



**Dear Pacific Health Ministry Ohana,**

Spring blessings for all of you and much gratitude for the strength, resilience, and courage you have demonstrated during these trying times. These times have required a great deal of patience and steadfastness that have certainly tested many of us. Yet, though undoubtedly fatigued, here we are still standing. Faith has kept us steadfast amidst this global pandemic: "Faith is the substance of things hoped for, the evidence of things unseen" (Hebrews 11:1).

A big mahalo to all PHM Chaplains who have steadily offered spiritual care during the most vulnerable and intimate moments of people's lives, people of all colors and creeds. They have been a beacon of light and hope for many.

Several of our Chaplains have also provided spiritual and emotional care in the community. For example, Chaplain Utu blessed the Pier 2 COVID19 vaccination clinic, and Chaplain Thomas blessed the Queen's West COVID19 vaccination clinic. Mahalo to Chaplains Raul, Jennifer and Sarah as Disaster Spiritual Care providers for their ministry in conjunction with the American Red Cross by supporting victims of the floods which occurred on three islands in our state.

Please join me in prayers to bring an end to all the racially and ethnically fueled brutality and violence we have recently experienced in Atlanta, Georgia, Boulder, Colorado, Orange County, California and other parts of our country. Join me in prayers for acceptance, healing and understanding to help address the root causes of this violence and hatred and to become a nation where we stand together regardless of race, origin, or any other characteristic that make us unique individuals.

Let us be agents of change and peace through continued grace, compassion and courage. As we navigate through these challenging times, we must remember that change only can come to fruition through our everyday actions, big and small.

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

**PHM In the News | Hawaii Catholic Herald**

"It has been a hard time for caregivers who have worked to rise to the challenges of the year. To meet the needs, we can be really exhausted. We only have so much in our physical and mental tank," said the Rev. David Hendrickson, one of a team of Hawaii chaplains trained by Pacific Health Ministry (PHM) and serving in 11 hospitals. "What's important for caregivers is finding time to retreat and take care of themselves. This is a long-term marathon without knowing where or when is the finish line."

Read the full article here: <https://www.phmhawaii.org/mary-adamski-chaplaincy-in-the-time-of-covid/>

**Healthcare Facilities Served**

**Kapi'olani Medical Center for**

**Women & Children**

Chaplain Bora Kim

Chaplain Utu'fa'asilii McDermott

**The Queen's Medical Center Punchbowl**

Chaplain Aldean "Al" Miles

Chaplain Estela Reza

**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 Amy Crowe

Chaplain Jennifer Crouse

**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 Grace Lee

**Wilcox Medical Center**

Chaplain Sarah Rentzel Jones

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## A Message from the Board of Directors | Preston Lentz, New Board Member

Aloha Y'all!

My name is Preston Lentz and I am honored to be the newest member of the PHM Board of Directors. I am a native Alabaman who married a Missionary descendant from Hawaii. We have three adult children who live in Honolulu, Atlanta and San Francisco and two wonderful grandchildren who are managing their parents in Atlanta.

We have moved around, living in Texas, Ohio, Tennessee and are now happy to be back in Honolulu. My career has included six years of teaching and coaching at the high school level, four years as a fundraiser at the collegiate level, seven years as a stock broker, and 32 years working for Cadinha & Co., LLC.

I am now a bi-vocational priest in the Episcopal Diocese of Hawaii and was ordained as a Deacon in June of 2018, then to the presbytery in April of 2019. This has allowed me to combine my full time "day job" with the wonders of being a priest serving at St. Christopher's Church in Kailua.

In 2018, I was a member of PHM's first Clinical Pastoral Education "Distance Cohort" which altered my life in ways I had not imagined. My formation process began in 2013 and one of the most important parts of my training for the priesthood was the Clinical Pastoral Education unit required by the canons of the Episcopal Church of the United States. The grace of being with people and staff during times of great stress and uncertainty has been a gift of immense proportion.

PHM has changed my life and I am committed to and looking forward to supporting our organization and giving back and to others the gift I have been given.

**Alum Association |** COVID has given us the opportunity to leverage technology in how we provide CPE programs and our ongoing chaplaincy training and service. We are expanding our "Distance Cohort" program which we began in 2018. Although we weren't able to host our Summer and other intern programs in 2020 due to pandemic restrictions set by health care facilities, we continue to do our best and stay flexible in providing the introduction to chaplaincy. Currently, CPE interns are not permitted in health care facilities, but our year-long CPE residents are. And as months roll by, PHM will continue to give comfort and spiritual care to our 'ohana affected by COVID.

