



District Governor  
Winton "Win" Schoneman



President  
Alexander "Alex" Kanamu

"Making a Difference in our Local and Global Communities"

The strength of our Club lies in its members

## "Their Reality Is Not Our Reality"

Service Above Self – Making a Difference

Editor – PP Geoff Horvath



### April is Maternal and Child Health Month at Rotary International!

#### Linked Through Sister Cities, Rotarians Save Newborns in Brazil

By Vanessa Glavinskas  
Photos by Robert Gill

A mother is in labor, and she's frightened. Her baby isn't due for three months. The closest hospital is 30 miles away, and although she makes it there in time, the baby is born weighing barely 2 pounds.

And there's another problem.

The hospital's neonatal intensive care unit has only seven incubators, and all are in use, so the baby must be transferred to another hospital to receive the critical care he needs. If he survives the transfer, his parents will need to find a way to make trips to that hospital for months.



A lifesaving incubator is use

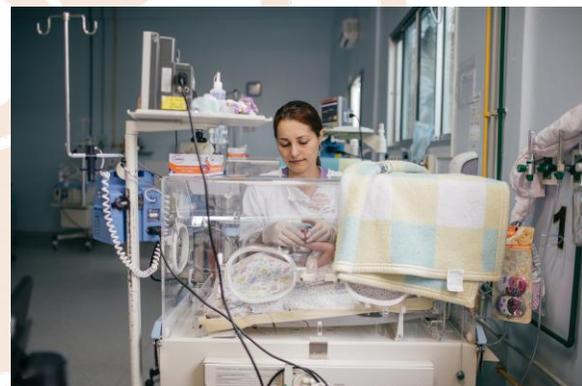
Many new mothers were facing similar situations at Dr. Leopoldo Bevilacqua Regional Hospital, a state-run facility in Brazil's Ribeira Valley. Lack of equipment meant some of the hospital's most vulnerable newborns

had to be transferred, which was a factor in São Paulo state's high infant mortality rate.

"There are two realities here: people who can pay for a private hospital and those who can't," says Lina Shimizu, who spearheaded the project for the Rotary Club of Registro-Ouro, Brazil. Those who can't, she says, often have to travel long distances to get to a state-run hospital such as Leopoldo Bevilacqua, which serves 24 towns.



*"There are two realities here: people who can pay for a private hospital and those who can't," says Lina Shimizu, who spearheaded the project for the Rotary Club of Registro-Ouro, Brazil.*



Rotarians funded incubators, ventilators, heated cribs, vital-sign monitors, and other equipment for a state-run hospital outside São Paulo

The Rotary Club of Registro-Ouro and the Rotary Club of Registro partnered on a Rotary Foundation global grant with two clubs in Nakatsugawa, Japan. Through the partnership, Brazilian Rotarians raised \$172,500. They funded equipment including five incubators for



the hospital's neonatal intensive care unit (NICU), which nearly doubled the hospital's capacity to care for fragile newborns. In 2013, 129 babies were admitted to the NICU; since the completion of the project, the hospital has been able to care for about 220 babies per year.



**By adding five incubators to the NICU, the hospital nearly doubled the number of babies its nurses and doctors can care for.**

Other equipment provided through the grant included five ventilators, a bilirubin meter, three heated cribs, five vital-sign monitors, and a super LED microprocessed phototherapy unit to treat babies with jaundice. The grant also funded the cost of publicity to inform residents about prenatal care workshops conducted by area health workers. The publicity campaign aimed to reach mothers in remote areas who may not know what services are available to them or about the importance of prenatal care and breast-feeding.



This global grant marked a turning point for Rotarians in Nakatsugawa, who had stopped contributing to international projects after experiencing difficulties on a past grant. The difference this time was in the relationship between the cities of Registro and Nakatsugawa, which established a "sister city" affiliation in 1980.

Rotarians from both cities meet regularly to foster their friendships, alternating between Brazil and Japan, and because of their close relationship, the Japanese Rotarians felt confident that their financial contributions to the project would be managed well. In addition, Shimizu, who is of Japanese descent and speaks fluent Japanese, helped build trust and effective communication.



