

NĀ HOALOHA

“Loving Friends”



Aloha! my name is Naomi Pahukoa a.k.a Pua. I am a born and raised Maui girl. I am married and have 3 keiki and we live in the beautiful town of Makawao.

I have been a part-time student at the University of Hawaii Maui College since 2013 and majoring in Human Services. I will be receiving my associates degree in Human Services in May 2019. While enrolled in the Human Services program I was presented with a great opportunity to also add a few community health worker classes to my Human Service classes and receive my Community Health Worker Certificate which I completed this past May, also in that same semester I completed my first practicum

course which required me to find a place to volunteer for 200 hours which is what led me to Na Hoaloha. At the end of this semester in December 2018 I will also receive an Aging certificate after I complete my second practicum and a course called Working with Older People.

Coming to Na Hoaloha in January I didn't know exactly what the organization did and how I would fit in, but I was so excited to be in service to the kupuna of Maui County. From the first day of my internship I was including in everything and given the opportunity to attend I.D.T monthly meetings, trainings, meetings in Hana, roundtable discussions and our annual volunteer luncheon. In the past 6 months I have done everything from answering phones to getting the mail, mileage reimbursements, new participant intakes, deliver food boxes and escort transportation. Judy, Alida and Kimber have all taken the time to share with me their knowledge and from the bottom of my heart I am grateful and feel very blessed.

Everyday is unlike the others and I am very excited to see what is in store for Nā Hoaloha.

Nā Hoaloha 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.

“The measure of intelligence is the ability to change” -*Albert Einstein*

Did you know the word “change” is most often used in reference to something positive? Na Hoaloha has been changing in subtle ways over the last 23 years and yet it remains, by and large, the same. The organization has changed leadership, staffing, physical locations, and even logo designs over the years, but the mission remains the same. The core programs are the same: friendly visits, telephone reassurance, and escorted transportation. The change has been in the depth and breadth of those programs and services. Services now include in-home falls risk assessments, respite volunteers and early detection for dementia.

At a time when most agencies are experiencing a decrease in volunteer availability, Nā Hoaloha has actually been able to maintain a steady base of caring individuals willing to give time to make a difference for Kupuna. Currently, there is 1 volunteer for every 3 participants. With this ratio, we have to make changes to keep up with the demands.

Advances in technology are helping us bridge the gap in several ways. Phone calls can provide the means for working volunteers and participants to connect with homebound seniors. One volunteer making just three calls a week can help reduce the isolation and loneliness for those seniors and perhaps for themselves. Setting up social media and other video sites for communicating between elders on Maui and family who live off Island can widen the individual’s care team circle. Providing easy access to enrollment forms on the website has shown a faster response time to becoming a volunteer, finding opportunities to meet your schedule, and reporting hours and mileage for reimbursements.

Nā Hoaloha will be conducting community and organizational assessments over the coming months in preparing a five-year plan. During this process, we will be facing some challenging changes and some opportunities of change. As a member of the volunteer team, you are encouraged to join with us in this process. Your insights on the conditions and expectations of the aging community are vital to the continued success of the agency. We are the ones who make the difference in how we grow older in Maui County. Be an agent of change!

Mahalo nui loa,

Judy Guajardo – Volunteer Coordinator

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

(808) 249-2545 alida@nahoaloha.org

A Big Success!



Cloudy Skies and light “blessing” rain could not keep the Car Washes and `Ohana Fuel’s Fundraiser down - both were a huge success adding to the funds available to assist our Kupuna.

Volunteers, Board Members, family and friends all got wet for the cause!

Dylan, Malachi and Elijah (above) were joined by Pua, Kimber and Judy - hiding behind a towel - to polish off the cleaned cars.



Fern Crum (below left) provided encouragement, Krispy Crème Donuts and Pizza for the crew!



(Below right) Josh Pahukoa and Mara Lockwood, Board Treasurer, showed us that work CAN also be fun!



`Ohana Fuels representatives presented a check for \$6,836.38 to Nā Hoaloha Board members, Staff and Volunteers. As part of their service to the community, `Ohana Fuels donates to a variety of non-profits throughout the year. The total amount of the check includes the proceeds from the two car washes and their donation.

