

NĀ HOALOHA

“Loving Friends;” Neighbors Helping Neighbors

Serving Maui County Communities Since 1997

As Operations Coordinator, I am essentially on the front lines as I answer and field the calls that come into Nā Hoaloaha. I have come to know our participants through their transportation requests and have developed a telephone relationship with many of them. For some, I recognize their voice before they say their name. From the stoic to the curmudgeon, the common theme among our participants is loneliness and isolation and a desire to connect. With all the focus these days on social media, facebook, twitter, etc., our good, old-fashioned telephone is an invaluable tool to combat this hidden problem.



Our work here is unique in that we come to know our clients at a time in their life when they are increasingly dependent and isolated. It is a personal honor that our participants trust us as they gradually reveal parts of their lives through the stories they share with us about family and their younger lives. These stories are compelling and captivating, as well as a powerful incentive to fulfill their ride request or provide a friendly companion. Speaking for Judy and Kimber, I know that we all share a deep sense of gratitude for the volunteers and satisfaction in a job well done when a ride is filled and a companion identified. It goes without saying that our understanding of the profound impact of isolation and loneliness on the health and well-being of our clients certainly motivates us to do what we can.

Alida Murray

Nā Hoaloaha Office

61 North Church Street, Wailuku, Maui HI 96793

(808) 249-2545

Monday-Friday 8:00 am—4:00 pm

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.

This year's Presidential Volunteer Service Award recipients

Bronze Medal: 100 – 249 hours of volunteer time

Melissa Agtunong, Helen Bullion, Kalan Bulmer, Monica Chihara, Jean Coontz, Barbara Fekete, Monnie Gay, Jerry Iwankiw, Lisa kahuhu, Barbbara Kennedy, Barbara LaMarca, Lynn Leong, Teresa Massoth, Pops Meneghin, Joan Opitz, Lisa Randall, Pearl Rockett, Reatha Sorenson and Jean Southmayd.

Silver Medal: 250-499 hours of volunteer time

Joanna Barnes, Jean Brew, Flo Gapsis, Robert Gurl, and Precila Peros

Gold Medal: 500- 749 hours of volunteer time

George Gonzalez – who contributed 634 hours of volunteer time.



George Gonzalez

It is not a contest to see who can do more than the other, but it is important to express gratitude and recognition to volunteers for their incredible dedication and commitment in fulfilling Nā Hoaloha's mission to provide compassionate care to seniors and persons with disabilities to help them remain independent and to enhance their quality of life.



Wally, Maggie, and Joanna



Jeannie and Jo

**For Information about services for Seniors,
contact the Staff at the Nā Hoaloha Office on Maui**

(808) 249-2545 alida@nahoaloha.org

Some of Our New Volunteers



Jo Ginger, Volunteer

Richard Carr, Volunteer



The strength of Nā Hoaloha is in its volunteer base and the capacity to serve many participants.



Left - Lani Cabanilla-Kellett,
Respite Service

Right - Naomi Pua Pahukoa,
Volunteer



Nā Hoaloha makes an impact in the community by reaching hundreds of kupuna who might otherwise have to reside in institutional care.



Barbara LaMarca,
Respite Service

“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”

~Erma Bombeck



Left - Iris Nola, Volunteer



Right - Kayla Marshall,
Volunteer

“Sign up, jump in with both feet! You’ll be helping some people who don’t drive, and you may make a friend. Also, you’ll hear some wonderful stories about back in the day!”

~ Flo Gapsis, Volunteer



Left - Steve Schroeder,
Volunteer



Right - Kari Lisa Johnson,
Volunteer

Ranging in age from 16 to 96, volunteers with Nā Hoaloa can find just the right match to meet their schedules, interests and talents.



Susan Frey, Volunteer

Nā Hoaloha Is Meeting the Needs !

In a 2014 study: “Listening to the Voices of Native Hawaiian Elders and ‘Ohana Caregivers: Discussions on Aging, Health, and Care Preferences” found at

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4708055/>

a number of concerns and needs were surfaced among Native Hawaiian Kupuna and native Hawaiian caregivers.

1. Many `Ohana caregivers are caring for multiple persons at the same time providing care 2-24 hours a day for 3-10 years. They help elders with shopping, going to the doctor, cooking, cleaning, bathing, medications, and bill paying.
2. Kupuna were caregivers for their mo`opuna making it impossible for them to participate in “Senior” activities because they have to babysit.
3. Health needs include a healthy diet (cultural foods are important), adequate income and accessibility to specific health and support services.
4. Caregiver education (health and nutrition, insurance, etc.), respite and transportation services

Although this study was with a specific segment of our population, many of the issues and concerns are common to all our senior residents and their caregivers.

How does Nā Hoaloha meet some of these needs?

Nā Hoaloha volunteers help seniors by providing rides to doctor appointments, to pick up medications, or to the grocery store.

Nā Hoaloha volunteers make friendly visits providing companionship and recreation.

Volunteers may also do light housekeeping and meal preparation.

The Telephone Reassurance Program uses volunteers – some of whom are homebound themselves – to call a client on a regular basis, providing social engagement as well as wellness checks and medication reminders.

In-home respite volunteers give full time caregivers the opportunity to have some time for themselves without worrying about their family member(s) who would otherwise be left alone if they took “time off” for their personal needs.

