

Executive Director Greg LaGoy, N.D.

Executive Director's Corner

This is going to be short, because the "Extreme Makeover" article is my big news this time. But this little column contains some pretty big news as well:

This is a BIG year for Hospice Maui: This is our 25th anniversary. We were incorporated on November 16th, 1981. It is amazing for me to reflect on the fact that twenty-five years ago, care for the dying was so inadequate: Pain control was neither very well understood nor practiced; There was a fear of the dying process among professionals, and very few were knowledgeable

about it; There was minimal understanding of the psychological, emotional, and spiritual needs of either the dying person or their loved ones during the last stages of a terminal illness; And there was little appreciation of the seriousness of the bereavement process of those who survived the death.

Much of that has changed, and not merely within the walls of Hospice, but in all

areas of health care as it relates to caring for dying people. In my own experience over the past sixteen years, it is clear to me that this organization has been the crucial force in truly reshaping the landscape of end-of-life care on Maui. It is deeply rewarding to see what is truly "social change" that is so positive, on this scale, and in such a short span of time. I feel blessed to have participated in guiding this effort, and to continue to do so.



... to make comfortable.

- Comfort and dignity for people who are terminally ill.
- Assistance and peace of mind for their families.

News from Hospice Maui

SPRING 2006



Tropical Trips to Highlight Auction at Hospice Maui Fundraiser

Imagine the humid and tangled rain forests of South America; the incredibly alive Great Barrier Reef of Australia; the sultry songs and rhythms of Costa Rica; the sandy beaches and swaying palm trees of Hawaii ... that's what Tropical Exotica, this year's annual major fundraising gala for Hospice Maui, is all about!

Generously presented by Dowling Company, Inc., guests are invited to wrap themselves in tropical wear and join the festivities at the Grand Wailea Resort Hotel &

Spa on Saturday, May 27, 2006. Tickets are still available for the tropical affair which begins with cocktails in the Haleakala Gardens at 5:30 p.m. Guests will begin entering Haleakala Ballroom I at approximately 6:45 p.m. to enjoy a sumptuous Grand Wailea Resort Hotel & Spa buffet.

Fabulous trips to Costa Rica; Cancun, Mexico; Sydney, Australia; Rio de Janeiro,

Brazil, and Barcelona, Spain will make for some lively bidding during the Live Auction. Other trips — not quite so tropical — are Hilton Head, South Carolina; San Francisco, California; Scottsdale, Arizona; Montreal, Canada and a golf package to Marco Island, Florida. Additionally, Terry Moore has very generously donated an incomparable antique Union League Brunswick Collender pool table which is sure to garner great interest. A signed 14K yellow gold Maui Pineapple Pendant with a cushion shape checkerboard cut citrine stone and diamonds, made by David Wely in memory of Tony VanSteen will turn heads — and bring out the wallets!

Wonderfully entertaining cocktail hour entertainment and dinner theater will be presented by the talented dancers and singers of "Maui Song and Dance," produced by Max Reid. Guests will not just be entertained, but may just be inclined to join in a conga line or take part in the fundraising frivolity of the "Get This Chiquita Banana Hat off My Head!" Photos with live parrots and macaws — generously provided by David Venzo — or with Maui Song and Dance entertainers, will be available. Our Masters of Ceremonies, well-

known radio personalities and owners of Mana'o Radio, Kathy "Tita" Collins and Barry Shannon will keep things light, entertaining and moving.

Other fundraising activities include a "Tree of Life" that will provide guests the opportunity to donate to specific patient and family needs. The quiet of the Silent Auction is belied by the wonderful array of delights and goodies at hand including glittery jewelry, amazing activities, delectable dinners, marvelous merchandise and a bevy of tantalizing trips also, featuring trips for two to: St. Thomas, U.S. Virgin Islands; San Diego Old Town, California; San Juan, Puerto Rico; St. Kitts; Vail, Colorado; San Francisco, California; Carmel, California; Acapulco, Mexico; Monaco; Sonoma, California; the Cayman Islands; Amsterdam, Netherlands, and a trip for four to Orlando, Florida.

