

**THE THIRTIETH LEGISLATURE
APPLICATION FOR GRANTS
CHAPTER 42F, HAWAII REVISED STATUTES**

Type of Grant Request:

Operating Capital

Legal Name of Requesting Organization or Individual:

Pacific Gateway Center

Db:

Amount of State Funds Requested: \$ 180,000

Brief Description of Request: **Expanding Services to Our Beloved Seniors:** The Pacific Gateway Center (PGC) will expand its efforts to support the growing population of seniors primarily in the Honolulu region of Oahu. In past years, PGC actively participated in major events for seniors and is now completing its first full year of programs focusing on improving the mind, body and spirit of our seniors through 10 culturally focused classes at Na Kupuna Makanae (NKM), PGC's new senior focused intergenerational center in Kakaako. PGC will maximize use of this facility and will add two major events in support of 500 seniors in the 12-month program. With this facility and experienced staff, PGC will expand the center's programs through the provision of two major events, "Kupuna Power Day VIII" and the "Run Walk for Seniors".

Amount of Other Funds Available:

State: \$ _____

Federal: \$ _____

County: \$ _____

Private/Other: \$ _____

Total amount of State Grants Received in the Past 5 Fiscal Years:

\$ 1,335,000

Unrestricted Assets:

\$ 99,631

New Service (Presently Does Not Exist): Existing Service (Presently in Operation):

Type of Business Entity:

X 501(C)(3) Non Profit Corporation

Other Non Profit

Other

Mailing Address: 723-C Umi Street

City: Honolulu

State: HI 96819

Contact Person for Matters Involving this Application

Name: Dr. Tin Myaing Thein, PHD

Title: Executive Director

Email: myaing2@pacificgatewaycenter.org

Phone: 808 851-7007

Federal Tax ID#: [REDACTED]

State Tax ID# [REDACTED]

[Handwritten Signature]

Authorized Signature

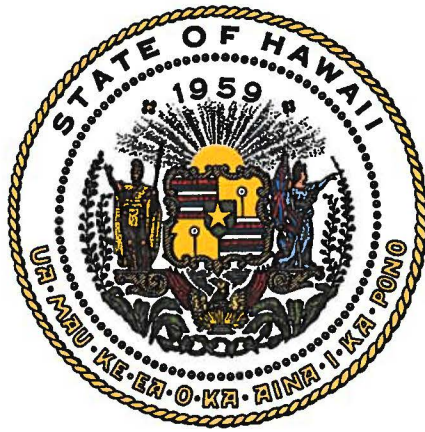
Dr. Tin Myaing Thein, Executive Director

Name and Title

11/2/19

Date Signed

received
11/8/19 12:05p *[Signature]*



Department of Commerce and Consumer Affairs

CERTIFICATE OF GOOD STANDING

I, the undersigned Director of Commerce and Consumer Affairs of the State of Hawaii, do hereby certify that

PACIFIC GATEWAY CENTER

was incorporated under the laws of Hawaii on 03/22/1984 ; that it is an existing nonprofit corporation; and that, as far as the records of this Department reveal, has complied with all of the provisions of the Hawaii Nonprofit Corporations Act, regulating domestic nonprofit corporations.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of the Department of Commerce and Consumer Affairs, at Honolulu, Hawaii.

Dated: January 14, 2019

Director of Commerce and Consumer Affairs



**DECLARATION STATEMENT OF
APPLICANTS FOR GRANTS PURSUANT TO
CHAPTER 42F, HAWAII REVISIED STATUTES**

The undersigned authorized representative of the applicant certifies the following:

- 1) The applicant meets and will comply with all of the following standards for the award of grants pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant is awarded;
 - b) Complies with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
 - c) Agrees not to use state funds for entertainment or lobbying activities; and
 - d) Allows the state agency to which funds for the grant were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and ensuring the proper expenditure of the grant.

- 2) If the applicant is an organization, the applicant meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is incorporated under the laws of the State; and
 - b) Has bylaws or policies that describe the manner in which the activities or services for which a grant is awarded shall be conducted or provided.

- 3) If the applicant is a non-profit organization, it meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is determined and designated to be a non-profit organization by the Internal Revenue Service; and
 - b) Has a governing board whose members have no material conflict of interest and serve without compensation.

Pursuant to Section 42F-103, Hawaii Revised Statutes, for grants used for the acquisition of land, when the organization discontinues the activities or services on the land acquired for which the grant was awarded and disposes of the land in fee simple or by lease, the organization shall negotiate with the expending agency for a lump sum or installment repayment to the State of the amount of the grant used for the acquisition of the land.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

Pacific Gateway Center
(Typed Name of Individual or Organization)


(Signature) 1/17/19
(Date)

Dr. Tin Myaing Thein
(Typed Name) Executive Director
(Title)

§42F-102 Applications for Grants

Requests for grants shall be submitted to the appropriate standing committees of the legislature at the start of each regular session of the legislature.

Each request shall state:

- (1) The name of the requesting organization or individual;

Pacific Gateway Center

- (2) The public purpose for the grant;

To provide services to Senior Citizens in the Honolulu region of Oahu

- (3) The services to be supported by the grant; to 500 seniors to participate in the following activities:

- Classes focused in local culture designed to stimulate the health, mind and spirit of participating senior citizens
- Develop and conduct a Senior Run Walk Event (including training sessions)
- Develop and conduct culturally focused sessions to stimulate the health, mind and spirit of participating seniors as part of Kupuna Power VIII.

- (4) The target group;

Senior Citizens 60 years +

- (5) The cost of the grant and the budget. [L 1997, c 190, pt of §3; am L 2014, c 96, §6]

The budgeted request is \$180,000

Application for Grants

If any item is not applicable to the request, the applicant should enter "not applicable".