Nā Hoaloha provides educational programs: Falls Prevention Volunteer Program uses volunteers to educate others on the risk of falling, provide a self-evaluation tool to clients, and do a general home assessment

Nā Hoaloha partners with community businesses and organizations to provide supplemental food for seniors on Maui, Moloka`i and Lana`i

Volunteers are always needed! Call Judy Guajardo at (808) 249-2545

to join Nā Hoaloha volunteers.



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My name is Clare Merrill. I am 88 years old, a widow and live alone. My two children, born and raised on Maui, now live on the mainland so I have no family here to help me. I don't drive any more; gave it up 10 years ago - the right thing to do. Grocery shopping without a car was very hard. About this time a man from Nā Hoaloha contacted me to ask if I wanted somebody to do my weekly grocery shopping. I readily agreed and was teamed with Precila Peros.

Precila has done my grocery shopping for the past 9 years. She is an amazing woman and has gone beyond the scope of being a volunteer in many ways. Precila has a generous heart, sharing the fruits from her garden and remembers me with family gathering goodies.

I am grateful for Nā Hoaloha and Precila Peros. With their help I have been able to live in my apartment and maintain my independence.

Preparing food bags for delivery



Roundtables



An Interview with Florence Gapsis, Nā Hoaloaha Volunteer



ty,

How did you come to be a Nā Hoaloaha Volunteer?

My husband, son, and I came to Maui in October 2010. At the end of 2011, I started looking for a good way to help in the community, but wanted to keep it from becoming a full-time job since my husband likes his dinner. Our retirement dream had always been to enjoy a nice dinner out each evening --that is, out on the lanai in the most beautiful place on the planet.

What sort of things do you do as a volunteer?

Mostly, I offer transport of people to medical appointments, or take a few to get in their groceries, as MEO limits the number of bags you can carry on their buses to two. I have also driven people to get their taxes done, and a couple to handle some crisis situation. I drove one woman for 10 trips last year to take care her of cataract surgeries in both eyes. At the beginning, she thought she just needed new glasses.

What is your favorite memory of your time with Nā Hoaloaha?

I was driving a woman who grew up in the Camp at Puunene. On our trips out, she would talk story about the good life she and her family had at that camp. One day when we were out, I drove her back to the building which is now the Friends of the Maui Library building and the old school building. When we got there, she was very happy, took a look at the buildings and thought back. After a long pause, she said, "Oh, there is our church. It is here, too! But that is not where it used to be -- some people have moved it!" As she was in her late 80's at this time, I was very happy to give her a glimpse of her old stomping grounds.



House in McGerrow Camp across the road from Puunene Sugar Mill



Swimming Pool next to the Mill

Volunteer Recognition Luncheon

After several weeks, I am still receiving emails and calls of “Mahalo” for the Volunteer Recognition Luncheon held on April 11 at the King Kamehameha Golf Club. It was so much fun!! Kathy Collins added an extra spark of delight to the occasion as the Mistress of Ceremonies and the Alu Like Entertainers graced the stage with their beautiful hula and song performance.

Game Show Fanatics, the headliner entertainment group was Fantastic Fun and had everyone in the room laughing. See the photos and you will see what I am saying.

As Kathy Collins said, “The pressure is on to top this year’s event.” It is not too early to sign up for the events committee!

Judy Guajardo, Volunteer Coordinator



What's Happening?

May 10 **2018 Outstanding Older American Awards** Maui County Office on Aging



May 11 **AARP home For Life Workshop**
Kaunoa Senior Center, 9am - noon
(free)

May 12 **Charity Walk** War Memorial Soccer Field, 7 am



May 13 **Mother's Day!**

May 17 **Federal Agency Assistance**,
Office of Rep. Tulsi Gabbard; Maui Coffee Attic, Wailuku. 11 am - 1 pm.
For information go to
<https://gabbard.house.gov/casework>

May 25-26 **49th Annual Barrio Fiesta**

May 26 & June 16 **Car Wash - Nā Hoaloa Fund raiser** Ohana Fuels at Minit Stop
85 S. Wakea Av., Kahului, 8am-Noon
(\$8.00 per vehicle)



June 11 **Kamehameha Day**
Office closed

July 4 **Independence Day**
Office closed

July 4 **Jazz Concerts and Fireworks**
Lahaina. Fireworks start at 8 pm

July 21 **Relay for Life - Central/South Maui;** War Memorial Complex, Wailuku. 6pm Saturday - 6 am Sunday. More information at www.relayforlife.org/centralmauihi

Every Tuesday, Thursday, Saturday
Whale Talk Hawaiian Islands Humpback Whale National Marine Sanctuary 726 S. Kihei Rd 11 am - noon.

Every Tuesday, Wednesday, Friday
Farmers' Market Queen Ka'ahumanu Center. 8 am - 4 pm.

Board of Directors

King Van Nostrand

President

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Vice President

Penny Dant

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Mara Lockwood

Treasurer

Daniel Kanahale

Kathi Fitch

Virginia Shaw

Charmaine Bissen



"Neighbors Helping Neighbors"

Meetings the Third Thursday of
the month - 4:30-5:30 pm

Swan Suite

N. Church St., Wailuku

Staff

Judy Guajardo

Volunteer Coordinator

Alida Murray

Operations Coordinator

Kimber Niemann

Program Support Specialist

REST Volunteer Trainer

Nā Hoaloha
P.O. Box 3208
Wailuku HI 96793