



# Kaua'i Hospice

*a special kind of caring*

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## Executive Director Message

# Walking Our Talk

*What happens when one of our own hospice team members dies in our hospice care? How do we show up and be fully present to continue to meet the needs of the others in our reach? How do we process our individual and collective grief? How do we walk our talk?*

*As you will read in this newsletter, our beloved Clinical Care Coordinator, Diana Davidson Clendenen, died peacefully at home on April 5, 2011 lovingly surrounded by family and friends. Diana was the cornerstone for Kaua'i Hospice's clinical care.*

*It has been nearly seven weeks now since Diana died. A few of her co-workers cleaned out her personal effects from her office just this week. We maintained a shrine of sorts allowing everything to stay in its place, somehow hoping that one day the owner would walk through the door and step back into the life that once was. There was something so comforting seeing her sweater on the back of her chair or reading her post-it notes stuck on her computer monitor with scriptures written on them. Diana's essence surrounded us as we entered her office and gazed upon all the beautiful cat photos and angel figurines so delicately placed on her window ledges.*

*I walked into Diana's office this morning for the first time since her belongings were collected. It was starkly empty and surprisingly grey. I took in a deep breath and then exhaled. I did this a few times as I looked around, determined to connect to what I believe Diana would ask of me. In my spirit I felt her encourage me to continue with the good work of Kaua'i Hospice. This is what she would want and this is what we will do – honoring Diana as we walk our talk. I am grateful to have worked alongside such an amazing colleague who always strived to reach her highest potential for the betterment of Kaua'i Hospice and the people we serve. My commitment to hospice and providing the highest quality of end-of-life care is stronger than ever. Kaua'i Hospice is better because of Diana Davidson Clendenen. She will forever be in our hearts.*

*With warmest aloha,*



**Lori j. Miller**  
Executive Director



**KAUA'I UNITED WAY**

**Hospice:** *noun.*  
*from Latin "hospes,"*  
*the mutual caring*  
*of people for one*  
*another.*

Visit us online at [www.kauaihospice.org](http://www.kauaihospice.org)

# Spring 2011 Hospice Patient Volunteer Class

## Our Mission



To ensure the highest quality of life possible for individuals and their families facing a life-threatening illness; to provide bereavement support to individuals; and to promote an understanding of Hospice services.

Spring 2011 Patient Volunteer Training was held throughout the month of March and a class of eight new patient volunteers has been added to the roster of dedicated and caring individuals who give their time so generously. The new class is: Standing left to right: Dave Kane, Verna Belliveau, Heather Brace, Rodney Fisher, Isabelle Fisher. Seated left to right: Jill Rey, JoAnn Chechak, Sharon Leslie (KH Volunteer Coordinator), Alana Bodenstab, MD.



If you're interested in becoming a Kaua'i Hospice patient volunteer and would like to participate in our next training session, please contact our Volunteer Coordinator, Sharon Leslie, at 245-7277.

## 2010 Volunteer Of The Year Pat Simpson

Pat Simpson was honored as 2010 Volunteer of the Year on April 17, 2011 at Evening of Aloha. Ever gracious, Pat was selected for her dedication, commitment and selfless compassion for her patients, families and fellow volunteers. Mahalo nui loa, Pat!



***“A person is a person through another person...my humanity is caught up, bound up, inextricably, with yours.” -Desmond Tutu***



Jennifer Cheek, Marion Morita and Jill Cegielski accept a generous donation from Clinical Laboratories of Hawaii, LLP

# SUMMER 2011 CALENDAR OF EVENTS

## JUNE

*Journey Through Grief: A Bereavement Care Workshop 6 Week Series*  
Tuesdays, beginning June 28th through August 2nd at Kaua'i Hospice. 12PM - 1:30PM. Advanced registration is requested.

## JULY

*22nd Annual Concert in the Sky, July 4th Celebration*  
Monday, July 4th from 4PM - 9:30PM, Vidinha Soccer Field, Lihue.

