



Holiday Recipes

from our Windward Homeless Service Providers

Brought to you by

Representative Jarrett Keohokalole

Message from Representative Jarrett Keohokalole

Aloha friends, family, and neighbors,



I hope this holiday season finds you and your `ohana doing well.

I am often asked by community members like you how to get involved and either volunteer or contribute to make our Ko'olaupoko community a better place to live in.

With that in mind, we are sharing this holiday cookbook with recipes from organizations doing great work reaching the most vulnerable populations on the Windward side - the homeless - along with opportunities for you to pitch in and help.

Inside, you'll find delicious recipes submitted by these organizations, as well as information about who they are, what kinds of services they provide, and how you can help them to further serve our community on the Windward side. I encourage you to reach out to them for information on how you can contribute to their work, or on how they might be able to help someone you know who might be homeless or in danger of falling into homelessness.

This is by no means a complete list of service providers. There are many, many people who deserve our acknowledgment and appreciation for their work in making sure those who do not have shelter or access to adequate services receive them. If you are one of those people, we applaud and mahalo you! Please reach out to us so that we can better coordinate efforts!

As we enter this holiday season and prepare to celebrate with friends and family, let us remember the saying, "a'ohe hana nui ke alu 'ia." No task is too big when done together by all.

With aloha from my 'ohana to yours,

A handwritten signature in black ink that reads "Jarrett".

Representative Jarrett Keohokalole

Happy Holidays!

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The Governor's Coordinator on Homelessness & Staff

Scott S. Morishige, MSW



We focus on coordinating statewide efforts, with partners and state agencies, to transition people who are homeless into housing, and in responding to concerns about homelessness from members of the public.

Our main priorities include finding ways to help families and others get into shelters or transitional housing, and helping people to be more self-sufficient by taking advantage of the wide range of outreach services—even to the point of transporting them. We're also looking statewide at available state property for transitional and even longer-term affordable housing.

How you can help: Members of the community may volunteer, or learn more about programs to assist the homeless in their community by contacting the office at 586-0193 or by e-mail at: gov.homelessness@hawaii.gov.



State Capitol, 415 S. Beretania St, Rm 415, Honolulu, HI 96813 • (808) 586-0193
gov.homelessness@hawaii.gov • <http://humanservices.hawaii.gov/bessd/home/hp>

PUMPKIN CRUNCH

Ingredients:

- 1 - 29 oz. can of Libby's pumpkin
- 1 - 12 oz. can evaporated milk
- 1 cup sugar
- 3 eggs
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 box yellow cake mix
- 1 cup walnuts, chopped
- 1 cup melted butter

Cooking instructions:

1. Preheat oven to 350 degrees.
2. Line a 9x13 cake pan with parchment paper.
3. Mix first six ingredients and pour into the lined 9x13 cake pan.
4. Sprinkle the yellow cake mix over the pumpkin batter, then sprinkle with the chopped walnuts.
5. Pour melted butter over the cake mix and nuts.
6. Bake at 350 degrees for 50 mins.
7. When slightly cooled, invert pan onto platter or cutting board.
8. Remove parchment paper, cut and serve.





Aloha Dream Center

Tory & Leisa Snyder



Aloha Dream Center strives to restore hope and improve overall quality of life by strengthening and reviving the spiritual, physical and financial well being of struggling families in Hawaii.

Aloha Dream Center feeds approximately 150 homeless each month and provides basic necessities, including toiletries, clothing, and shoes. We coordinate medical volunteers to be available for basic health care and also assist with moves into shelters or housing.

We also hold several annual events for the community, including a baby shower to meet the physical and emotional needs of mothers in domestic violence shelters and teen programs. We provide car seats, cribs, diapers, clothes and other essentials. Along with items, we coordinate community services representatives to meet with the women in an effort to make their parenting successful by educating them on available resources.

How you can help: visit our website at www.alohadreamcenter.com. We have events every month where volunteers are greatly appreciated. You can also follow our page on Facebook, where we post short-term donation needs for people coming out of shelters or facing emergencies. If you or your organization would be interested in performing a donation drive please let us know. Lastly, our most pressing need is space. If you have storage or warehouse space to donate, it would go a long way towards meeting the needs of the community.

47-232 C Hui Akikiki Place, Kaneohe HI 96744 • (808) 927-1741
AlohaDreamCenter@gmail.com • www.AlohaDreamCenter.com

UNCLE NATE'S ONO FRIED RICE



Ingredients:

- 1 1/2 red bell peppers
- 1/4 bundle green onions
- 1/2 of a Kamaboko fish cake block (pink & white)
- 4 - 5 eggs (scrambled)
- 1/2 large Redondo Portuguese sausage)
- 3 cups cooked white rice
- 1/4 tsp Ko Ju Jang (Korean bean paste)
- 1/2 tsp Garlic Chili Sauce (or more if you desire more heat)
- Vegetable Oil
- Low Sodium Aloha Shoyu

Prep:

- Dice red bell peppers, green onions, & Kamaboko
- Scramble 4 - 5 eggs
- Dice and cook Portuguese sausage

Cooking instructions:

1. Cook red bell peppers, green onions, and kamaboko together until most of the red bell pepper juice is gone and put on the side.
2. Scramble 4 - 5 eggs. I usually cook and dice the eggs before adding to the fried rice.
3. Brown portuguese sausage, place on paper towel to remove excess oil, and place on the side.
4. Heat vegetable oil in wok medium to high heat, add rice and stir thoroughly, add shoyu to color & flavor rice (5 - 6 oz usually works well).
5. Add garlic chili sauce and stir into rice well.
6. Add Ko Ju Jang and stir into rice well (remember, a little goes a long way).
7. Add all other ingredients and mix well together with rice.
8. Remove pan from heat, and serve immediately.





Aloha United Way

Aloha United Way

Cindy Adams, President and CEO



For nearly 100 years, Aloha United Way (AUW) has helped change millions of lives thanks to the caring power of our community. We build a stronger, healthier community by partnering with business, labor, government and nonprofit organizations to deliver measurable impact and sustainable solutions.

A member of United Way Worldwide, AUW supports nonprofits and communities on O'ahu. AUW operates separately from the Hawaii Island United Way, Kauai United Way and Maui United Way. As an efficient, effective fundraiser for hundreds of local nonprofits, AUW provides those who want to support collective and sustainable impact with a trusted, transparent and meaningful way to invest in addressing critical issues in our community. AUW monitors the community impact goals, progress and financials of its partner agencies to ensure dollars are invested wisely to create sustainable and scalable impact. In 2015, AUW invested a total of \$11.6 million dollars into our community, supporting over 342 independent agencies and touching over 830,000 members of the community.

Aloha United Way's non-profits are part of the team, working together to tackle our communities' biggest problems through cross-sector collaboration and collective impact. Aloha United Way serves as a leader in our local nonprofit sector – offering support to the nonprofit community through capacity-building, fundraising assistance and mentorship.

AUW strives to improve lives in Hawaii by making Hawaii a better place in three Impact Areas:

EDUCATION: Ensures our keiki are ready to succeed in kindergarten and increase high school graduation rates.

