

HUI LIMA KOKUA HAWAII CLUB NEWSLETTER

JULY 2015

Website: www.huilimakoua.com.

Next Meeting. (a) The next potluck meeting will be held on July 11th starting at 2 pm, at Hurley Hall, Our Lady of Assumption Church. The program will be of members sharing their stories/experiences in their travel to foreign countries. **Darrin Ching** will start the program talking about his trip to Spain. **Ruth Betts** will be talking about her trip to Cuba. Members are encouraged to share their travel experiences.

Past Meeting. Our program last month was on plant exchange. Thanks to all who took part. We also talked about possible programs for future meetings. If you have suggestions for future programs, please pass those ideas on to a board member.

Membership News. (a) A funeral service for the late **Ben Wright** was held on June 7th. On behalf of the Hui Lima Kokua Club, **Ron Wong** presented a check in the amount of \$100 to Mrs. **Veronica Wright**. **Ron** also gave a nice speech at the service. Besides **Ron**, the following club members were at the service: **Mario and Leandra Castroni, Ted Wakai, Mana Ayers,** and **Mike Nakamura**. (b) The club gave a beautiful anthurium plant to **Kay Nakamura** after she had a hysterectomy operation in June. **Kay** sends her mahalo to the club and says she is recovering nicely and on schedule.

Hawaii News. (a) A Hawaiian Hoolaulea (festival) will be held at Alondra Park, Lawndale, CA on July 18 and 19 from 9:30 am – 5:00 pm. There will be entertainment, boutique booths, food, games, and free health screening. No charge to attend. (b) **Governor David Ige** signed a bill in June to make Hawaii the first state to raise the legal smoking age to 21. In Hawaii, 86 percent of adult smokers began smoking before age 21, according to the governor's office. Those caught breaking the rules would be fined \$10 for the first offense, and later violations would lead to a \$50 fine or mandatory community service. This new law will take effect in 2016. (c) Who is **Duke Kahanamoku**? **Duke** was one of Waikiki's most famous beach boys. He won five Olympic medals (three golds and two silvers) between 1912 and 1924 in swimming. He was Hawaii's first real ambassador of surfing generating worldwide interest in the sport on his travels. A special "**Duke Kahanamoku**" exhibit will be featured at Bishop Museum in Honolulu from August 8 – November 2. He was born in 1890 and died in 1968. (d) A Guinness World Record was broken in Huntington Beach, California in June when 66 surfers rode a 42-foot, 1,300-pound surfboard. The previous record was held by Australia with 47 surfers. (e) Most people know what laulau, poke, and lomi lomi salmon are. Someone recently asked me what pipikaula is, another popular dish in Hawaii? Well pipikaula is salted dried beef – very ono stuff. But where can I get some in Ventura?

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Mike's Ramblin' Corner

I found an interesting article in the English Section of the May 30, 2015 Rafu Shimpo (Japanese Newspaper) about HOSPICE CARE that I would like to share with you. I extracted what I considered the more important parts of the article and have presented it below. This article cleared up a few misunderstandings I had about this subject matter. (Mike)

What Is Hospice Care?

By Judd Matsunaga, Esq.

Many people have heard the term “hospice,” but most don’t really understand what it means. Hospice provides care for people with a terminal illness. But hospice care isn’t only about dying. Hospice is about living as fully as possible for as long as possible. With a team of compassionate people focused on alleviating suffering and pain, hospice care brings comfort, dignity and peace to help people with a life-limiting illness and provides support for the family and friends who love and care for them. Also, hospice is not a place. Many people think that hospice care is provided in a hospital setting or in a hospice inpatient unit. Hospice is a philosophy of care, largely based on the palliative care model providing comfort and support to people as they go through the process of a serious illness.

Here are 10 things about hospice that you should know if your loved one is facing a serious illness (Source: NJPCO, April 3, 2013):

1. Hospice is not a place. It is high quality medical care focused on comfort and quality of life.
2. Hospice does not cost the patient. Hospice is paid for by Medicare, Medicaid and most insurance plans and usually doesn’t cost the patient anything.
3. Hospice serves anyone with a life-limiting illness, regardless of age, type of illness, who you are or where you live.
4. Hospice serves all people of all backgrounds and religions. The core values of hospice allow people to be with family, including spiritual and emotional support. Treating pain crosses all cultures.
5. Hospice provides a home-like environment. Research has shown that most Americans would prefer to be at home at the end of their lives. Hospice makes this possible for most people.
6. Hospice does not have to be at home. Hospice also serves people living at nursing homes and assisted-living facilities.
7. Hospice patients and families can receive care for six months or longer.
8. Referring physicians can stay involved. A person can keep his or her referring physician while getting hospice care.
9. Hospice offers counseling to the family. Hospice offers grief and bereavement services to help them adjust to the loss in their lives.
10. Research has shown people receiving hospice care can live longer than similar patients who do not opt for hospice.

Let’s revisit #2. The Medicare hospice benefit pretty much acts as the gold standard in hospice care in that it covers all of the services the patient would need: the doctor, the nurse, the social worker, pastoral care services, the drugs, the biologicals, the volunteers for grief support, and any other services you would need to afford you an individual care opportunity that people really do benefit from as they move forwards the end of their lives. So payment is not an issue. Furthermore, you don’t have to be imminently dying to receive hospice services. It’s a benefit designed to care for people during the last six months of their lives. A person can remain in hospice services with certification from your doctor that you are still in fact terminally ill.