



OHANA CARE

CONNECTION

PROFESSIONAL, LOVING CARE 24/7

NOVEMBER + DECEMBER ISSUE • 2019



DID YOU KNOW?

OHANA CARE MAUI offers ongoing **FREE** community education workshops?

It all started with a promise to treat people like family, do more at every opportunity and give the best possible care every day.

We believe that doing more at every opportunity includes our goal to *Educate, Inform, and Support* our community.

We know that the best care starts at home and we want you to have access to **FREE** classes that will answer your questions, and help you understand what to expect and what to do for your loved ones.

Our monthly classes cover a wide range of topics including: body care and mechanics, brain health, Alzheimer's workshops, communication techniques, transfer training, legal and financial training, and more!



DON'T MISS OUR
NOVEMBER 20th
WORKSHOP
5:30PM - 7:30PM

DEMENTIA CONVERSATIONS

FEATURING: **Christine Spencer, Alzheimer's Association**

Do you need to have a difficult conversation with a loved one that has Alzheimer's disease or dementia?

This workshop offers tips on how to have an honest and caring conversation about common issues that arise, and we'll share information on the following:

- **Breaking the ice** — how to start a conversation around the most common issues with someone who shows signs of Alzheimer's or dementia.
- **How to plan in advance** — build a successful care team that communicates well and reduces stress
- **Advice** — from others who are dealing with similar challenges



ALL WORKSHOPS WILL BE HELD AT
Ohana Care Maui • 1464 Lower Main St. Unit 211 • Wailuku 96793

[we are sad to say that our classroom is not handicap accessible]

Sign Up Now & Mark Your Calendars

CALL: **808-344-1285** or EMAIL: **cespencer@alz.org** or **info@ohanacaremaui.com**

MOTIVATIONAL QUOTE



It is not how much you do, but how much love you put in the doing. — Mother Theresa



PLAN A VACATION

With Loved Ones Who Need Assistance



MAKE YOUR VACATION ON MAUI, OR OFF-ISLAND, RELAXING, WORRY-FREE AND FUN FOR YOUR ENTIRE FAMILY!

Simple pre-planning is your key to successful vacations when travelling with family members that have a disability like a heart condition, stroke, mobility issues, memory challenges, or just need a little extra assistance.

To make your trip more enjoyable check out the tips below. ▼

by: Deb Galvez

1: GET MEDICAL CLEARANCE AND PAPERWORK

Start with medical clearance and then prepare medical records, physicians orders, current care plans, and signed consent/insurance forms in advance. Bring all extra medication, supplements, and equipment needed.

2: PACK FOR YOUR PARENTS OR THOSE THAT NEED HELP

Before you leave, make a list of everything needed for their comfort while away. Bring the right clothing and incidentals. Keep all items like snacks, water, antacids, and medications accessible at all times. If you can't bring all the necessary medical supplies, you can rent or purchase them from a local medical supply store. Just make a reservation in advance.

3: PRE-PLAN FOR SPECIAL SERVICES NEEDED

Call your hotel and airline and reserve special accommodations or services such as wheelchairs, mobility devices, oxygen equipment, etc.

Airlines can assign special seating and help with special transport for your family from the

time you arrive at the airport to boarding the plane. Their goal is to make your travel easier.

Hotels will accommodate your special needs, whether it is wheelchair access, a ground level room or close proximity to an elevator. No request is unreasonable, and hotels are happy to accommodate your requests when possible.

4: PLAN YOUR ITINERARY AND COMMUNICATION

Ask your loved ones what they want to do! Then, decide what activities will work. Most places are handicap accessible. Remember that seniors, or those with special needs, tire more easily so plan on breaks and naps.

Make sure that all family members have phones in case of emergency. Set up quick dial with the phone numbers needed - **911, caregivers and personal numbers.**

5: GET HELP AND HIRE A HOME CARE AGENCY

Vacations are for everyone to enjoy! Avoid challenges—remember the same level of assistance they have at home will also be needed on your vacation.

A Home Care Agency can assist with personal hygiene, dressing, bathing, and any special treatments required. They can stay with your family members so you can explore and enjoy activities that they cannot.

Check out a local agency like **Ohana Care Maui** and set up everything for your stay on Maui, or your travel off-island, in advance. **Ohana Care Maui** provides respite, on call, part time or full-time care services, along with qualified nurses and caregivers. **Ohana Care Maui** provides peace of mind for you and your family while you all enjoy your vacation.