POVERTY PREVENTION: Reduce homelessness, especially among families with children and help families build assets and become financially secure.

SAFETY NET: Provides services and support to those in our community experiencing crisis or emergencies.

How you can help: You can give your time by volunteering through our Get Connected website or by joining one of our affinity groups, Society of Young Leaders (ages 18-39), Women United (females, 18+) or Hawaii Cares, (ages 35+). You can give money to support positive change in our community and become a Leadership Giver or a member of our Tocqueville Society.

You can lend your voice and advocate for issues that matter the most to you through our voterVoice application or by becoming a champion for Education with our Women United affinity group.

The choices are endless. We look forward to getting you involved in helping us create bigger, significant change. We have a variety of programs, projects and resources and opportunities to meet your needs. Join us today. Today by visiting auw.org and [#jointhemovement](https://twitter.com/jointhemovement).

200 N. Vineyard Boulevard, Suite 700, Honolulu, HI 96817 • (808) 536-1951
info@auw.org • www.auw.org

TURKEY CHILI - 8 SERVINGS

Ingredients:

- 1 large onion, chopped
- 3 tablespoons olive oil
- 2 large zucchini, diced
- 3 pounds lean ground turkey
- 28 ounces crushed tomatoes
- 14 ounces petite diced tomatoes
- 3 tablespoons chili powder
- 1 tablespoon each dried oregano and dried basil
- 2 teaspoons cumin
- 1 teaspoon each garlic powder, onion powder, paprika, salt and black pepper
- 1 diced chipotle pepper
- 2 cans cannelloni or kidney beans, drained
- Grated cheese, diced red onions, diced avocado for garnish

Cooking instructions:

1. In a large skillet, sauté onions and zucchini in olive oil over medium heat.
2. Add ground turkey and cook until brown, about 8 minutes.
3. Add all other ingredients and stir to combine.
4. Bring to boil and simmer for 45 minutes.



Department of Human Services

Director Pankaj Bhanot



The Department of Human Services (DHS) strives to provide timely, efficient, and effective benefits, programs, and services to achieve our purpose: working with Hawaii residents to expand their capacity to achieve self-sufficiency, self-determination, independence, healthy choices, quality of life, and personal dignity. DHS is made of four attached divisions – Benefit, Employment and Support Services Division (BESSD), Social Services Division, Med-QUEST Division and Division of Vocational Rehabilitation – two attached agencies (Hawaii Public Housing Authority and Office of Youth Services), and two attached commissions. We are supported by seven staff offices.

DHS administers a number of public benefits that assist Hawaii residents. Our Med-QUEST Division administers Hawaii's Medicaid program, providing healthcare coverage to low-income individuals. BESSD provides financial and food assistance to qualified residents as well as accompanying education and training opportunities. Social Services Division provides support to families and protection of children and vulnerable adults. The Division of Vocational Rehabilitation provides employment and training assistance to qualified individuals with disabilities.

How you can help: Members of the community may refer friends or family who need assistance – with or without permanent housing – to our department and its programs. Many of our programs also have volunteer opportunities. Contact and more information for our programs is available at our website: humanservices.hawaii.gov.



(Mailing) P.O. Box 339, Honolulu, HI 96809
45-260 Waikalua Rd Kaneohe, HI 96744 • 233-3621
45-513 Luluku Rd. Kaneohe, HI 96744 • 233-5325
dhs@dhs.hawaii.gov • humanservices.hawaii.gov

WATERMELON ICE POPS



Cooking instructions:

1. Puree watermelon and sugar in batches in your blender or food processor until smooth and strain into a medium bowl. Cover and freeze until puree is slightly slushy, but not quite solid, about 2 to 3 hours. Remove from freezer, stir well and add in chocolate chips.
2. Place twelve 5-ounce disposable cups in a shallow baking pan and spoon watermelon puree into cups, leaving about a ½ inch left from the rim. Place pan in freezer for 2 hours, or until puree is solid, but not rock hard.
3. Allow lime sherbet to soften a bit, then spread over top of each portion of watermelon puree so that it comes up to the edge of the cup. Smooth sherbet with the back of a spoon and cover each cup with plastic wrap. Cut a small slit in the center of each cup and insert a popsicle stick into each pop so that it almost reaches the bottom of the cups. Freeze overnight (or until solid) and can be frozen for up to two days.
4. Allow pops to sit at room temperature for about a minute, then gently pull out from the cups. Serve and enjoy!

Ingredients:

- 5 cups seedless watermelon pulp
- ½ cup sugar
- ¼ cup mini chocolate chips
- 1 pint lime sherbet, softened





Family Promise of Hawaii

Mary Saunders



Family Promise of Hawaii assists families with children experiencing homelessness and helps them transition to sustainable independence. Unfortunately, families with children continue to be a growing population of the homeless community. We serve families from all over the island of Oahu and offer daily shelter, meals and case management at one of our two day centers in Kailua and Honolulu. Each year, we place approximately 25 families into long-term housing.

We continue to believe that the only way to end homelessness is to actively engage and educate the community until we all agree that housing is a fundamental right and that every family deserves a home. We engage sixty host and support sites providing evening shelter and meals for our families every night of the year. Our program has numerous volunteers committed to ending family homelessness.

In 2015 we provided housing and support services to 243 parents and children. Families stay at our day centers and community hosting sites provide overnight shelter and meals each evening. Last year, 100% of our regular program guests had at least one parent employed full-time and 80% of our families were successfully housed within 3-4 months. Our average length of shelter stay was 97 days.

How you can help: We are always looking for volunteers who would like to help at our day centers to do activities with the kids, at the churches providing meals, and being sleepover volunteers. We always accept donations whether it be monetary, or in-kind. Anything that you offer is a great help to us!



245 N. Kukui St. Suite 101, Honolulu, HI 96817 • (808) 548-7478
volunteer@familypromisehawaii.org • www.familypromisehawaii.org

STRAWBERRY DUMP CAKE

Ingredients:

- 1 can of strawberry pie filling
- 1 box of yellow cake mix
- 1 stick or half a cup of butter

Cooking instructions:

1. Preheat oven to 350 degrees. Lightly grease a 9x13 inch baking dish. In the prepared dish, layer the strawberry pie filling.
2. Then sprinkle the box of dry cake mix over the top, covering evenly.
3. Slice the butter up and lay it onto the cake mix.
4. Bake 45 to 50 minutes in the preheated oven, until browned and bubbly.
5. Serve warm with a scoop of vanilla ice cream.





Habilitat Inc.

Jeff Nash, Executive Director



Habilitat is a long-term residential substance abuse program. We specialize in using cognitive behavioral therapy, motivational enhancement therapy, and solution based therapy to help people overcome problems with substance abuse and anti-social behavior.

Our vocational training programs teach the marketable skills and work ethics needed to compete in today's workforce. Habilitat has the unique ability to show people who have lost hope how to change. The transformation results in hardworking, responsible, caring human beings who are a benefit to themselves and to society.