*Teen Bereavement Support Group – The Rainbow Connection*  
Monday, July 4th – Call 245-7277 for details on tonight's group.

## AUGUST

*Teen Bereavement Support Group – The Rainbow Connection*  
Monday, August 1st from 3PM – 5PM at Queen Lili'uokalani Children's Center (QLCC), 4350 Kali Road, Lihue.

## SEPTEMBER

*Teen Bereavement Support Group – The Rainbow Connection*  
Monday, September 12th from 3PM – 5PM at Queen Lili'uokalani Children's Center (QLCC), 4350 Kali Road, Lihue.

*Give Aloha – Foodland's Annual Community Matching Gift's Program*  
From September 1st - 30th, make a donation to Kaua'i Hospice at any Foodland store and Foodland and Western Union Foundation will match a portion of your gift.

## OCTOBER

*Family Grief Support Group – Ke Anuenue Pili'ana 'Ohana Night*  
Monday, October 3rd from 5PM – 7PM at QLCC, 4350 Kali Road, Lihue.

*Journey Beyond Grief: A Bereavement Care Workshop 5 Week Series*

Tuesdays, beginning October 11th. 12PM - 1:30PM. This 5-week series is a follow-up from "Journey Through Grief" and concentrates on improving skills for the journey, expanding tools and learning concrete techniques to move beyond death. Registration Required.

*To learn more about any of the events listed above, please contact Kaua'i Hospice during regular business hours of 9AM – 4PM, Monday through Friday.*

## This-n-That

### We Honor Veterans

Did you know that 1 out of every 4 dying Americans is a Veteran? Kaua'i Hospice is committed to serving the unique needs of Veterans in our community and partnering with organizations to ensure that Veterans are receiving the high quality of care they deserve. To learn more about hospice professionals and their mission to serve, visit [www.wehonorveterans.org](http://www.wehonorveterans.org).

*Vital Statistic:* 100% of hospice families surveyed said Kaua'i Hospice provided EXCELLENT patient care.

*Source: Family Evaluation of Hospice Care Survey - Q4, 2010.*

### Concert in the Sky Volunteers

Kaua'i Hospice is gearing up for the 22nd Annual Concert in The Sky celebration on July 4th and we're looking for volunteers to staff the event. Last year nearly 600 volunteers, staff members, and committee members gave an amazing 6,445 hours of service to the celebration. Please let us know if we can count on you and or your group to help this year. Contact our office at 245-7277.

### The Match Game

Did you know that you might be able to double or triple your already generous donation to Kaua'i Hospice? Many employers sponsor matching gift programs and will match any charitable contributions made by their employees. Some companies also match gifts made by retirees and/or spouses. To find out if your employer has a matching gift program, please contact your Human Resources Program.

# In Memoriam

## Diana Davidson-Clendenen

March 23, 1956 - April 5, 2011

With heavy hearts, Kaua'i Hospice mourns the death of our long time nurse and Clinical Care Coordinator, Diana Davidson-Clendenen. Diana died at home on April 5, 2011. Diana indicated on numerous occasions that her nursing work at Kaua'i Hospice was the fulfillment of her ministry and God's calling. She loved to serve people nearing the end of their lives, and she did so with great compassion and caring. Oftentimes, she talked about how she was creating the bed she was going to die in. And indeed, she did.

Diana was the anchor in Kaua'i Hospice's evolution from all-volunteer organization to a professionally staffed Medicare certified Hospice. She developed the clinical policies and procedures upon which the entire nursing program is based, and once completed... she admitted the first Kaua'i Hospice patient. In Diana's last weeks, her colleagues gave her the loving care that she herself had provided to so many Hospice patients as they prepared for their own final journeys.

