Hulu Ali‘i – Hulu Mākua

**A Message from the Trust**

**He hulu ali‘i** – A royal feather: Said of the adornment of a chief, or of an elder who is one of the few survivors of his or her generation and therefore precious.

**He hulu mākua** – A feather parent: ‘When most of the relatives of the parents’ generation were gone, the few left were referred to as *hulu mākua* and considered as precious and choice as feathers, which were considered treasures in Hawaiian culture.

United States Senator (Retired) Daniel K. Akaka, in recent tribute remarks honoring King William Charles Lunalilo, referred to the King as a “He hulu ali‘i - A royal feather”, the last ruler of the Kamehameha chiefly lineage - who fulfilled his kuleana or responsibility to perpetuate the legacy of service and leadership of his royal predecessors. He was precious, not only for being among the last of the monarchs, but also for being the first to establish an Ali‘i Trust. Leaving no heirs and no continuation of direct bloodline descendants, but with foresight regarding the needs of Hawaiians, King Lunalilo directed that his estate be used for the disadvantaged and sick elderly Native Hawaiians.

Senator Akaka also reminded us that while it is appropriate to revere the skills, compassion, generosity, and wisdom of ali‘i such as King Lunalilo, it is equally important that we all embrace the kuleana to carry forth the legacy that the King established and to grow its potential. Senator Akaka charged us all, as the most noble tribute to King Lunalilo, to assure that we all honor, respect, and support efforts to care for our kūpuna in the manner that they are deserving.

There are many “Hulu mākua - Precious kūpuna” for whom we all have the kuleana to serve. The King Lunalilo Trust comprehends the tremendous and growing needs of our kūpuna and is committed to exploring and extending its reach to increase its impact on the health, safety, and welfare of these precious kūpuna, their ‘ohana and their communities. It is the Trust’s kuleana to perpetuate the legacy of service and leadership of King Lunalilo. Therefore, the Trust embraces the challenge of a broadened expansion and is continually working towards improving the quality of life for our kūpuna at Lunalilo Home and through additional services in and for its many communities of Hawaiians.

In order to achieve this, the Trust is assessing each of its resources to assure that they are optimized to serve kūpuna. These resources include: Lunalilo land and buildings; its investment portfolio; our community; and the rich heritage of our Hawaiian culture. Advances in each of these areas have been significant over the past years and the Trust is committed to further growth of each of the resources to serve even more *hulu mākua*.

The Trust recognizes the vast growth potential for all of its resources and looks forward to a productive remainder of the year in rising, with everyone, to the meet the charge of Senator Akaka that we achieve collective impacts through embracing the kuleana to carry forth the legacy that King Lunalilo established. In so doing, we will further honor him as *hulu ali‘i* and assure that our *hulu mākua* are honored, as well.

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**OUR MISSION**
To provide respectful, quality, compassionate, and caring services for disadvantaged kūpuna of Hawaiian ancestry.

**OUR VISION**
To be the foremost system of elder services for Native Hawaiians.

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**UPCOMING EVENTS**

- Annual Golf Tournament
  - Friday, July 18, 2014
  - 11:00 am - Hawai‘i Kai Golf Course
Cultural Resonance and Immersion Retreat Enhances Managers' Cultural Understanding

As the New Year unfolded, Lunalilo Home reaffirmed its commitment to supporting the integration of Hawaiian culture, social practices and behaviors, coupled with our Lunalilo Home Values, as a focus in our practice of “Caring with Aloha”.

In an effort to assist both native and non-native Hawaiian staff to better understand and demonstrate Hawaiian cultural and societal practices, the Management Team participated in a one-day cultural resonance and immersion retreat at Papahana Kua’ola located in Waipaoa, He’eaia, Ko‘olaupoko on O‘ahu.

The purpose of the retreat was to assess, renew, revise and create strategic operational goals and initiatives for 2014 that support and advance Lunalilo Home’s mission to provide respectful, compassionate, quality, caring services for our küpuna, their families and our community.