How you can help: Help save lives by donating at www.habilitat.com or calling 808-235-3691.



45-035 Kuhonu Place, Kaneohe HI 96744 • (808) 235-3691
give@habilitat.com • www.habilitat.com

SWEET SOUR MEATBALLS

Ingredients:

- ¼ cup milk
- 1 diced onion
- 1 cup bread crumbs
- 1 egg
- 1 lb hamburger
- ½ tsp salt, ½ tsp pepper

Sauce Ingredients:

- 2 tbsp vinegar
- 1 cup ketchup
- 4 tbsp sugar
- 2 tbsp Worcestershire sauce

Cooking instructions:

1. Mix bread, hamburger, milk, salt, pepper and onions and form into balls, brown in skillet.
2. Put meatballs aside.
3. Pour sauce over and simmer for 15 minutes.
Meal serves 6 people.





Hale Kipa

Punky Pletan-Cross, Chief Executive Officer



Hale Kipa, a private non-profit, accredited agency, was formed in 1970 to respond to girls and young women who needed a safe shelter. Hale Kipa has grown to be a statewide continuum of services focused on improving the lives and future of all children (boys and girls), youth and young adults.

Hale Kipa has served more than 40,000 youth since its inception and continues to serve more than 2,000 youth and families each year through a variety of programs and services such as Street Outreach, Drop-in Services for youth who are homeless, Shelter, Foster Care, Residential, Outreach,

Prevention and Intervention. We serve youth who need support including those in the child welfare, juvenile justice, and mental health systems.

We primarily serve youth/young adults who are homeless through our YO! (Youth Outreach!) outreach and drop-in center as well as our transitional living group homes and apartments. The programs and services that help us accomplish this relies greatly on donations from public and private sources.

How you can help: We accept checks, credit cards, on-line donations as well as planned giving. While monetary donations give us the most flexibility, in-kind donations are equally appreciated. Our programs are always in need of basic in-kind items such as toiletries, socks, clothing, bus passes, and food items. Visit our website for details on making monetary and in-kind donations.

615 Piikoi Street, Suite 203, Honolulu, Hawaii 96814 • (808) 589-1829
info@halekipa.org • www.halekipa.org

PUMPKIN MOCHI

Wet Ingredients:

- 29-oz can solid-pack pumpkin
- 14-oz can sweetened condensed milk
- 2 blocks margarine, melted
- 4 eggs, beaten
- 2 tsp vanilla extract

Dry Ingredients:

- 1 box mochiko flour
- 2 cups sugar
- 2 tsp baking powder
- 1 ½ tsp pumpkin pie spice
- ½ tsp cinnamon
- ½ cup shredded coconut (optional)

Cooking instructions:

1. Mix dry ingredients in small bowl.
2. Mix wet ingredients in large bowl.
3. Combine dry ingredients in bowl with wet ingredients. Mix well.
4. Pour into a well-greased 9x13-inch baking pan.
5. Bake 1 hour at 350 degrees.
6. Cool completely for 2-3 hours.
7. Cut with plastic knife.





Helping Hands Hawaii

Jan Harada, President & CEO



Helping Hands Hawaii is a non-profit organization providing support services to some of Hawaii's most vulnerable populations by helping them to help themselves. We provide support and services for individuals and families struggling with language access barriers, poverty, homelessness, mental illness and/or addiction, and housing instability. Support services include interpreters in 20 languages, 24/7 emergency financial assistance and financial literacy/education, access to stabilizing public benefits, basic household and personal hygiene items, and case management, psychiatric supports/treatment, and representative payee services for adults with mental illness and/or addiction all of whom also struggle with poverty or homelessness.

How you can help: If you want to make a positive difference in the community, consider volunteering at Helping Hands Hawaii. We are always looking for volunteers who are willing and able to help us throughout the year to provide support for our programs. Volunteer opportunities range from one-day special projects, to ongoing consistent assistance with critical program and agency needs. You can also make a monetary donation to Helping Hands Hawaii to help support our programs. For more information please check our website at www.helpinghandshawaii.org.



2100 N. Nimitz Hwy, Honolulu, HI 96819 • (808) 536-7234
hjh@helpinghandshawaii.org • www.helpinghandshawaii.org

FESTIVE COOKIES (Like Russian Tea Cookies)

Ingredients:

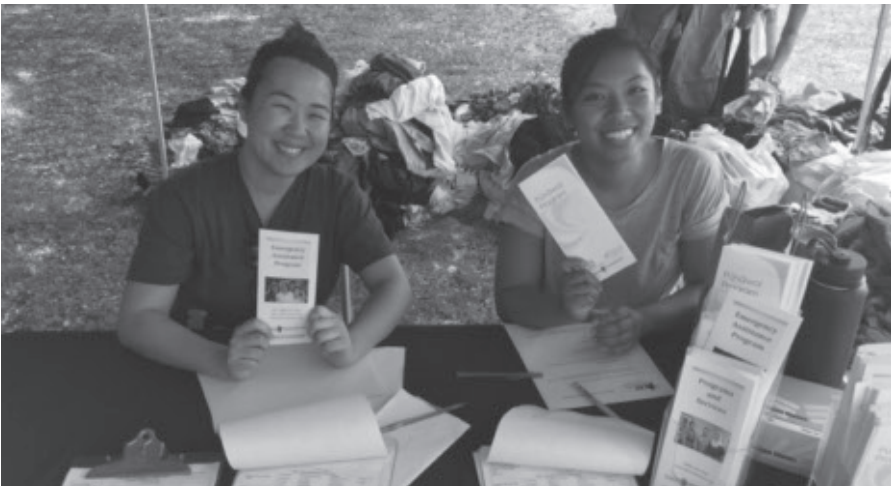
- 2/3 cup Crisco shortening
- 1/2 cup Butter (1 block)
- 1/2 cup Sugar
- 1 tsp Vanilla
- 2 cup Flour (sifted)
- 1 tsp Salt
- 1 cup Chopped walnuts (optional)
- 1/2 cup to 1 cup Powdered sugar (varies on how much sugar you want to coat cookies with)

Side notes/Tips:

- Use #100 ice cream scooper to measure size of each cookie
- Baked cookies freezes well

Cooking instructions:

1. Heat oven to 325 degrees.
2. Cream shortening, butter, and sugar in a large bowl until light and fluffy.
3. Add vanilla to the cream mixture.
4. Sift flour and salt together, then add to the creamed mix until dough holds together. Optional: Add chopped walnuts while adding the sifted flour to creamed mix.
5. Drop by heaping teaspoonful onto cookie sheet (lightly smooth edges w/hands) OR roll into small balls, about 1-inch in size. Place about 1 inch apart on cookie sheet.
6. Bake for 25 minutes or until lightly browned on bottom of cookie. Remove from cookie sheet, and let cool. Roll or sprinkle cookies with powdered sugar.





Hina Mauka

Alan Johnson, President & CEO



Hina Mauka offers a full continuum of substance abuse treatment services developed from research to provide treatment based best practices. With counseling, education, and a support system every individual is given the tools to begin the journey towards a new life in recovery.

