



Rotary News Lava FLOW

January 25, 2013

92 YEARS OF SERVICE

Reporter: T.O.

The Weekly Review of the Rotary Club of Hilo



President Alan Kusunoki is on Oahu attending the Rotary Peace Forum, so he had asked Former President Mitchell Dodo to preside at the January 25, 2013, meeting.

Mitch called the meeting to order at 12:05 PM. Newton Chu led the Pledge of allegiance. Mitch announced there would be no singing and some broke out in applause.



Cindy Boots stood in for Alberta Dobbe who is sick, and offered a prayer for shared blessings and the success of the goals for world peace.



Naomi Menor and Tim Beatty were greeters for the day. Naomi introduced Brenda Ho of Hospice, and invited Helene Tajiri to introduce her guest Rob Kelso,



Assistant Baseball Coach at UH Hilo and the newly arrived director of PICES (the space exploration coordination center for Mauna Kea) who has moved here from Texas.

An Umamoto and Dr. Frances Spector, both of Hospice of Hilo, were introduced. Nancy Cabral's guest was Connie Kurohara.



Mitch thanked Bobby Stivers-Apiki, reporter, and Jim Cheney, photographer, for last week's Lava Flow (it was noted Jim was away at a Bridge Tournament). Tom Olcott is this week's reporter, and Chris Tamm is this week's photographer.

Mitch noted several of our members are at the Rotary Peace Forum in Honolulu.



Treena Breyfogle gave an up-date and invitation to participate as we host 26 Peace Forum Friendship visitors from Sunday evening through Wednesday morning (January 27 to 30) in cooperation with the other East Hawaii Rotary Clubs. She noted the host planning committee members.

Susie Osborne will host the Puna Trail ceremony. Tom Brown and friends are planning the Steak Fry at Waiola State Park, Hilo, at 6:00 PM on Monday - Please sign-up or e-mail Treena or Tom Brown (Visitors free, but others at \$20/each). Sunset Rotary is hosting a pot-luck at the Historic Akebono Theater, 152942 Pahoia Village

Road, Pahoia. Our Rotary Friendship Visitors leave early Wednesday morning.

Anyone with a candidate for the Rotary Global Scholar Grant should contact Alan Kusunoki before 1/31/13.

The Multi-District Survey is due Feb. 1 so far only 30% of us have responded - please complete the 3 minute survey on line.

The Strategic Planning training is scheduled for Saturday, Feb. 9, from 9:00 AM to 2:00 PM at Nancy Cabral's Day-Lum Realty offices. Lunch is included. Please attend.

The District Conference at Turtle Bay will be held May 17-19 - \$40 registration fee.

Gail Takaki announced the Ryla conference and circulated a sign-up sheet for volunteers.



Mitch noted he had been set-up to announce his own 43rd Birthday, but that his look-a-like hair cut partner Newton Chu was born on the same date - Both celebrate January 19th!

No wedding anniversaries or Club anniversaries...

Jimmy Yagi who is ill has achieved his second Paul Harris award, and Tammy Silva, also ill, has also achieved her Paul Harris award.

HAPPY DOLLARS - Lorraine Shin announced her granddaughter's first Birthday party tomorrow and reported that she along with her son B.J. Penn and family had been invited to Washington, DC, to the Pentagon and that BJ was working to train injured military troops in the Youth Wounded Warrior program and were hosted by an undersecretary at the Pentagon.

Nancy Cabral announced the up-coming Rodeo to be held at the Equine Center near the Zoo on February 16 and 17 and that the bleachers are now covered so the rain should not keep anyone away.

Brenda Ho shared good news about Hospice (and will later speak).

Gene Tao has found the Club Banner located when he attended a Birthday party at Julie Tulang's who somehow had it passed to her by Nancy Cabral (who had no recollection of how this happened!)

Stew Hussey once again reminded us that the United States of America with all our challenges is still the greatest nation and democracy on earth and that he notes the turn-around in the economy as a sign of great hope for the year 2013.