Stories and Memories

A Fond Memory

Several times I had the honor and pleasure to provide transportation to a tiny Japanese widow living in Lahaina. She had children living on Oahu who came periodically to help her with home maintenance. Often our rides would be just a couple of blocks and other times to "the other side". We always found things to laugh about and we enjoyed each other's company. In spite of her being under 5 feet tall and under 90 pounds she became very difficult for me to help her in and out of my car and we would need to get help from the medical facility to get her settled with her walker. The last time I transported her she asked me if I have a yard. I did and she gave me an avocado tree she had grown from a tree in her yard. I will always remember her as I watch the tree growing into a lovely addition to the yard. While I was off island she passed away to my great surprise. I miss her hearty cheerfulness.

Jo Rockwell

Shopping, Cookies Scrabble = Good Fun



Jo Rockwell's memory shows what good friends clients and volunteers can become. Joanna Barnes would probably agree. Her Kupuna, Miriam Katz, truly enjoys her visits. Can you tell who won the Scrabble game?

Other volunteers have similar stories - would you like to brighten a senior's day as these folks have?

Volunteers: Renee Garcia-Chavez,
Tamara Jennings and Halo, Alma en Paz





Image used with permission www.roundpeg.biz/2017/04/marketing-spring-cleaning/

Spring Cleaning traditionally means a thorough cleaning of a house at the end of a cold winter but can also be used to mean any heavy duty cleaning or organizing project. In many cultures this cleaning occurs either at the end of winter or spring depending on the calendar. Cleaning traditions can be traced back to ancient Persian and Hebrew traditions.

Four Pile Method:

This is a great method for your closet but could be used for other items as well.

Do NOT go out and buy storage containers as a first step – that should be a last step.

Make 4 piles of clothes in your closet (or under the bed in a box):

Keeper – clothes you definitely do/will wear and want to keep

Maybe – clothes you think you might wear or might want to donate; things you haven't worn in several months

Donate – clothes you no longer wear but are still in good condition so someone else could use them

Throw Away – clothes that are not in good condition, stained, torn, etc. – put them in a trash bag

Once all the clothes are sorted:

Keepers – hang these back in the closet or store winter clothes in storage containers

Maybes – put these in a box or bag and put them back in the closet (or you might hang them in a separate part of the closet). If you have not taken anything out of this section in two months, do not hesitate – take them immediately to the nearest thrift shop or donation center!

Donates – get them to a thrift shop or donation center as soon as possible; you don't want to be tempted to put them back in the closet

Throw Aways – don't even look at them again, just take them out to the trash bin.

Now you can go purchase storage containers – vacuum bags are great for winter clothes, jackets, etc. that you only use when you go to the mainland in the winter - they flatten out and easily slip under a bed, clearing space in your closet.

REST - A Nā Hoaloha Respite Care Program

Jeannie Brew's goal is to make someone's day a little easier.

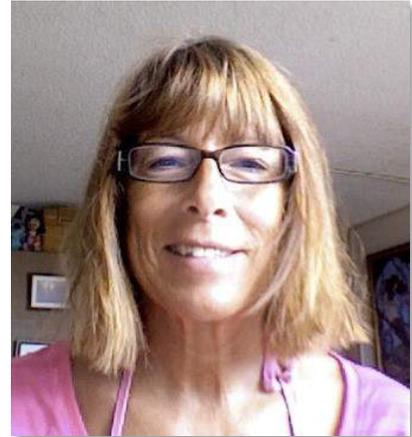
As a REST Companion, Jeannie accomplishes that by driving caregivers and their care receivers to appointments, taking them on errands, and delivering Meals on Wheels.

"My heart goes out to caregivers," Jeannie said. "In addition to providing care for a spouse or other loved one, many caregivers experience stress and have healthcare struggles of their own."

Jeannie completed the REST Companion course in June 2017, through Na Hoaloha, in Maui. She and 21 other Companions have provided over 2,000 hours of respite care since the service organization implemented REST two years ago. A long-time volunteer with Na Hoaloha, Jeannie recently won the Silver Presidential Volunteer Service Award for 450 hours of service.