II. Background and Summary

This section shall clearly and concisely summarize and highlight the contents of the request in such a way as to provide the State Legislature with a broad understanding of the request. Please include the following:

1. A brief description of the applicant's background;

Pacific Gateway Center (PGC), a non-profit organization registered in the State of Hawaii, has over 40 years of extensive experience in community programs. It was established by three churches in the State, Kaumakapili Church, Alder Gate Church and St Elizabeth's Church. Since its inception, it has maintained an excellent track record of successfully accomplishing projects with Federal, State, City and private funding over its 40 years of operation. PGC has the experience and bi-lingual staff capacity to administer and implement programs to support Hawaii's diverse population with various social services, as well as training and collaboration with various partners. While PGC's community outreach extends to all islands in the State of Hawaii, this request for funding targets the population residing on the island of Oahu, where 80 % of the population of Hawaii resides.

In its continuing commitment to the community, PGC seeks to meet the needs of the elderly population, an important part of the State's population whose size is growing rapidly. The increase in the elderly population has serious implications on the already stretched set of programs and long-term care systems in Hawaii. Since 2000, Hawaii has been aging about 2-3 times faster than the national average. This proposed project, "Health is Wealth" is geared to benefit the Kupuna (elderly) through provision of services, for mind, body and spirit at the Na Kupuna Makamae location (NKM) in Kakaako.

Management

PGC is led by a highly-respected management team, with oversight by a Board of Directors and an advisory committee which includes Maya Soetoro-Ng and Carol Costa among others. The Executive Director has had over 35 years of extensive management experience, while the Deputy Directors have comprehensive experience in community economic and business development, planning, education and training venerable populations. This project will be supervised by the Program Coordinator along with a team of motivated and experienced staff. This core team will be assisted by consultants from career networks, and cultural establishments.

Financial Capacity

PGC's revenues are generated and funded by contracts, grants, loans, private donors, and fee for services. Generally, the agency has established and maintained records of finance

according to the Generally Accepted Accounting Principles (GAAP). The net assets at the end of 2018 Audited Fiscal year were \$8,089,787 million dollars. The agency continues to maintain a positive cash flow. Certified Public Accountants (CPA) audit the financial statements for conformity with generally accepted accounting principles conducted in accordance with Government Auditing Standards. These statements show that PGC has been financially sound.

Governance

PGC's Board of Directors is comprised of eleven (11) unpaid volunteers who provide leadership, governance, and oversight to ensure that PGC meets its mission, functions, and operational and fiscal responsibilities.

2. The goals and objectives related to the request;

The goals of this Project are derived from the first two goals of the Hawaii State Plan, namely:

- to assist in maximizing opportunities for seniors to age well, remain active, and enjoy quality lives in their communities,
- forging strategic partnerships and alliances to meet the challenges of the aging population.

PGC's Project approach to these goals focuses on promoting the physical and mental well-being and longevity of seniors, by collaborating to create opportunities and access for them to enjoy the following:

- appropriate exercise and physical activities,
- participation in community events that emphasize inclusiveness and harmony amidst cultural diversity and,
- new skills in music, dance as well as skills for second career choices.

PGC implements this approach through the following Project modalities, to which the subsequently stated objectives will be tied.

We are focusing on health issues through exercise using the model promoting health and wellness activities, especially in exercise and walking along with Mindfulness and Arts and Crafts. In addition, we are also addressing the "Active Aging" or Encore population, ages 61-80, through additional features at Kupuna Power VIII Day in addressing their interests and needs. This Active Aging cohort interest includes second career choices, new skills in music, language and dance among others.

Project Modalities

The project plans an addition to the Kupuna Power VIII day to focus on "Active Aging" activities to celebrate enjoying these active years through the components of games, music, cultural art and career opportunities. The Kupuna Power VIII day will be a day to gather seniors from diverse parts of the senior community, for communal participation in a range of events that are healthy, active, engaging, and fun – to encourage a feeling of wellbeing

and belonging in an inclusive community that values harmony amidst cultural diversity. Many of these activities will be repeated throughout year and added to the extensive programs currently offered at Na Kupuna Makamae the newly renovated 119-year-old Pump Station located on Ala Moana in Kakaako but will be highlighted at Kupuna Day.

The main Activity Areas of focus to be offered will be:

Physical Activities

- activities with slow / gentle movement such as dancing (hula, cha-cha, noho hula);
- A Walk and Run for Health will help to promote many health benefits.

Creative Activities

- introduction to arts such as lei-making, ikebana flower-arranging, calligraphy

Interactive Games

- word games, chess, scrabble, bridge, canasta, hanafuda, mahjong
- movies, musicals, ukulele, sing-along music – as popular with generation range of participants;

Language studies:

- Language studies in Hawaiian, Chinese, and Japanese as well as computer language including coding will be offered.

Career changers:

- Opportunities for careers in other fields, for those who still want to work.

Objectives:

Objective 1:

Conduct a series of intergenerational activities, which involve interactions between our seniors, younger generations and visitors reaching 500 participants by the end of the project. This objective will be achieved through three major components including two major events; “Kupuna Power Day VIII,” and the “Run Walk for Seniors and continual classes throughout the year (at Na Kupuna Makanae). Specifically, activities that emphasize healthy mind and body, will be organized during the grant period. For example: cultural sharing through ikebana flower arrangement, pua culture, arts and crafts. NKM will offer and expand other related exercises such as Qigong, Tai Chi, hula, yoga and mindful movement, along with mind games of majong, word games, language studies in Hawaiian, Chinese, and Japanese, intercultural exchanges reflecting the diverse populations of Hawaii, education through community speakers and/or focus groups on elder abuse, the latest scams, the latest news on Medicare, and engagements around topics such as dance, cooking, and other intergenerational activities.

Objective 2:

In collaboration with expert partners, train 50 seniors to participate in the Walk/Run event. Before the actual Kupuna Walk and Run Event, there will be a training offered to up to 50 seniors. PGC’s initiative in training is part of the Kupuna Walk and Run Event. The training itself will provide exercise for the Kupuna with qualified trainers.

