

# FALL NEWSLETTER 2019

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Mahalo to everyone who supported Pacific Health Ministry this September through Give Aloha.

With the Thanksgiving season around the corner, we give thanks for all of the donations that you, our supporters, have made to Pacific Health Ministry over the course of the year. With your help, we've continued to serve the spiritual needs of patients, their families and friends, and staff in hospitals and other Hawai'i healthcare facilities. As 2019 comes to an end and we look toward the new year with full hearts and open minds, we hope you will continue to donate generously to Pacific Health Ministry so we may be able to provide the highest quality interfaith spiritual care to the people of Hawaii, pastoral training to students around the world, and education to the community.

To make an online donation to Pacific Health Ministry, please visit our newly designed website at [www.phmhawaii.org](http://www.phmhawaii.org).



## Celebrating Spiritual Care Week 2019

Rev. Anke Flohr, Executive Director

Every October, chaplains, other religious and spiritual leaders, and healthcare professionals throughout the nation celebrate Spiritual Care Week. It is a time that highlights the important role spiritual care has to the overall well-being of people. Since 1985, Spiritual Care Week (at the time known as Pastoral Care Week) has held a very special place in the hearts of many healthcare and religious leaders, and to this day we continue to celebrate the meaning behind this special tradition.

In line with this year's theme of "Hospitality - Cultivating Space," Pacific Health Ministry believes in the importance of cultivating a space between individuals for them to feel safe, secure, and protected, a space that allows reflection and mindfulness for those who need it. The act of cultivating a space doesn't need to involve verbal communication. In fact, oftentimes the most meaningful spaces are enjoyed in silence.

At Pacific Health Ministry, our chaplains are dedicated to cultivating space with everyone we serve. In a recent Midweek cover story, I explained that the ministry of presence is a way of being, rather than a way of doing or saying. "It's holding space in a conscious act of being present, open and protective of what another needs in the moment." This is especially evident in the field of hospital ministry, where both patients as well as staff can benefit from the quiet calm that comes with cultivating space.

Stay tuned for exciting updates on how Pacific Health Ministry is celebrating Spiritual Care Week 2019, and visit our newly redesigned website at [www.phmhawaii.org](http://www.phmhawaii.org) to stay up-to-date on the latest happenings.



## From the Board of Directors... Spiritual Serenity | Mernie Miyasato-Crawford, PHM Board of Directors, President



Having no prior familiarity with Interprofessional Spiritual Care Education Curriculum (ISPEC), and attending this event without an interprofessional partner, I showed up the first day with a measure of anxiety and not knowing what to expect. At the same time, as an old Medical Social Work clinician, a Jodo Shinshu Buddhist, and as one with a strong commitment to Pacific Health Ministry, I also entered very curious—and hopeful. By the end of the seminar, I left feeling wholly energized and inspired—in all domains.

Clinically, I found that the ISPEC skills, tools and concepts are all easily integrated into practice with patients, families and other healthcare team members. These will also serve to elevate my staff's effectiveness in screening, engagement and intervention, and strengthen our role and value to our institution.

Spiritually, the days offered rich opportunities for me to talk with Honpa Hongwanji leadership, both lay and ordained, about the ways our community can uplift and update its ministry through incorporation of ISPEC. My faith in our dharma was reaffirmed by their courage to confront the challenges ahead.

Thanks to Anke for her guiding light of leadership and collaboration with Dr. Puchalski! And, through the testimony of PHM Chaplain participants, our value as a center of teaching, training and role modeling, ISPEC shone brightly to all. I also came away knowing there is so much more work to be done. However, given the commitment, energy and openness shown by all participants (and especially from my "Table 3" teammates!), our potential to transform healthcare is unlimited. ~With grateful hands together, I will treasure the experience.

## Healthcare Facilities Served

**Kapiolani Medical Center for Women & Children**  
Chaplain Bora Kim  
Chaplain Puanani Lalekaa  
Chaplain James Bell

**The Queen's Medical Center Punchbowl**  
Chaplain Aldean "Al" Miles

**Kuakini Medical Center**  
Chaplain Gail Sugimoto Leong  
**Hawaii State Hospital**  
Chaplain Charles Card  
Chaplain Scott Berggren

**Kaiser Foundation Hospitals**  
Chaplain Phyllis Hormann  
Chaplain Leavitt Thomas

**Maui Memorial Medical Center**  
Chaplain John Herberger  
Chaplain Nicole Saxon

**Pali Momi Medical Center**  
Chaplain Lena Ann Keanu-Reichel  
Chaplain Nathan Kohashi

**Pohai Nani Good Samaritan Society**  
Chaplain David Hendrickson

**The Queen's Medical Center West Oahu**  
Chaplain Thomas Hong

**Straub Medical Center**  
Chaplain Steven Stitely

**Wilcox Medical Center**  
Chaplain Sarah Rentzel Jones

## Board of Directors 2019-2020

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## Reflections on Clinical Pastoral Education



Clinical Pastoral Education (CPE) has brought two significant changes into my life. One of these is that I am no longer afraid of hospitals. In the past, I often sympathized with dogs that get nervous when taken to a veterinarian. But CPE has helped me realize that hospitals can be pleasant workplaces.

The other change is that now a central part of my religious practice is getting to help others. Although I had studied religious ethics, I did not have many opportunities to put what I learned into practice. My desire was to work for God through helping others, and God granted this wish through CPE.

There were many challenges I had to overcome. I was not familiar with English medical terminology and abbreviations. For example, during the first three months of serving as a chaplain I believed that NPO, the medical abbreviation for "nothing by mouth," stood for a Nonprofit Organization. I could have asked someone for help in understanding this abbreviation, but I hesitated to disturb the medical staff with my questions. In addition, I was afraid of talking to nurses who spoke English rapidly.