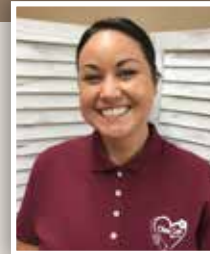
Go book that trip, have some fun and create more incredible memories!



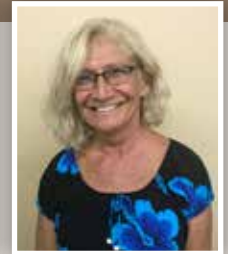
EMPLOYEE OF THE MONTH

AUGUST

SEPTEMBER



Christine P.



Angelina B.

Congratulations!

Both Chris and Angie are amazing aides who go above and beyond for both their patients and coworkers. They put so much love into what they do and we are so incredibly grateful and proud to have them on our amazing team.



APPETIZER

[FEATURED RECIPE]

RECIPE BY: *Wilma Scott* — SHARED BY: *Kymerlynn Galiza, Ohana Care Maui - Nurse Aide*

Crab Stuffed Mushrooms

SERVINGS: 6 TIME: 40 minutes



DRY INGREDIENTS:

- 1 pound fresh mushrooms
- 7 ounces crabmeat
- 5 green onions, thinly sliced
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- ¼ teaspoon ground savory
- ground black pepper to taste
- ¼ cup + 3 tbsp grated Parmesan cheese
- ⅓ cup mayonnaise
- ¼ teaspoon paprika

DIRECTIONS:

1. Preheat the oven to 350° F.
2. In a medium bowl, combine crabmeat, green onions, herbs, and pepper. Mix in mayonnaise and 1/4 cup Parmesan cheese until well combined. Refrigerate filling until ready for use.
3. Wipe the mushrooms clean with a damp towel. Remove stems. Spoon out the gills and the base of the stem, making deep cups. Discard gills and stems. Fill the mushroom caps with rounded teaspoonfuls of filling, and place them in an ungreased shallow baking dish. Sprinkle tops with remaining Parmesan and paprika.
4. Bake for 15 minutes. Remove from oven, and serve immediately.

NOVEMBER + DECEMBER *at a glance*

EMPLOYEE BIRTHDAYS


November 4th – Leila A.

November 22nd – Christine P.

December 1st – Dannette W.

December 18th – Kisha H.

December 22nd – Mary Cris T.

 **December 27th – Lennel A.**

December 28th – Phelicia M.



IMPORTANT DATES

November 28th

Thanksgiving - *Office Closed*

December 24th

Christmas Eve - *Office Closes at 3pm*

 **December 25th**

Christmas Day - *Office Closed*

December 31st

New Year's Eve



ACTIVITIES

Dementia Conversations Workshop

Wednesday, November 20th at 5:30PM

LOCATION: Ohana Care Maui

1464 Lower Main St. #211 Wailuku, HI 96793

DESCRIPTION: This FREE educational program that will help those caring for loved ones with Alzheimer's disease and other related dementia. Do you need to talk to an aging parent or loved one about deciding when to stop driving? This workshop offers tips on how to have honest and caring conversations about issues that arise with family members.

TO SIGN UP PLEASE CALL: 808-344-1285 to RSVP

Veterans Luau Party

Saturday, November 9th 5PM - 10PM

LOCATION: Kihei

DESCRIPTION: This annual Veterans Day Luau has food, fun and fellowship, enjoy live music and Hula with Autny Doll and Ka Pa Hula O Maui, and participate in the silent auction!

PURCHASE YOUR TICKETS ONLINE AT: vfwmaui.com

CPR/AED/First Aid Certification

Saturday, November 23rd 11AM - 5PM

LOCATION: Ohana Care Maui

1464 Lower Main St. #211 Wailuku, HI 96793

DESCRIPTION: Need your certification for work? Want to be certified so you know how to save lives? Call us today to register. We certify with the American Red Cross for CPR/AED and First Aid for adults and infants. Certification is good for 2 years.

CALL: 808-344-1285 TO REGISTER FOR THE CLASS

COST IS: \$115

CPR/AED/First Aid Certification

Saturday, December 21st 11AM - 5PM

LOCATION: Ohana Care Maui

1464 Lower Main St. #211 Wailuku, HI 96793

DESCRIPTION: Need your certification for work? Want to be certified so you know how to save lives? Call us today to register. We certify with the American Red Cross for CPR/AED and First Aid for adults and infants. Certification is good for 2 years.

CALL: 808-344-1285 TO REGISTER FOR THE CLASS

COST IS: \$115

CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285



OHANA CARE MAUI.com

Plan a Vacation with Your Loved One
Read more in this issue...

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Unit 211
Wailuku, HI 96793