I hope you will join us in enhancing and expanding our chaplaincy education programs by staying in touch with us and updating your contact information. Your ideas about how to connect all of us are welcomed and important, especially now. You can get in touch with PHM online at [www.pmhawaii.org/alum-association/](http://www.pmhawaii.org/alum-association/).

We look forward to reconnecting with you soon.

**Self Care Check-In |** Many are experiencing pandemic fatigue and our PHM team has been working hard to find new ways to continue to give comfort and spiritual care to our 'ohana affected by COVID. Sometimes, the simplest way to reduce stress and fear is to focus on one activity at a time for not only physical but mental health. If you are also struggling to find peace during this difficult time, you may benefit from our self-care check-in. Each day, pick an activity to complete and as you do, check it off. The mere act of completing one activity can provide a sense of accomplishment and bring new positive energy to your life.

**Download Here:** <https://www.pmhawaii.org/self-care-check-in/>

**self-care check-in**

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- CALL A FAMILY MEMBER
- SPEND TIME OUTDOORS (I.E. HIKE, BEACH)
- BEGIN A SKINCARE ROUTINE
- CUDDLE A FRIEND, PARTNER, PET, OR KIDS
- TRY SOMETHING NEW (I.E. MASSAGE)
- READ A BOOK, MAYBE A NEW GENRE?

Make it a habit to take care of yourself!

**self-care check-in**

CHECK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- WATCH A FILM (I.E. INDEPENDENT, FOREIGN)
- VISIT THE FARMER'S MARKET
- GO ON A PICNIC AND PICK FLOWERS
- WATCH THE SUNRISE OR SUNSET
- BIKE OR WALK AROUND THE NEIGHBORHOOD
- BUY A HOUSEPLANT AND WATCH IT GROW
- DRINK A NICE CUP OF TEA OR FANCY COFFEE
- DOODLE OR COLOR
- TAKE A NAP
- WRITE A "IT IS DONE" LIST
- DECLUTTER ONE SPACE OF CHOICE
- WATCH A MOTIVATIONAL TED TALK
- LISTEN TO A PODCAST OR AUDIOBOOK
- SING OUT LOUD TO A FAVORITE SONG
- COOK OR BAKE A NEW RECIPE
- CREATE A MANTRA

Make it a habit to take care of yourself!



### **BECOMING | Chaplain Utu'asili McDermott**

Faith is consistent. It is a tangible thing we have been able to hold on to during these uncertain times. It has brought solace and hope in a time when so many of us are searching to find answers to some existential questions: why us, why now? The idea of religion and spirituality bringing purpose is nothing new, just ask Pacific Health Ministry (PHM) Chaplain "Utu" McDermott who is serving at Kapi'olani Medical Center for Women and Children. A recent graduate from PHM's Clinical Pastoral Education (CPE) residency program, she carefully details the journey she describes as her time of "becoming;" a transformation that has benefited our community as a whole.

At the age of 45, Utu decided to go back to school to pursue her aspirations of becoming a religion teacher. This would eventually lead her to realize a new dream while doing pastoral field education with patients in hospice care. As she notes, "something was kind of changing for me," and it was while volunteering, interning, and completing a residency program, that becoming a Chaplain became her central focus.

Likening her story to Dorothy in the Wizard of Oz, Utu notes the metamorphosis which likens them both. "Before I used to feel like I was the little red hen trying to take care of everybody . . . please everybody . . . I now feel like I'm Dorothy opening up these different doors to my life and figuring out who I really want to be. The last door that I opened up in my life is becoming this Chaplain."

Each phase of Utu's life journey has served as a "rite of passage," so deeply influential in shaping her into the person that she is today. While completing her CPE training at the Queen's Medical Center, Punchbowl a trauma level one medical facility she thrived off learning skills related to consistency and compassion—the very staples of her character that make her such a beacon of hope and light among those she serves. Utu understands that it is her humanity that allows her to step into the patients' shoes and to empathize with their deep-felt pain and suffering. It is about healing the very spirit that fuels the recovery of the body.

When the COVID-19 outbreak in the United States first occurred, there was a level of fear and uncertainty that permeated our society. Completing nine months in the COVID unit of the ICU, Utu found herself at a crossroads when presented with the choice of whether or not to continue her work. As she explains, "I thought, I'm going to do this. Yes, I am scared, I feel fear, but those people feel fear too." In times when patients were left without the comfort of family or friends, Utu was there to support them with conversation, understanding and special prayer cards.