John McVickar introduced Brenda Ho director of Hospice of Hilo who shared the good news that the new Hospice residential care facility with 12 patient suites is now open, having reduced the cost of the project from \$12 million to \$10 million and having raised over \$9 million to date. She expressed appreciation to our community for support

Birthdays:

- Bobby Stivers- Apiki January 17
- Gail Takaki January 17
- Newton Chu January 19
- Mitch Dodo January 19

Club Anniversary:

- Yoko Hayano January 7
- Scott Brand January 14
- Bob Hanley January 14
- Stew Hussey January 15
- Nancy Cabral January 29
- Jenny Johnson January 30
- Richard Johnson January 30

Announcements:

- Fri. February 1
Club Assembly
- Fri. February 8
Club Meeting
- Fri. February 15
Beth Trowbridge
Center for Alaskan Coastal Studies
- Fri. February 22
Stephanie Nagata
Update on Mauna Kea Mountain

- President Alan Kusunoki
- President Elect Kerry Glass
- Vice President Alberta Dobbe
- Immediate Past President Joe Hanley
- Secretary Richard Johnson
- Treasurer William Dolan
- Sergeant-at-Arms John McVickar
- Attendance Judy Gibson
- Club Administration Tom Brown
- Service Projects Mitchell Dodo
- Rotary Foundations Susan Munro
- Membership Nancy Cabral
- Public Relations Robert Hanley
- International Service Steve Yoshida
- Community Service Wallace Wong
- Vocational Service Bobby Stivers-Apiki
- New Generations Gail Takaki
- Club Service Tim Beatty
- The Rotary Foundation Susan Munro
- Hawaii Rotary Youth Foundation .. Mitchell Dodo
- Hilo Rotary Club Foundation John McVickar

and generosity. The new facility has two main entrances one for patient suites, and one for doctor patient consultation. She then introduced **Dr.**



Frances Spector, who makes the third physician on the Hospice care staff. **Brenda** noted Hospice is a place for quality of life as one faces illness which may eventually lead to death.

Dr. Frances Spector noted she had been



a nurse for 18 years before going to medical school and felt she had found her place of vocation with **Hospice of Hilo** working with staff, patients, family, and other care givers to

bring patient centered supportive services which will insure a greater quality of the patient and family experience during illness that will eventually claim their life. **Dr. Spector** noted there are 90,000 residents in the Hospice of Hilo service area and there is a physician shortage to work with people facing the final journey.

Dr Spector focused on PALLIATIVE CARE which deals with all the living going on during the on-set and experiences of an illness for the patient and the whole family – so that mitigation of severe symptoms can be cloaked with the assurance of protection and support. The task in Palliative Care is to help the patient and family determine their care goals and may not be limited to those who are dying. In a recent study on curative life prolonging vs palliative care 97% indicated a need to better understand their options; 73% lacked adequate information on enhancing the quality of life; 86% felt the need for further discussion; of these 24% felt they knew something of palliative care; and 96% of all survey felt palliative care should be a top priority. Palliative care often helps the patient live longer and reduces the level of aggressive treatment needed. Many think Hospice relates only to cancer patients, but also included are pulmonary,

cardiac, kidney, and dementia – all can benefit greatly from palliative care support. While dementia may not be curable it has a 5-15 year prognosis. She showed graphs of comparative illness progression over time. This awareness helps care givers and up to 70% of residents in care/nursing homes.

So the question to ask (since we are also public eyes and ears) is who do you know who might need palliative care support earlier than they might consider seeking help and who might get involved with Hospice soon and not wait until the very last months of their life?

Palliative care is possible without giving up curative care as the two can lead to complimentary therapy through concurrent access to all supportive levels of assistance.

The first task with the patient and family is to develop a history of the illness' progression as a story and to prepare the family and patient to understand what is likely to happen as an illness develops, but to allow them together to experience the story as a completion of their shared journey with supportive service.

Questions asked: How do various health services cover costs and are these readily available? Are alternative health care models and options covered by Hospice care? Is the open-ness to alternative care models becoming an option that palliative hospice care will include?

Mitch presented **Dr. Spector** and **Brenda Ho** with **Gerard Carter** koa pens.

The "blue ticket" raffle resulted in some happy winners of **Mitch's** grab bag eclectic collection – including a colorful picture of grapes on the vine.

The meeting was concluded with members reciting **The Four Way Test**.

EVERY
ROTARIAN
EVERY
YEAR

Photos by **Chris Tamm**

