



Caregiver Connections

MARCH 2025

📍 561 KUPUNA PLACE, HILO, HAWAII 96720 📞 (808) 961-3747



MONTHLY NEWSLETTER



Aloha Caregivers,

We are excited to launch a new software, Storiicare. Storiicare provides care coordination and activities management software to provide your loved one with the highest quality, person-centered care. Storiicare offers a portal for family members to interact with the staff and share updates, giving you peace of mind and a way to stay connected. Storiicare will streamline our operations and automate many of our processes so that we will have even more time to care for your loved one.

I first learned of Storiicare at the National Adult Day Service Association Annual Conference in 2023. We returned to the NADSA conference last year, and our team was completely sold on moving forward with Storiicare. Since September, our team has worked diligently with the board of directors and the Storiicare team to ensure our launch in April is smooth and successful. I recognize that this may be the first time you have heard about Storiicare. And with that, you may have a lot of questions. You should have received a packet in the mail explaining more about these changes and the next steps. If you have any questions or concerns, please get in touch with me.

On a different note, I encourage you to join us for our upcoming Respite sessions. We are privileged to offer two sessions this month. Coach Arliss will be leading a discussion on "Understanding and Managing Anger and Frustration." For the second session, we have partnered with AARP to present a special film screening titled "Taking Care." This film provides an intimate look into the life of a caregiver, featuring the personal story of Comedic actor Seth Rogen. Please contact Sam, our Development Coordinator, to reserve your seat, as space is limited.

Mahalo for your example of resilience and compassionate care. We are so grateful to walk alongside the caregiver journey with you.

Mahalo nui loa,

Andrea Wernli
Executive Director

HIAC BOARD OF DIRECTORS

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VP- Governance: Chris Schlueter
Secretary: Nancy Kelly
Directors: Amy Honda, Nicolas Los Banos,
Donna Okinaka, Jay Ignacio, Richard Onishi

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MARK YOUR CALENDAR:

Saturday, March 15, 2025
Caregiver Respite Day
Arliss Dudley-Cash (9am to 1pm)
AARP Film Viewing (1 pm to 3pm)

Wednesday, March 26, 2025
Prince Jonah Kūhiō Kalaniana'ōle Day
(CENTER OPEN/ADMIN CLOSED)



HIAC
HAWAII ISLAND
ADULT CARE, INC.

Program

Highlights & Updates



February 2025 Recap

Kamehameha Keiki Preschool Valentine's Day Activity



Remembering Thru Music

"May the mind and heart be opened once again"



Remembering Thru Music is a community-based, non-profit program, based on the Big Island of Hawai'i that focuses on improving the lives of individuals diagnosed with Alzheimer's disease and other forms of dementia through a personalized music. Jen McGeehan and her team of volunteers will provide each participant with a personalized selection of songs on an MP3 player to enjoy during activity time at HIAC, and even in the comfort of their own homes. Our hope is that our caregivers will join them in this music activity, as we believe this would be a great time to recollect and share memorable life moments with one another.

For more information on how to apply for this program, please contact Jamie at (808) 480-3723, or email at jamie@hawaiiislandadultcare.org.

In February, the Kamehameha Schools Keiki Preschool visited our kupuna. During their visit, they sang songs, and participated in a Valentine's Day lei making activity with our kupuna. Each of the keiki strung together heartfelt images to create the lei. We enjoyed spending time with them. It was so heartwarming to see the smiles on their faces.



Mahalo to our Community Partners: Hawai'i Island United Way (HIUW) handmade and delivered personalized Valentine's Day cards for our kupuna. AARP Hawai'i #cupidcrew thoughtfully sent beautiful rose arrangements to our kupuna for Valentines' Day.



Ceramics Gallery

with Suzanne Wang



“Hearing Loss & Dementia: Brain Strain and Social Isolation”



Many participants at HIAC experience significant hearing loss. While teaching ceramics, I often need to make eye contact and repeat instructions to ensure everyone understands me. The link between hearing loss and dementia isn't fully clear, but there are a few theories. One idea is that when people struggle to hear, their brain has to work harder to fill in the gaps, taking energy away from memory and thinking. Another is that hearing loss makes socializing harder, leading to isolation and less mental stimulation. Some studies also suggest hearing loss may cause changes in the brain that contribute to dementia. Research shows that the worse the hearing loss, the higher the risk of developing dementia. So, hearing loss raises dementia risk, and once dementia sets in, hearing loss speeds it up?

