



**komohale**  
SERVICES

# Komohale News

*A publication of Komohale Services*

## Senior Residents Learn Computer Basics

Twenty Pohulani Elderly residents, most without prior computer skills, are acquainting themselves with digital technology. They recently took part in two, free three-hour “Computer 001” classes by Digital Ready Hawaii that focused on the basic skills of using a computer and email, browsing the Internet and learning online. The long-range goal is the ability to monitor their health and wellness through telehealth. All participants were given free refurbished laptops and chargers. Future classes are pending the availability of additional refurbished laptops.

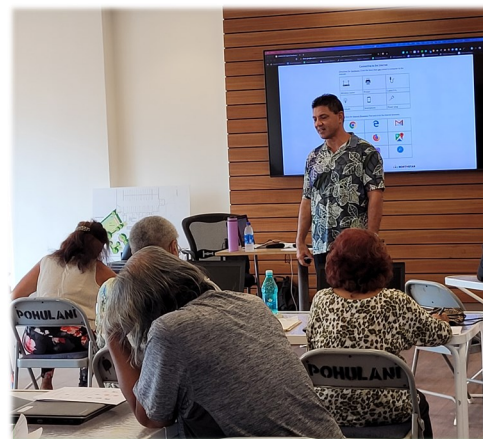
As we’ve experienced, the COVID-19 pandemic changed our daily life in the way we worked, learned and connected with others. The use of digital technology played a key role in this transformation as many essential services shifted from in-person to virtual, and there was an increased reliance on computers for meetings, medical appointments, entertainment, and shopping. However, it also became clear there was a gap in computer literacy with many of Hawaii’s seniors at a disadvantage.

“We hope participants begin to feel so comfortable that they wonder how they’ve lived without a computer. We’re pleased to part-

ner with Komohale Services in its effort to help residents live happier, healthier lives,” said Ka`ala Souza of Digital Ready Hawaii, who is teaching the classes. “While many activities are now back to being in-person, the impact of technology will continue to grow, including the area of telehealth. With their new skills, participants can communicate with their doctor through telehealth visits while keeping safe and saving a trip to the doctor’s office,” he added.

Irene, a participant, commented, “Ka`ala is a great teacher, very patient in explaining how the computer works and answering our questions. He said, ‘If you know a little about computers, you’ll probably be bored.’ I know the iPad and a little about computers and have not been bored. I learned new things I didn’t know and became more confident about things I sort of knew. I’m very happy to be participating in this class,” she added.

Digital Ready Hawaii in collaboration with the Hawaii State Public Library System, Kamehameha Schools, Area Health Education Center (AHEC), AARP, and Hawaii Public Health Institute (HIPHI) have been working together to make the Internet and technology more accessible.



**Ka`ala Souza of Digital Ready Hawaii Offers Basic Computer Classes at Pohulani Elderly**

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### Special points of interest

- Share your favorite recipe for a future issue of Komohale Eats
- Meet your neighbors and learn their likes in the Komohale Poll
- Email suggestions for future stories to [info@komohale.org](mailto:info@komohale.org)

## Komohale Eats Mississippi Pot Roast

### Ingredients:

- 2-3 pounds Chuck Roast
- Olive oil (or vegetable oil)
- Salt and pepper
- 1 packet Ranch Dressing mix
- 1 packet Onion Soup mix
- 1 block salted butter
- Pepperoncini Peppers



**Ingredients for Preparing the Mississippi Pot Roast in a Crock Pot.**

### Instructions:

Use a paper towel to dry both sides of the chuck roast. Season with a little bit of salt and pepper. Heat a large skillet on high. Add oil to hot skillet. You want it really hot here to brown or “sear” the meat quickly. Once the skillet is nice and hot, add the chuck roast. Using tongs, flip the meat over and sear the other side of the roast for another 2-3 minutes. Transfer meat to a crock pot. Sprinkle packets of dry ranch dressing and onion soup mixes over chuck roast. Top with a stick of butter, then place peppers on and around the roast. Cover and cook on low for 8 hours. After it has cooked, take two forks and start shredding the meat. Discard any fatty pieces. Serve with mashed potatoes or rice.