Objective 3:

In collaboration with expert partners and volunteers, provide assembly point for event registration, start and finish, refreshments, route guidance safety oversight for at least 100 seniors to participate in the Walk and Run. This will be a timed event, allowing participants to track their progress and ability for the scheduled event. Prizes will be awarded for the fastest finish runner, the youngest contestant etc.

Objective 4:

Organize and direct a Kupuna Power VIII Day by conducting Kūpuna Power (KP) series to provide update information and resources for seniors on healthcare, insurance available at the City, State, and even Federal levels with a special focus on Active Aging activities. In addition, scams are also discussed with and disseminated to seniors. This information dissemination and resource sharing will be accompanied with physical exercises and presentations on the island of Oahu. The event will be video taped by Career Changes which is a monthly half hour show that airs daily on Spectrum OC16. It includes topics on people who want to change jobs to pursue their dreams in their later years and training possibilities that help others find their calling. Those seniors who are interested in another career will have the opportunity to have them participate in the video series. Career Changers will air the stories over the course of three months as well as the video of Kupuna Day.

3. The public purpose and need to be served;

Hawaii's population is currently about 1.4 million people and our state is the most ethnically diverse state in the nation. Eighty percent of the State's population, approximately 900,000 people, lives on the island of Oahu (City and County of Honolulu) with ethnic group proportions as follows: 25% are Caucasians; 13.6% are Japanese; 14% are Filipinos; 9% are Hawaiian/part-Hawaiian; 4% are Chinese and 23% of mixed ancestry of two or more heritages. Collectively, the Asians comprise 38.1% of Hawaii's total population, among them are those that arrived at the end of the Vietnam war and even though smaller in number, these Southeast Asian populations are experiencing similar challenges of taking care of their seniors. In addition, Pacific Islanders from Micronesian nations are experiencing the same challenges.

Inherent in this multi-ethnic and multicultural aspect of our state's population is a difference in patterns of thinking and norms related to family support traditions and ways of thinking about eldercare. Health is however the paramount priority for the senior population. As proven by multiple reliable research facilities, including the Harvard School of Public Health (Boston) and University of California (San Francisco), walking and running provide the following health benefits; lowers the risk of blood clots, decrease in body fat, improves circulation, increase in life-expectancy, aides in mood stability, improves sleep, enhances joint and respiratory health, slows mental decline, and lowers the risk of Alzheimer's Disease. Activities that relate to the use of the mind further keeps the seniors

alert and assist in longevity. The highest factor related to longevity is social interaction as quoted in TED talks.

4. Describe the target population to be served:

The ultimate target population of this project will be those residents of The State of Hawaii, but particularly with a concentration of activities on Oahu, who are 60 years and older, including those of the immigrant and ethnic groups given the multiethnic diversity of our island.

According to the 2014 census data, the persons who are 65 years and over comprise almost 16% of the population of Oahu. Within the immigrant and refugee communities, some seniors from these groups are fortunate enough to live with their children and grandchildren who care for them. However, many others are not as fortunate, and are required to navigate their day-to-day needs by themselves. According to the Hawaii Community Foundation, by 2030, Hawaii expects to have 475,000 seniors, representing 29.7% of the population. The 2017-19 Hawaii State Plan estimates that by 2020, 1 in 4 residents will be 60+. There are pockets of seniors presently living in Downtown, Chinatown, Kalihi, Aiea, Waikiki, Kakaako, Ala Moana, McCully and Moiliili. Furthermore, the AARP has even designated persons of 50 years and older to be in the senior category with similar needs increasing the numbers of seniors in need.

By 2020, 25% of the population in Hawaii will be 60 years or older. Services for the aging population is imperative. By 2030, seniors will comprise almost 30% of Hawaii's population, a 310% increase from 1980-2035. This is the target population of our Health is Wealth program.

Aging in place is so relevant that a key goal in Hawaii's State Plan on Aging is:

"to empower older adults to remain in their homes with a quality of life for as long as possible . . . including supports for family caregivers... easing the Resource Burden by Maximizing Culturally-Sensitive Opportunities for Elderly Independence"

In order to advance the public purpose of easing this burden on long-term care resources and serve the stated Hawaii State Plan on Aging goals, it is logical for PGC to apply its core competence - of empowerment towards self-sufficiency - to the aging population, in an interdisciplinary way that is sensitive to the diverse cultural preferences of Hawaii's multi-ethnic senior society. The notion of self-sufficiency for seniors primarily connotes maximizing opportunities for independence, which in turn rests on the core attributes of physical and mental wellbeing, as targeted and served by this Project's stated goals, approach, modalities and objectives. It is to be noted that while the target beneficiary are the seniors, this goals and objectives cannot be achieved without involving the younger cohorts. For example, aging in place, involves the younger generation in the family. Thus this project utilizes an intergenerational approach.

5. Describe the geographic coverage:

The geographic coverage will be the State of Hawaii but specifically the island of Oahu where 80% of the population of the State lives targeting the neighborhoods of Kunia, Aiea, Mapunapuna, Pearl City, Kalihi, Palama, Chinatown, Ala Moana, Kakaako, Moiliili, McCully, and Kapahulu among others that house the elder population.

III. Service Summary and Outcomes

1. Scope of work, tasks and responsibilities;

A. Educate Seniors via Kūpuna¹ Power (KP) Activities focusing on Active Aging:

This activity is conducted on Oahu in this proposed program. Kūpuna Power is a state of mind, self determination that one elder has the authority over how his/her life will be lived, where and with whom. This activity provides our kūpuna information, resources needed for their support and for them to make decisions and actions, so that they will find their power and become self-advocates. The activity emphasizes:

- Choice,
- Relationships: treasured, nurtured, and protected,
- Contribution to Community: the giving of oneself that helps establish a sense of belonging and identity,
- Dignity and Respect: all people have the inherent right to be treated with dignity and to be respected as a whole person,
- Self-Empowerment: our kūpuna empower themselves with the knowledge of what resources are available to them from the State, the City, and even the Federal government.

