

RETURN SERVICE REQUESTED

CURRENT RESIDENT OR

People living with various losses; struggling with illnesses or injuries; or those who find themselves isolated are steadily increasing in our community. When people find themselves in these circumstances, they need others who will be present, listen and offer spiritual care. Institutions and agencies cannot meet the growing community needs alone. Preparing members of congregations to support these hurting individuals is vital.



Spring 2017 Volunteer Training Group

SPIRITUAL CARE VOLUNTEER TRAINING

Please call us at **591-6556**

*Would you like
Pacific Health Ministry to
facilitate Spiritual Care
Volunteer training or
provide presentations on
diverse
pastoral care topics
(e.g. grief, bereavement, or
spiritual distress)?*

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Administrative
Office Hours:
8:00am - 4:30pm
Monday - Friday





PACIFIC HEALTH MINISTRY

Providing Spiritual Care and Education

Spring Blessings to You!

In this edition, Pacific Health Ministry (PHM) alumni and CPE students share their thoughts and experiences being part of the PHM ministry. We were happy to welcome back Rev. William Lam from Hong Kong who returned after 20 years. He was a guest teacher with PHM this February. Rev. Lam had trained with Pacific Health Ministry from 1994-1996 at the Queen's Medical Center as a CPE Resident. We also had a guest lecturer, Christine O'Brien from Toronto, Canada telling her own story and speaking about "Spiritual Care for the Hearing Impaired".



From left: Lena Sullivan, Kyoko Hamamoto, Christine O'Brien, (guest speaker) Sandy Theunick, Anke Flohr (CPE Supervisor), Dominic Lizzi, Camea C. Baksh, Katlin McCallister, and Rev. William Lam (guest Supervisor), & Jan Breslin

On January 12, 2017, Dr. Christina Puchalski shared insights on the importance of spirituality to the

overall well-being of patients and their families during the "Making Health Care Whole" conference. We give thanks for new and continuing supporters of our ministry. Because of you, we are able to provide Interfaith Spiritual Care to the people of Hawai'i, training of Chaplaincy students, and education to the community!

*With Aloha,
Rev. Anke Flohr, Executive Director*



*Mernie Miyasato,
PHM Board President*

Message from the PHM Board President

by Mernie Miyasato-Crawford, LCSW

"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."

~ Vince Lombardi

Pacific Health Ministry has been gifted over its long existence with so many individuals demonstrating commitment and dedication to its mission. The contributions of individuals have made for PHM's success, each sharing ideas, expertise, time and treasure in critically valuable ways. A case in point is Ms. Joanne Arizumi.

Joanne joined the Board a few years ago. Almost immediately she stepped into an Executive role as Board Treasurer; tackling the ongoing challenge already underway to reorganize our financial reporting; guiding our way through financial audits; advising decisions regarding investment policies; and more. She volunteered countless hours of expertise both during Board and Executive Committee meetings, as well as one-to-one time with Rev. Anke and other key staff, insuring our practices and decisions were well-informed. She provided me as President invaluable insights and perspectives on all manner of issues, and not only financial matters. Joanne was also a voice of clear and practical reasoning in every encounter, no matter the challenge.

Just last month, due to increasingly pressing responsibilities in her 'day job' as Senior Vice President at First Hawaiian Bank, Joanne had to step down from the Board. Her contributions, even during a relatively short tenure, were huge and abiding. Please join me in thanking Joanne for her service. She will be missed.



*Joanne Arizumi,
former
PHM Board Treasurer*

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REFLECTIONS ON: MAKING HEALTH CARE WHOLE CONFERENCE

~ Moody & Matsukawa Lecture Series Event ~

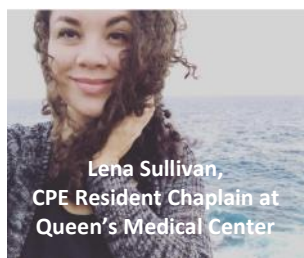
Held at The Queen's Conference Center on January 12, 2017 in collaboration with Hospice Hawaii

Speaker: Dr. Christina Puchalski, MD, MS (George Washington University)



***"Being a compassionate presence means
connecting to the sacred in another from
the sacred place within us."***
- Dr. Christina Puchalski

**Dr. Christina Puchalski &
Rev. Fritz Fritschel,
Co-Presenters**



Lena Sullivan,
CPE Resident Chaplain at
Queen's Medical Center

**Learning How to
Be a Hospital
Chaplain**

By Lena Sullivan

The Making Healthcare Whole conference with Dr. Christina Puchalski served as an essential and foundational explanation of the role of chaplains in health care facilities. Many in

attendance served as chaplains at various sites, but other professionals were there as well. I was glad to see our role advocated. As a new chaplain in my first year residency, Dr. Puchalski reminded me of the importance of spiritual care. She also reminded me of the importance of presence and silence. Sometimes our silence is needed more than our prayers. She taught me how essential the role of chaplain is to the medical team. She helped ease many reservations I felt about my role. As a physician, her unwavering support of spiritual care providers spoke

volumes to me. She sees, firsthand, how chaplaincy matters to her patients. It is our ethical duty to try to alleviate spiritual suffering and I have the great privilege of being a part of that.