Diana's passions beyond her patients included surfing, dance, horses and animals of all kinds. Her home remains a safe haven for many cats that have fallen on hard times. She was a loving wife to Gordon and proud mother to Caitlin. Diana was born in Long Beach, California and was a long time resident of Kaua'i. She graduated Magna Cum Laude from Hawaii Loa College in 1989 with a Bachelors degree in Nursing.

When we close our eyes and think of Diana, the image of a ballerina comes to mind. Dance was a great passion for Diana and it remained her love throughout life. With the skills of a ballerina, Diana danced through life. Her gracefulness, beauty and strength were always present. Even after death, her family is left with the most beautiful image of Diana's dancing feet lovingly laced into pink ballet toe slippers.

Ecclesiastes Chapter 3 verses 1 and 4 states:

*<sup>1</sup>To every thing there is a season, and a time to every purpose under the heaven:*

*<sup>4</sup>A time to weep, and a time to laugh; a time to mourn, and a time to dance;*

As we say goodbye to Diana with heavy hearts, we are comforted in knowing that it is now her time to dance. Diana will forever dance in heaven and she will forever dance in our hearts.



Lori Miller, Kaua'i Hospice Executive Director;  
Diana Davidson-Clendenen, Kaua'i Hospice Clinical Care Coordinator  
and Judith Smith, Kaua'i Hospice Former Executive Director

# Spiritual Corner

by Rev. Caroline Miura

At Kaua'i Hospice we value the wisdom of all ages, from the kupuna to the keiki. Last summer, during Bon season, I read in *The Garden Island* that Shelly Gerardo's grandmother, a Japanese dance and cultural practitioner, said Buddhists believe the best way to honor the memories of the deceased is to be happy. "Happiness from those who are living is the means of pleasing those who have gone before us." No doubt, Shelly's grandmother was a wise woman. I can tell you in matters of Spirit, just because we know something is true, does not mean it's easy to integrate the wisdom into our daily living. We all know from firsthand experience, happiness in living beyond a loved one's death can be difficult as we grieve that loss and miss the person. Still, happiness is a worthwhile goal to pursue, both for ourselves and those we have loved. It reminds me of how hard it is to follow Jesus' advice to love and forgive our enemies and those who have done us wrong while they are still alive. It may be the path to peace and oneness with God, but actually doing it can be a challenge.



To assist you in becoming happier, more loving and forgiving, I offer the following suggestion -- simply pay attention to your breathing when you are feeling overwhelmed. When you breathe deeply, envision uniting all of heaven and earth within you -- in your heart, your mind, your body and your spirit. This simple reminder has helped me slow down and pause occasionally when the world feels threatening or spinning faster than I can keep up. When I am mindful of my breathing, one breath at a time, I can usually slow down long enough to ask myself what I need in the moment to happily carry me forward one step, one breath, at a time. When I take time to "catch my breath," I remember that my greatest medicines have previously been to overcome the grief stricken times I have already endured. In the moment, as I breathe, I can recommit to moving forward in partnership with the Divine, attuned to a larger presence, both within and beyond me, that desires my happiness and all beings' happiness. In stillness, after a few breaths, I usually feel more whole and holy. May it be the same for you!

My hope and prayer is that we may all strive to be rooted and grounded in love in our pursuit of happiness -- one breath and one step at a time.

Peacefully yours,

Rev. Caroline C Miura  
Spiritual Care & Bereavement Coordinator

**Vital Statistic:** 100% of families of former patients surveyed said they would recommend Kaua'i Hospice to others. Source: *Family Evaluation of Hospice Care Survey, - Q4, 2010*

# ★ KAUA'I HOSPICE

Annual Independence Day Friendraiser!

Presented by:



Sponsors of the Spectacular Aerial Fireworks Show!

**MONDAY  
JULY 4<sup>TH</sup>**

**4:00-9:30 pm  
VIDINHA SOCCER FIELD  
IN LIHUE**

*Featuring...*



**Na Leo**



**SILENT AUCTION & DRAWINGS** including  
Handmade quilt from  
**NO NENE QUILT GROUP**

**TRIP FOR 2 TO LAS VEGAS!**



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other *highlights* include...