Components of the KP include:

- Providing our kūpuna with information, update, and resources on issues matter to them most, for example, healthcare, Medicare, Medicaid related topics, healthy living, meaningful life, avoiding identity theft, beware of scams, etc.
- Providing information and training on alternative career choices
- Providing information and discussion opportunities on culturally appropriate means to address elder abuse, dementia and Alzheimers.

The KP show is planned for this project on the island of Oahu while the rest of the State will be provided information through public television and radio spots through Career Changers.

The KP activities will be also televised live statewide rendered available on *Youtube* to benefit many other seniors and community residents who might miss seeing the show(s) live. Career Changers.TV will also air the program.

¹ Kupuna is defined in the Hawaiian dictionary as a revered elder, a person valued for his or her wisdom who accordingly holds a position of respect and responsibility.

Inter-Generational Interactions Between Seniors and Youngsters

This component of the project promotes and emphasizes the value of interactions between generations via a series of activities. Na Kupuna Makamae has been in operation for at least three years and its 10 classes now have enrolled an average of 15 seniors per session and this number grows weekly as seniors are introduced to the services provided by the center. These activities entail basic computer literacy training and others that emphasize healthy mind, body, and spirit. Examples of such activities are games, cultural sharing, discussions, arts and crafts, or gentle exercises. Through this component, there is a cross generational mutual learning and relationship strengthening. The young generation learns from the seniors' life experiences, wisdoms, and lessons, while the seniors will learn from the former about how to use technology to access information and resources rendered available at the city, state, federal and within the community.

B. 'Walk and Run for Health' event

- PGC will work with experienced trainers to provide training to seniors for the event.
- Training shall include but not be limited to the following aspects: marking out the proposed 5-mile event route, water and refreshment points on a map; providing advice on appropriate footwear and clothing, accounting for possible inclement weather; highlighting injury risks (such as blisters, muscle and joint strain, heat exhaustion, dehydration) and corresponding prevention, mitigation and treatment strategies; emphasizing regular incremental practice prior to the event, awareness of individual fitness levels and remaining within the limits of one's capacity. There will be several opportunities for physical training and demonstration of walking, running, and breathing techniques in nearby parks such as Kakaako Waterfront and/or Ala Moana Beach Parks.
- PGC program staff and volunteers will maintain appropriate participant records (including assent to legal terms and conditions of participation), accompany participants at various stages to divide and maintain manageable group sizes, as well as marking key way-points on the route and directing orderly crossing of roads, etc. PGC shall also assemble a small team of first aid-trained event staff to render prompt assistance as may be necessary, in addition to ensuring immediate contact with medical personnel in the event of more serious injury.

2. Provide a projected annual timeline for accomplishing the results or outcomes of the service.

Month	Kupuna Power and Active Aging Event	"Walk and Run" Event (Classes)
1	<ol style="list-style-type: none"> 1. Receive Signed Contract 2. Form committee 	<ol style="list-style-type: none"> 1. Receive Signed Contract 2. Form committee
2	<ol style="list-style-type: none"> 1. Committee to decide location and date 	<ol style="list-style-type: none"> 1. Committee to decide location and date 2. Proposed route is finalized

	NKM: Na Kupuna Makamae (NKM) will continue its course curriculum of 10 classes.	3. Application for any required city/county permits ate filed 4. Contact vendors and collaborators
3	1. Application for anyrequired city/county permits ate filled 2. Finalize the event details NKM: Working with the committee, staff will explore expansion of sessions based on input and interest.	1. Committee meets to refine details 2. Media outreach to community 3. Release Facebook campaign 4. Sign up applicants 5. Training sessions held Press release for other NKM classes
4	1. Quarterly Report 2. Press release to media 3. Committee meets to continue to refine details 4. Contact vendors and collaborators 5. Press release to media	1. Press release to media 2. Release Facebook campaign 3. Event takes place 4. Clean-up/break down 5. Complete financial resolutions 6. Quarterly Report
5	1. Committee meets to refine details 2. Media outreach to community 3. Contact vendors and collaborators	<i>NOTE: Upon completion of the event, staff will focus on expansion of NKM Senior programs and activities:</i> 1. Monitor all NKM classes 2. Release Facebook campaign
6	1. Secure commitment of all collaborators and vendors 2. Secure contract for event supplies 3. Open ticket sales	1. Monitor all NKM classes 2. Continue Facebook campaign
7	1. Secure commitment of speakers and 2. Secure contract for event supplies 3. Committee meets to continue to refine details 4. Design flyer and local disbursement plan 5. Quarterly Report 6. Media release 7. Promote ticket sales for the Walk and Run 8. Request submittal of nominees for award	1. Monitor all NKM classes 2. Release Facebook campaign 3. Quarterly Report
8	1. Purchase awards 2. Choose award recipients 3. Press release 4. Committee meets to continue to refine details 5. Disburse flyers	1. Monitor all NKM classes 2. Release Facebook campaign

	<ol style="list-style-type: none"> 6. Release Facebook campaign 7. Promote ticket sales 8. Media release 	
9	<ol style="list-style-type: none"> 1. Inform selected award recipients 2. Refine all event details 3. Confirm vendors, collaborators, and speakers 4. Press release 5. Committee meets to continue to refine details 6. Disburse flyers 7. Release Facebook campaign 8. Promote ticket sales 9. Media release 	<ol style="list-style-type: none"> 1. Monitor all NKM classes 2. Release Facebook campaign 3. Distribute all flyers to classes re: Kupuna Power -Active Aging Event.
10	<ol style="list-style-type: none"> 1. Confirm with selected award recipients 2. Refine all event details 3. Confirm vendors, collaborators, and speakers 4. Press release 5. Disburse flyers 6. Release Facebook campaign 	Hold Kupuna Power Day
11	<ol style="list-style-type: none"> 1. Check inventory 2. Check evaluation sheets 3. Thank you letters to participating vendors 4. Follow up on Active 4. Aging activities 5. Sign up for the work with career changers 	<ol style="list-style-type: none"> 1. Clean up after Kupuna Day 2. Coordinate with Kupuna Power participants to expand NKM ongoing classes.
12	<ol style="list-style-type: none"> 1. Check the impact and evaluations 2. Follow up with suggestions. 3. Payables reviewed and payments approved. 4. Submit Final Report. 	Begin Final Report

3. Quality assurance and evaluation plans

Consistent with its vision, PGC is committed to providing highest-quality services and being accountable to clients, constituents, funding sources, and the general public for its programs and the use of its resources. PGC programs are systematically planned and evaluated regularly in view of its program goals and objectives, using objectives as the standard of measure.

