

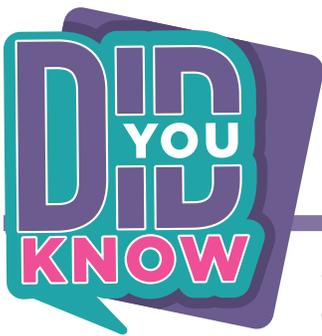
Ohana Care CONNECTION

Let our family care for yours



MAUI'S VIP HOMECARE AGENCY

MAY + JUNE ISSUE • 2020



OUR **FREE COMMUNITY WORKSHOPS** ARE NOW AVAILABLE ONLINE during the COVID-19 quarantine?



Join Ohana Care Maui and the Alzheimer's Association for informative live online workshops via Zoom. It's easy to download, and all of our workshops can be viewed from your smart phone, tablet or computer.

Workshops occur on the last Wednesday of every month at 5:30pm.

Please sign in 10-15 minutes early to make sure that your audio is working properly and that you are "ready to go". We will lock access to the class 5 minutes after it begins to avoid interruptions.

UPCOMING CLASSES:

MAY 27 – 5:30PM

Proper Transfers at Home

Learn how to properly help your loved one transfer from one location to another. Learn techniques for all levels of care whether they are bed-bound and use a wheelchair, or they suffer from minimal mobility issues.

JUNE 24 – 5:30PM

Legal Planning

This program is designed to provide hands-on tools for making plans now and share the importance of legal planning for all families. It will help you to identify the necessary steps, become familiar with specific legal issues, understand future care options, and the financial issues pertaining to dementia.

**DON'T MISS
OUR ONLINE
WORKSHOPS
MAY 27th
&
JUNE 24th!**

SIGN UP NOW TO GET REMINDERS ABOUT OUR WORKSHOPS AND CLASSES:

SIMPLY FOLLOW US ON FACEBOOK AT: **Ohana Care Maui LLC**
or EMAIL US AT: **info@ohanacaremaui.com** to be added to our email list.

Do you need additional support and some great tips on COVID-19 for family caregivers?

Call or login to the **Alzheimer's Association** 24/7 FREE hotline at **800-272-3900**.
Or, access more information and support groups nationwide at: **alz.org**

Joy is not in things, it is in us. — Richard Wagner



answers your questions

by: Deb Galvez

In our conversation with Dale Shimabuku, CEO, Gammie HomeCare we find out why her parents, Paul and Nancy, started the business in 1986. For Dale (the second generation to run the family business), Gammie HomeCare is more than just a job, it's a lifestyle coupled with a passion to serve her community.

When and why did Gammie HomeCare open on Maui?

Open for 34 years, Gammie HomeCare opened in 1986 and was originally named Maui Medical Equipment. Paul and Nancy recognized the need for a medical equipment supply company on Maui to help the community at large. The Gammie Ohana, created the business with this thought in mind: "Every day we try to make each day a bit easier for those who need assistance." Currently, there are two locations serving Maui and Kaua'i.

What services does Gammie HomeCare offer?

Gammie HomeCare is a full-service provider of high-quality medical equipment designed to meet individual needs. Their services include a knowledgeable staff, the widest variety of products, service & repair, compliance, and product warranties.

PRODUCTS AVAILABLE:

- Ambulatory Aids
- Bathroom Aids
- Adjustable Beds and Support Surfaces
- Compression Therapy
- CPAP/Bilevel Sleep Therapy
- Therapeutic cushions and pillows

- Home Modification – stair lifts, modular ramps, roll in showers, grab bar installations
- Incontinence Supplies
- Lift Chairs
- Patient Lifts
- Nursing Supplies
- Orthopedic Bracing
- Oxygen Services
- Repair Services
- Nebulizers
- Suction Units
- Wheelchairs
- Power Mobility Devices – Scooters to Complex Rehab
- Negative Pressure Wound Therapy

Can customers use insurance to rent and/or buy equipment?

Yes, Gammie HomeCare is contracted with all local insurance companies and if the product is a medical necessity your doctor can write an Rx. Stop by and they can help you with a variety of options.

What makes Gammie HomeCare Different?

ONE POWERFUL GOAL: The need to help you, or your ohana, maintain mobility, age in place safely and stay as healthy as possible. They practice active

listening to ensure they truly understand each customer's unique needs and recommend the best solutions possible.