### Notes:

- If you prefer, you can cut up the peppers and stir into the meat mixture for an extra kick of flavor.
- Do not rush this recipe by cooking on high in the crock pot. This will only work when cooked slowly on low.
- If you are sensitive to salt, you could use unsalted butter. Be sure to use butter and not margarine. Margarine is basically oil so only use the real stuff.
- Leftovers make a great sandwich.
- Rump roast or sirloin tip will also work for this recipe.

*“This is one of my favorite dishes because it’s easy and delicious.”*

Danielle Delgado

Business Manager, Halekauwila Place

**Do you have a favorite recipe? Please share it, along with a photo and why you enjoy it. Email to [info@komohale.org](mailto:info@komohale.org).**

## Komohale Shout Outs

Mahalo to **Pohulani** residents **Mary Ann Matsusaka** and **Janet Izzo** for hosting the initial Bingo games. Other Komohale team members are now hosting, so Mary Ann and Janet get a chance to play as well.

Mahalo to **Daci Armstrong**, also of **Pohulani**, for the daily housekeeping in the library area. Books are near and dear to Daci, a published author of “My Life in Swim Fins.”

Mahalo to **DeAnn Auwae** and her team for supporting the residents of **Pohulani** and the programs hosted by our community partners.

## Ways to Save Money

Now more than ever, saving money is good practice. The following tips can help your money last a little longer.

### Make a Budget

- Knowing where your money is going will help you cut back.
- Keep track of your spending on groceries, snacks, entertainment, clothing, gas, etc.

### Plan Your Weekly Meals

- Look for sales and coupons then decide what you’ll eat for the week.
- Check what you already have in your kitchen, choose recipes that use the same ingredients, then make your shopping list and stick to it while in the store.
- And remember to take your own bags.
- Buying foods in bulk at Costco or Sam’s Club may end up costing more if you don’t use all of the food before the expiration dates and have to toss them out. Instead, share the costs of a bulk purchase with a neighbor.

### Save a Nickel a Day

- Begin by saving 5 cents on Day 1, then increase the amount by a nickel each day: 10 cents on Day 2. If you continue for a full year, you’ll have saved \$3,300!!

## Komohale Poll

Who's the One Person You Would Like to Meet?



**KRISTINE SCOTT**  
*Site Manager*  
*Kekuilani Courts, Kapolei*

"Oprah Winfrey. I grew up watching her show. Her talks, point of view, giveaways, book club, movies – she was someone that I thought back then was a BOSS. "



**DACI ARMSTRONG**  
*Pohulani Elderly, Honolulu*

"Whoopi Goldberg. She and I are from the same area – she's from Berkeley, and I'm from Oakland. As a host of "The View," she shows good common sense and is able to control her co-hosts and the audience. I like her a lot."

## Financially Informed & Thriving Program Kicks Off

The new Financially Informed & Thriving (FIT) Program that offers free onsite services and training to help residents develop financial literacy, job readiness and other skills has kicked off at Halekauwila Place, Kauhale Kaka'ako, Kekuilani Courts, Hale Kewalo, and Pohulani Elderly. Financial literacy workshops have also begun.


Several participants recently met individually with Gidget Chase, Financial Education Specialist of Goodwill Hawaii, for one-on-one

financial counseling that addressed their specific questions and needs. During the onsite counseling sessions, she said participants were most interested in taking control of their personal financial situation, whether it's reducing debt or increasing their assets, or in seeking employment. In fact, she was happy to say that one individual, who always wanted to work for a particular company, was recently hired for a position and is looking forward to continuing financial counseling sessions. Another resident said the counseling session was very helpful; she learned about the effective "debt avalanche" method to work toward paying off credit card debt.

## FIT Onsite Office Hours & Workshops

Gidget has established weekly set hours at the various properties for residents to find out more about the FIT Program and to arrange a one-to-one counseling session. The FIT Program has also begun informative financial literacy workshops. In these upcoming

workshops, learn all about managing and improving your credit scores and managing a budget. Look for the flyers where you live for more information on the workshops, and pick the date that's best for you.