Tickets are \$175.00 each and can be purchased at the Hospice Maui office by cash, check or credit card. The ticket price includes dinner and two drinks, as well as access to all the other wonderful event activities in support of Hospice Maui. Reserve your space now by calling 244-5555.

What: Tropical Exotica
When: Saturday, May 27th
 5:30 p.m.
Where: Grand Wailea
 Resort Hotel and Spa

Bianca Shaw, Mark Geraghty, and Sarah Llywellyn are some of the talented dancers and singers of "Maui Song and Dance," produced by Max Reid.



Extreme MAKEOVER

The "Home Stretch"

If you have been following the progress of upgrading our facilities here, then read on — we have some news for you! Space is always a problem in the world of the not-for-profit, because space costs money. A corollary is that efficiency is highly rewarded. Well, for those who have come to our little hill top, one of its features has been the limited parking. We have gotten along with fifteen paved stalls and another three or four unmarked places to park, as well as a sand lot on the side of our office, which is used for overflow. And for those who have come inside our office building, available space is tight, storage is inadequate, and the desks and furniture are of every shape, size, material, and age.

So I called my architect friend, Kim Harter, to ask for her perspective, before I set about to make changes myself out of frustration. And as usual, she had very good and very efficient ideas! The resultant parking improvements consisted of an addition of maybe 35% to the paved area, but almost tripled the capacity to FORTY marked stalls!!! And we still have our sand lot, should we need it for overflow.

The story behind this improvement contains an example of the kind of wonderful serendipity that blesses Hospice Maui so often: On one side of the parking lot is a huge, twelve inch water pipe that is above ground, and which is the backup water supply for the hospital. The pipe has a tee. Part of it goes underground, and the other part is a dead-end section on a big concrete footing, and ending in a cap. That

dead end part of the pipe has always limited the width of our parking area, allowing only a single row of parking. Upon asking in past years about altering or removing it, we were told more than once that there was nothing that could be done.

Well, after living with the situation for twelve years, and as we were struggling with how to enlarge the parking lot as we best could, some County workers showed up with big machinery, unannounced and unsolicited, and removed that entire section! They placed a small fitting there instead, saying that they needed to have access to the line for testing, and didn't need all that extra pipe for anything. Wow! Suddenly, we had the space to widen the parking lot enough to get two rows of parking!

On the inside of the office, Kim helped us with our use of space: We have large, covered lanais that do not get used, so she helped us design a new layout in which we enclosed one of the lanais, and also improved the efficiency of the space we already had. Hunton Conrad, a skilled, local designer generously came and worked with my wife, Victoria, to select a palette of colors for the walls and trim, and select carpet for the both the new and old spaces. Board member Bill Keele, a building contractor by profession,

sent us two of his crew, who made the transition from plans to reality.

More serendipity: As the paint was going on the walls, and as the schedule was being worked out for emptying the building of furniture and installing the new carpet throughout, I had occasion to speak with Mary Hew, a former Hospice Maui board member and current Kaiser administrator, about communication protocols between our nurses and their physicians. At the end of that conversation, she said, "By the way, we have gone to an all-electronic system for our physicians, and in two weeks we are replacing all of their oak desks, which are in good condition, with modular work stations. Would you have a use for some of them?" My answer was "YES! Thank you!"

The last weekend in March was a three-day weekend and that Saturday was their date for the desk removal. So it was our date for desk pickup! Volunteers Roger Rowehl, Tom Chandler, and Scott Jepson worked hard with me for the whole day, moving all of our desks from the office to our meeting rooms and storage building, and then picking up and transporting all of the Kaiser desks, which also had to be temporarily placed in the meeting rooms. A HUGE task. While we were doing

that, our nurse Edy and volunteer-wife Victoria moved all of the medical supplies to the new storage room and organized them into clear plastic bins with labels.

On Sunday, volunteers Leta MacDonald, Tom Chandler, and I removed most of the rest of the furniture, installed some cabinetry in the reception area, and refinished the tops of the new desks.