Surrounded by the beauty of Ha‘ikū Valley, Papahana Kua’ola educator, Mahi La Pierre provided an overview of the Hawaiian Sense of Place as it pertains to the ahupua‘a system (land divisions), wahi pana (sacred places) and man’s connection to nature. He shared perceptions of Hawaiian spirituality, worldview, and transmitting cultural knowledge.

The educational gathering ended with the Managers working in a ʻalo‘i (traditional taro patch) and enjoying the cleansing waters of the surrounding valley before launching into an intense afternoon of discussion pertaining to strategic issues and opportunities.

The knowledge gained during this retreat has proven to be advantageous to both Management and staff as we pursue excellence and cultural sensitivity in providing services for our stakeholders.

Adult Day Care Expands Services to Saturday

Did you know that Lunalilo Home has a licensed Adult Day Care facility on our very own campus? We do, and since 2004 we have been providing programs and services to support our surrounding community Monday through Friday, from 6:30 a.m. to 6 p.m. Due to increased requests, we have expanded those services to include Saturdays - a pilot program that began on March 1st for our current clients.

Our wonderful Adult Senior Services program promotes socialization, health and well-being by supporting our clients through person-centered activities, nutrition and exercises. There’s room for new members to join our ADC ‘Ohana! Please contact Jenelle Honbo, Program Director at 395-4065 or visit our web site lunalilo.org to get more information and download an application today!
Kūpuna-Centered Activities

Hokuleʻa Visit
Before leaving on its world-wide voyage, the Hokuleʻa made a tour around Oʻahu stopping at Maunalua Bay. Our kūpuna took a huakaʻi to the dock to visit with the crew to share in the excitement and pride in our Hawaiian seafaring tradition. The crew also visited Lunalilo Home to talk-story with the kūpuna about their upcoming voyage.

As the Hokuleʻa makes its way around the world, our kūpuna will be able to follow the progress of the voyage online and stay connected to our navigators and crew as they share their adventures via blog and video.

Cultural Arts and Crafts
As an essential component to our kūpuna’s health and wellness, Lunalilo Home integrates various opportunities for kūpuna to participate in cultural activities and crafts.

Some activities include: regular kanikapila sessions where community members and residents play Hawaiian music together; dance hula; make lei and other craft projects.

This winter, the Windward Community College Nursing Pathways program coordinated a special workshop for kūpuna to make palaʻie- Hawaiian loop and ball game. The kūpuna were delighted to make and then play this fun Hawaiian version of kendama.

These special activities provide different ways in which our kūpuna can express themselves and engage their creativity within a caring environment.

Fall Holiday Celebrations
Lunalilo Home kūpuna celebrated the fall holidays with a Halloween parade, an ʻohana Thanksgiving lunch, special visit from Santa Claus sponsored by the Lions Club, and the annual Kūpuna Christmas Program.
Lunalilo Home has been honored to serve kūpuna for over 130 years. Thus, it comes as no surprise that our residents have included many highly esteemed individuals. One such individual was recently honored by the Royal Order of Kamehameha I for his service to country and fellow man.

David Nu’uhiwa Enoka Kaohelauli’i, a resident of Lunalilo Home since 2010, comes from the Island of Ni’ihau where he was born in 1930 as the oldest and only male child of Hawaiian parents, Ernest Enoka Kaohelauli’i and Rowen Poni. David’s last name means “tiny bamboo leaf that, when put together, becomes strong”. Raised on Ni’ihau with his three younger sisters until the age of 14, he moved to Honolulu and was hanai to his paternal grandmother.

David learned to be a hard worker, no matter the job requirements. Speaking only Hawaiian, he learned to speak English by observing and listening to conversations going on around him. He was focused and determined to stand by his commitment to whomever he worked for, and that nothing would stand in the way of him doing his job to the utmost of his abilities. That attitude lent itself well to the life and career that David ultimately chose.

