



Ohana Care CONNECTION

PROFESSIONAL, LOVING CARE 24/7

MAY + JUNE ISSUE • 2019



**DID YOU
KNOW?**

OHANA CARE MAUI IS CERTIFIED TO TEACH CPR/AED/FIRST AIDE CLASSES?

We are excited to say that we are now certified to teach these classes with the American Red Cross.

This class is for you—whether you are a business with employees that need certification, a parent that has children or just want to be able to help anyone in distress.

CPR is a critical link in the chain in emergency situations, and without it, the victim's chances of survival are drastically reduced. First aid treatment knowledge can make a difference between life and death for a victim or a loved one.

For the greatest chance of success, CPR should be started as soon as possible. First call 911 and then determine if CPR is needed.

With a certification in first aid training, YOU can provide necessary care in a life-threatening situation until medical technicians arrive and take over.

SEVERAL COMMON REASONS TO PERFORM CPR/FIRST AIDE INCLUDE:

- Accidents
- Near-drowning
- Heart attack
- Choking
- Suffocation
- Poisoning
- Smoke inhalation
- Electrocution injuries
- Possible sudden infant death syndrome (SIDS)

TRAINING OFFERED:

- CPR/AED
- First Aide
- For Adult and Infant
- Individual Sign ups
- Groups Classes Available
- Monthly Classes for individuals or groups.

MAKE SURE YOU KNOW WHAT TO DO

Sign up now and make sure you can help save a life!

**CLASSES ARE
\$115 + tax**

ALL CLASSES ARE 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]

SIMPLY CALL: **808-344-1285** or EMAIL: **ohanacaremauillc@gmail.com**

MOTIVATIONAL
QUOTE OF
THE MONTH



*To the world you may be one person.
But to one person you may be the world.*



IN-HOME CARE OR ASSISTED LIVING

—Which one is best?

by: *Jessika Gomes*

Many families must choose between Assisted Living & In-home Care when their loved ones age, become chronically ill, recover from surgery, or have a disability. They offer very different advantages and disadvantages.

TO MAKE THE BEST CHOICE, DO YOUR HOMEWORK, UNDERSTAND THE DIFFERENCES, AND ASK YOUR-SELF THESE SIMPLE QUESTIONS:

- What are the wishes of your loved one?
- Is there a way to improve the safety of the home?
- What level of personal care do they need? How often?
- Do they live alone?
- What will make staying at home safely possible?
- Is there someone they could move in with should they need to?
- Will In-Home Care keep them happy, safe and healthy?
- Do they need medical care, medication reminders, or meals prepared for them?
- What kind of flexibility is offered?

This brief overview can help you make the best decision possible.

ASSISTED LIVING

An Assisted Living community is a place where many seniors live, in separate or shared rooms or small apartments. They are designed for the mobility and safety of residents, and many care options may be offered ranging from services for seniors who are mostly independent, to those who need a higher level of care.

These communities often provide dining, group activities, social interaction, transportation, housekeeping, laundry, and some healthcare services.

One-on-one care is not as personal or consistent and quality of care will vary depending on the staff. There is less privacy and independence, and many seniors experience emotional distress during the transition of leaving their homes and families.

IN-HOME CARE

In-Home Care offers professional, compassionate, and personalized care for persons with specific individual needs. Services include a wide variety of care options encompassing anything from simple companion care to more complex personal care and monitoring. The flexibility of the care options is a huge benefit!

Different types of care can be combined to help lower costs, increase social interaction, or provide medical-type care —like combining family help, adult day programs, privately-hired caregivers, agency caregivers, and home health care.



Many families choose an In-Home care agency like Ohana Care Maui that specializes in highly personalized In-Home care for seniors, the chronically ill or the disabled.

Our knowledgeable, highly skilled staff is available 24/7 with multiple care options available.