Every year Hina Mauka provides state of the art treatment care to approximately 1,700 adults and 800 adolescents affected by alcohol and other substance use disorders. We provide holistic, effective, timely and high quality intervention, education and treatment through our various levels of continuum of care to include residential, day treatment, intensive outpatient, low level outpatient, school- and community-based adolescent outpatient, pre-treatment and continuing care (aftercare).

Our programs are intended to allow the transition of clients between levels of care, and progressing to greater independence and more personal responsibility in achieving life goals.

How you can help: You can make a donation at www.hinamauka.org.



45-845 Po'okela Street, Kaneohe, HI 96744 • (808) 236-2600
moreinfo@hinamauka.org • www.hinamauka.org

CHICKEN TAMALE CASSEROLE

Ingredients:

- 2 cups shredded cooked chicken breast
- 10oz can cream of mushroom soup
- 15oz bottle chunky salsa
- 15oz can of black beans
- 15oz can of corn kernels
- 12 corn tortillas
- 3 cups shredded Mexican blend cheese
- 1 cup sour cream

Cooking instructions:

1. Preheat oven to 400°.
2. Spray 1 9x13" baking pan with cooking spray.
3. Line bottom of pan with half the tortillas.
4. Layer half of mushroom soup and half of salsa.
5. Sprinkle with half of the shredded chicken.
6. Sprinkle with half of the corn and half black beans.
7. Sprinkle with half of the shredded cheese.
8. Repeat with another set of layers.
9. Bake for 30 minutes.
10. Remove from oven and let stand 5 minutes.
11. Cut into 8 pieces and top each serving with sour cream.





Holomua Nā 'Ohana
"Families Moving Forward"
Weinberg Village Waimanalo

Holomua Nā 'Ohana - Weinberg Village Waimanalo

Holly Holowach

Holomua Nā 'Ohana operates two service-enriched clean and sober transitional housing programs for homeless families on the island of O'ahu: Onemalu in Kalaheo on the Leeward coast and Weinberg Village Waimanalo on the Windward side. Our primary focus is to offer housing to unsheltered families with minor aged children who are willing to work a program designed to assist them in removing barriers to employment and permanent housing.

Families are allowed to stay in the program for a period of up to two years provided they follow all of the rules of the program and work toward permanent self-sufficiency. During this time, most of the families are able to stabilize, gain more education and find better employment to improve their financial situation and reduce the barriers that led to their homelessness.

The goal of our programs is to assist formerly homeless families to become permanently self-sufficient and permanently housed to provide a stable future for their children, strengthen the family and end the cycle of homelessness.

How you can help: you can make a donation by calling us at 259-6658 or sending a check to: Holomua Nā 'Ohana
41-490 Saddle City Road
Waimanalo, HI 96795



41-490 Saddle City Road, Waimanalo, HI 96795 • (808) 259-6658
www.holly@hawaii.rr.com • <http://holomuanaohana.org>

SWEET 'N' SOUR MEATBALLS

Ingredients:

- 3 lbs. hamburger
- Grated onion
- 3 slices bread (one per lb.) soaked in water
- Water
- Salt & Pepper
- Garlic powder
- Celery powder
- Onion powder
- Parsley

Sauce Ingredients:

- Celery – 3-4 stalks, diced small
- Onion – 1, diced small
- Whole bottle of chili sauce, rinse extra out with tiny bit of water
- Vinegar – ½ cup and up, according to taste
- Sugar – 2 Tbsp and up, according to taste
- Increase the vinegar and sugar together if needed

Sauce instructions:

- Heat to boiling, SIMMER, with lid half off.
- Gently add meatballs to sauce.
- After 30 minutes, add 7 or 8 ginger snaps cookies, broken up. (The special secret ingredient.)
- Cook 1 hour more. Simmer slowly. Scoop sauce over meat as it cooks and lightly turn meatballs.
- Be careful because the sugar will cause the sauce to burn to the bottom, so watch carefully and simmer gently. Serve in chafing dish or crockpot. Can easily be increased for a crowd.



Cooking instructions:

1. Roll into small balls. Don't pack too hard.
2. You can decide how much onion you want in the meat, maybe 1/3 to ½ of an onion, depending on the amount of meat and size of the balls. Same with the spices – just add enough to jazz it up without over-powering the meat.
3. The sauce adds a lot of flavor so you don't need to overdo the spices in the meat. After you have soaked the water in the bread, it will crumble and add to the meat easily.
4. Just add a little extra water if needed to make the mixture soft, but not too mushy.
5. Mix it all with your hands, mushing all of the ingredients together. When you roll them into balls, don't handle them too long or much or they will get tough. You choose what size balls to make them, but around an inch is good for pupus.
6. Lay them out on a cookie sheet and chill until you are ready to cook them. Be sure to thoroughly wash anything that has had raw meat on it. I often use frozen meatballs for speed since I make this a lot at Christmas time, but fresh is really great, if you have the time. It makes for much more tender meatballs. If you use frozen meatballs, the little cocktail ones (64 per bag) are the best.)





Honolulu Community Action Program, Inc.

Honolulu Community Action Program, Inc.

Robert N.E. Piper, Esq, MBA



Honolulu Community Action Program, Inc. (HCAP) is a private, non-profit 501(c)(3) organization, delivering need-based human services to the economically challenged on the island of Oahu since 1965. Recognized as a Community Action Agency, HCAP's mission is very deeply rooted in its responsiveness to the community and its needs. It is our belief and philosophy that no individual should be denied the opportunity to share and contribute fully to the best of his/her capabilities in the social and economic well being and prosperity of our society.

HCAP has contributed significantly to economically disadvantaged communities through a variety of programs and services designed to alleviate the social, emotional, and economic stress so often associated with poverty. The programs and services are focused in the areas of Early Childhood; Employment; Education; Economic Development; Emergency & Transitional Programs; and Community Development and Advocacy.

HCAP's Kumuhonua Transitional Living Center is located at Kalaeloa, Barbers Point. Kumuhonua is for single adults and couples who are homeless or at-risk for homelessness. Kumuhonua provides housing for up to 2 years, case management services and ongoing workshops for residents.

How you can help: Volunteers are always needed for outreach and food distributions. Donations are accepted. We can all pay more attention to the homeless in our community. We should know where they are, what they might need, how many live in the group, and share this information with local organizations so we can assist.



33 South King Street, Suite 300 Honolulu, HI 96813 • (808) 521-4531
hcap@hcapweb.org • www.hcapweb.org

MEXICAN CHICKEN

Ingredients:

- 1 Cup Diced Cooked Chicken (prefer the Tyson grilled breast strips, but any will work well)
- 1 cup Ranch Dressing
- 1 8oz package cream cheese – room temperature.
- 1 cup Franks Red Hot Sauce
- 1 cup shredded Mexican cheese blend
- 1 bag Fritos Scoops

Cooking instructions:

1. Mix chicken, ranch, cream cheese and hot sauce in bowl.
2. Spread into 9x9 baking dish.
3. Cover with shredded cheese.
4. Bake for 20 minutes at @ 400°
5. Serve hot with Fritos or other chips/crackers.