Following his draft into the Army in 1948, David put his heart and soul into his military commitment; joining a Special Forces Green Beret Unit where he was a medical assistant. Serving in several wars, David’s military service provided him opportunity to travel the world, including Japan, China, and the Philippines, but yet did not lend itself to juggling a wife and family, thus David has remained single throughout his life.

Following his retirement from the Army, David worked as a Stevedore for Young Brothers where he operated a finger-lift machine and traveled the Hawaiian Islands wherever and whenever he was needed. He became intricately involved as a Lodge Brother, ultimately serving in the capacity of Grand Chaplain of the Grand Lodge of Free and Accepted Masons of the State of Hawai‘i for many years - a position David relished as it allowed him to focus on the two most important things in his life - his relationship with God and prayer.

Now, David continues to be involved with a number of Lodges and the Royal Order of Kamehameha who honored him during a private ceremony and made a donation in his name to benefit the programs and services provided at the Home.

**Preserving Our Legacy Film Series: “Nā Loea: The Masters”**

Nā loea is an original film series by ʻŌiwiTV that promotes and perpetuates kuana ʻike Hawai‘i, or a Hawaiian worldview through the engaging stories of a select group of masters whose collective knowledge represents an amazing cross section of cultural wisdom. Lunalilo Home is pleased to bring this series to our residents, their family members and others in the community who desire to engage with Nā loea for a look into what is helping to keep Hawai‘i Hawai‘i.

Monthly screenings will be held on Friday evenings from 6 to 7 p.m. in Lunalilo Home's 'Ohana Room:

May 9th:  "The Great Heart of Waiokäne": Featuring Loea, Ed Wendt
June 13th:  "Hawai‘iloa: Rebuilding the Legend": Featuring Loea, Jerry Ongies
July 11th:  "Mālama Mo‘omomi": Featuring Loea, Mac Poepoe
August 15th:  "Ancestral Ink": Featuring Loea Keone Nunes
September 12th:  "Lolena’s Legacy": Featuring Loea, Lolena Nicholas

To ensure proper seating availability, please contact us at 395-1000 to let us know you plan to attend.  

Matthew Kanani Baker, Milton Anderson, Gary Keawe-Aiko, Jesse Makainai, Seated David Kaohelauli’i
COMMUNITY CONNECTIONS
Rotarians International - Kaiser Interact Club Gardening Project

Interact Club is the high school initiative of Rotary International that focuses on preparing young adults to become leaders, volunteers, and philanthropists. Interact promotes camaraderie and, like Rotary, “service above self.” The Kaiser High School Interact Club has built up its membership to proudly dedicate its time to projects like the garden at Lunaililo Home.

On-going dedication to the vitality of the garden began when some Interact members joined Rotarians at their annual service event at Lunaililo Home for Thanksgiving, 2013. On a tour around the residence, Rotarian Jerry Brennan helped to spark interest in the garden by suggesting that the Kaiser Interact Club, literally just over the fence, get involved with their neighboring küpuna. Since then, a number of Interact members, along with a handful of additional dedicated students, foster the garden’s revival.

The garden has already produced a bounty of sweet potatoes, utilized by Lunaililo Home’s kitchen and enjoyed by the residents. Recent planting of Kale, Beets and Swiss Chard brings anticipation of future harvests and has prompted resident participation in the watering process.

According to Kaiser High School Interact Club President, Dylan Ramos, these efforts are designed to build a lasting relationship between three central pillars of the East Honolulu community: the spirit and energy of the up-and-coming generation of young adults; the generosity and hard work of the notable community members who call themselves Rotarians; and the wisdom and kindness of the residents at Lunaililo Home.

Caregiver Support
Preparing Nutritional Meals for Küpuna

As elderly individuals continue to age, nutritional habits become more important and vital to their overall health than ever before. When küpuna eat nutritious meals, they can maintain sharp minds and alertness, increase their energy levels, and increase their overall lifespans.

Küpuna can also face challenges when trying to maintain their nutrition; such as eating the appropriate foods for health conditions (diabetes, heart disease, renal disease), preparing appropriate consistency or textured food for dysphagia, or eating the wrong types of foods by accident.