What can we do?

We can create quieter, more intimate environments where our loved ones aren't overwhelmed by background noise, as processing complex sounds is mentally exhausting. Ceramics is taught in a quiet area outside, where we sit closely in a cluster. Investing in hearing aids can also help. Start with simple amplification devices, and if they adapt well, consider upgrading to higher-quality prescription aids. HIAC is in the process of getting Bluetooth speakers for each large table, so participants can hear staff more clearly during group activities. This will reduce their brain strain.



My mother has vascular dementia, and a recent hearing test revealed she scored a 3 out of 10. I was shocked; I did not attribute her lack of interest to hearing loss! When she started wearing her inexpensive \$200 amplifier-style hearing aids, she became more alert and engaged. This experience led me to research the connection between hearing loss and dementia, reinforcing how important it is to address hearing issues early. By addressing hearing loss early, we can help slow cognitive decline and improve quality of life for those with dementia.



February Projects: Giraffes and Cars

Fun projects that everyone loved! Giraffes were a challenge that required much effort and instructor help, but ultimately so rewarding. It gave participants a great sense of accomplishment. Making little cars was a treat, for both men and women. We started off the project by discussing what kinds of cars we used to drive, and if anybody had a dream car. This led to a variety of interesting stories!

HIAC's



Special Days



Participant Birthdays

Francis, 03/01

Tomoko, 03/02

Maureen "Mo", 03/05

Mei, 03/05

Betty, 03/19

Staff Birthdays

Keilana, Care Partner

03/07

Hire Anniversary

Mona, Account Specialist

03/03



EMPLOYEE OF THE MONTH



Virginia "Virgie" Bly



March 2025



Working at HIAC since July 31, 2006

What do you enjoy about working at HIAC?

"This is my second home and I like to see all the kupuna smile."

What advice do you have for your team?

"Be patient and try to be good to each other; don't think negatively but think positively."

What people are saying about Virgie?

"She loves her job and shows it. Virgie is extremely creative and talented. She is compassionate towards our kupuna. She is very sweet and has a genuine personality."

Caregiver Connections: Resources & Services



Aloha Caregivers,



Did you know that National Caregiver Appreciation Day is observed annually on March 3rd? On this day, we honor, appreciate, and celebrate the over 43 million caregivers' nationwide for the selfless acts of kindness and compassion you give each day. Providing support to caregivers is truly the heart of our mission and we recognize the many challenges that come with caring for a loved one. Short term counseling is one way to connect caregivers like yourself with the support and encouragement needed to enhance coping skills with the goal to improve and maintain your social and physical well-being. HIAC provides both individual or group counseling sessions that are confidential, safe, and in a comfortable relaxing environment. I encourage you to reach out today and look forward to the opportunity to provide you the much-needed support as you navigate your caregiver journey.



Mahalo,
Cheryl Dias, MSW

Family Caregiver Counselor
PAC Trainer



Upcoming Group Counseling dates:

Wednesday, March 12, 2025

10:00 am - 12:00 pm

Wednesday, April 16, 2025

10:00 am - 12:00 pm

Location: HIAC Conference Room

(No RSVP necessary!)

Caregiver Support Group with Maile Young

March - No Group Scheduled

Next Month- Thursday, April 17, 2025



Positive Approach to Care (PAC)

We are happy to share that our HIAC Team continues to provide staff development PAC trainings that include simple techniques based on understanding the areas of the brain that are no longer working while making use of the parts of the brain that are still active. Our goal is to develop a partnership between you (the caregiver), and the person receiving care that involves active listening, empathy, effective communication, and teamwork, while utilizing the person-centered care approach through ethical practice and enthusiasm. Our hope is to improve participant satisfaction, better well-being, increase involvement, and stronger connections.

For more information contact: (808) 480-3725 or by email at cheryl@hawaiiislandadulthoodcare.org

Caregiver Respite

February Recap: Paint with Joy!

Guided Paint with Joy Tassillo, Activities Coordinator



Caregiver Respite Saturday, every third Saturday of the Month from 9 am to 1 pm.

We offer light breakfast and lunch, and host a variety of workshops and activities for much needed respite time.

