

# KOMOHALE

NEWS

JUNE 2021

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Komohale Services to offer resident services, including lei making activities.

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Residents share their interests and suggestions for activities, seminars, and classes.

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Preparedness tips for hurricane season and other emergency situations.



## KOMOHALE SERVICES FOR RESIDENTS

“...never too old  
to set another  
goal or to dream  
a new dream.”  
–C.S. Lewis

Stanford Carr Development, a partner in the ownership of Pohulani, created Komohale Services to provide a service-rich, living environment for residents to live longer, stronger and better. With a mission “to provide educational, vocational, and lifestyle resources for residents to achieve their own personal best,” Komohale Services plans to offer activities and services for you at Pohulani.

Author C.S. Lewis said it best, “You are never too old to set another goal or to dream a new dream.” We encourage you to set new personal goals for yourself and to meet your new neighbors.



## SURVEY IDENTIFIES INTERESTS



Tai Chi Classes



Health & Wellness



Cooking Classes



Translation Services

Mahalo for taking the time to complete the survey of interests. Your input provided valuable information for Komohale Services to plan and coordinate activities and services for you and your neighbors.

The most frequently requested activities included classes on nutrition, wellness, exercise, and tai chi, followed by arts, crafts, sewing, cooking, senior-related information, and volunteering opportunities.

Other suggestions included on-site free tax services, bingo, water aerobics, chair yoga, computer classes, lei making contest, origami classes, and art using natural items.

Recommendations for senior-friendly exercise equipment and home-like furnishings in the community spaces were also shared. Responses also mentioned the need for help with referrals to community-based services and multilingual communication.

As Komohale Services awaits the Governor's approval to reopen your community spaces and for the renovation project to be completed, we're using this time to identify program partners and grant funding to support activities that are meaningful to you.

We're eager to get acquainted and to coordinate activities that you'll enjoy!





HURRICANE SEASON JUNE 1 TO NOVEMBER 30

With hurricane season already here, are you ready? The *Handbook for Emergency Preparedness* is full of information and tips to make sure you're prepared in case of a hurricane. A little planning now goes a long way. The handbook is available online at <https://view.hawaiianelectric.com/handbook-for-emergency-preparedness/page/1>

### **Emergency Plan**

Make an emergency plan that includes evacuation routes, the nearest emergency shelter, list of emergency phone numbers, and a designated meeting place if family members are separated.

### **Evacuation Kit**

Your evacuation kit should include: portable battery-powered radio; flashlights and extra batteries; first-aid kit; manual can opener; toothbrushes, soap, and other personal hygiene supplies; 3- to 5-day supply of nonperishable food; water (2 quarts per person per day); extra cash; change of clothes; and sleeping bags.

### **Special Medication Preparations**

If you or someone in your care has a condition that requires special medication or life support systems, or if your medications require refrigeration, contact your doctor or pharmacist on how to handle emergencies and power outages.

The *Handbook for Emergency Preparedness* is available by calling (808) 543-7511 or you can find the English, Cantonese, Ilocano, Korean, and Vietnamese versions online at <https://www.hawaiianelectric.com/safety-and-outages/storm-center/emergency-preparedness-handbook>

If you want a brief *Emergency Quick Tips and Checklist*, it is available on the internet in English, Chinese, Hawaiian, Ilocano, Japanese, Korean, Spanish, and Tagalog at <https://www.hawaiianelectric.com/safety-and-outages/storm-center/emergency-checklist>

“...to enhance the  
quality of your life.”

For more information

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## DIRECTOR'S CORNER

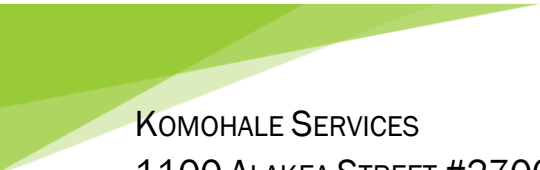
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In this first issue of *Komohale News*, explore the results of the survey of interests, and review the steps to prepare for hurricane season.

In future issues, we'll share senior discounts, recipes of local favorites, and a calendar of activities.

As the Director of Komohale Services, I hope to learn from each of you as we work to create a vibrant living environment to enhance the quality of your life.

Aloha,  
*Pamela Witty-Oakland*



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