

Roselani Place

MAUI'S ASSISTED LIVING COMMUNITY

ROSELANI SCENE

JULY IULAI 2024

July

General Manager - Faith Gianan

Business Office Manager - Michelle Kalawa

Director of Health Services - Venesha Rems, RN, BSN

Marketing and Community Relations Director - Debbie Priest

Activities Director - Kalei Figaroa

Housekeeping Supervisor - Sarah Perreira

Food Services Director - Tusi Maulupe Jr.

Maintenance Director - Keala Dutro

Enhanced Care Coordinator - Deann Moritz



Aloha from our General Manager



The 2024 Summer Olympics in Paris will be from July 26th to August 11, 2024. It's officially called the Games of the XXXIII Olympiad. This year approximately 10,500 athletes are expected to compete and there will be a total of 206 countries represented. Paris, France previously hosted the Olympics in 1900 and 1924. Paris 2024 will mark the anticipated centenary of Paris 1924.

The 2024 Summer Olympics will feature 329 events in 32 sports. They will debut breakdancing or breaking as an Olympic event. Skateboarding, sports climbing and surfing will return from the last Summer Olympics. All the events will demonstrate the competitors' athleticism, discipline and strength.

I love watching the Olympics. For the 1984 Summer Olympics in Los Angeles, my mother took me to watch the Olympic torch relay. I remember sitting on the curb and playing on the closed off boulevard amongst many. The moment finally came when the torch runner arrived and was escorted by a motorcade. I recall catching a glimpse of the torch runner as he jogged by and was surrounded by many Olympic officials. We all cheered and clapped to have witnessed an event that happens every four years.

The motto of the 2024 Paris Olympics is "Games Wide Open" and in French its *Ouvrons grand les Jeux*. "The slogan represents the goal of delivering more responsible, inclusive, equal and spectacular games." The opening ceremony will take place on July 26th along the Seine River. It will mark the first time in the history of the Summer Games that the ceremony will not be held inside a stadium. The Olympic torch relay took place over a three-month period. It will also make its way to the Olympic cauldron and be lit during the Opening Ceremony. The Olympic flame is an international symbol of peace and hope.

We are excited to watch the Paris 2024 Summer Olympics with our residents. The Opening and Closing ceremonies, gymnastics, track and field just to name a few, as the Olympics brings unity and triumph!

Mahalo nui loa,
Faith Gianan
General Manager

PARIS 2024



July 2024 Important Dates



July 4

Independence Day

July 5

National Hawaii Day

July 26

**Opening Ceremony of
the Paris 2024 Summer
Olympics**



How Fireworks Became a Fourth of July Tradition

While fireworks may seem like a very American tradition, especially on the Fourth of July, their origins go back centuries before the first Independence Day fireworks display in Philadelphia in 1777.

The earliest forms of such pyrotechnics can be traced to around 2,000 years ago in China. During the Han Dynasty in 200 B.C., people are said to have roasted bamboo stalks until they would turn black and sizzle, and the air inside the hollow stalks would explode. “Baozhu” is a Mandarin word for firecracker that translates directly to “exploding bamboo.” Chinese alchemists took that idea to the next level by filling bamboo shoots with gunpowder made from saltpeter (potassium nitrate, sulfur, and carbon acquired from charcoal), and throwing them into a fire pit. Steel dust or cast-iron shavings were added to make them sparkle. As the ingredients for gunpowder spread to the West after the Silk Road opened up trade and the Mongols made their way to Europe in the 13th century, so did fireworks.” So it was no surprise that, as soon as July Fourth began to be celebrated as America’s Independence Day, fireworks were part of the plan.

After all, John Adams did say he hoped the anniversary of independence would be marked for years to come by “guns” and “bonfires” and “illuminations.” Because the first July 4 fireworks display happened in the middle of the Revolutionary War, some historians believe they were supposed to be a “morale booster.” The celebrations at the time would have also included the firing of cannons and guns, adding to the explosive nature of the festivities.

With the war’s end and increasing concern for public safety, those firearms were eventually phased out of the celebrations and replaced almost entirely by the fireworks, which were often given the official stamp of approval in the hope of drawing citizens to public celebrations instead of more dangerous private firework shows. Today, fireworks are now a well-established July 4th tradition.

<https://time.com/4828701/first-fireworks-history-july-4th/>

COVID News from the General Manager

Last month we experienced COVID activity and had a total of 7 cases. We continue our testing rounds into this month until serial testing comes back all negative and are grateful for the guidance received from the Maui District Health Office. We have the ability to test those who may have been exposed and/or experiencing any symptom(s). **Please inform a Nurse, Resident Assistant or the Receptionist if you don't feel well.**

Residents, staff, visitors and guests are not required to wear face masks while in our Community. However, should we have an active staff or resident case, we encourage you to wear a face mask for your protection and for others. I also ask should one present any symptom(s) that is not COVID related, then to please wear a face mask.

Wash your hands often and please utilize the hand sanitizer stations throughout the building. When serial testing is being conducted, we encourage you to wear a face mask that covers your nose and mouth upon leaving your room and when assisted by any one of our staff members. If you are in need of a free face mask, please ask us and are made available at the Front Desk. Wearing a face mask becomes optional again when serial testing is complete and no COVID activity is present.