Evaluation methods that have been employed for the purpose of quality assurance of PGC programs include quantitative tools, e.g., pre/post quality surveys from clientele and other

key stakeholder groups, statistical data review and analysis, and monitoring service records for timeliness and completeness; and qualitative tools such as staff and supervisory meetings to review caseloads, progress, and feedback.

Our vision for this project is to empower all those in Hawaii to enjoy a high quality of life through the latter stages of aging, by collaborating and building capacity to maximize opportunities and access for seniors' enjoyment of healthy nutrition, physical activity and culturally-rich community participation particularly that of the Hawaiian culture, thereby promoting the core characteristics of their physical and mental well-being and longevity.

By using an approach to achieve this vision via distinct but mutually reinforcing project modalities, PGC has formulated goals and objectives that are specific, measurable, attainable, relevant and time-bound – such that each objective on its face expresses the respective measurements and standards by which success is to be monitored and evaluated for quality assurance purposes.

4. List the measure(s) of effectiveness:

Kupuna Power Day with Active Aging Activities

- Number of people attending the Festival;
- Percentage of people providing feedback whose feedback is positive;
- Number of Activity Areas represented with at least one opportunity for new activities;
- Learning something new that will benefit their lives.

'Walk and Run for Life and Health' event

- Number of seniors trained to participate in the event;
- Number of seniors starting and finishing the event without injury;

Na Kupuna Makamae Inter-Generational Classes

- Number of classes and events hosted by PGC per month;
- Ratio of senior to junior generation participants;
- Number of classes and event participations over the course of the project.
- Number of classes and events including addressing a theme of traditional Hawaiian cultural significance.

IV. Financial

Budget

1. X The applicant shall submit a budget utilizing the enclosed budget forms as applicable, to detail the cost of the request.

Please see the attached budget forms

2. The applicant shall provide its anticipated quarterly funding requests for the fiscal year 2020. d]

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$45,000	\$45,000	\$45,000	\$45,000	\$180,000

3. The applicant shall provide a listing of all other sources of funding that they are seeking for fiscal year 2019.

See Attached Form

4. The applicant shall provide a listing of all state and federal tax credits it has been granted within the prior three years. Additionally, the applicant shall provide a listing of all state and federal tax credits they have applied for or anticipate applying for pertaining to any capital project, if applicable.

No State or Federal Tax Credits have been granted within the prior three years.

5. The applicant shall provide a listing of all federal, state, and county government contracts, grants, and grants in aid it has been granted within the prior three years and will be receiving for fiscal year 2020 for program funding.

- GIA 2017 for GIA – Empowering Kupuna, Connecting Generations. The amount of 180,000 dollars
- GIA 2018 for Senior Moments. The amount of 150,000 dollars.
- GIA-CIP: Historic 653 Ala Moana Pump Station: Improve the Building for Public Purpose: \$125,000 dollars

6. The applicant shall provide the balance of its unrestricted current assets as of December 31, 2018.

The balance of its unrestricted current assets of the Pacific Gateway Center is \$217,735.

IV. Experience and Capability

1. **Necessary Skills and Experience**

Necessary Skills and Experience

The applicant shall demonstrate that it has the necessary skills, abilities, knowledge of, and experience relating to the request. State your experience and appropriateness for providing the service proposed in this application. The

applicant shall also provide a listing of verifiable experience of related projects or contracts for the most recent three years that are pertinent to the request.

Pacific Gateway Center (PGC) offers distinguished experiences and capabilities in delivering a comprehensive and integrated program to empower, enlighten and entertain our kūpuna.

In support of projects related to aging, PGC has served as the fiscal agent for two consecutive years (2013 to 2014) for two statewide programs: Kūpuna Power, a platform to educate and empower the elderly and the Throwback to Give Back Project, a fundraising effort by old-time local musicians using music to reach out to the community and help fellow musicians, particularly those who are aging and having limited movement. These funds were used to purchase and install home and adaptive assistance safety measures, such as safety bars, rails and handles in bathrooms.

In 1997-2000 PGC implemented vocational training programs such as the Innovative Employment Training (IET) where participants were provided training in a field of their choice and followed by job placement. Over three hundred candidates were assisted and obtained their certificate. Many participants focused on Certified Nursing Assistant program.

The following delineates the experiences and capabilities of each of our proposed program activities:

Kūpuna Power (KP)

KP celebrated Hawaii's seniors through education, exhibits, entertainment, exercise and aloha. Coordinated by notable local leaders KP, assembled experts in the field of aging and entertainment for the purpose of educating and engaging our senior community. KP is an event that brings together more than 30 organizations providing vital information in health, safety and well-being of Hawaii's kūpuna. KP secures experts in their fields in areas such as Medicaid/Medicare, financial scams, identity theft, long-term insurance, and resources for kūpuna from the 3 branches of government. These specialists serve as speakers and/or presenters or representatives at informational booths at KP events. PGC has assisted in the Kupuna Power Day for the past two years.

Participating veteran entertainers include Danny Kaleikini, Melveen Leed, Frank Delima, among others, taking the stage. Seniors are asked to lace up their sneakers and take part in healthy exercise. These events are free and have provided 3 successful KP events in 2012, 2014 and 2015.