The Institute for Human Services
Ending the Cycle of Homelessness

Institute for Human Services

Kimo Carvalho, MBA, Director of Community Relations



Meeting people where they are – geographically, spiritually and emotionally – is the nature of our homeless outreach program.

We provide our community with a team of highly trained Outreach Specialists that move freely between the streets and shelter facilities. They offer services to unsheltered homeless persons living on the streets and within encampments.

From understanding individual challenges in each person's life, to symptoms of loss and trauma to assessing root causes and factors that contribute to homelessness – IHS Outreach Specialists persist in developing relationships and enhancing motivation to redevelop trust, provide support and stabilization, and identify pathways into housing. By consistently engaging unsheltered clients as frequently as necessary, and meeting simple, immediate needs for healthcare, food, or transportation; clients become more receptive to shelter and/or housing.

With the help and support of a psychiatrist, nurses and case managers, IHS Outreach Specialists are able to assess and navigate Hawaii's most vulnerable clients to accessing the healthcare and housing that they need.

How you can help: You may refer clients through the IHS HELP line by emailing Info@IHS-Hawaii.org or calling 808-447-2800 to provide detailed information about unsheltered clients you encounter needing help.



916 Kaamahu Place A, Honolulu, HI 96817 • (808) 447-2287
www.ihshawaii.org

CINNAMON PUFF

Ingredients:

- 1 cup sugar
- 1 teaspoon ground cinnamon
- Pinch of kosher salt
- 14–17 ounces frozen puff pastry, thawed



Cooking instructions:

1. Arrange racks in upper and lower thirds of oven; preheat to 400°F. Line 2 rimmed baking sheets with parchment. Mix sugar, cinnamon, and salt on a large plate. Fill a small bowl or glass with cold water.
2. Roll out pastry between 2 sheets of parchment until short side is 10" long and dough is about 1/8" thick. Freeze dough 5 minutes. Using a pizza cutter or sharp knife, cut dough crosswise into 1" strips. Transfer half of strips to refrigerator. Working one at a time, brush strip lightly with water (or use your fingertips), then immediately transfer to sugar mixture and turn to coat.
3. Starting from the middle, use both hands to twist dough to the ends. Transfer to prepared sheet, arranging twists vertically. Repeat with remaining dough. Freeze 12 minutes.
4. Bake twists, rotating sheets front to back and top to bottom halfway through, until golden brown and beginning to caramelize, 18–21 minutes. Using tongs, immediately lift twists from parchment and let cool with 1 end on rim of baking sheet (carefully sugar coat, will be very hot).



hsi

Housing Solutions Incorporated

Housing Solutions, Inc.

Terry Brooks, President



At Housing Solutions, Inc. (HSI) our mission is to build neighborhoods. In 1986, we operated a single shelter. Today, we've grown to a network of eight properties offering more than 700 apartments of transitional and long-term affordable housing that provide supportive social services.

Strong, stable homes and neighborhoods are the backbone of vibrant communities. We believe that quality, affordable housing is a powerful way for residents to escape poverty and create productive, healthy and meaningful lives. That's why for every dollar HSI receives, 97 cents go directly to housing programs and services.

HSI is currently renovating its three-story, century old Thomas building on South Beretania street in Downtown Honolulu. It'll reopen in 2017 with two floors of residential rooms. A ground-floor restaurant will provide training and employment opportunities for those looking to expand their skill set and avoid homelessness.

How you can help: Make a donation today so we can continue to provide families and individuals with a safe and secure space, while fostering social interaction and a supportive environment. Contact information is listed below if you'd like to make a donation.

Welcome to our Neighborhoods



Vancouver House • Manoa



Lolana Apartments • Kakaako



Na Kolea Rooms • Moiliili



Kulaokahua Apartments • Central Oahu



Sea Winds Apartments • Waiānae



Weinberg Hale • Moiliili



Island West Apts. • Kāhala



Thomas House • Downtown

P.O. Box 11360 Honolulu, HI 96828 • (808) 973-0050
www.hsiservices.net • contact@hsiservices.net

BEEF, CORN AND BLACK BEAN CHILI

Ingredients:

- 1 pound ground round
- 2 teaspoons salt-free chili powder blend (such as The Spice Hunter)
- 1 (14-ounce) package frozen seasoned corn and black beans (such as Pictsweet)
- 1 (14-ounce) can fat-free, less-sodium beef broth
- 1 (15-ounce) can seasoned tomato sauce for chili (such as Hunt's Family Favorites)
- Reduced-fat sour cream (optional)
- Sliced green onions (optional)

Cooking instructions:

1. Combine beef and chili powder blend in a large Dutch oven. Cook 6 minutes over medium-high heat or until beef is browned, stirring to crumble. Drain and return to pan.
2. Stir in frozen corn mixture, broth, and tomato sauce; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally.
3. Ladle chili into bowls. Top each serving with sour cream and onions, if desired





KALIHI-PALAMA HEALTH CENTER
Hale Ho'ola Hou - House of New Life

Kalihi-Palama Health Center, Health Care for the Homeless Project

Leslie Uyehara, Director, Health Care for the Homeless Project

Kalihi Palama Health Center (KPHC) is an independent 501(c)(3) nonprofit organization that provides accessible, affordable, and cost effective primary health care and social services since 1975 to the medically underserved. KPHC plays a crucial role for individuals who face significant health disparities, and are challenged with medical/chronic conditions and barriers that accompany poverty such as illiteracy, health illiteracy, language, and cultural differences. The Health Care for the Homeless Project, as a department at KPHC, provides a variety of comprehensive services to individuals and families throughout the island of O'ahu.

Since 1988, the Health Care for the Homeless Project has been providing services to individuals and families who are homeless, chronically homeless, and at-risk for homelessness, including those with severe and persistent mental illness and/or substance abuse issues. The primary core services provide are outreach, case management, and housing.

How you can help:

To donate or view a list of our current job openings, please visit our website at www.kphc.org.