Regular visits to the Community to see residents in their room, continue for families and friends. Our dining rooms are at a max capacity, so please inquire with us prior if you wish to dine with your loved one. **If someone is exposed or is experiencing COVID or flu symptoms, we strongly urge our guests to refrain from visiting and to re-schedule their visit.**

Visits can be conducted daily and for any out of the facility visits, please inform us of the date, time, and approximate length of when you will be out of the facility; **at least 24-48 hours in advance of leaving**, to our Receptionist. Before leaving the facility, please sign out at the Front Desk.

Roselani Place stays committed to the well-being of our residents. Our Health Services Team also wants to remind you to wash your hands often. Please inform our team in the Med Room when you have a medical appointment. When you feel sick or ill, please press your call pendant and inform any staff member or nurse.

I am available to address any concerns or questions you may have. On behalf of myself and all the staff of Roselani Place, we want to thank our residents and their families for their continued support and understanding to keep our community safe for everyone.

Thank you,
Faith Gianan
General Manager

Get ready for another Roselani Place Event...

End of Summer 50's Sock Hop and Car Show

Friday, August 30, 2024

in the Main Lobby

1:30pm—4pm

Live music, food and classic cars on display

**Come join us for an afternoon
of fun and good times!**



The Importance of Exercise For Seniors



Most people know there are many benefits to exercise, but the benefits to our residents might be greater than you realize. Below are some of the ways exercise can help our residents.

Exercise can help prevent falls. Falls are one of the biggest health related threats to older adults, and it is estimated one in five cause serious injuries. Exercising can help improve muscle strength, coordination and balance, which can help to reduce falls.

Exercise boosts immunity. In a 2018 study, moderate exercise was linked with a lower incidence of acute respiratory distress. Although it isn't exactly known how exercise boosts immunity, experts believe the anti-inflammatory effects can enable better immune function and may even improve the performance of immune cells.

Exercise is a mood booster. Exercise helps ease anxiety and depression symptoms and can help relaxation. It also helps create a feeling of overall wellbeing.

Exercise helps preserve cognitive function. Many studies show that, in addition to helping keep your mind sharp in general, exercise has been linked to lower risk of dementia and is thought to be able to help slow the progression of diseases like Alzheimer's.

Exercise can help reduce pain. Studies show that physical activity can contribute to managing chronic pain by reducing inflammation and helping to decrease pain sensitivity. This can be especially helpful for older adults who are dealing with pain from arthritis and other diseases.

Source: SeniorLivingU/The Importance of Exercise For Your Residents/6/12/2023

In Memory of Roselani Place Residents

Virginia "Ginny" Ahlo
November 11, 1941 - June 14, 2024

Kinue Sakaitani
January 28, 1935 - June 24, 2024



July Birthdays at Roselani Place

Rebecca Ageno	July 9
Pearl Kaya	July 12
James Fleming	July 30

**Complimentary Birthday Lunch* Please see Kalei in Activities for more info*



Keeping Our Residents Safe in Warm Weather

With the warmer weather upon us and everyone spending more time outdoors. It's time to start thinking about how to keep our residents safe in the heat and the sun. Below are some tips on how to keep our residents safe this summer.

1. Encourage them to wear a hat, sunglasses and other protective clothing.
2. Make sure they put on sunscreen before they head outdoors.
3. Create a covered/shaded space for your residents to enjoy outside so they are not sitting directly in the sun.
4. Have cold water readily available and encourage your residents to drink it frequently to avoid dehydration.
5. If possible, plug in a fan to help keep the air moving.
6. Check to make sure your residents aren't on any medication that could exacerbate heat-related illness before taking them outside.
7. Check the weather in advance. On extremely hot days, it's best to move your activities indoors.
8. Ensure your residents aren't doing anything strenuous outside that could cause them to overheat.
9. Monitor the amount of time your residents have been outside and make sure they are coming indoors for breaks throughout the day.
10. Ensure residents are dressed in cool, light-colored clothing and are not overdressed for the weather.



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July 2024 Newsletter
Editor: Debbie Priest



Happy 4th!

Residents July 4th BBQ Luncheon

Thursday, July 4, 2024
11:00am - 1:00pm

Musicians in all three Dining Rooms

*Howard Miyake in Aloha Gardens
Francie Starlight in Maluhia Terrace
Vaughn Razo in the Main Dining Room*

Menu

Soup

Kula Spring Mixed Greens
Pineapple Coleslaw & Rice
Grilled Sausage
BBQ Short Ribs
Natasha's Specialty Cake



Happy 4th!



Roselani Place July Employee of the Month Jonah Tavares

Congratulations to Jonah for being our July Employee of the Month. Jonah is one of dedicated Cooks and has been working with us for 7 years. Jonah shares his talent for cooking our residents' lunch and dinner meals 5 days a week. He also assists Chef Tusi with ordering and coordinating our holiday luncheons. Most recently he and Dianne Lacaden, our Dining Room Supervisor, oversaw our Mother's Day Luncheon and it was a success.



Chef Tusi has seen Jonah grown professionally over the years as he is becoming a talented chef and shares his new recipes that everyone enjoys. He is a graduate student from the Maui Job Corps in Makawao. Ever since he completed his internship at Roselani Place years ago, Jonah joined our Team and has been a part of our Ohana ever since.

He is reliable, loyal and a team player. Jonah was especially helpful during the replacement of our new walk-ins in the kitchen. We are very thankful for all his hard work and commitment to our residents and their dietary needs.

Congratulations Jonah and you deserve this recognition!