On Monday, the carpet crew came to take out the old and bring in the new, and the entire staff came in to clean out their files, clean out their desks, and move their things into the new desks. We all worked to move the empty old desks out, ready for giveaway, and starting at 4 p.m. (once the carpet guys were done), volunteer Eric Amoral and I then put the fifteen new desks and ten desk returns back in the office.

Over the next week, I spent hours under the building, rewiring the computer and phone systems, moving the filing cabinets and other furniture back in, rebuilding the desk returns into working desks, and installing storage shelving.

Although it was a huge effort, involving nonstop work for two weeks, it is not done: The reception area needs to have built-in counter tops and façade; The kitchen, bathroom, and gift tag areas need cabinetry and counter-tops; And the outside entry area needs to have a small roof to keep the rain and sun out of the interior entry area.

When we have finally finished all of the little parts to this project, you will read about it once again. Until then, Aloha!

Greg LaGoy



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VOLUNTEER COORDINATOR

Anne Rowehl



A News Attitude

Fondest aloha to **Fran Joswick**, **Scottie Clark** and **Jim Kahler**, whose busy and fruitful six-year terms on our Board of Directors ended in March. We expect that Fran, who works tirelessly as Deputy Director at Ka Hale A Ke Ola Homeless Resource Center, and Scottie, who assists with our grief support programs, will just keep on truckin' and provide more good work for the Maui community. We don't expect Jim Kahler to slow down either as the Home Health Director of Hale Makua Home Health. We do know, however, that he will have a little more time to pursue one of his great loves — world traveling. Mahalo to each of you for all your support, expertise, plans and guidelines, and just plain hard work ...

And a very special welcome to our new Board members **Marian Freeman**, **Tom Jezierny, R.N.**, **Sol Kaho'ohalahala** and **Tom Schwab** (who is returning to the Board just for a year to add his very special brand of wisdom) ... A fond farewell also to **R.N. Dana Lambrose**, who has moved to California. She'll be greatly missed ...

The Annual Macy's Community Shopping Day takes place on Friday, June 16. **Hospice Maui receives all proceeds from the \$10.00 tickets that we sell.** Tickets entitle shoppers the chance to win a \$500.00 Shopping Spree and to save 20% off all (with some exceptions) regular, sale and clearance women's, men's and kids' apparel and accessories, as well as 15% off all (a few exceptions) regular, sale and clearance fine, bridge and fashion jewelry and home merchandise, all day long!! Call 244-5555 for more information and/or tickets ... **And, be sure to RSVP now for "Tropical Exotica"** (see Page 1 story) on May 27 at the Grand

Wailea Resort Hotel & Spa. **Live auction items feature fab trips, a beautiful antique Union League Pool Table generously donated by Terry Moore, a 14K Yellow Gold Maui Pineapple Pendant signed by David Welty** and much, much more! It's Hospice Maui's major fundraising event of the year and helps us continue to provide our services for friends, neighbors and relatives ...

Congrats! to our multi-tasking administrative assistant. In conjunction with National Administrative Professionals' Day, KAOI Radio Group ran a contest wherein listeners could write a short essay about why their administrative professional should win. Cindy was entered and was the winner! She not only received lunch for two and was recognized at the Annual Maui United Way Administrative Professionals' Luncheon on Wednesday, April 26, but she also receives a paid day off — all courtesy of KAOI Radio Group! Way to go Cindy.