904 Kohou Street #307, Honolulu, HI 96817 • (808) 791-6376
luyehara@kphc.org • www.kphc.org

SEAFOOD CHOWDER

Ingredients:

- 8 ea. Oysters
- 8 ea. Clams
- 8 ea. Mussels
- 4 ea. Prawns
- 4 ea. Scallops
- 4 oz. Onaga (cut into cubes)
- 4 oz. Salmon (cut into cubes)
- 2 oz. Abalone
- 3 oz. Applewood Bacon
- ½ cup Onion (diced)
- ½ cup Leeks (diced)
- ¼ cup Celery (diced)
- ½ cup Fennel (diced)
- 4 oz. Butter
- 4 oz. Flour
- 2 qts. Clam Juice
- 1 ea. Granny Smith Apples (diced)
- 1 ea. Potato (diced)
- ¼ cup Heavy Cream
- 3 pc. Bay Leaf
- 1 tsp Fresh Thyme (chopped)
- 1 tsp Fresh Tarragon (chopped)
- 1 tsp Fresh Parsley (chopped)
- Olive Oil
- Salt & Pepper

Cooking instructions:

1. Remove oysters from shell and set aside
2. Bring a small amount of clam juice to boil, and steam clams and mussels halfway
3. In a large soup pot, sauté all raw seafood separately and set aside
4. Render the bacon, and add onion, leeks, celery, and fennel
5. Add remainder of clam juice, potatoes, and herbs, and simmer for about 10 minutes
6. Make a roux with the flour and butter, and then add to soup a little at a time with a wire whisk until desired thickness
7. Add apples and heavy cream
8. Add all of the seafood, bring up to temperature, and then serve





Ko'olauloa Health Center

Terrence Aratani, JD (Chief Executive Officer)



Ko'olauloa Health Center (KHC), provides affordable, high quality, and accessible care for its north shore communities. We do this by serving the community regardless of anyone's ability to pay and offer services on a sliding discount.

Consistent with our mission to be "Responsive to community need and promoting health and wellness in Ko'olauloa," we provide a broad range of health and social services that include:

1. Medical services (family & internal medicine, pediatrics, family planning, and more)
2. Dental (preventive, restorative, oral health education)
3. Behavioral Health (psychotherapy, counseling, marriage and family therapy, anger management, tobacco treatment, addiction services)
4. Full service on-site pharmacy
5. Specialty programs for chronic diseases like diabetes, pre-diabetes, asthma, hypertension, etc)
6. Care coordination
7. Outreach & Eligibility

Our vision: Knowledgeable people unite to create a vibrant and proactive community to meet their social, economic, and health needs.

Our mission: Responsive to community needs. Promoting health and wellness in Ko'olauloa. IMUA!

Our core values: Care, Commitment, Communication, Collaboration, Community, Catalyst, Capita.

How you can help: Designated as a Federally Qualified Health Center (FQHC) in 2004, and recognized by the IRS as a 501(c)(3) non-profit entity, KHC continues to expand to provide services to the most vulnerable in our community. You can donate by calling 988-2188 or visiting our website at <https://koolauloachc.org>.

PO BOX 395, Kahuku, HI 96731
56-119 Pualalea Street, Kahuku, HI 96731 • (808) 293-9231
54-316 Kamehameha Highway, Hauula, 96717
info@koolauloachc.org • www.koolauloachc.org

BROCCOLI AVOCADO SALAD

Ingredients:

- ½ head broccoli, chopped
- 1 avocado, cubed
- ¼ - ½ fresh lemon, squeezed for juice
- Feta cheese (or parmesan) sprinkled to taste
- Black pepper to taste

Cooking instructions:

1. Combine all ingredients
2. Gently toss, and serve



Legal Aid Society of Hawaii

M. Nalani Fujimori Kaina



The mission of the Legal Aid Society of Hawaii is to address critical legal needs through high quality legal advocacy, outreach, and education in the pursuit of justice and fairness. As the state's oldest and largest non-profit, public interest law firm with offices statewide; the Legal Aid Society of Hawaii provides civil legal aid to the most vulnerable in our society as it works towards its vision of "Building a Just Society."

Legal Aid helps make the legal system less intimidating by providing easy to understand legal forms and brochures, including online forms that people can use when they go to court. Second, Legal Aid helps people help themselves by providing legal assistance so people can better know their rights and know how to solve their legal problems. Finally, Legal Aid tries to level the playing field by providing legal representation to those that need it the most. Legal Aid provides legal assistance to low-income individuals and families in the following areas:

FAMILY: Uncontested divorces, spouse and child abuse, temporary restraining order (TRO), custody/paternity, advance health care directives, and guardianships or adoptions.

HOUSING: Landlord/Tenant issues, evictions, repairs, illegal lockouts and utility shut-offs (private, public and subsidized housing), affordable housing preservation, and security deposit.

FAIR HOUSING: Technical assistance on fair housing inquiries, assistance with filing a formal complaint to a government agency, advice about how to assert your fair housing rights, informational materials, and educating the community about fair housing rights.

CONSUMER: Debt collection/debtor's rights, foreclosures, garnishments, repossessions, and income tax problems.

PUBLIC BENEFITS: Temporary Aid to Needy Families (TANF), Hawai'i State Disability General Assistance (GA), Social Security retirement/disability and Supplemental Security Income (SSI), QUEST, Medicaid, and Advanced Health Care Directives

IMMIGRATION: Domestic violence and sexual assaults, human trafficking, family reunification, asylum, and citizenship.

HOW YOU CAN HELP: make a donation or view our volunteer opportunities at www.legalaidhawaii.org/volunteer.

924 Bethel St. Honolulu, HI 96813 • (808) 521-4531
45-773 Kamehameha Hwy., Kaneohe, HI 96744
sergio.alcubilla@legalaidhawaii.org • www.legalaidhawaii.org

GUAVA TERIYAKI CHICKEN

Ingredients:

- 10-12 boneless chicken thighs
- $\frac{3}{4}$ cup low sodium shoyu
- $\frac{3}{4}$ cup brown sugar
- $\frac{3}{4}$ cup guava nectar concentrate
- $\frac{1}{4}$ cup oyster sauce
- 2 cloves of garlic, minced
- 1 to 2 inch piece of ginger, grated (depends on how much you like ginger)
- For glaze:
 - $\frac{3}{4}$ cup reserved marinade
 - 1 tablespoon corn starch
 - $\frac{1}{4}$ cup water

Cooking instructions:

1. Prepare marinade, mixing all ingredients except chicken. Reserve $\frac{3}{4}$ cup of marinade for glaze for use later. Place chicken in remaining marinade for at least 8 hours and up to 24 hours.
2. Preheat BBQ grill to medium high heat. Remove chicken from marinade and grill for 4-6 minutes per side, or until internal temperature reaches 165 degrees F. Set cooked chicken aside and prepare glaze.
3. To prepare glaze, take $\frac{3}{4}$ cup reserved marinade and bring to a slow boil in a small sauce pan on your stove top stirring frequently, being careful not to burn. Mix cornstarch with $\frac{1}{4}$ cup of cold water. Mix cornstarch mixture into marinade a little by little until glaze become syrupy. Pour glaze over cooked chicken and serve!



'Ohana, Family of the Living God

Rev. Sadrian "Brother Sage" Chee Senior Pastor Uhane Hemolele Pi'ikea-Family of the Living God, 'Ohana, Family of the Living God" (OFLG)

Pastor Virgil Amoroso Assistant Pastor, Outreach Director OFLG, Ohana Community Food Service (OCFS)

We are a faith based establishment along with our partner "Pu'u Honua Initial Contact Shelter", reaching out to those individuals seeking help to help themselves fulfill their faith and shelter in "Christ our Lord."