A group of Japanese Rotarians visited the NICU after the project was completed. "After 37 years," says Mitsuo Hara, a member of the Rotary Club of Nakatsugawa, "there's a friendship and bond between Rotary members of both countries."

club\*business



Jackie Barnes

**RI President: Barry Rassin**  
**District: Win Schoneman**  
**Asst Dist Govr: Doreen Higa**  
**Club President: Alex Kanamu**  
**PP: Lillette Subedi**  
**President Elect: Keoni Ahlo**  
**Exec Secretary: Alison Dela Pena**  
**Recording Secretary: Rene Mansho**  
**Treasurer: Kate Butts**  
**Sergeant-at-Arms: Dr. Carver Wilcox**  
**Asst Sergeant-at-Arms: Austin Kanamu**



**Programs/Membership: Keoni Ahlo**  
**Community Services: PP Lillette Subedi**  
**Youth Services: Rene Mansho**  
**Rotary Foundations: PP Doc Bill McKenzie**  
**HRYF: PP Geoff Horvath**  
**Public Relations: Marie Abatayo**  
**Fundraising: Marie Abatayo & Kate Butts**  
**Hulali Editor: PP Geoff Horvath**

**Meeting Location: Dor's in Wahiawa**  
**Day and Time: Thursdays 12:00-1:00 pm**

# INVOCATION

PP PE Keoni Ahlo



**A Special Oli composed by PP Lilette Subedi for an upcoming fundraising event. It is an Oli about Wahiaawa, since there is no Oli recognizing Wahiaawa, followed with our traditional Oli – PP Lilette Subedi**

This newly composed Oli tells the story of Wahiaawa, Kaiona and Kūkaniloko.

Kaiona is a goddess of Ka`ala, which was a mountain in the Wai`anae ahupua`a. She is a goddess that gives protection to those people that needed it. So, if you got lost, Kaiona would direct your path until you arrived safely at your destination.

Kūkaniloko is a sacred place of esteemed royalty in the days of old, a life-giving place. This site is also known as the *Kūkaniloko* Birthstones State Monument. It is one of the most important ancient cultural sites on the island of O`ahu, located across the street from the Kam Hwy/Whitmore Ave intersection. Hawaiian royalty were born here.



## Hālau Wahiawā ©

Aia no ho'i ka hālau Wahiawā ma waena o Wai'anae a me Waialua

Behold Wahiawā, seated between Wai'anae and Waialua

Onaonao ka 'ala o ka maile lau li'i a me ka nani o ka pua 'ahihi

Ever so fragrant the scent of maile lau li'i aligned with the beauty of ahihi blossoms

Eia no mauna Ka'ala, ku'u home o Kaiona, ka Wahine hele la

Here is Mount Ka'ala, cherished home of Kaiona, the woman who ventures throughout the day

Eia no Kūkaniloko, he wahi pana no ke ali'i I ka wa kahiko, he wahi ola no

Here is Kūkaniloko, sacred place of esteemed royalty in the days of old, a life-giving place

Nani Ka Po'e ikaika o Wahiawā, na leo nahenahe I ke ola pono

Beautiful are the poised people of Wahiawā, whose voices regale righteous and virtuous life

E mai e mai e kipa mai e kakou, o makou no, me ke aloha lanī e!

Come, come one and all, we welcome you with warmth and love!

Aloha e, aloha e, aloha mau no e

Peace to all, peace to all, may there forever be peace to ale.



Outside D5K

None

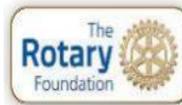
Within D5K

President Sonya Mendez – RC West Pearl Harbor



Poki'i Balaz DNP – Guest Speaker – Guest of PP Geoff Horvath

Ashton Kanamu – Guest of Austin Kanamu



No Report



**Hawaii Rotary Youth Foundation (HRYF)**

From HRYF HQ: Congratulations to all the Clubs and Reps for their hard work in getting the applications for

Rotary – 114 Years of Service to the World!



the HRYF Scholarships. All the applications were outstanding.

This year, the **Maurice J. Sullivan Scholarship** is awarded to **Caleb Yamasaki**, graduating from **Honokaa High School** and sponsored by the **Rotary Club of North Hawaii**. The **Joanna L. Sullivan Scholarship** is awarded to **Charliemayne Julian**, graduating from **Pahoa High School** and sponsored by the **Rotary Club of Pahoa Sunset**. These two students will receive the \$10,000 instead of the regular \$5,000 award. There is only one award to each participating Hawaii Rotary Club. Should these students become ineligible (for full tuition scholarship for example), the award will go to the next selected winners.