### FAMILY NIGHT AT THE MOVIES

Enter to Win Four Movie Tickets

- 1** To Participate, email: [info@komohale.org](mailto:info@komohale.org)
- 2** For Subject, type: **Movie Tickets Giveaway**
- 3** Include in email: Your name, address, apartment number, & phone #

One entry per household  
Deadline to enter: December 15, 2022  
Winners will be notified via email  
For more info call (808) 547-2224

## Notes from the Executive Director



It's true—collaboration is crucial to developing better skills for better lives, and this is most

evident at the properties served by Komohale Services. The services that are provided to assist our residents are possible because of the collaboration with many organizations within the community.

In this issue of *Komohale News*, we're highlighting the Financial Informed & Thriving Program in cooperation with Goodwill Hawaii and computer classes for seniors taught by Digital Ready Hawaii. Komohale Services continues to grow; however, as a small organization, we are unable to do it alone and are grateful for our community partners to provide services and connect you to the resources you need.

We hope you enjoy this issue of *Komohale News*. If you have any questions about or input for any of our services, please reach out to us at [info@komohale.org](mailto:info@komohale.org). We want to hear from you!

Aloha,

Pamela Witty-Oakland  
Executive Director

## Property Profile Halekauwila Place, 665 Halekauwila St., Honolulu

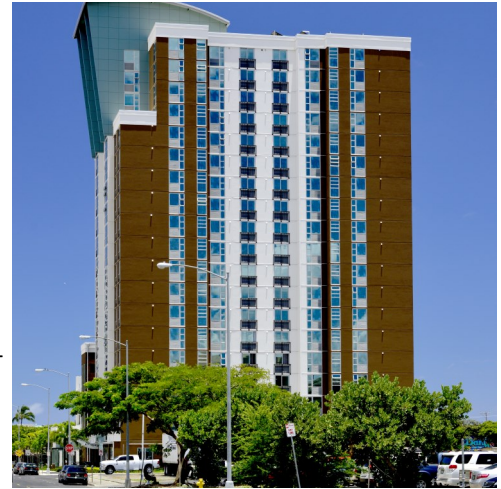
Completed in 2014, Halekauwila Place in the heart of Kakaako is the first workforce rental housing project that was designed and built by Stanford Carr Development.

The pet-friendly high-rise is an example of sustainable urban living, consisting of 204 units including studios as well as one-, two- and three-bedroom apartments with spacious layouts and efficient Energy Star appliances. Residents enjoy the open spaces and amenities that include a community lounge, high-tech computer lab with Wi-Fi, laundry facilities, online rent pay, electric vehicle charging stations, bike racks, and Envoy car sharing. Uproll Café, Men's Grooming Salon, Kakaako Mart, and Ding Tea occupy the ground floor commercial space.

"It's a close community where everyone knows everyone," said Teddra Kiesel, Halekauwila Place Leasing Consultant/Compliance Manager/Assistant Manager. "Residents come together for our Easter extravaganza at Mother Waldron Park, Trunk or Treat at Halloween, and Thanksgiving potluck with our famous pumpkin pie eating contest. At Christmas, we celebrate with a festive potluck and a visit from Santa Claus, aka HPD officer Ed Ho, who gives presents that are donated by our vendors to the kids."

Halekauwila Place is within walking distance to the many shopping, dining and entertainment options in Kakaako's vibrant pedestrian- and pet-friendly neighborhood, Mother Waldron Park, and is conveniently located near The-Bus line.

Currently fully occupied, Halekauwila Place serves as a model for other buildings in Stanford Carr Development's affordable housing portfolio. It also is the first new construction, affordable housing high-rise project in the state that employed financing from the U.S. Department of Housing and Urban Development in nearly 40 years.



## Manager Profile Danielle Delgado

Halekauwila Place, managed by Indigo Real Estate Services, Inc., is overseen by Danielle Delgado, who has served as Business Manager/Resident Manager since 2015. Originally from Naples, Florida, Danielle began her career path in property management in 2007, moving her way up the corporate ladder. She was working in West Palm Beach, Florida, when a former coworker contacted her about a property in Honolulu in need of an experienced, service-oriented professional with people-first skills, to build a sense of community and a team environment. For Danielle, it was an exciting opportunity to work for a great company and to live and work in Hawaii, which she now calls home.

"Our residents are the best part about Halekauwila Place," says Danielle. She was most recently preparing for Trunk or Treat for children to collect candy and treats on Halloween, just one of the many activities and events organized for the residents.

In her free time, Danielle enjoys beach days with her family.