We provide support services that aid the hungry, homeless, addicts, alcoholics, mentally challenged, youth, senior citizens, those afflicted by disaster, in and exiting the correctional systems in Hawaii and throughout the continental United States. We are commissioned under Jesus Christ to aid and assist the poor and the needy to acquire food, shelter and other essential items necessary for everyday living. We plan, develop and establish the means for the poor and the needy to improve their self-respect, self-esteem and social acceptance and everyday life.

Our client support services include emergency food, IDs and birth certificates, and transportation. We also provide AA and NA services for individuals who have a problem with drugs or alcohol. This service is free to the public and available today. For more information on "Recovery Support Services" please contact: Sister Nell, Program Director at 808-783-2640.

How you can help:

Mail your donations of any amount to:
'Ohana Family of the Living God
P.O. Box 270
Hauula, Hawaii. 96717



54-058 Hauula Hoomestead Road • (808) 383-0526
virgilamoroso@gmail.com • www.ohanafamily.org

CURRY ULU CHICKEN

Ingredients:

- 10 lbs Chicken thighs, de-boned
- 1 clove Garlic
- 1 box S&B Curry mild or medium
- 1 can condensed sweetened cream
- 1 T. Cornstarch
- 2 ulu medium size
- 1 large round Onion, sliced or diced
- 1 Tsp Hawaiian Salt

Cooking instructions:

1. Skin and boil 2 medium ulu till pre-cooked.
2. De-bone and cut chicken thighs $\frac{1}{2}$ " slices, oil large skillet and brown.
3. Add Hawaiian salt and minced garlic.
4. Add 4 curry blocks when browned.
5. Add sliced $\frac{1}{2}$ " ulu.
6. Add water above chicken and ulu, let simmer
7. Add cream and thicken with cornstarch if needed.
8. Serve hot, garnished with basil.



Po'ailani Inc.

Regine Souza, Chief Operations Officer

Abby Paredes, Chief Executive Officer

Cathy Sendrey, Chief Financial Officer



Po'ailani Inc. is a private non-profit organization providing treatment services since 1976.

The mission of Po'ailani Inc. is to provide dual diagnosis treatment services in a continuum of care that is community-based and client-focused. Po'ailani Inc. values are centered on compassion, respect, and quality services. The overall goal

of Po'ailani Inc. is to improve the client's quality of life by providing treatment.

Dual diagnosis is a substance use disorder combined with a mental illness.

- Common mental illnesses are Depression, Anxiety, Bipolar, Post-Traumatic Stress Disorder, Obsessive Compulsive Disorder, and Schizophrenia.
- Common substance use is alcohol, prescription medications, marijuana, cocaine, heroin, crystal methamphetamine and other substances.
- Many people who suffer from stress, anxiety and other mental illnesses often use substances to mask their feelings.
- According to the Substance Abuse Mental Health Services Administration (SAMHSA), approximately 7.9 million adults in the United States experienced a co-occurring illness

Po'ailani Inc. offers Specialized Residential Treatment in two different locations.

The services at Po'ailani Inc. are tailored to the individual needs of persons with co-occurring illnesses who are at higher risk of crisis, have a slower progression and often experience cyclical episodes of recurrence of their illness and/or relapse.

How you can help: Poailani has a current donation wish list. If you have any of these items to contribute, or would like to make a monetary donation, call us or visit our website below.

Poailani Donation Wish List

Large Ticket Items

- 4 door vehicle
- Passenger vans

Furniture & Office

- Twin beds, box and mattress
- Office chairs, Desk, Filing cabinets
- Furniture – chairs, couches, lamps, desks
- Refrigerators, Stoves

Electronics

- Computers / Laptops / Copiers / Printers
- 27 or larger TV, VCR/DVD player
- Stereos or Electronic Games

Miscellaneous

- Exercise equipment
- Bedding – New
- Clothes and shoes – Male & Female



33 South King Street, Suite 300 Honolulu, HI 96813 • (808) 263-3500
www.poailani.org

HUMMUS & SALSA

Hummus Ingredients:

- 1 can of garbanzo beans, drained, liquid reserved
- 2 garlic cloves (peeled)
- 1 lemon (squeezed)
- ¼ cup of tahini (sesame paste)
- ½ tsp. kosher salt
- 1 tsp. paprika (optional)
- 1 tbsp. olive oil (optional)

Salsa Ingredients:

- 1 can of garbanzo beans, drained, liquid reserved
- 2 garlic cloves (peeled)
- 1 lemon (squeezed)
- ¼ cup of tahini (sesame paste)
- ½ tsp. kosher salt
- 1 tsp. paprika (optional)
- 1 tbsp. olive oil (optional)

Hummus instructions:

1. In a blender or food processor, place garlic in food processor and process until minced.
2. Add the rest of ingredients (garbanzo beans, lemon juice, tahini and salt).
3. Process until smooth, taste and add salt if needed.
4. Serve and garnish with paprika and olive oil. Enjoy with pita bread or fresh vegetables.

Salsa instructions:

5. In a blender or food processor, make 2 separate batches if not all ingredients can fit in the food processor all at once.
6. Place all ingredients and puree until smooth or if you want chunky consistency, adjust accordingly.
7. If you want Salsa to be spicy, don't remove the seeds from Jalapeno. Enjoy with your favorite tortilla chips.



Pu'u Honua Initial Contact Shelter

Pastor Virgil Amoroso

Pu'u Honua Initial Contact Shelter is a Safe Place . . . a sanctuary . . . creating a security blanket and safety net for families and individuals . . . nestled in the warmth of services designed to build independence and self-sufficiency among homeless individuals and families .

We are an innovative, model of delivery of service, where initial contact with the client supports positive reinforcement through care and compassion.

Our goal is to help our needy members to obtain self-sufficiency and independence by guiding them to achieve their personal goals and bringing their hopes to achievement.

We have programs for Access To Recovery (ATR), help in getting legal and other documents, Resumes, GED, Bus Passes, Medicare Care, Welfare: Assistance/Financial, Social Security, Legal Aid, Classes for Domestic Violence, Anger Management and Drug Abuse, Mentoring, Housing Referral, and Financial Education.

How you can help:

To make a donation or see how you can support Pu'u Honua Initial Contact Shelter, call Pastor Virgil Amoroso at (808) 780-1235.



54-058 Hauula Homestead Rd • (808) 780-1235
brothervirgil@phics.org • www.phics.org

ULU CHIPS

Ingredients:

- Canola or vegetable oil
- Alae salt* or Hawaiian Salt
- 'Ulu

Prep:

- Alaea Hawaiian Sea Salt is non-processed and rich in trace minerals, all of which are found in sea water.
- A small amount of harvested reddish Hawaiian clay (Alaea) enriches the salt with Iron-Oxide and give the salt its red appearance. Traditionally, Hawaiians used Alaea salt in ceremonies to cleanse, purify and bless tools and canoes, as well as in healing rituals for medicinal purposes.
- Pick mature but not ripe 'ulu for starch; a sweet or slightly sweet 'ulu will not cook right.
- Quarter 'ulu and remove core. Removing the skin is possible, but not necessary.
- Cut the 'ulu into very thin slices, 1/32" +/- with a mandoline.

