



# Ohana Care CONNECTION

PROFESSIONAL, LOVING CARE 24/7

JULY + AUGUST ISSUE • 2019



## DID YOU KNOW?

### OHANA CARE MAUI HAS AN AMAZING NEW WEBSITE?

Check it out today!  [OHANA CARE MAUI.com](http://OHANACAREMAUI.com)

You'll notice a brighter, more personal feel along with all the necessary **Services** information that those searching for care need. And, a couple of exciting additions to our site like our new **Resources**, **Career** and **Reviews** pages.

#### RESOURCES PAGE:

Designed for the Maui community and our staff. We know that the best care starts at home so we give you access to classes that will help you.

- **FREE Community Classes:** We cover many topics including Alzheimer's, memory care, how to care for a loved one, legal and financial planning, CPR/AED first aid classes, and more!
- **FREE Newsletters:** Mailed bi-monthly and full of helpful information, community events, employee of the month, ongoing classes... and, more.
- **Internal Staff Training:** On-going classes so our caregivers can take their skills to the next level.

#### CAREER PAGE:

We're always looking for amazing people to join our family, and we help develop their skills to make them even better. Your success matters to us. Check us out to learn more or refer a friend!

#### REVIEWS PAGE:

We treat our clients like family—**just ask them!** Check out this page to find out what our clients think!



**Our business was founded with a promise to TREAT PEOPLE LIKE FAMILY and to make the BEST POSSIBLE CARE an everyday reality for every client we serve.**

Now our website personifies the spirit of our commitment to offer

*"The best possible care provided by the best possible people."*

MOTIVATIONAL QUOTE



*Alone we can do so little, together we can do so much.* —Helen Keller

# How to Keep Your Summer Workout **SAFE**

by: Deb Galvez



**Exercise combined with the high temperature and humidity on Maui can be dangerous and lead to dangerous heat related illness.**

Our bodies regulate heat by releasing sweat, which allows the body to cool. When you sweat your body loses fluid. If your body cannot handle the heat and the fluid loss, then heat stroke, heat exhaustion, cramps and collapse can occur.

With our high humidity, sweat doesn't readily evaporate from your skin, which causes your body temperature to increase even more. Use some basic precautions and your exercise routine doesn't have to be sidelined.

## HOW TO PREVENT HEAT-RELATED ILLNESS

- **Check Temperature and Humidity Levels:** On Maui, your body needs to adapt to changes in heat over time during seasonal changes. Pay attention to the heat during this time.
- **Drink Fluids:** drink fluids before, during and after your workout. Staying hydrated helps your body sweat and cool down. Drink water consistently and consider using electrolytes to replace those lost by sweating. Don't wait until you're thirsty to drink fluids.
- **Dress Appropriately:** Lightweight, loose-fitting, breathable clothing helps sweat evaporate and keeps you cooler. Wear light colored clothing and hats.
- **Morning or Evening Exercise:** These times of day tend to be cooler. If this isn't possible, then exercise in shady areas or do a water workout in the ocean or a pool. If it's just too hot and humid for you, work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

## UNDERSTAND POSSIBLE MEDICAL RISKS

Certain medical conditions or medications can increase your risk of a heat-related illness. Pay attention - these illnesses can start mild and worsen if left untreated.

If you plan to exercise in the heat check in with your doctor, especially if you are elderly.

### Don't Ignore These Warning Signs:



- Muscle cramps
- Nausea or vomiting
- Weakness
- Fatigue
- Headache
- Excessive sweating
- Confusion
- Irritability
- Dizziness or lightheadedness
- Low blood pressure
- Increased heart rate
- Visual problems



### WHAT TO DO IF YOU OVERHEAT

If you develop any of the warning sign symptoms, stop exercising immediately, get out of the heat, hydrate and lower your body temperature right away.

With heat exhaustion, the most effective way of rapid cooling is to immerse your body in a cold- or ice-water tub. Spray yourself with water from a hose or shower.

If this is not possible, remove extra clothing or sports equipment right away. Fan your body or place cool, wet towels or ice packs on your neck, forehead and under your arms. Drink fluids such as water or a sports drink. If you don't feel better within about 20 minutes, seek emergency medical care.

If you still have more questions on how to exercise safely in high heat and humidity, call your doctor or check out the many sites with information online.

*Happy Exercising!*



## EMPLOYEE OF THE MONTH

APRIL

MAY



Leila A.



Ginger K.

### Congratulations!

Both of our April and May Employees of the Month truly are the definition of teamwork. They both go above and beyond for their patients and coworkers. We are incredibly proud to work with these two amazing women! Thank you both for all of your hard work and wonderful care you provide to your patients.