Jeannie knows from personal experience how important the REST program is, having traveled once a month to help her sister care for her mother, who had dementia. "We never had training," Jeannie explained. "No one told us about the importance of taking a break, or the experience of seeing someone you love become a different person."

Jeannie appreciates that the training covers those topics - and more. "I am thankful for the REST Program," she said. "The concept of training individuals to give caregivers a break is so important."



More Volunteers

Judith Mancini, Irene Oficial, Keri McIntosh



Call the Office to join the volunteers!

What's Happening?

Obon Dancing

- Aug 17** Kahului Hale Makua 6:30 pm
- Aug 25** Kula Shofukuji Mission 7:30 pm
- Aug 31** Wailuku Hale Makua 6 pm
- Sept 7** Kahului Hale Mahaolu Elua 6 pm
- Sept 8** Hana Fairgrounds 5 pm



Website for image: www.mauimagazine.net

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- Aug 11-19** Tropic Care - Volunteers needed
www.mauicounty.gov/TropicCare
- Aug 17 - Statehood Holiday, Office closed**
- Aug 25** Lana`i Health Fair
- Sept 8** Relay for Life of West Maui, 5 pm-midnight,
Olowalu Speedball Field
- Sept 8** Lā`Ulu (Breadfruit Day!), 10 am - 3 pm, Maui
Nui Botanical Gardens, Wailuku
- Sept 15-16** Aloha Festivals Lahaina Banyan Tree
Ho`olaulea, 9 am - 5 pm, Banyan Tree Park
- Sept 18** Hana Cultural Center & Museum
Ho`olaulea
- Sept 21** Aloha Festivals Aloha Friday, 5 - 9 pm,
Queen Ka`ahumanu Center, Main Stage
- Sept 22** St. John's Kula Festival, 9 am - 4 pm,
St. John's Episcopal Church
- Sept 22** Chinese Moon Festival, 5-9 pm, Wo Hing
Museum and Cookhouse, Lahaina
- Sept 29** True Hawaiian Spirit Celebration
Ho`olaulea, 2-8 pm, Dole Park, Lana`i City

- Sept 30** 13th Annual Maui Ukulele Festival, 1-6 pm,
Maui Arts & Cultural Center, A&B Amphitheater
- Oct 4** Maui County Fair Parade, Kahului
- Oct 4-7** 96th Annual Maui County Fair
- Oct 5** Festivals of Aloha Investiture, 6 pm, Mitchell
Pauole Center, Kaunakakai, Moloka`i
- Oct 6** Festivals of Aloha Parade, 9 am, Kaunakakai
- Oct 6** Hana Legends (Hana Arts Community Theater
Program), 6-8 pm, Hana Ballpark
- Oct 12-14** Emma Farden Sharpe Hula Festival, 9 am
- 5 pm, Lahaina Banyan Tree Park
- Oct 14** 48th Annual Maui Marathon, Marathon Re
lay & Half Marathon, 5 am Ho`okele St, Ka
hului
- Oct 27** 44th Annual Senior Fair War Memorial Gym
- Oct 31** Halloween in Lahaina 4-11:00 pm Front
Street

Recurring Events

- Farmer's Market** Every Tues., Wed., Fri., 8 am - 4
pm, Queen Ka`ahumanu Center, Kahului
- First Sunday Jazz Concerts**, Aug 5 - Dec 2, 11 am -
noon Queen Ka`ahumanu Center Stage
- Hawaiian Music Series**, 6-7:30 pm, Last Thursday of
the month, Baldwin Home Museum Lawn

Friday Town Parties

- Wailuku First Fridays, 6-9 pm, Market Street
- Lahaina Second Fridays, Front Street
- Makawao Third Fridays, Baldwin Avenue
- Kihei Fourth Fridays, Azeka Shopping Center
- Lana`i Fifth Fridays



Board of Directors

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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

Pua Pahukoa

Program Support



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P.O. Box 3208
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