Cooking instructions:

1. Fry in 375 degree F oil for 6.5 minutes or until golden.
2. Drain well then salt with very finely ground Alae salt, or kosher salt. Enjoy!



WAIKIKI HEALTH

MEDICAL & DENTAL • BEHAVIORAL HEALTH • SOCIAL SERVICES

Waikiki Care-A-Van

Our Care-A-Van program provides mobile medical and social services directly to individuals and families in need across Oahu. Using two medically-equipped vans and a mobile medical clinic, Care-A-Van's outreach teams make scheduled visits to approximately 30 locations.

How you can help: Donations to Care-A-Van support families and individuals experiencing or at-risk for homelessness. Your donations help those in our community transition out of homelessness.

New and gently-used items are appreciated:

Clothing & Accessories:

- Backpacks
- Clothes
- Underwear
- Shoes & slippers
- Socks
- Hats & caps

Household supplies:

- Towels
- Sheets
- Blankets

Toiletries:

- Deodorant
- Toothpaste
- Toothbrushes
- Razors
- Soap
- Shampoo
- Conditioner
- Lotion
- Sunscreen
- Feminine hygiene supplies

Monetary donations of any kind are kindly appreciated. Please donate online today.

3020 Waiialae Avenue, Honolulu, HI 96815 • (808) 922-4790
<https://waikikihc.org/patients/services/community-health/care-a-van-outreach/>

JOOK

Ingredients:

- 1 turkey carcass
- 5 quarts water
- 1 1/2 cup rice, rinsed
- 1 small piece ginger root, crushed
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 bunch Chinese parsley, chopped
- 1/3 cup carrots
- 1/3 cup celery
- 1/3 cup chopped green onions

Cooking instructions:

1. Place turkey carcass in a large pot.
2. Add water, bring to a boil and simmer until meat falls off bone.
3. Remove all remaining meat from carcass. Strain broth; remove small bones.
4. Add water to broth to make 3 quarts.
5. Put broth, meat, rice, carrots, celery and ginger into sauce pot.
6. Bring to a boil; simmer for about 1 hour, stirring occasionally.
7. Add salt.
8. Serve with parsley and green onions.
9. Makes 12 servings.





WAIMĀNALO HEALTH CENTER

Waimānalo Health Center

Mary Frances Oneha, APRN, PhD, Chief Executive Officer



Waimānalo Health Center (WHC) is a federally qualified, NCOA Level-3 accredited community health center located in the heart of small town Waimānalo. WHC provides a comprehensive network of health services including family medicine, pediatrics, dental, vision, nutrition, care coordination, and support services like WIC, eligibility, and community outreach.

WHC is committed to providing the highest level of primary and preventive health services, with special attention to the needs of Native Hawaiians and the medically underserved, and improving the health and wellness of individuals and their `ohana regardless of their ability to pay.

How you can help: The health center is currently in the middle of its 'Ola I Ka Wai' capital campaign. Ola I Ka Wai's goal is to raise \$13 million to build a new facility to meet the growing health care needs of the community. If you'd like to support WHC's efforts to help Hawaii's homeless population, please consider a contribution to the Ola I Ka Wai campaign. Contact us below for more information.



41-1347 Kalia Highway • (808) 259-7948,
development@waimanalohealth.org • www.waimanalohealth.org

PAN LAU LAU

Ingredients:

- 3-4 lbs pork butt, cut into 3" steaks or cubes
- 4 lbs lū'au kalo (taro leaves)
- 12 oz can chicken broth
- 6 to 8 tī leaves
- Hawaiian salt

Prep:

- Pork - In a large bowl, sprinkle Hawaiian salt over the pork. Lomilomi, or massage, the salt into the pork and set aside for one hour. Tip: You can ask your butcher to cut the pork butt into 3" steaks or cubes for you.
- Lū'au - Wash the lū'au thoroughly. Remove and save the hā, or stems.
- Tī - Wash and debone the tī. Debone the leaves by removing the spine so only the flexible part of the leaf remains.
- Preheat oven to 350°F

Cooking instructions:

1. Line the bottom of a deep pan, such as a foil pan, with 3-4 tī.
2. Lay lū'au in the pan until it covers about half the depth of the pan.
3. Arrange the pork on top of the leaves as a single, thick layer that's tightly packed together.
4. Lay the remaining lū'au on top of the pork. The lū'au will create a mound.
5. Pour the can of chicken broth around the perimeter of the pan.
6. Use the hā to seal in the flavors by tucking the hā along the edges of the pan on top of the leaves.
7. Lay the remaining tī on top.
8. Cover tightly with foil by pressing the lū'au down and sealing the foil tightly along the pan.
9. Bake for 4 hours.





Windward Treatment Services Section (WTSS)

Dr. Mickey Lasco, Center Manager



WTSS is a community-based mental health center, offering an array of services that are provided to the consumer in an outpatient clinic setting in combination with community-based case management. Interventions include medication management, prescribing, monitoring, and administration along with evidence-based integrated substance use treatment and trauma-informed care to persons with severe and persistent mental illness. Services include case management of individuals of varying levels

of care in the community, including those with forensic encumbrances in conjunction with judicial partners. Individual therapy, group therapy, family therapy, and psycho-education interventions are designed to promote self-efficacy and build independent living skills.

Community-Based Case Management services coordinate services for the individual living with mental illness. A professional is responsible for the assessment of need, care planning, implementation of care plans and the regular review of services to assist the individual's recovery. Case management services could include: assistance to acquire health insurance; coordination of medical, health, and coverage benefits; assist with acquiring/maintaining housing; maintain and foster contact with the family; consumer supports and collaterals, and advocate on behalf of the consumer.

Housing Options which case managers can assist consumers to access include: 24 Hour Group Home, 8-16 Hour Group Home, Semi-Independent Housing, Shelter Plus Care (S+C), Supported Housing/Bridge Subsidy, Therapeutic Living Program (TLP), and Safe Haven Transitional Housing.

Windward Treatment Services Section is part of the Adult Mental Health Division of the Hawaii Department of Health, which seeks to improve the mental health of Hawaii's people by reducing the prevalence of emotional disorders and mental illness.

How you can help: We encourage everyone to contribute and volunteer at local food pantries, shelters and other charities which offer support to those who are homeless and/or living with mental illness.

45-691 Keaahala Rd, Kaneohe, HI 96744 • (808) 233-3775
<http://health.hawaii.gov/amhd/>

HAWAIIAN BEANS

Ingredients:

- 6 pcs of bacon cooked
- 1 large can pork and beans
- 1 can green beans, drained
- 1 can butter beans, drained
- 1 can kidney beans, drained
- 1 large onion, chopped
- 1/3 cup white vinegar
- 1/3 cup brown sugar
- 1/2 tsp garlic salt
- 1/2 tsp white pepper

Cooking instructions:

1. Preheat oven to 275 degrees F.
2. Mix together all ingredients.
3. Pour into baking dish.
4. Cover with foil.
5. Bake at 275F overnight.



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Season's Greetings!



From
Representative Jarrett Keohokalole and 'Ohana