Lunalilo Home’s Director of Dietary and Support Services, Leticia Manning, works in consultation with a registered nutritionist to ensure that each küpuna receives nutritious and delicious meals tailored to their individual dietary needs. This, along with special events focused on food such as cooking demos, ‘ohana pa‘ina, and afternoon “tea-time”, create pleasant settings for our küpuna to enjoy nutritious meals.

As part of Mālama I Nā Küpuna Caregiver Workshop Series, Lunalilo Home presented Healthy Eating - Local Style: Nutrition, Food and Special Diets for Küpuna. Terry Leong, a registered dietitian, reviewed tips and shared recipes for making food choices for a healthy lifestyle, particularly for küpuna with special dietary needs such as low sodium, low fat, or diabetic restrictions. The key to success is making changes to diet gradually, maintaining an appropriate caloric intake, and preparing balanced meals of protein, grains, fruits and vegetables.

Eating Healthy: Nutrition & Special Diets for Küpuna

Some Tips for Modified Diets

1. Reducing fat: use lean meat (choose “select” vs “prime- marbled” meat; or substitute chicken without skin for fattier meats)
2. Reducing sugar: reduce or eliminate sugar by using sweet-tasting spices such as allspice, cinnamon, ginger, nutmeg, or cardamom.
3. Reducing salt: use spices and herbs such as black pepper, garlic, curry powder, cumin, ginger, basil or onion, to add savory flavor and eliminate or reduce salt.
EVENT HIGHLIGHTS

Annual Benefit Lūʻau

In the Spirit of Aloha, we would like to acknowledge the generosity of our benefactor, King Lunalilo, as well as express our heartfelt Mahalo to everyone who helped make the celebration of the King’s 179th Birthday and the 131st anniversary of the establishment of Lunalilo Home a wonderful success!

We are especially grateful for the expertise, wit and humor of Neil Hannah as the Master of Ceremony and to the professional entertainers Tony Conjucacion & ‘Aulani Boys, Natalie Ai Kamau’u, and Hoku Zuttermeister for creating such a wonderful atmosphere of melodic celebration of our Hawaiian heritage and culture.

Again this year, it was our pleasure to feature savory food from Haili’s Restaurant served by Kamehameha Alumni volunteers. Decorations were skillfully crafted and placed by Uncle Roy Benham with assembly assistance by volunteers from Salvation Army Family Treatment Services and greenery from Pua Lani Landscape. Kamehameha Schools provided delivery and set-up of tables and chairs while United Laundry added to the overall elegant dining effect with donated use of linen table cloths.

Time and space do not allow adequate expression of appreciation to the numerous organizations and individuals whose donated time and talents made this event possible. The outpouring of support at this time and throughout the year helps us fulfill the King’s vision of providing for the beloved kūpuna of Hawai‘i.

Mahalo nui to the following major donors and many others who support our efforts to continue King Lunalilo’s legacy to care for our kūpuna.

Benham ‘Ohana
Dolores Furtado Martin Foundation
Kamehameha Schools
Kamani Kualā‘u
Office of Hawaiian Affairs
The Queen’s Health Systems

Inaugural Year for Mālama Kūpuna Awards

The Trustees of the King William Charles Lunalilo Trust established the Mālama Kūpuna Award to acknowledge and pay tribute to those who Mālama (take care of; tend to; care for; protect; to serve, honor and support) the kūpuna (grandparent generation or elders who are to be respected as precious and knowledgeable); thus aligning with Lunalilo Home’s promise to respect the individual dignity of our kūpuna as we provide care in the spirit of aloha and ‘ohana.

Therefore, the first three awardees are recognized and honored as individuals and/or organizations that have made a difference in the lives of kūpuna through their forethought, generosity and behavior, and who continue to have significant impact on the lives of kūpuna, both in the community and at Lunalilo Home.

This inaugural year was celebrated with the presentation of a handheld Kahili and a special mele performed by Kama Hopkins acknowledging each of the individual recipients.