Intergenerational Training

Training, education and active learning has been a foundational at PGC since its inception. PGC has successfully implemented intergenerational training programs such as:

- i. Asia-Pacific Leadership Program of the East-West Center in which young graduate students worked with our immigrant farmers in helping them develop a marketing program for their produce (2012-2014);
- ii. English-as-a-Second Language Program (ESL). High school students from McKinley High School, Punahou School and graduate students from Hawaii Pacific University help teach ESL to immigrant farmers and their families in multiage classes ranging from first grade to adult (2012 to present);
- iii. Student Global Leadership Institute at Punahou School. 80 international high school students spent two consecutive days (July 27 and 28, 2015) working with farmers and learning how to harvest produce and teaching immigrant/refugee adults in PGC's ESL classes.

PGC staff member overseeing intergenerational training has a master's in education and over 25 years experience in the private school sector with many meaningful contacts with schools, teachers, and student clubs.

PGC is led by a highly-respected management team, with oversight by an advisory committee which includes key leaders with extensive management, implementation, and evaluation of programs working with low-income. Administratively, PGC has successfully managed state Grants in Aid contracts with the state for years. PGC also has extensive experience working with a variety of government agencies on projects and is familiar with administrative and financial requirements such as the reimbursement process, types of documentation required, programmatic and financial reporting, and storing and tracking beneficiary/service data.

Na Kapuna Makame: (NKM: "The Beloved Seniors") has become a focal point in its effort to meet the specific health and mental wellbeing of our growing senior community. This 119-year-old historic pump station in Kakaako was renovated by PGC with State funding. NKM provides exercise and culturally significant educational classes and the Kakaako location provides an ideal location with great access for seniors. Intergenerational participation is a guiding principle for the sessions.

PGC is one of the very few multi ethnic service organization which has focused on attacking senior issues in a comprehensive way guided by aloha spirit and passion by offering sessions designed to target the mind, body and spirit of the

Hawaiian culture for all ethnic communities in Hawaii. The rich cultural interaction adds to participants experience. Continual classes include:

- i. Tai Chi: Tai Chi “Moving Meditation”. Certified by the CDC, Tai Chi for Arthritis and Fall Prevention is one of the leading health exercises proven to enhance balance, help prevent falls, and increase overall well-being.
- ii. Qigong: Qigong routine with a Qigong master to maintain suppleness. This novice routine maintains strength, balance, and breath control.
- iii. Yoga: “Gentle Yoga” which serves new and diverse cultures through yoga and meditation.
- iv. Hula: Developed in the Hawaiian Islands by the Polynesians who originally settled here. (NOTE: Hula is both culturally significant and health related)
- v. Hanafuda: With significant participation by seniors and younger generations, Hanafuda (Japanese card game) is taught and participants rotate tables resulting in very communal and intergenerational sessions.
- vi. Lei / Pua Culture: This session focuses on the cultural aspects, arts and the techniques of Pua Culture and Lei making.
- vii. Hawaiian Lunar: Hawaiian Lunar calendar: explains the 30 distinct phases and meaning.
- viii. Lauhala Weaving: Participants learn to weave, plait, or braid the leaves of the hala tree. Session taught by Stacie Segovia (one of a handful of cultural lauhala practitioners)
- ix. Conversational Hawaiian: Hawaiian Native Kawika Makanani serves as the librarian of the Hawai'i-Pacific Collection, of the Kamehameha Schools.
- x. Hula (sitting): Noho hula, for seniors that want to dance hula but with no fear of falling through seated dance moves.

PGC’s programs include social service, employment and training, economic development and community building. The Executive Director Dr. Tin Myaing Thein has over 30 years experience in community and economic development, administering and implementing programs for both national and international organizations.

The Project Director (Deputy Director of Operations) will be supported by the Program Manager for Na Kapuna Makamae (PGC’s Senior Center Manager) along with the Assistant Program Manager. All have had experience in the organizing senior events for the last two years and have been instrumental in the development (start up, management and growth) of the current senior programs and services at NKM.

2. Facilities

“Na Kapuna Makamae (aka the “Old Pump Station”) located at 653 Ala Moana Boulevard

The site is comprised of 3 buildings of 3,500 square feet with parking.

The pump station was added to the National Register of Historic Places in 1989 with its historic building number 78001022. The building was completely renovated with construction funds managed through the State (Hawaii Community Development Authority.)

This will be the PGC main site for resource, training and activities for our kūpuna.

In addition, PGC offers 2 other sites that can accommodate the full range of program activities:

PGC's main office at 723 C Umi Street in Kalihi

This is PGC's 2-story Culinary Business Incubator building. The ground floor houses 11 certified professional kitchens. There are also private offices and multiple group conference areas available for training and intergenerational activities.

83 North King Street Building in downtown Honolulu

This is a three-story historic facility of over 10,200 square feet on a major public transportation arterial. This site has 2 meeting rooms that can accommodate 10-15 people and the dining area that is currently occupied by the Pig and the Lady restaurant. This site is fully equipped with wireless Internet connectivity and with machines for duplication, canning, color reproduction, LCD projector and screen.

All facilities presently occupied are American with Disabilities Act (ADA) compliant. All 3 sites have both professional and licensed architectural and engineering oversight to ensure ADA compliance.

V. Personnel: Project Organization and Staffing

1. X Proposed Staffing, Staff Qualifications, Supervision and Training

The applicant shall describe the proposed staffing pattern and proposed service capacity appropriate for the viability of the request. The applicant shall provide the qualifications and experience of personnel for the request and shall describe its ability to supervise, train and provide administrative direction relative to the request.

This project is directly led and supervised by the PGC Executive Director. Below are key project positions and time commitment for each position. These positions held by highly qualified staff with recognized experience and capabilities in project management, implementation, and evaluation.