"Gammie HomeCare is here to help you get the help you need with compassionate, knowledge solutions. We believe that one-on-one service is not old-fashioned, it's the way we do business every day."

PERSONALIZED, EXPERT SERVICE:

Gammie HomeCare's keys to success include understanding that each situation is unique and offering personalized expert service to ensure each customer receives the right equipment, at the right time. Team members are knowledgeable and eager to help, and half of Gammie HomeCare employees have been with the company for 20 years or more.

ASK THE EXPERTS: Stop by or call Gammie HomeCare and their team will help determine if you have insurance coverage and guide you through the various options available. They also help with questions regarding complex insurance billing, claims processes, and the best solutions for your personal budget.

continued...

COMMUNITY PARTICIPATION: Gammie HomeCare proudly participates annually in the Relay for Life of Central and South Maui and the Walk to End Alzheimer's Aloha Chapter. Participating and giving back to the community is integral to their company culture. They know firsthand that "...Cancer and Alzheimer's are illness' that affect our community, our ohana's, our friends, and even our own team."



For questions or more information:



VISIT OUR WEBSITE:
www.gammie.com

OR CALL:

Maui
808-877-4032

Kaua'i
808-877-4032

MAIN DISH

FEATURED RECIPE

RECIPE BY *Eric Kim* PHOTO BY *Bobbi Lin*



Jean's Kimchi Fried Rice with Nori

COOK TIME: **30 minutes**

SERVINGS: **4**

INGREDIENTS:

1 tablespoon sesame oil, plus more as needed

6 ounces Spam (about 1/2 can), finely diced

2 cups very ripe kimchi (like, the rankest, ripest you've got), chopped, plus as much of the juice as you can get

4 cups cooked, day-old white rice (especially short-grain)

2 teaspoons soy sauce

1 packet roasted seaweed snack, crushed

4 fried eggs, to serve with

DIRECTIONS:

- 1.** First, heat the sesame oil in a very large, nonstick pan or wok. Crisp up the Spam, then add the kimchi (*hold the juice for later*) and sauté for a few minutes until fragrant and darker in color.
- 2.** At this point you can mix in the rice, breaking it up with your fingers or with a wooden spoon. Add the kimchi juice, soy sauce, and more oil here if you need. Be diligent with that spoon, stirring constantly and scraping up any rice that sticks to the bottom (*this is where one of those nonstick pans with that old-fashioned red dot in the middle comes in handy*). Cook for 5 to 10 minutes until everything is well-combined and slightly toasted.
- 3.** To finish, crush the roasted seaweed snack with your hands and mix into the rice. I find that this really rounds everything out and means you can skip extra seasoning. (*The kimchi and Spam are salty enough, anyway; plus, this is what my mom does.*)
- 4.** It's traditional to top each serving with a fried egg—to be exact, a gooey, runny egg, barely set, coating the red rice with yolky gold.

FEBRUARY



Employees of the Month

Mary Ann T.

We would like to congratulate both Employee's of the Month for their hard work, compassion, love and dedication that they give to OCM and their patients every day. Cathlyn & Mary Ann both work tirelessly to provide the best care possible to their patients. **Congrats ladies!**



We treat our employees like family

MARCH



Cathlyn A.

MAY + JUNE AT A GLANCE

EMPLOYEE BIRTHDAYS

May 8th – Elizabeth



May 22nd – Mary Ann T.

May 26th – Karen N.

IMPORTANT DATES

May 10th

Mother's Day



May 25th

Memorial Day
Office Closed

June 21st

Father's Day

ACTIVITIES

CPR

AED/First Aid Certification:

Need your certification for your current job, new job or school? No problem! Classes are available on an "As Needed" basis beginning in May!

Our ongoing CPR/AED/First Aid Certification class is in partnership with American Red Cross, and include both Adult & Infant certification. Classes are currently offered as blended learning for everyone's safety and contain 2 segments. The 1st half is via computer, and the 2nd half includes the skills instruction. Skills instruction is held in-person, in a safe, contained environment, for one-on-one learning with the instructor.

EMAIL US NOW TO INQUIRE AT: info@ohanacaremaui.com COST TO REGISTER: \$115

May 27th, 5:30pm: "Proper Transfers at Home"

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June 24th, 5:30pm: "Legal Planning"

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