2014 AWARDEES

THE QUEEN’S HEALTH SYSTEMS
Founded in 1859 by Queen Emma and King Kamehameha IV, Queen’s Health Systems has contributed well over $3 million dollars and community service over the past 15 years, significantly impacting the lives of Lunalilo Home’s kūpuna.

ROY ILIKEA BENHAM
For years, on a weekly basis, Kupuna Roy Benham has visited Lunalilo Home and creates floral arrangements for the ‘ohana and dining rooms. When not arranging flowers, he is found planting shrubbery and various trees on the grounds of Lunalilo Home – among his legacies enriching the lives our kūpuna daily.

OSWALD STENDER
For over 25 years, Kupuna Oswald “Oz” Stender has regularly come out to Lunalilo Home to paint and tend to areas of the Home that needed attention. With a committed group of friends, he started the first Lunalilo Home Golf Tournament – now in its 24th year, the Home’s most consistent and productive fund raising activity.
MAHALO TO OUR SUPPORTERS

We express our sincere gratitude for the generosity of our many donors, partners, volunteers, and community organizations who support the Home throughout the year. We would especially like to extend our appreciation to major supporters Hale Ka Lae & ‘Oli‘Oli Productions for their generous donations, as well as the many other supporters that made contributions last Fall and Winter seasons.

Lima Kokua, Inc. Makes a "Comfortable" Contribution to the Home

Lunalilo Home residents, staff and visitors will be much more comfortable this summer due to a generous $3,000 donation from Lima Kokua, Inc. that funded the installation of ceiling fans in the ‘Ohana Room - the primary activity room for the Home. With Summer quickly approaching, memories of sweltering days during activities or outside group performances due to over-taxing of an aging air conditioning system are now replaced with the gentle, adjustable breeze generated by new ceiling fans!

Lunalilo Home Benefits from Community Service Assignments

Throughout the year, the Home receives requests from students of various organizations who have been given the assignment of performing community service as part of their academic and/or scholarship requirements. Recently the Home was gifted with a wonderful donation of $244 from a Kamehameha School’s 6th grader, Esther Naum, who raised the funds from the sale of baked goods she (and her parents) had personally made.

These character-building, others-focused assignments have been welcomed by the Home and have often included work around our campus (gardening, raking leaves, pulling weeds) or performing piano and other musical or dance recitals by up-and-coming junior artists. They are ALL appreciated, and contribute to the enrichment of the lives of our küpuna!

SUPPORT LUNALILO HOME

Help enrich the lives of our küpuna by supporting our efforts to provide compassionate quality care, infused with Hawaiian values and traditions.

Name

Address

City ________ State ________ Zip ________

Phone

Email

Mail completed form to: Lunalilo Home
501 Kekāuluohi Street
Honolulu, HI 96825

Make a donation online: www.lunalilo.org

Email: info@lunalilo.org

I want to make a difference in küpuna lives. I would like to:

Make a donation

[ ] Lei Hulu $1,000+ [ ] ‘Ohana $50
[ ] Alaka‘i $500 [ ] Hoaloha $25
[ ] Kāko‘o $100 [ ] Other $ ________

Please contact me:

[ ] I want to make a recurring gift.
[ ] I want to donate goods and services.
[ ] I have included Lunalilo Home in my estate plans.
[ ] I want to learn about estate and planned giving that will benefit Lunalilo Home and me.
[ ] I want to become a volunteer. My interests are:

[ ] Entertainment [ ] Special events
[ ] Home maintenance [ ] Gardening
[ ] Administrative [ ] Service projects
[ ] Friendly visits [ ] Other

Küpuna and Esther Naum as she presents donation
Lunalilo Home
Annual Golf Tournament

Friday, July 18, 2014
Hawaii Kai Golf Course

Join us for a grand round of golf, camaraderie, and great food at the awards banquet immediately following play.

For more information, contact us at 395-1000 or visit www.lunalilo.org to register a team or make a donation in support of Lunalilo Home.