## RECOGNITIONS

Recognitions for the week ending April 14<sup>th</sup>, 2019.



None

### Spouse's Birthday



None

### Anniversaries



None



None



**Alison Kanamu** gave a HI \$5 for PP **Doc McKenzie's** great dictionary presentations at Waialua and

Hale'iwa elementary schools. The students learned fun facts while learning about their dictionaries.

**Kate Butts** gave a HI \$5 for **PP Doc McKenzie, Alison Kanamu, and Derek Conselva** doing such a great job in the last deliveries of our dictionaries.

**PP Lilette Subedi** gave a HI \$5 for **Rene Mansho** providing us information on **Teddy's Bigger Burgers** fundraising opportunity.

**President Alex Kanamu** gave a HI \$5 for having the best year in estimates the number of dictionaries we needed. We had only two left!



None



## ROTARY MINUTE

### Public Relations of Rotary

Historically Rotarians perpetuated a myth that Rotary should not seek publicity, but rather let our good works speak for themselves. However, an early stated policy observed that "as a means of extending Rotary's influence, proper publicity should be given to a worthwhile project well carried out." A more modern public relations philosophy was adopted in the mid-1970s that affirms that "good publicity, favorable public relations and a positive image are desirable and essential goals for Rotary," if it is to foster understanding, appreciation and support for its Object and programs and to broaden Rotary's service to humanity.

The role of the club public relations committee is to develop and execute a plan to tell the public about Rotary and promote the club's service projects and activities. Having strong public relations ensures that communities around the world know that Rotary is a credible organization that meets real needs. When a Rotary club has a positive public image, current members are motivated to be active and prospective members are eager to join.

Public image and membership growth are interconnected. A high quality, consistent public image campaign will prompt individuals to seek out local clubs and be more inclined to accept invitations to join.

## The Rotary Corner



### Dictionary Project



Waialua Elementary with PP Doc McKenzie, Derek Conselva, and Alison Kanamu

We wrapped up our 2018 Dictionary Project with deliveries to Waialua and Hale'iwa elementary schools. The team of **PP Doc McKenzie**, **Derek Conselva**, and **Alison Kanamu** delivered the dictionaries to all the third-graders with a fantastic talk by Doc McKenzie on the benefits of dictionaries in a fun way.

The idea for The Dictionary Project began in 1992 when Annie Plummer of Savannah, Georgia, gave 50 dictionaries to children who attended a school close to her home. Each year she continued to give this gift, raising money to help give more and more books so that in her lifetime she raised enough money to buy 17,000 dictionaries for children in Savannah. Early on, her project attracted the attention of Bonnie Beeferman of Hilton Head, S.C., who began a project of raising money by selling crafts to buy dictionaries for the schoolchildren of Hilton Head and the surrounding communities. By 1995, Bonnie was getting so many requests from local teachers to be included in the project that she wrote a letter to the editor of the Charleston Post and Courier explaining the project and asking for someone to help meet requests from the Charleston area. Mary French, who was already an active school volunteer even though her two children were still of preschool age, read the letter and decided

this was a project for her. Starting with a few schools in Charleston and Summerville, she realized quickly that providing dictionaries to all the students in Charleston was going to require serious fundraising. She and her late husband Arno French formed a 501(c)(3) nonprofit Association in 1995, along with a Board of Directors. Arno served as president, Mary became the director of the Association, and The Dictionary Project was born.

Since this Project began in 1992, more than 18,000,000 dictionaries have been given out.

Rotarians across the country and in Hawaii have been donating dictionaries to elementary schools since 2002-2003, with a total thus far of 7,404,618 dictionaries. Each year Rotarians as a whole give more than one million dictionaries. In Hawaii nearly 18,000 are given out each year.

Our Club has participated in this worthwhile project for 10 years.

### Certificate Presentation



Deputy District 5000 Elect **Sonya Mendez** presented **President Alex** with his certificate of training for completing the **President Elect training Seminar (PETS) West**, that was held in San Jose, CA. This is an intense 3-day training course that packs a lot of Rotary information in a short period of time. Sonya informed us that DG Win wanted these certificates to be presented in front of each President's Clubs



President Alex receiving his Certificate of Completion from DDGE Sonya Mendez

## Correspondence



No correspondence

## MILITARY REPORT



No report this week.