Executive Director (Project Supervisor), Tin Myaing Thein, Ph.D. (.020 FTE)

Dr. Thein has 30 years of administrative experience in programs both in the U.S. and overseas. She has implemented programs with budgets ranging from \$50,000 to \$50

million. As far back as 1977, she has worked with economic development and poverty alleviation programs. Dr. Thein worked with the Asian and Pacific Islander community representing the women of this community, as President Jimmy Carter's appointee to his Committee for Women in Washington D.C., and she has supervised social service provision, economic and training projects of PGC since 1990. As the supervisor for the project, Dr. Thein's responsibilities are: overall supervising the project development, implementation, and evaluation; ensure compliance with all applicable laws and regulations; evaluate project components; submit financial and project reports to the State office; monitor project performance and provide mentorship. She speaks Burmese and Spanish.

Deputy Director of Operations (Program Director), Hao Nyugen (.50 FTE)

Hao Nguyen, Deputy Assistant Director: Hao has an extensive experience and expertise in the fields of planning and urban service provision, community planning, development and sustainability. Hao has managed and has full operational knowledge of all PGC programs, services and projects. Hao will manage all aspects of the grant to insure it adheres to PGC quality and operational standards and will manage the objectives and proposed activities. He is involved in the operational aspects of Na Kupuna Makamae (programs, staffing, operations) and will work closely with the Program Manager. Hao will be responsible for the planning and coordination of program activities and report to the Executive Director on program performance.

Program Manager, Carmen Lee (1.0 FTE)

Carmen Lee is the current Manager of Na Kupuna Makamae: Carmen has served as the on-site manager of programs for Na Kupuna Makamae and coordinates all programs for the center. She has been responsible for managing current and developing additional Kupuna related health services and programs. Carmen will be fully responsible for continued management of the senior center and will be promoting community partnerships and forging strategic alliances designed to augment services to seniors with the goal of empowering our Kupuna. She will work with the Deputy Director in the implementation of program tasks.

Assistant Program Manager, (1.0 FTE)

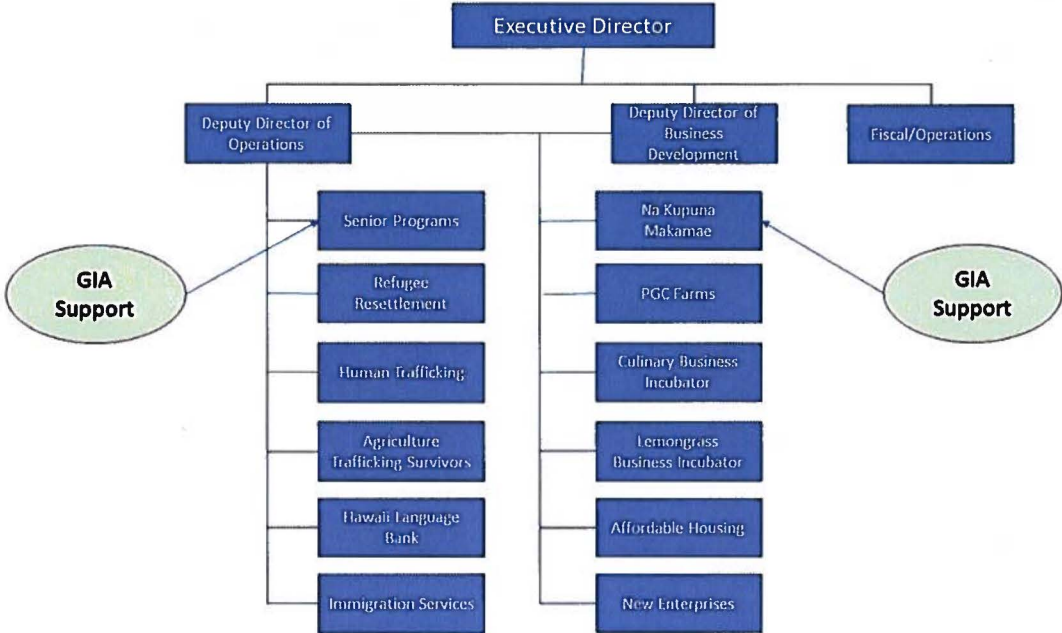
This is a newly created position. The Assistant Program Manager will work closely with the management team and will assist in the implementation of the program and services. Specifically, this individual will be responsible for tracking results including participants and keeping attendance of each session and event.

Accountant, Carmen Centrino (0.05 FTE)

Carmencita Centeno, Accountant: Has over 20 years of bookkeeping and accounting experience. Carmen is responsible for organizational and program fiscal management. The Accountant responsibilities are: maintain records filing document; prepare and/or assure the accurate preparation of purchase orders, travel reimbursement, expense claims, and timesheets; assist in coordinating overall workflow; maintain a financial management system and procurement standards in accordance with the Federal, state, and legal requirements and enforce adherence to requirements; file reports, advise management on needed actions; contribute to team efforts by providing related data as needed.

2. **Organization Chart**

The applicant shall illustrate the position of each staff and line of responsibility/supervision. If the request is part of a large, multi-purpose organization, include an organization chart that illustrates the placement of this request.



3. **Compensation**

The applicant shall provide the annual salaries paid by the applicant to the three highest paid officers, directors, or employees of the organization by position.

- Executive Director: \$75,000
- Deputy Director of Business Development: \$60,000
- Deputy Director of Operations: \$50,000

VII. Other

1. **Litigation**

The applicant shall disclose any pending litigation to which they are a party, including the disclosure of any outstanding judgement. If applicable, please explain.

None

2. **Licensure or Accreditation**

The applicant shall specify any special qualifications, including but not limited to licensure or accreditation that the applicant possesses relevant to this request.

Not applicable

3. **Private Educational Institutions**

(The applicant shall specify whether the grant will be used to support or benefit a sectarian or non-sectarian private educational institution. Please see [Article X, Section 1, of the State Constitution](#) for the relevance of this question.)

Not applicable, Grant is NOT being used to support or benefit a sectarian or non-sectarian private educational institution.

4. **Future Sustainability Plan**

(The applicant shall provide a plan for sustaining after fiscal year 2019-20 the activity funded by the grant if the grant of this application is:

- (a) Received by the applicant for fiscal year 2019-20, but
- (b) Not received by the applicant thereafter.)