In February, our Activities Coordinator, Joy Tassillo, shared her gift of art with our caregivers. Joy instructed a guided painting workshop. Joy used acrylic paint and canvas to create a beautiful scenery of a cherry blossom tree with Mauna Kea and Mauna Loa in the distance. One of the many unique landscapes of the Big Island. Joy coordinates the program activities for our kupuna at HIAC. She is gifted in teaching art and recreational activity, and shows patience and thoughtfulness in carefully planning engaging activities for each participant. Cheryl is our Positive Approach to Care (PAC) Certified Trainer and Joy is our PAC Certified Engagement Leader. Cheryl, Joy and our HIAC PAC Team use their specialized training to enhance purposeful, and more intentional activities that cater to those who have brain change.

To sign up and reserve your spot at the next Respite Saturday event, contact Samantha (808) 480-3733 or email development@hawaiiislandadulthoodcare.org.

We look forward to seeing you at our next respite on Saturday, March 15, 2025! (See March Respite flyer)



Health Benefits of Painting with Cheryl Dias, Caregiver Counselor:



Key benefits include:

- 1) Improving concentration
- 2) Sharpens fine motor skills
- 3) Great way to relax
- 4) Boosts creativity
- 5) Non-verbal communication



Respite Saturday Workshop

with Arliss Dudley-Cash



"Understanding and Managing Anger and Frustration"



SATURDAY • MARCH 15, 2025
9:00 AM - 1:00 PM
HAWAII ISLAND ADULT CARE
561 KUPUNA PLACE
HILO, HI 96720



Reserve your spot!

To RSVP to this event or email Samantha at development@hawaiiislandadultcare.com or call (808) 480-3733



This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawai'i County Office of Aging and the State Executive Office of Aging

CAREGIVERS ON SCREEN



TAKING CARE

FREE Film Screening and Community Conversation

Taking Care was directed and produced by the award-winning filmmaker James Keach, with executive production by Lauren Miller Rogen and actor Seth Rogen. The film shares the deeply moving story of Lauren and Seth's courtship and marriage, intertwined with their families' experience navigating the challenges of Lauren's mother's early-onset Alzheimer's disease.

Enjoy sweet and savory treats.

Learn about policies and resources to help family caregivers of Kupuna.

Saturday, March. 15th

1:00 PM to 3:00 PM

Hawaii Island Adult Care

551 Kupuna PL, Hilo

SIGN UP:

Email:
development@hawaiiislandadultcare.com
or call 1-808-480-3733





Ke Ola Pono Better Choices Better Health:

Teleconference Workshop Series:

Self-Management Program for those
Living with a Chronic Disease



A six-week workshop, every Wednesday via telephone conference.
For people 60 and older living with any ongoing health problems or disease.
Limited to five people only. Register today!

Teleconference Workshop Schedule:

Dates: March 19, 26, 2025

April 2, 9, 16, 23, 2025

Time: 9:00AM - 10:00AM

Call Mona at 808-480-3730 or email
m Vance@hawaiiislandadultcare.org

This program has been made possible through Federal Older Americans Act Title III and State funding from the
Hawaii County Office of Aging and the State Executive Office on Aging.



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HAWAII ISLAND
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March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					28	1
						Turkey Sandwich WW Bread LTO Fruit Milk
2	3	4	5	6	7	8
	Salmon WW Hapa Rice Fruit Vegetable Milk	Pulled pork WW Bread Sliders Fruit Coleslaw Milk	Egg Salad WW Bread Fruit Vegetable salad Milk	Roasted Turkey & Gravy Mashed Potatoes WW Bread Fruit Milk	Beef Stew with Vegetables WW Hapa Rice Fruit Milk	Ham & Cheese Sandwich WW Bread Fruit Vegetable salad Milk
9	10	11	12	13	14	15
	Shoyu Chicken WW Hapa Rice Vegetables Fruit Milk	WW Tortilla with Ground Beef Vegetables Fruit Milk	Tuna Salad WW Bread Fruit Vegetables Milk	Chili & WW Hapa Rice Wheat Thin crackers Fruit Milk	Chicken Strips Potato Wedges WW Roll Fruit Milk	Cheeseburger WW bur Potato wedges Fruit Milk
16	17	18	19	20	21	22
	Baked Salmon WW Hapa Rice Garden Salad Fruit Milk	Stir Fry Pork w/ Noodles Vegetables Fruit Milk	Turkey & Cheese Sandwich WW Bread Fruit Milk	Kalua Cabbage WW Roll Mac Salad Fruit Milk	Katsu Curry Chicken Vegetables WW Hapa Rice Milk	Egg Salad WW Bread Fruit Vegetable Salad Milk
23	24	25	26	27	28	29
	Meat Loaf Mashed Potatoes Vegetables WW Roll Milk	Chili & WW Hapa Rice Vegetables Wheat Thin Crackers Milk	Ham & Cheese Sandwich WW Bread Fruit Vegetable Salad Milk	Salmon WW Hapa Rice Fruit Vegetables Milk	Chicken Strips and Gravy WW Roll Fruit Vegetables Milk	WW Bread with Tuna Salad Fruit Vegetable Salad Milk
30	31					
	Salmon WW Hapa Rice Fruit Vegetables Milk					
<i>This facility is an equal opportunity employer Milk is served with all lunches</i>						