THE PRIMARY BENEFITS OF IN-HOME CARE



- Ability to live at home with comfort, dignity and privacy
- Health care services from a home health aide
- Flexible, Personalized care
- Family can choose the caregiver
- More affordable care than assisted living or a nursing facility
- Prevents or postpones institutional living
- Companionship
- Slows cognitive decline, can keep depression at bay
- Freedom and independence
- Personal care: help with bathing, washing hair, shaving, getting dressed, med reminders and more
- Homemaking: meal preparation, shopping, picking up medications, or delivering meals cleaning the house, laundry
- Easy for family and friends to visit

EMPLOYEE OF THE MONTH

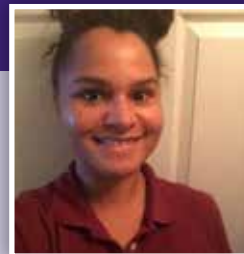
FEBRUARY 2019



Congratulations Lauren M!

Lauren is one of our Lead Aides and works hard to provide a high level of care to her patients. We are grateful to have her on our team.

MARCH 2019



Congratulations Davika D!

Davika is one of our caregivers who has gone above and beyond to expand her skill/training and knowledge. We love working with her and can't wait to see her continue to grow.

BREAKFAST

[FEATURED RECIPE]

Beet & Berry Rainbow Smoothie Bowl

Servings: 1

Time: *PREP* - 5 minutes
TOTAL - 5 minutes



THE BASE:

- 10 ounces of cold purified water
(that's about 1.5 cups)
- 1/3 cup frozen raspberries
- 1 small red beet, peeled
(about a 1 inch cube of raw beet)
- 1 serving of high-quality vanilla protein powder
(I used USANA Nutrimeal Free)
- 1 serving of high-quality collagen protein powder
(I used Bulletproof brand)
- 2 ice cubes

THE TOPPINGS:

- About 2 tablespoons chopped mango
- 3 blackberries, cut in half
- 1/2 kiwi, cut into half moons
- 1 teaspoon hemp seeds
- 1 teaspoon white chia seeds

THE METHOD:

Blend the base on high in a high-speed blender until smooth. Be mindful to keep it thick. Pour into a small bowl. Arrange the fruit and seeds on top. Best served immediately. Enjoy!

P.S. The beet adds a ton of nutrition and color to this smoothie, but if you don't care for beets just leave it out. I used to not like beets, but they're really grown on me. Give them a try! They're really good for you.

MAY + JUNE *at a glance*

EMPLOYEE BIRTHDAYS

May 23rd - Jannel

May 26th - Karen

June 27th - Leilani



IMPORTANT DATES

May 12th
Mother's Day

May 27th
Memorial Day
- Office Closed

June 16th
Father's Day



ACTIVITIES

May 3rd – 5th
Saint Joseph Feast
Saint Joseph Church in
Makawao

DESCRIPTION: Their annual feast event starting May 3rd at 6pm and ending Sunday, May 5th at 4pm. A fulfilled weekend of great food, games, auctions, etc.

CALL: (808) 572-7652

Saturday, May 4th | 11AM–5PM
CPR/AED/First Aid Course with
Ohana Care Maui in Wailuku

DESCRIPTION: get certified in cpr/aed/first aide for adults and infants with us! If you can't make this class, but are interested in taking our class please let us know.

PRICE: \$115 +tax

CALL TO REGISTER: (808) 344-1285

Wednesday, May 29th | 5:30PM
Effective Communication
Strategies for Dementia
in Wailuku

1464 Lower Main St. #211
Wailuku, HI 96793

DESCRIPTION: Provides practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia. The goals of the class are for caregivers to better understand the changes in communication that occur with disease progression and to be able to identify ways to connect at each stage of the disease.

FREE TO THE COMMUNITY

CALL TO REGISTER: (808) 344-1285

Wednesday, June 26th | 5:30PM
Brain Health

1464 Lower Main St. #211
Wailuku, HI 96793

DESCRIPTION: This class aims to teach new skills or hobbies that can promote brain health. Additionally, the program will discuss the importance of social engagement and offer suggestions on how to stay engaged in the community to maintain your skills.

FREE TO THE COMMUNITY

CALL TO REGISTER: (808) 344-1285

CONTACT US TODAY TO SEE HOW WE CAN HELP

808-344-1285

OhanaCareMaui.com

Find out the differences in this issue...

In-Home Care or Assisted Living?



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Unit 211
Wailuku, HI 96793