TBD



**April 18 – Club HRYF Scholarship Award Luncheon**

**April 27 – "Rotarians at Work Day".** We will meet at 8:00am at **Ho'ola Na Pua** to work on their serenity garden followed by lunch at 12 noon. Bring your work clothes, garden gloves and a positive attitude for community service! Reservations in advance required by contacting Mark Merriman at: [mark.merriam@live.com](mailto:mark.merriam@live.com).

**April 27 – Disco & Ballroom Fun Dance** Fundraiser by the Rotary Club of Kapolei



Rotary – 114 Years of Service to the World!

**May 4 – Wahiawa Pineapple Festival**



**Aug – TBD – Teddy's Bigger Burgers Wahiawa fundraiser.** Teddy's is hosting community organizations to visit their business from 10am – 10pm to tell customer what your organization is all about and how they serve within the community. In recognition of these organizations participating in this program, Teddy's will donate a percentage of their take for those 12 hours! This contribution could be put toward our Al Wonder Christmas party. Thanks to Rene Mansho for passing this information to us.



**Ongoing – Jack in the Box Fundraiser.** Each member will be given 10 tickets (\$100) to sell.



Dr. Poki'i Balaz

### Dealing with Dementia and Alzheimer's

Poki'i Balaz DNP is a family nurse practitioner who aims to serve our kupuna, those with Alzheimer's, other related dementias, caregivers, and underserved populations such as Native Hawaiians. Dr. Balaz received her Doctorate in Nursing Practice from the University of Hawai'i at Hilo with her focus on improving financial resources and advocacy for caregivers. Her professional passion stems from her personal experience as a caregiver to her father who is in the end stages of Alzheimer's disease. She is active in the community as a support group facilitator, ambassador, and state champion for the Alzheimer's Association Aloha Chapter, induction and governance chair for Sigma Theta Tau, supporter of Special Olympics, and co-facilitator of the Savvy Caregiver and Dealing with Dementia Programs. She is also Regional Trainer for the National Task Group, Dementia Friends, and a Positive Approach to Care Champion. Dr. Balaz also enjoys traveling, outdoor

activities, and has special interested in Brain Health and Wellness.

Dr. Balaz opened her presentation by asking **PP Doc McKenzie** a question, “Dr. McKenzie, do you remember me?” Doc McKenzie replied, “No!” Dr. Balaz answered her question, “You delivered me!” So, started an interesting presentation in the areas of dementia and Alzheimer’s.

Dr. Balaz wanted to become a surgeon and was studying and working in a hospital in LA, CA, when she received notification from her mother that her father had been diagnosed with the early stages of Alzheimer’s. This brought her plans to a standstill. She returned to Hawaii, where she started taking care of her father, as she still does to this day.

With the diagnoses of her father’s Alzheimer’s, Dr. Balaz became interested in this area of neurology. She decided to take that path and attended UH Hilo, where she received her doctorate.

Before moving to her current position, Dr. Balaz worked at the Hawaii Pacific Neuroscience center.

The Hawaii Pacific Neuroscience (HPN) Institute is the leading and one of the largest providers of neuroscience care in the state of Hawaii serving more than 24,000 patient visits in 2014 from Oahu, Maui, Big Island, Kauai, Molokai, Guam and other Pacific Islands. HPN is committed to these patients who come from all corners of the Pacific Rim to seek the most advance care and research treatments in neuroscience provided by Hawaii’s top specialists in the field of Neurology, Neurorehabilitation, Geriatrics, Psychiatry, Neuropsychology, Psychology and Behavioral Science working in a fully integrated multidisciplinary patient centered care model.

While working at HPN, Dr. Balaz saw a further need in caregiving. While making visits to the patient home or care facility, she noticed family members, and even some professional caregivers didn’t know how to handle the many facets of dementia and Alzheimer’s. The patients were not receiving the best possible care.

So, she and a few others started a home visiting and training program that would provide the required training and support so both family members and professional care givers could better understand dementia and Alzheimer’s, and the effects it has on their family member or client, and could provide the required care.

One program is the Savvy Caregiver (Ostwald/Hepburn) training course. The Savvy Caregiver Program is designed to train family and professional caregivers in the basic knowledge, skills, and attitudes needed to handle the challenges of caring for a family member or client with Alzheimer’s disease and to be an effective caregiver. This course is a 12-hour training program that is 6-week long given

in 2-hour sessions each week during that 6-week period.