Community Resources & Events



WHO WE ARE
Mission Statement
We, the Staff of Services for Seniors Believe in the Self-worth and Dignity Of all Fragile, Homebound Elderly and Therefore are Committed to Delivering Quality Case Management Services in an Atmosphere of Empathy and Compassion In Hawaii County

Case Management Agency
• In operation since 1989
• Non-Profit
• Island wide coverage
• This program has been made possible through Kupuna Care, Title III funding from the Hawaii County Office of Aging and the State Executive Office on Aging.

OUR SERVICES

• Assess the needs of client/caregiver within the home setting
• Provide information
• Make referrals to other programs
• Develop care plans
• Coordinate services
• Assist with Medicaid Application Process
• Assist with long-term

ELIGIBILITY
• 60 years of age or older
• U.S. citizen or qualified alien
• Not covered by any comparable programs
• Living at home
• Have physical and/or cognitive challenges that interfere with Activities of Daily Living

CONTACT
NEED HELP?
• For a referral to our services Contact the Hawaii County Office of Aging (HCOA) at (808) 961-8626
Request Services for Seniors, Inc. for Case Management
• If you have any questions, please call our office at (808) 935-1144

CARING FOR SENIORS


AARP Hawaii

Hawaii Upcoming Events
www.aarp.org/local
1-877-926-8300

Instagram: /aarp_hi/
Twitter: @AARPHawaii
Facebook: /AARPHawaii
YouTube: /aarp-hawaii2081

AARP

As Everyday Innovators in aging we empower people to choose how they live as they age.

aarp.org/hawaii


FREE Transportation Options:

HIAC is partnering with HCEOC Hawaii County Economic Opportunity Council & HCOA Hawaii County Office of Aging to provide FREE transportation to and from HIAC at the following locations:



- | | |
|---|--|
| <p>Hamakua Locations</p> <p>Kulaimano Community Center
28-2892 Ala St.
Pepeekeo, HI 96783
Morning Pick Up: 8:00-8:15AM
Afternoon Return: 2:30-2:45PM</p> <p>Papaikou Gym
27-228 Makuna Pl.
Papaikou, HI 96761
Morning Pick Up: 8:00-8:30AM
Afternoon Return: 2:15-2:30PM</p> | <p>Puna Locations</p> <p>Pahoia Senior Center
15-3016 Kauhale St.
Pahoia, HI 96778
Morning Pick Up: 8:15-8:30AM
Afternoon Return: 2:30-2:45PM</p> <p>Keaau Community Center
16-188 Pili Maa St.
Keaau, HI 96749
Morning Pick Up: 9:00AM
Afternoon Return: 2:15-2:30PM</p> |
|---|--|

*afternoon pick up from HIAC will be at 2:00PM for both Hamakua and Puna Routes

 For more information please contact Momi at momi@hawaiiislandadulthoodcare.org or 808 480-3731

Come join us today at HIAC!



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ALZHEIMER'S ASSOCIATION®

OLA NĀ LIMA MĀLAMA
Life to the caring hands
HAWAII CAREGIVER CONFERENCE

REGISTER TODAY

Friday, March 21, 2025
9:30 AM to 4:30 PM
The Arc of Hilo, Hilo, Hawaii

This conference is free for family caregivers. Seats are limited, sign up now!