Engaging in this work is by no means easy, but also nothing short of worthwhile. In becoming a Staff Chaplain, she currently works predominantly with babies and young children. Known as Chaplain Utu, she has found that this experience has pushed her to become more in tune with who she is. As she notes, this job is not one in which you can thrive off of inauthenticity. It requires a deep understanding of who you are and of those around you.

### **Spiritual Care Volunteer Training: A Lay Chaplaincy Support Program**

Join Pacific Health Ministry's Chaplains on Wednesdays from 6 p.m. to 8 p.m. for a 3-week training on improving, enhancing, and strengthening the spiritual care and listening skills of active lay ministry members via phone or other virtual means. Starting on April 28, schedule at a glance will include:

- April 28: Introduction & Overview of Spiritual Care
- May 5: The Art of Deep Listening
- May 12: Recognize and Maintain Proper Boundaries



Attendance of all three sessions is strongly encourage. This event is FREE but donations are welcome to help us sustain our programs and grow our outreach. Please register by Wednesday, April 21.

**Register Here:** <https://www.eventbrite.com/e/145381174005>



## The Spiritual Load - A Life Simplified Chaplain Phyllis Hormann and Leavitt Thomas

The pandemic has been a shared universal trauma that has blanketed us all. What does our world become when distance is the survival strategy? Especially when it directly challenges our inherent need for contact and connection. Throughout the COVID-19 crisis, hospitals have been a case study of the human condition and our innate perseverance. Just ask Chaplains Phyllis Hormann and Leavitt Thomas, who serve with Pacific Health Ministry at Kaiser Foundation Hospitals. In a time when so many patients aren't able to consistently see their loved ones, these everyday heroes are there to fill that unimaginably painful void. In talking with them both, it is clear that chaplains strive to make connections with the people they are called to serve."

*Chaplain Phyllis Hormann and Chaplain Leavitt Thomas both serve at Kaiser Permanente.*

There isn't an available handbook that outlines how one navigates spiritual care in the midst of a pandemic. As Thomas notes about their current work, "this will become the chapter of a training manual." There is undoubtedly a level of stress and pressure in exploring this uncharted territory. When so many of us are already weary, how does one maintain hope and overall morale? Furthermore, where does self-care fit in for essential workers when our society demands so much of them already? These are the concerns that exist simultaneously for these two, only made less consuming through the enjoyment of life's simple pleasures. Whether it is the beloved company of a family pet or the joy that comes from self-expression through poetry, both chaplains have found ways to maintain, all while commendably serving in easing the pains of isolation and loneliness that have consumed us all.



*Chaplain Phyllis' dog Tacoma.*

☆☆☆

**AMERICA, AMERICA**

*by Chaplain Leavitt Thomas*

*America, America  
 Still beautiful through it all.  
 Your Constitution and Democracy  
 Has taken blows to their chins  
 And they still stood tall.  
 What we are as a nation  
 And who we will come to be  
 Is entirely  
 Up to you and up to me.  
 We the people  
 Of this grand and glorious land,  
 Are unique expressions of our sameness  
 as Americans.  
 In challenging times  
 May we courageously come to reconciliation  
 Not by reacting for correction  
 But responding to make a connection.  
 America, America  
 United we stand for all to see  
 And nothing will ever extinguish the roaring fire  
 That is our unceasing love for thee.*

The power of shared intimacy is metamorphic. Companionship, in many ways, is the essence of chaplaincy as they both work to stand by and with patients during their time of need. Hormann emotionally recounts an experience that epitomizes her and Thomas' lived reality for the past year. Faced with a challenging diagnosis, one of the patients found themselves discouraged by the prospect of facing the journey ahead alone. It just so happened that on this day that visitation for family members reopened for the first time in months. As she explains, "I told him his wife could come to visit today, and he immediately broke down into tears." The exchange that subsequently happened between the patient, their spouse, and Hormann would result in emotional waterworks that most vividly illustrated what both chaplains have so passionately conveyed: the shared faith that there is something that binds us all together. Often this is something so much greater than ourselves.

There is no doubt that those who Hormann and Thomas have helped will look back on these unprecedented times of service and sacrifice with a deep appreciation during what has felt like an eternal moment of suspension; one that has forced us to hold on to, and focus on, the basic needs of survival. Despite the tragedy, there is always hope; something of which these chaplains so graciously remind us.