PGC is always working towards increasing the number of sources of income for its programs, including its senior program, and becoming more self-sustaining by working to find new sources and creative ways to increase its current resources to sustain its programs. In its effort to mobilize resources to sustain the proposed program activities beyond the fiscal year 2019-2020, PGC will adopt the following strategies:

(1) Finding funding sources for Kupuna Power activities

The program team has been very successful in previous Kupuna Power sessions and has documented a list of potential agencies/institutions that values KP and foresee its impacts on the lives of our seniors, families, and the general community. Potential donors for the shows beyond the grant cycle are:

- Ohana Health Plan
- Hawaii LECET
- Outrigger hotel
- Laborer's international union #368
- Radcliff and Associates
- Walgreen
- United Healthcare
- HSMA

- Kaiser Permanente

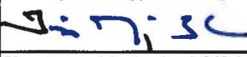
(2) Fund-raising via the Pig and the Lady using PGC's 83 North King site

The Pig and the Lady is a favorable restaurant on Oahu island and is operating its business in a PGC's facility (at 83 North King, downtown Honolulu) via PGC's business incubation program. The Pig and the Lady supports PGC's mission and programs and has recently assisted with raising funds for PGC's Na Kupuna Makamae activities. This will be another source of potential funding.

BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2019 to June 30, 2020

Applicant: Pacific Gateway Center

BUDGET CATEGORIES	Total State Funds Requested (a)	Total Federal Funds Requested (b)	Total County Funds Requested (c)	Total Private/Other Funds Requested (d)
A. PERSONNEL COST				
1. Salaries	88,500			
2. Payroll Taxes & Assessments	12,151			
3. Fringe Benefits	14,895			
TOTAL PERSONNEL COST	115,546			
B. OTHER CURRENT EXPENSES				
1. Airfare, Inter-Island				
2. Insurance	500			
3. Lease/Rental of Equipment				
4. Lease/Rental of Space				
5. Marketing / Outreach	9,500			
6. Supplies	8,500			
7. Telecommunication	1,000			
8. Utilities	16,800			
9. Maintenance / Repair	200			
10. PGC Walk /Run Event	7,000			
11. Kupuna Power Event	6,000			
12. Video Production	5,000			
13. Indirect Cost	9,954			
14				
15				
16				
17				
18				
19				
20				
TOTAL OTHER CURRENT EXPENSES	64,454			
C. EQUIPMENT PURCHASES				
D. MOTOR VEHICLE PURCHASES				
E. CAPITAL				
TOTAL (A+B+C+D+E)	180,000			
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested		Glenn Sanada	808 791 3714	
(b) Total Federal Funds Requested		Name (Please type or print)	Phone	
(c) Total County Funds Requested			1/17/19	
(d) Total Private/Other Funds Requested		Signature of Authorized Official	Date	
TOTAL BUDGET		Executive Director		
		Name and Title (Please type or print)		
		Dr. Tin Myaing Thein		

BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES

Period: July 1, 2019 to June 30, 2020

Applicant: Pacific Gateway Center

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST	TOTAL BUDGETED
			\$ -	
NONE	0	\$0.00	\$ -	0
			\$ -	
			\$ -	
			\$ -	
TOTAL:				0
JUSTIFICATION/COMMENTS:				

DESCRIPTION OF MOTOR VEHICLE	NO. OF VEHICLES	COST PER VEHICLE	TOTAL COST	TOTAL BUDGETED
			\$ -	
NONE	0.00		\$ -	0
			\$ -	
			\$ -	
			\$ -	
TOTAL:				0
JUSTIFICATION/COMMENTS:				

BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS

Period: July 1, 2019 to June 30, 2020

Applicant: Pacific Gateway Center

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FUNDING AMOUNT REQUESTED						
TOTAL PROJECT COST	ALL SOURCES OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED	OTHER SOURCES OF FUNDS REQUESTED	FUNDING REQUIRED IN SUCCEEDING YEARS	
	FY: 2017-2018	FY: 2018-2019	FY:2019-2020	FY:2019-2020	FY:2020-2021	FY:2021-2022
PLANS	0	0	0	0	0	0
LAND ACQUISITION	0	0	0	0	0	0
DESIGN	0	0	0	0	0	0
CONSTRUCTION	0	0	0	0	0	0
EQUIPMENT	0	0	0	0	0	0
TOTAL:	0	0	0	0	0	0
JUSTIFICATION/COMMENTS:						

GOVERNMENT CONTRACTS, GRANTS, AND / OR GRANTS IN AID

Applicant: Pacific Gateway Center

Contracts Total: 1,335,000

	CONTRACT DESCRIPTION	EFFECTIVE DATES	AGENCY	GOVERNMENT ENTITY (U.S. / State / Haw / Hon / Kau / Mau)	CONTRACT VALUE
1	Na Kupuna Makamae Center Renovation	2015-2016	Hawaii Community Development Agency	State of Hawaii	1,000,000
2	Empowering Kupuna, Connecting Generations	10/2016-10/2017	Executive Office on Aging	State of Hawaii	185,000
3	Senior Moments	10/2017-10/2018	Executive Office on Aging	State of Hawaii	150,000
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Application Submittal Checklist

The following items are required for submittal of the grant application. Please verify and check off that the items have been included in the application packet.

- 1) Certificate of Good Standing (If the Applicant is an Organization)
- 2) Declaration Statement
- 3) Verify that grant shall be used for a public purpose
- 4) Background and Summary
- 5) Service Summary and Outcomes
- 6) Budget
 - a. Budget request by source of funds ([Link](#))
 - b. Personnel salaries and wages ([Link](#))
 - c. Equipment and motor vehicles ([Link](#))
 - d. Capital project details ([Link](#))
 - e. Government contracts, grants, and grants in aid ([Link](#))
- 7) Experience and Capability
- 8) Personnel: Project Organization and Staffing

 TIN MYAING THEIN Executive Director 1/17/19
AUTHORIZED SIGNATURE PRINT NAME AND TITLE DATE