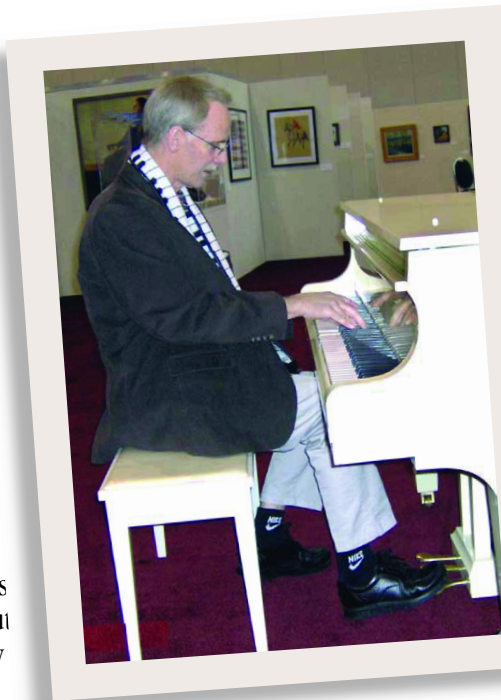
A Grand Man on the Grand Piano

I've been a Hospice Maui volunteer since the beginning of 2003. I've done patient care and bereavement, I've answered the phone, I'm the web tech, and currently I'm transferring Hospice Maui's video tape to DVD.

I'm also the coordinator for Maui Parkinson Support, which holds monthly support group meetings for people with Parkinson's, their caregivers, and anyone else who has been involved with this insidious condition. Additionally, I do home visits, phone consultations, agency referrals, patient advocacy, awareness presentations, training, and just about anything else that may help my fellow parkinsonians. I was diagnosed with Parkinson's Disease (PD) on Earth Day, 1998. This narrative is leading up to something, I promise.

In my spare time, I try to play my Yamaha CVP-201 (full-sized digital piano) as much as possible and as often as my PD will allow. I record music as well. Most of what I record is other artists' songs. I do my best to ruin their songs but the real joy I find in recording is composing my own music. About one third of what I record is my own stuff.

From my teen years, I had always been fascinated that a keyboard musician could create grand, sweeping aural landscapes from out of nowhere. My dream some day was that I too would



have the ability to do the same. When I bought the Yamaha, my dream became reality and to some, such as my family, perhaps a nightmare.

The first-ever World Parkinson Congress (WPC) convened in February 2006 in Washington DC. It was also the first worldwide convention to exhibit the artistic endeavors of people with Parkinson's. There were several art media on display: paintings, sketches, pottery, jewelry, poems, and music among others. It was on a whim that I had decided to submit a piece of music several months before. I was quite surprised when I received word that the WPC's Creativity & PD committee had selected my piece and had, in fact, deemed it as being of "extraordinary caliber." Certainly, they must have confused my music with someone else's.

I hadn't planned to attend the WPC due to the cost and the idea that spending nearly a week in DC in February would be cold and bleak. After a few weeks, I decided to investigate the feasibility of my going. I contacted the Hawai'i Parkinson Association to see if they would sponsor part of my trip. The HPA picked up the airfare, hotel cost, and WPC registration cost for me and a companion.

On February 22, my mom (Lois) and I entered the massive Washington Convention Center, which occupies a full city block. We registered and spent most of the afternoon "reconnoitering." The Opening Ceremony took place that first evening and we arrived early, as we had heard that Michael J. Fox would be speaking. We sat in the second row and, sure enough, Michael made his way onto the stage with several other speakers. His presentation was quite engaging even though he was dyskinetic. I had hoped to meet him but it was evident that he wasn't feeling well and, in fact, he left immediately following his speech.

Also scheduled to speak was perhaps the most famous neurologist in the world, Dr. Oliver Sacks, author of *Awakenings* and *The Man Who Mistook His Wife For A Hat*. I did have the opportunity to meet him and we spoke privately for about five minutes, by virtue of the fact that he was the honorary chairperson for the Creativity & PD exhibit. He signed a copy of the latter book, one which I have had for many years. In exchange, I gave him one of my music CDs.