I also had trouble understanding patients who did not speak clearly. I read books about listening skills, but these were not helpful in overcoming language barriers. While most people were gracious and patient with my Japanese accent, I was not good at improvising prayers and often got stuck during my recitations. However, these challenges with my limited English proficiency lessened as I continued CPE.

One other important issue about chaplaincy I want to address. It relates to my religious identity. Despite being a Muslim, it was my desire to serve as many people as possible regardless of their faith backgrounds and traditions. Some patients however rejected me as soon as my faith turned out to be different than theirs. After these experiences, I chose to identify myself simply as an "interfaith chaplain" without giving unnecessary information about my own personal religious background. Fortunately, the concept of "interfaith chaplaincy" was favorably received by many of the patients I was called to serve.

Besides visiting patients, I also learned from discussions with my supervisor and peer chaplains. I was sometimes frustrated with critical comments on my verbatims. I felt misunderstood. But it was through this frustrating experience I realize that the quintessence of spiritual care is in building understanding.

CPE Resident Chaplain Kazunori Hamamoto

## Chaplains' Picks | Chaplain Sarah Jones



Reading both fiction and non-fiction books has always been an important way that I practice self-care as well as continue my education.

This month, I can recommend a non-fiction book that would make a great addition to anyone's library! That title is *Atomic Habits* by James Clear. This book is about making tiny adjustments to daily habits to achieve the results you want to see in your life. This book is an approachable, easy read that really emphasizes that pretty much everything we do is based on our habits, so it's to our benefit to try to have habits that support the lives we want to live!

One of my favorite passages in the book resonated with me because I often resist setting goals. The way Clear addresses this is inviting and helps motivate me to examine my systems for sustainability rather than focusing on singular goals: "The purpose of setting goals is to win the game. The purpose of building systems is to continue playing the game. True long-term thinking is goal-less thinking. It's not about any single accomplishment. It is about the cycle of endless refinement and continuous improvement."

Ultimately, it is your commitment to the process that will determine your progress."

## Pacific Health Ministry in the News Rev. Al Miles Wins Prestigious Award

In our last newsletter, we were proud to recognize our very own Chaplain Al Miles for receiving the prestigious Anton Boisen Professional Service Award, which is given to a Board Certified Chaplain from the Association of Professional Chaplains who has demonstrated a commitment to excellence in professional chaplaincy. We are thrilled to announce that The Queen's Medical Center also published an article on Al's fantastic achievement in the latest Queen's Print Connection!



Mrs. Kathy Miles and Rev. Al Miles

## Pacific Health Ministry Co-Hosts Interprofessional Spiritual Care Education Curriculum

Hosted in partnership with the George Washington Institute for Spirituality & Health (GWish) and City of Hope, Pacific Health Ministry is proud to present the Interprofessional Spiritual Care Education Curriculum (ISPEC), the first-ever curriculum to build leadership in interprofessional spiritual care through a unique "train-the-trainer" program. ISPEC brings together clinicians and spiritual care professionals from different health settings to transform their health system by integrating spiritual care with the goal to attend to patients' spiritual needs.



International ISPEC Course Faculty with Dr. Puchalski (second from left).

At the forefront of this revolutionary new teaching model is Dr. Christina Puchalski, a pioneer and international leader in the movement to integrate spirituality into healthcare. Her work is grounded in her motto of "Making Healthcare Whole," and seeks to introduce new programs and activities into hospitals in order to cultivate a patient-centered perspective. As founder and director of the GWish, Dr. Puchalski is widely regarded for the diversity of her work, ranging from culture, ethics and spiritual care to research in biochemistry.

On July 9, 10 and 11, 2019, we had the privilege to host the ISPEC Conference featuring Dr. Puchalski as keynote. Physicians, nurses, social workers, and chaplains were all in attendance. Everyone received expert instruction from Dr. Puchalski on strategic ways to integrate spirituality into healthcare in both clinical settings and during medical education. On Monday, July 8, PHM also hosted an evening event with Dr. Puchalski entitled, "Cross Cultural Reflections on the Role of Spirituality in Health and Well-Being." This session was free and open to the public and hosted in partnership with Honpa Hongwanji Mission of Hawaii, Honolulu District Temples (Hawaii Betsuin, Jikoen, Moiliili and Windward Buddhist Temples).

Mahalo to Dr. Puchalski for joining us in Hawaii and supporting our mission to provide the highest quality interfaith spiritual care to the people of Hawaii, pastoral training to students around the world and education for the community.

## Staff, Students and Volunteers Enjoy Summer Fest 2019



Staff, Students and Volunteers Enjoy Summer Fest 2019  
In celebration of the good work our staff, students and volunteers do for Pacific Health Ministry and for the local community every day, we hosted a fun and festive Summer Fest on Sunday, June 29 at Magic Island. This potluck fellowship was a wonderful opportunity for those near and dear to our hearts to meet, interact, and enjoy each other's company.

## Introducing Our New Fall 2019 Residency Group

We're excited to introduce our brand new residency group for fall 2019! Our new students are pictured with their Clinical Coordinators and Certified Educator. Welcome to the Pacific Health Ministry ohana.



**Front row, left to right:** John H, Utu, Chaplain Thomas (Clinical Coordinator), Brianna, Nori, Chaplain Puanani (Clinical Coordinator).

**Back row, left to right:** Jennifer, Chaplain Al (Clinical Coordinator), Rev. Anke Flohr (Certified Educator).