## DINNER

[ FEATURED RECIPE ]

# Rosemary Ranch Chicken Kabobs



Servings: 6

Time: *PREP - 50 minutes*  
*COOK - 10 minutes*

### INGREDIENTS:

- |                                    |  |
|------------------------------------|--|
| ½ cup olive oil                    | 1 teaspoon white vinegar   |
| ½ cup ranch dressing               | ¼ teaspoon ground black pepper, or to taste                        |
| 3 tablespoons Worcestershire sauce | 1 tablespoon white sugar, or to taste <i>(optional)</i>            |
| 1 tablespoon minced fresh rosemary | 5 skinless, boneless chicken breast halves – cut into 1 inch cubes |
| 2 teaspoons salt                   |  |
| 1 teaspoon lemon juice             |  |

### DIRECTIONS:

1. In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.

# JULY + AUGUST *at a glance*

## EMPLOYEE BIRTHDAYS

**July 13th**  
- Valerie

**August 20th**  
- Elisa

**August 30th**  
- Pamela



## IMPORTANT DATES

**July 4th**  
Independence Day  
- Office Closed



## ACTIVITIES

**July 31st - 5:30PM**  
**Transfer Training**  
Andrea, Occupational Therapist

LOCATION: Ohana Care Maui  
1464 Lower Main St. #211 Wailuku, HI 96793

DESCRIPTION: Learn how to properly help your loved one transfer from one location to another. Whether they are bed bound and using a wheel chair or they are suffering from minimal mobility issues. We will show you what to do in all levels of care for transferring your loved one!

FREE TO THE COMMUNITY  
CALL TO REGISTER: 808-344-1285

**August 28th 5:30PM**  
**Legal & Financial Planning Part 1**  
Christine, Alzheimer's Association

LOCATION: Ohana Care Maui  
1464 Lower Main St. #211 Wailuku, HI 96793

DESCRIPTION: Do you have legal and future care plans put in place? Would you like to get started on advance planning or learn how to involve the person with dementia?

This program is designed to help you to identify the steps and become familiar with

the specific legal issues, future care options, and financial issues pertaining to dementia. The goal of the program is to provide hands-on tools for making plans now and show the importance of legal planning for all couples.

FREE TO THE COMMUNITY  
CALL TO REGISTER: 808-344-1285

**July 26th-27th starts: 5:30PM both days**  
**MayJah RayJah Concert**

LOCATION: MACC  
1 Cameron Way Kahului, HI 96732

DESCRIPTION: The MayJah RayJah music festival was recently voted #1 festival in Hawaii by Business Insider Magazine. Celebrating TEN years as Hawaii's "must experience" music festival, TMR returns to Maui with two solid nights of premiere island entertainment! This year's lineup features national recording artists, Damian 'Jr Gong' Marley on July 26 and SOJA on July 27 – *with more artists TBA!* Established in 2009, The MayJah RayJah music festival has become a true staple in Hawaii's island music scene.

TICKETS: \$49/GA per night;  
\$129/VIP per night; *(plus applicable fees; \$10 increase on day-of-show)*

\* SOURCE THE HAWAIIAN ISLANDS CALENDAR

**July 31st 5:30PM-7:00PM**  
**Anuhea at the Shops at Wailea**

Join us for a special evening of music with Anuhea, Na Hoku Hanohano award winning singer and music maker from Hawaii.

LOCATION: Lower Level at the Fountain Courtyard. The Shops at Wailea is Maui's premier shopping and dining destination with more than 70 distinct boutiques, shops, restaurants and galleries. For more information, visit our website at [www.theshopsatwailea.com](http://www.theshopsatwailea.com) or call us at 808-891-6770

\* SOURCE THE HAWAIIAN ISLANDS CALENDAR

**August 24th-25th 9AM-5PM**  
**Emma Farden Sharpe Hula Festival**

*"Hula is the language of the heart, and therefore the heartbeat of the Hawaiian people."* – David Kalakaua

Join Ohana Farden, Lahaina Hawaiian Civic Club and Lahaina Town Action Committee for a weekend of HULA in Lahaina under the Banyan Tree. Come check out Maui made artists, free keiki activities and sign up for a hula workshop.

\* SOURCE THE HAWAIIAN ISLANDS CALENDAR

CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285

OhanaCareMaui.com



**How Do You Keep Your Summer  
Workout Safe? Find out in this issue...**

1464 Lower Main Street  
Unit 211  
Wailuku, HI 96793