After the Opening Ceremony was the Welcome Reception in another part of the building. I was blown away when, not thirty seconds after we had entered the hall, my song Mamba Preto — Blue Tongue mix came on the loud speaker system. All I could say was, "Hey, that's my song! That's my music they're playing!" People seemed rather impressed and the combination of the volume level and the nature of my song garnered attention and how. There were eleven pieces of music selected for the "official" WPC soundtrack, and these were looped throughout the day. I can only imagine that those people stationed in the hall and who were a captive audience had had more than enough aural assault by the end of the convention. My "fifteen minutes

of fame," as it were, arrived Friday evening when I presented my song, which entailed discussing why I composed it, then having it played once again on the sound system, and then answering a few questions afterward. I recorded the piece using about fourteen tracks, as I recall, so I wasn't able to perform it "live." I suppose I could have done an acoustic arrangement but it would have lacked the power of the original. One bonus, which I hadn't anticipated, was that a neurologist from Columbia University was filming a documentary. He interviewed four of us on audio equipment, then filmed me while he interviewed me, after which he asked if I would be up to playing something on the convention center's piano. The instrument turned out to be a cream-colored grand piano and fortunately my PD was behaving and it allowed me to improvise during the few minutes that the neurologist was filming. It was certainly a memorable experience.

The best part of the week was meeting dozens of other parkinsonians, sharing our disappointments, challenges, and fears — but even more so — our humorous anecdotes, coping skills, and creative ways to continue on the adventure we all share.

There are some promising things on the horizon for us PDers in the way of medications. Researchers seem to be focusing more than ever on the cause of the disease, though research funding is at an all-time low. I brought back a wealth of practical information, though, that will help me help others with this insidious condition. I look forward to sharing this information with anyone who is interested. I welcome you to contact me any time. Except for Maui's doctors, I'm pretty much the "only game in town" when it comes to support.

Please, if you have Parkinson's, if you're a caregiver, a relative, a friend, or even someone who would like to have me speak to your club or organization, you may contact me at 280-0907. I accept donations (payable to Hawaii Parkinson Association with my name included) to help cover the cost of mailings, supplies, etc.

Thank you to Hospice Maui for this opportunity to get the word out about Parkinson's on Maui. By the way, if the ratio of Parkinsonians nationwide holds true here on Maui, I estimate that there could be as many as 400-600. I've met maybe 10% of these folks. So you can see, I still have some work to do.

Mychael Patrick



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Leave a Legacy

Frequently Asked Questions About Leaving a Gift

■ How do I leave a gift to Hospice Maui? There are several ways to provide a gift, and the most common is through a will. You can set aside a certain dollar amount; leave a percentage of your estate; or leave assets left over after your family has been provided for. Paid-up life insurance policies or other financial investments are other ways to leave a gift.

■ How do I leave a gift if I don't have an estate? An estate is just a word used to describe any property, money or personal belongings you have at the time of your death. Most of us leave an estate when we die, even though we may not have a great deal of wealth. Even a little can mean a lot to a nonprofit.

■ Who can help arrange a gift? It is best to talk with financial planners, accountants and/or lawyers about your wishes. Professionals can assist you in understanding the tax benefits of planned gifts. You can also call the Hospice Maui Executive Director for assistance.

■ Can I leave a gift in memory of a person or for a specified purpose? A gift is a wonderful way to recognize someone who has made a difference in your life, or to honor someone close to you who has been helped by Hospice Maui. You can also specify how

the money can be used such as for patient needs, medical equipment, operational costs, a new building, etc. These kinds of memorial gifts can be arranged in your will, the same way that you would leave a personal gift from your estate. You just need to make it clear that the gift is given in memory of a particular person and/or for a specific use.

■ Do I let Hospice Maui know that I've left the gift? This is entirely up to you. It's nice to know in advance in order to recognize your generosity, and to let you know about specific giving opportunities. However, it is your decision whether or not to let us know.

Maui is a very caring place to live. Many people volunteer regularly and give financially to Hospice Maui and many, many other important charitable agencies. When they're gone, their support is sorely missed. By leaving a legacy through a gift in your will, you can continue to help Hospice Maui and other organizations that are making a difference on Maui.



LEAVE A LEGACY™

— LEAVE A LEGACY™ MAUI —

a promise made by one generation to succeeding generations that valued institutions will be there for them.

Who's on Board?