On a personal level, Dr. Puchalski's examples concerning music, art, and poetry in spiritual care brought me great encouragement, because my creativity is a large part of who I am. I was incredibly blessed to be a part of this conference and am grateful to Pacific Health Ministry for all their hard work in organizing such an event.

"Being Compassionate"

By Kyoko Hamamoto, PHM 2nd-Year Chaplain Resident at Queen's Medical Center



In today's society, spiritual care constitutes a large portion of a healthcare Chaplain's work. When I heard Dr. Christina M. Puchalski say at the Making Health Care Whole conference on January 12 that "spiritual care is an essential part of whole person care," I gave her a big nod. I realized afresh that my work can contribute to the whole person's wellbeing through supporting that person spiritually. Thus, I wonder aloud 'How can I make myself a compassionate witness to other people's lives, as well as my own life?' And, 'How can I use my whole self—mind, body and spirit—to make another person whole?'

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Rev. Anke Flohr
*Executive Director
ACPE Supervisor*

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Good Samaritan Pohai Nani

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Chaplain Stephen Prusinski
Hawaii State Hospital

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WE LOVE HEARING FROM OUR ALUMNI

The Power of Creativity (Hour)

"Let death be what takes us, not a lack of imagination."



Brett McKey

Physician B.J. Miller, a triple amputee who now works in hospice and palliative care with the Zen Hospice Project, is perhaps uniquely qualified to make this statement. However, these words deeply resonate with my work as a chaplain, especially regarding creativity and imagination.

Last summer, the combined resident and intern clinical group serving with Pacific Health Ministry lived out these words, even in the midst of much suffering and death we encountered in our hospital ministry, as we intentionally sought to broaden our creative and imaginative horizons through a weekly session we titled "Creativity Hour."

During Creativity Hour, we explored many creative modalities, including poetry, art, and music. We deepened our understanding of the divine mystery by expressing through art where we had witnessed the divine presence in the hospital context. Under the direction of the music and creative arts therapists at The Queen's Medical Center, we as a group created beautiful (though at times cacophonous!) music, where we learned to listen not only to the musical notes but also to the silence between them. One week we created artistic masks, which led to conversations about the outer masks we wear and the inner selves we at times keep hidden from the world.

I hope that "Creativity Hour" and the impulse toward creativity continue to bless us as ministers as well as those we serve.

Brett McKey completed his 2nd year of CPE Residency at PHM in 2015-2016 and now serves as chaplain at Asheville Specialty Hospital, a long-term acute care facility in Asheville, NC.



Left to Right: PHM Chaplain Nathan Kohashi, Rev. Leavitt E. Thomas and PHM Executive Director, Rev. Anke Flohr

A 24-Year Journey of a Lifetime

My journey began when I was in Jr. High and helped my father take care of my mother who had contracted Multiple Sclerosis. Later while in college, I made one of my twice-weekly visits to my mother and was approached by a nurse who thanked me for coming. She said that I was the only one who was visiting anyone. I went back to my

dorm and asked the guys if any of them would like to join me on these visits and the response was overwhelmingly positive.

In 1994, I embarked on my journey with Interfaith Ministries of Hawaii, now known as Pacific Health Ministry, by taking the beginning Lay-Chaplain Training. The course was facilitated by the Rev. Anke Flohr. I completed the Intermediate Training and agreed to serve the Pearl City Nursing Home as a volunteer Lay-Chaplain for at least six months. Two and a half years later, I was still serving there because I felt a real sense of purpose.

I was led back to Pacific Health Ministry in 2000 to

begin an extraordinary learning experience in Clinical Pastoral Education with the Rev. Dr. John Moody as my CPE Supervisor. After completing four Units, I realized that Pastoral Care was where I can be of the best service to God.

PHM has been an integral part of my exceptional ministerial journey. I will always be grateful for the knowledge and experience I gained from its many trainings and for the guidance, love and support that I've received from its Chaplains and other staff members. Mahalo Plenty!

**Aloha pumehana,
Rev. Leavitt E. Thomas**

Congratulations, Leavitt!

**From PHM Spiritual Care
Volunteer in 1994 to Ordination as
Unity Minister in 2017**