lahaina

2nd Friday of the month - Blue Zones Fridays at Queen Kaahumanu Center, 6-8 pm.

3rd Tuesday of the month - Nā Hoaloha Volunteer Training session, contact Judy Guajardo, Volunteer Coordinator at (808) 249-2545 or judy@nahoaloha.org

3rd Wednesday of the month - Concerts at the Shops, The Shops at Wailea Fountain Courtyard, 5:30-7 pm.

Every Tuesday - Whale Talk at the Hawaiian Islands Humpback Whale National Marine Sanctuary, Kihei, 11 am - noon.

Last Wednesday of the Month - Vision Impairment and Blindness Education & Peer Support Group, 1-2:30 pm, Ohana Health Plan Meeting Room 285 W. Kaahumanu Ave, Suite 101, Kahului

Last Thursday of the Month - Free Hawaiian music concert at the Baldwin Home Museum, Lahaina 6-7:30 pm; bring your own chair.

Quarterly - REST Training session, contact Kimber Niemann at (808) 856-6521 or Kimber@nahoaloha.org



As a community based organization that serves the aging population, Nā Hoaloha is committed to providing support to kupuna and persons with disabilities that will enable them to live independently and will enhance their quality of life. This is only possible through the devotion and compassion of our team of volunteers. Ranging in age from 16 to 96, volunteers with Nā Hoaloha can find just the right match to meet their schedules, interests, and talents. Our programs can be customized to fit your individual availability and interests.

Board of Directors

King Van Nostrand,
Vice President
Penny Dant,
Secretary
Mara Lockwood,
Treasurer
Pat Gotschalk
Daniel Kanahele
Virginia Shaw
Laurie Zimmerman
Marty Jean Bender

Meetings the Second Thursday of
the month - 4:30-5:30 pm
Coldwell Banker Meeting Rm,
444 Hana Hwy, Kahului

Staff

Barry Gay,
Executive Director
Judy Guajardo,
Volunteer Coordinator
Alida Murray,
Operations Coordinator
Kimber Niemann,
Program Support Specialist
REST Volunteer Trainer

Nā Hoaloha is a grass-roots organization promoting social responsibility and advocacy by empowering volunteers to nurture relationships, meeting the needs of Maui County's kupuna.

2018 Scheduled Events

February 3 - Casino Night 5:30 pm at Hale Mahaolu Elua

February 10 - Grandfamily Gamenight 5-7 pm for grandparents raising grandchildren, fun for all ages, free light dinner served at 5:30 pm. At UH Maui Co-operative Extension Service Community Service Building. Register at grandcaresmaui@gmail.com

February 20 – Volunteer Orientation at Na Hoaloha Office in Wailuku from 9:00 to 11:30 am

February 24 – Family Caregiver's Walk at Queen Kaahumanu Center from 7:00 to 11:00 am

February 24 - Outlets of Maui Chinese New Year Celebration, 4:30-5:30 on the main stage. Martial Arts Demo and Lion Dance.

February 25 - Queen Ka`ahumanu Center Chinese New Year Celebration, 2-4 pm

February 28 - Vision Impairment and Blindness Education & Peer Support Group at the Ohana Health Plan Meeting Room in Kahului, 1-2:30 pm - topic: Interior Design/Space Options - make appropriate changes in your home to enable you to age in place

March 3 - Rummage Sale beginning at 7 am at Hale Mahaolu Elua

March 20 – Volunteer Orientation at Na Hoaloha Office in Wailuku from 9:00 to 11:30 am

April 11 - Volunteer Recognition Luncheon at King Kamehameha Golf Club 11 am - 2 pm

April 14 - Punana Leo O Moloka`i Ho`omau at the Lanikeha Center, Hoolehua, 9am-5pm.

April 27—Maui Matsuri Kickoff Event, Queen Ka`ahumanu Center, 6:30-9 pm