Donna McCleary, M.D., has been the Vice President of Hawaii Permanente Group for the past ten years. She is the physician responsible for purchase services on Maui and the Big Island, as well as delivery of system on Kauai. She is also the regional Medical Director for Medicaid and Medicare, and the Regional Appeals Physician.

Dr. McCleary has just began the second year of her first term on the Hospice Maui Board of Directors. She said she was drawn to becoming a board member because not only is she involved in the medical care system but she is also interested in end-of-life care on Maui.

"The most significant accomplishment of the Board during my tenure," stated McCleary, "has been the move to allow care to patients who don't necessarily have full-time caregivers."

"This allows hospice to expand its services to a wider network of people who need our help," she added.

McCleary hopes that the agency will be able to further expand its programs in the future and that the development of a residential facility will become a reality.

After completing her residency at Sinai in Baltimore, Dr. McCleary moved to Maui. She has been here for 32 years now, and she and husband, Robert, reside in Sprecklesville. In her spare time, she enjoys producing stained glass and walking her dogs.

A Heartfelt

National Volunteer Week is always the last week of April, and although we are always grateful and so appreciative of volunteer time and effort, this gives us an occasion to more formally recognize these marvelous people. They are the heart beat of hospice and their services touch us, our patients and their families, and the Maui community in so many different ways.

Many volunteers, of course, spend time with patients and the families. Oftentimes they simply sit with a patient providing comfort and solace just by being near. They will feed patients if necessary, even take them on out-

You may have asked yourself if participating in a support group could be helpful to you. Actually the answer very much depends on you, the group participants and the group facilitators. There is no simple answer. There are some basic elements that you can consider. The group is about support. That means there will be information about resources, personal stories, suggestions, a chance to be with other grieving people, and education about grief. Whatever is shared remains confidential.

The group facilitators are trained staff people and volunteers. Many of them have their own personal losses so they share a grief perspective. They are responsible to start the groups, encourage individuals to talk about important issues, share ideas and perceptions, and make sure that everyone gets a chance to partic-

Mahalo!

ings when patients desire. Many times they provide respite for family caregivers so these people can rest, run errands, and catch up on their own lives. They assist our bereavement counselor in the weekly bereavement sessions. We also have a group of lovely ladies at Kanoa Senior Center who have been hand painting Hospice Maui Gift Tags since their inception way back in the early 80's. Many more of our volunteers have been with us for 20 to 24 years, and it is gratifying that we get numerous calls every year for people wanting to become Hospice Maui volunteers.

Volunteer Coordinator Anne Rowehl hosted over 30 volunteers plus staff at a get-together on April 24 in conjunction with National Volunteer Week. Each volunteer received a beautiful 25th anniversary pin, and enjoyed the "talk story" time and great food. A short memorial for beloved volunteer Alice Borque, who died in March, was also held.

Sincere mahalo to all the marvelous volunteers for your commitment, service, selflessness and compassion. Whether you have been with us 2 years or 24, you are the force behind Hospice Maui.

H.E.A.L.

(Help Ease A Loss)

Support Groups as a Recovery Tool

ipate (if they want to). The facilitators are not grief experts, only participants and guides in the process.

Group members are wonderful sources of support and understanding for one another. Even with all the differences between life experiences, there are many similarities. Sharing is a gift of comfort. Practical strategies for dealing with friends, neighbors, children and work are exchanged.

Telling your story, being heard and understood, can be an excellent tool for reorganizing your life. Sharing the pain

and sadness with others makes the journey less loney. Finding direction, seeing progress and providing assistance to someone else helps you.

Happy stories and wonderful memories are also part of the support group process. It's not all about grief and despair.

You might want to come to a H.E.A.L. meeting and see if it is the right thing for you. Try it for several meetings because each group changes depending on who comes and what is shared.

There is no right time to come to a first meeting, but if you have a curiosity or feel the need, those are good indicators. When is it time to stop attending groups? Again, you will decide that for yourself.

If you have questions about H.E.A.L., call Prakash or Prem at 244-5555. We look forward to speaking with you.



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