But, the most popular course is a 4-hour course, Dealing With Dementia: A Caregiver’s Guide. Not so much for the training, but for the workbook, which is full of great tips and strategies for caregivers on best practices for caring for their loved ones, their patients, and themselves.

The Guide workbook covers:

- Understanding Dementia
- General Caregiving Tips
- Dealing With Behavioral Issues
- Taking Better of Yourself
- Resources

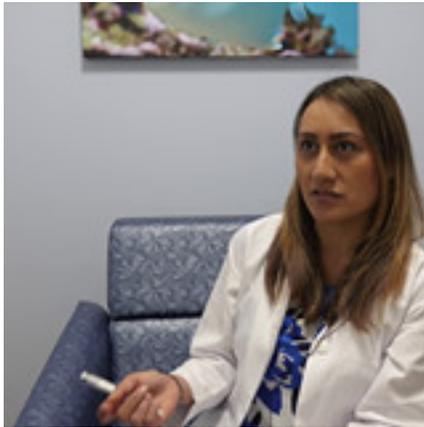


Dr. Balaz give us some insight in dealing with a loved one with Alzheimer’s.

As Alzheimer’s advances, patients’ attitudes and activities change. Her father loved working in the garden, so when first diagnosed, Dr. Balaz would take her father out to garden in the yard to work in the garden. As his Alzheimer’s progressed, he was not able to garden, to the point where Dr. Balaz took her father outside just to sit in a chair.

She also told us that people hear that some patients can get violent. She explained that you have to put yourself in the loved ones, or patient’s place. Sometimes a simple task such as bathing a patient can be very challenging. If the patient is in a care home, they are in an unfamiliar place, they have a bunch of strangers around them, trying to take their close off,

and they are getting water splashed on them. Sometimes this is too much and they get scared, and react accordingly. Dr. Balaz commented, "Their reality is not our reality"



Sometimes the patient will continue to ask the same question. When this happens, you should try to distract them, or guide them in another direction.

Another tip is to keep the patient occupied. Give them something to do. One lady loved changing light bulbs. She would do this for 2 hours! At first the family was frustrated with this, until the caregiver told them, "Let her do it, if that's what she wants to do." So, they gave her different types of bulbs she could replace. When the patient was done changing out all the light bulbs, they would keep doing this until this task was no longer desired.

A lot of the behavior comes from fear. So, you have to make the patient as comfortable as possible. If the patient is not in familiar surroundings, take some things they are familiar with to the care facility. Make the place where they are living look as much like home as possible. Bring a potted plant or chair.

Another tip Dr. Balaz gave us is to recognize the signs. If you see your loved one acting unusual, forgetting things, etc., try to get a diagnosis. You can't cure Alzheimer's or dementia, all you can do is slow the progress down with medication.

Don't get frustrated if they don't remember who you are. Don't lie or call them names if they can't remember, or if they can't do something.

Some other tips that Dr. Balaz touched on (taken from Family Caregiver Alliance National Center on Caregiving are:



- **Set a positive mood for interaction.** Your attitude and body language communicate your feelings and thoughts more strongly than your words do. Set a positive mood by speaking to your loved one in a pleasant and respectful manner. Use facial expressions, tone of voice, and physical touch to help convey your message and show your feelings of affection.
- **Get the person's attention.** Limit distractions and noise—turn off the radio or TV, close the curtains or shut the door, or move to quieter surroundings. Before speaking, make sure you have her attention; address her by name, identify yourself by name and relation, and use nonverbal cues and touch to help keep her focused. If she is seated, get down to her level and maintain eye contact.
- **State your message clearly.** Use simple words and sentences. Speak slowly, distinctly, and in a reassuring tone. Refrain from raising your voice higher or louder; instead, pitch your voice lower. If she doesn't understand the first time, use the same wording to repeat your message or question. If she still doesn't understand, wait a few minutes and rephrase the question. Use the names of people and places instead of pronouns (he, she, they) or abbreviations.
- **Ask simple, answerable questions.** Ask one question at a time; those with yes or no answers work best. Refrain from asking open-ended questions or giving too many choices. For example, ask, "Would you like to wear your white shirt or your blue shirt?" Better still, show her the choices—visual prompts and cues also help clarify your question and can guide her response.
- **Listen with your ears, eyes, and heart.** Be patient in waiting for your loved one's reply. If she is struggling for an answer, it's okay to suggest words. Watch for nonverbal cues and body language, and respond appropriately. *Always strive to listen for the meaning and feelings that underlie the words.*
- **Break down activities into a series of steps.** This makes many tasks much more manageable. You can encourage your loved one to do what he can, gently remind him of steps he tends to forget, and assist with steps he's no longer able to accomplish on his own. Using visual cues, such as showing him with your hand where to place the dinner plate, can be very helpful.
- **When the going gets tough, distract and redirect.** If your loved one becomes upset or