**ONO GRINDS!**  
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Garden Angels Inflatables,  
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& more!



**MASSAGES & HEALING TOUCH**

Purchase a \$25  
**"FAMILY FUN PAK"**  
with 2 adult and 2 children tickets.  
Available only in advance and only at  
Kaua'i Hospice, June 1st - July 1st.

- ★ **The Quake**
- ★ **Ivo Monroe Miller**
- ★ **Ori Uvira Tahitian Dance Troupe**
- ★ **Kimo & Ka'iulani**

Entertainment Sponsored by:



**Kauai Hospice**  
*a special kind of caring*

All proceeds benefit Kaua'i Hospice's services to individuals facing a life-threatening illness, bereavement support to those who have lost a loved one, and to promote an understanding of Hospice services.

If you need support or an auxiliary aid because you have a disability, please call 245-7277 no later than 4 days before the event.

## SPONSORS:

- County of Kaua'i
- Inkspot Quality Printing Corp.**
- Garden Island Security**
- The Garden Island Newspaper**
- Hawaii Firefighter's Association**



**Advance Sale Tickets:**  
\$10 Adults  
\$5 Children 6-12  
FREE for children 5 & under

Advance tickets available for purchase at all Big Save Markets & Menehune Food Marts from June 1st to July 3rd.

**At the Gate:**  
\$15 Adults • \$7 Children 6-12

To volunteer or for more information, call 245-7277 • [www.kauaihospice.org](http://www.kauaihospice.org)

# The Power of Choice - POLST

Sometimes communicating our desires to others can be challenging. How many times have you said, "I don't think she understands me." Or, "I don't think he gets what I'm trying to say." The magnitude of making choices and communicating your desires for your health care should you be unable to speak for yourself, feels tremendously more weighty than deciding between toothpastes or telling your hairdresser what kind of cut you'd like. However, the feeling of wellbeing and empowerment you can have from making those choices and successfully communicating those wishes can be enormously comforting.

**In the event that you cannot speak for yourself in a NON-EMERGENCY, do you desire:**

- To have a person you trust designated to speak for you?
- To give spiritual, ethical and religious instructions for your care?
- To give detailed instructions on the kind of medical treatment you want or don't want?
- To express where you wish to spend your last days?

*If this feels good to you, then having an Advance Health Care Directive will be very comforting.*

**In the event that you cannot speak for yourself in an EMERGENCY, do you desire:**

- To have a document available to Paramedics and other EMERGENCY health care professionals that quickly and clearly communicates your Doctor's orders for your care?
- To have a document that says whether you want CPR or you want to Allow a Natural Death?
- To have a document that provides a full-spectrum of choices, from Full Treatment to Comfort Measures Only?
- To have a document that clearly states how you feel about artificial nutrition?
- To have a document that is signed by you or your surrogate AND your doctor?
- To have a document that you can change or revoke at any time?

*If this feels good to you, then having a POLST form (Physician Order for Life Sustaining Treatment) will be very comforting.*

**HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROFESSIONALS AS NECESSARY**

**Physician Orders for Life-Sustaining Treatment (POLST)**

First follow these orders, then contact physician. This is a Physician Order Sheet based on the person's current medical condition and wishes. Any section not completed implies full treatment for that section. Everyone shall be treated with dignity and respect.

Patient's Last Name \_\_\_\_\_  
 First/Middle Name \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Date Form Prepared \_\_\_\_\_

**A** **CARDIOPULMONARY RESUSCITATION (CPR):** *Person has no pulse and is not breathing.*  
 Attempt Resuscitation/CPR  Do Not Attempt Resuscitation/DNR (Allow Natural Death)  
 (Section B: Full Treatment required)

When not in cardiopulmonary arrest, follow orders in B and C.

**B** **MEDICAL INTERVENTIONS:** *Person has pulse and/or is breathing.*  
 **Comfort Measures Only** Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort. *Transfer if comfort needs cannot be met in current location.*  
 **Limited Additional Interventions** Includes care described above. Use medical treatment, antibiotics, and IV fluids as indicated. Do not intubate. May use less invasive airway support (e.g. continuous or bi-level positive airway pressure). *Transfer to hospital if indicated. Avoid intensive care.*  
 **Full Treatment** Includes care described above. Use intubation, advanced airway interventions, mechanical ventilation, and defibrillation/cardioversion as indicated. *Transfer to hospital if indicated. Includes intensive care.*  
 Additional Orders: \_\_\_\_\_

**C** **ARTIFICIALLY ADMINISTERED NUTRITION:** *Always offer food and liquid by mouth if feasible and desired.*  
 (See Directions on next page for information on nutrition & hydration)  
 No artificial nutrition by tube.  Defined trial period of artificial nutrition by tube. Goal: \_\_\_\_\_  
 Long-term artificial nutrition by tube.  
 Additional Orders: \_\_\_\_\_

**D** **SIGNATURES AND SUMMARY OF MEDICAL CONDITION:**  
**Discussed with:**  
 Patient  Patient's Surrogate (Health Care Decision-maker)  Parent of Minor  Guardian  
**Signature of Physician**  
 My signature below indicates to the best of my knowledge that these orders are consistent with the person's medical condition and preferences.  
 Print Physician Name \_\_\_\_\_ Physician Phone Number \_\_\_\_\_ Date \_\_\_\_\_  
 Physician Signature (required) \_\_\_\_\_ Physician License # \_\_\_\_\_  
**Signature of Patient, Surrogate, Parent of Minor or Guardian**  
 By signing this form, the legally recognized decision maker acknowledges that this request regarding resuscitative measures is consistent with the known desires of, and in the best interests of, the individual who is the subject of the form.  
 Signature (required) \_\_\_\_\_ Name (print) \_\_\_\_\_ Relationship (write self if patient) \_\_\_\_\_  
 Summary of Medical Condition \_\_\_\_\_ Office Use Only \_\_\_\_\_

**SEND FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED**

## But first you must have the conversation.

It is not only important to communicate your health care wishes to your doctor, but also with friends and family, even though some may not be open to talking about this vulnerable time in the life cycle. Having a frank, open and loving conversation with your loved ones regarding what your specific desires are if an emergency situation arises, and asking that they respect the choices you make, even if it may be uncomfortable for them, will help ensure your wishes are respected and carried out.

If you or a loved one is dealing with a chronic debilitating illness or is facing a life-limiting disease, a combination of a POLST and an Advance Health Care Directive gives the best opportunity to have wishes followed in the event a person cannot speak for himself or herself. Communicating effectively when you are not feeling well and not thinking clearly can be enormously challenging and stressful.

Have the conversation about healthcare wishes of you and your loved ones sooner rather than later. Kaua'i Hospice is here to help if you would like help creating a POLST form or an Advance Care Directive. Please call our office at 808-245-7277 for more information.



# Kauai Hospice

*a special kind of caring*

## Summer 2011 Newsletter

The Harry & Jeanette Weinberg Center for Compassion  
4457 Pahe'e Street, Lihu'e, Hawai'i 96766  
Tel. (808) 245-7277  
[www.kauaihospice.org](http://www.kauaihospice.org)

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### **How do you know when to call Kaua'i Hospice?**

When someone you know has a serious, progressive illness and

- Is losing weight unintentionally
- Has difficulty or cannot care for themselves
- Seems to be declining physically and/or mentally
- Their caregiver is exhausted

*If you can say yes to even one of these choices, call us today.*

*We want to help.*

For referrals and information call

**245-7277**