agitated, try changing the subject or the environment. For example, ask him for help or suggest going for a walk. *It is important to connect with the person on a feeling level, before you redirect.* You might say, “I see you’re feeling sad—I’m sorry you’re upset. Let’s go get something to eat.”

- Respond with affection and reassurance.** People with dementia often feel confused, anxious, and unsure of themselves. Further, they often get reality confused and may recall things that never really occurred. *Avoid trying to convince them they are wrong.* Stay focused on the feelings they are demonstrating (which are real) and respond with verbal and physical expressions of comfort, support, and reassurance. Sometimes holding hands, touching, hugging, and praise will get the person to respond when all else fails.
- Remember the good old days.** Remembering the past is often a soothing and affirming activity. Many people with dementia may not remember what happened 45 minutes ago, but they can clearly recall their lives 45 years earlier. Therefore, *avoid asking questions that rely on short-term memory*, such as asking the person what they had for lunch. Instead, try asking general questions about the person’s distant past—this information is more likely to be retained.
- Maintain your sense of humor.** *Use humor whenever possible, though not at the person’s expense.* People with dementia tend to retain their social skills and are usually delighted to laugh along with you.

### Ace of Hearts



No Ace of Hearts today!



### Around the Links in Pictures

(Go to our Facebook page:  
<https://www.facebook.com/groups/962862973749303/> to view all pictures.)



Aloha, PP Lilette Subedi!



Kate Butts getting ready to dig into a great Marian’s Catering luncheon



Alison Kanamu loves Marian’s Catering food!



PE Keoni, our Walter Lappert lookalike winner!



Dots Server Sephie



Guests Ashtin Kanamu



Visiting Rotarian President Sonya Mendez

**WHAT IS ROTARY?**



**JOIN LEADERS**

**EXCHANGE IDEAS**

**TAKE ACTION**

**IN COMMUNITIES LIKE OURS, AROUND THE WORLD**




Jackie Barnes getting lunch



No more needs to be said!



Lynn Goya



Dr. Poki'i Balaz arriving



PP Lilette Subedi going over her newly composed OIi honoring Wahiawa

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PP Doc McKenzie's HI \$5



President Sonya Mendez with the PETSD Certificate of Completion



Kate Butts' HI \$5

**Rotary** 

-  Peace and Conflict Prevention/Resolution
-  Disease Prevention and Treatment
-  Water and Sanitation
-  Maternal and Child Health
-  Basic Education and Literacy
-  Economic and Community Development

**OUR SIX AREAS OF FOCUS**

...to do good in the world



Dr. Balaz watching the certificate presentation



Okay, let's get this meeting going!



President Alex receiving the PETS Certificate of Completion



President Sonya Mendez presenting a certificate of completion



President Sonya contributed \$200 for missing our golf tournament after signing up to play. She had another commitment so couldn't make it. She was taught, by her parents, that you had to honor your commitment one way or another!

Rotary – 114 Years of Service to the World!





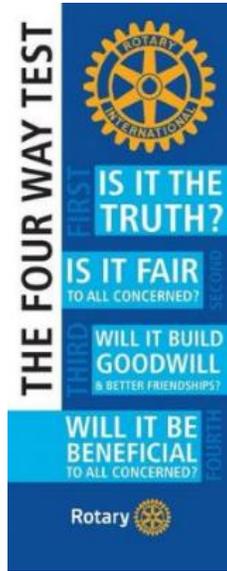
PE Keoni Ahlo introducing our guest speaker



PP Doc McKenzie making comments



Dr. Balaz providing us with her background



Dr. Balaz giving us more valuable tips regarding Alzheimer's



"You are the one that delivered me!"



PP Geoff Horvath with Dr. Balaz



Dr. Balaz going over some tips



PP Doc McKenzie & Dr. Balaz

Rotary – 114 Years of Service to the World!

