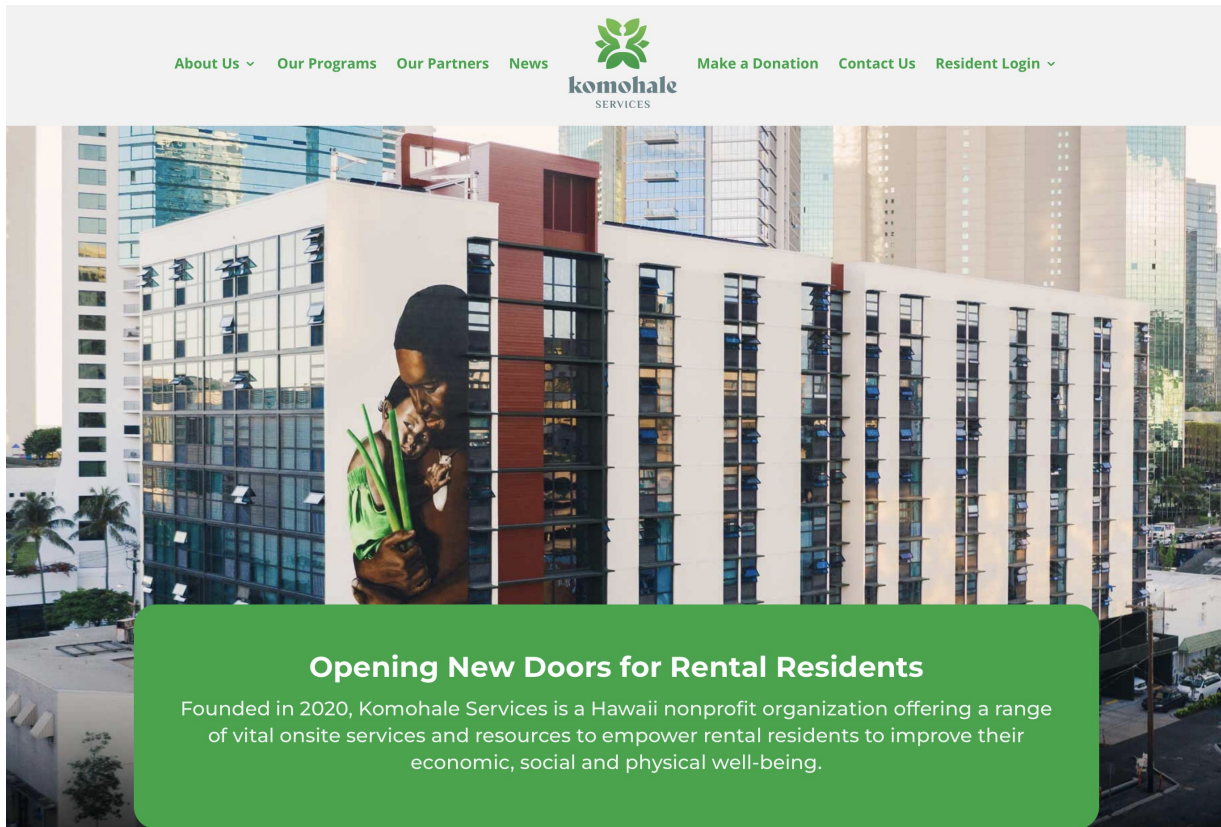


Komohale Services Launches New Website



Komohale Services is excited to announce the launch of our first website. Check out the new website at komohale.org on your computer, mobile phone or tablet. The secure site highlights our nonprofit organization and the people and partners behind it, our mission and vision as well as the program offerings for residents living in the affordable rental properties served by Komohale Services.

Intended to be informative, user-friendly and easy to scan and navigate, the website's pages include About Us, Our Programs, Our Partners, News, Contact Us, and Make a

Donation, presented in a clean, uncluttered design. For those who are interested in supporting Komohale Services, donations can be made online. In addition, there's a dedicated Resident Login page for residents who are served by Komohale Services. Residents, 18 years and older, who register are entered in a monthly drawing.

As Komohale Services grows with more program offerings, so will the website. The site will be updated regularly to keep it fresh and current. A big Mahalo to Tapiki, LLC, a Hawaii-based, full-service company that creates websites, custom web

applications, and mobile games and apps, for designing our website. Tapiki truly understood our needs to develop a website that reflects the Komohale Services brand.

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🌿 Kamaaina Quiz Tests Your Local Knowledge

By Bob Sigall

You're a genuine kamaaina if you remember some of the TV shows, stores, restaurants and places that were popular in the 1950s, '60s and '70s. Share this list with your grandkids and they'll think you're really OLD.

- Standing in line to order at Patti's Chinese Kitchen at Ala Moana Center before there was a food court. A Princess Plate with two selections, plus rice or noodles, was \$1.70; a Prince Plate had three items for \$2.20, and a King Plate, four items for \$2.55.
- When there were no cellphones, Caller ID or answering machines. Your phone was attached to the wall and had a dial tone. Your dad would tell you, "Get off da phone. I'm expecting one call."
- Going to kids' Saturday matinees at the Liliha, Kewalo, Kaimuki, Pawaa, Kapahulu and other theaters. Your mom gave you a quarter, which was enough to see two movies, a cartoon and a newsreel, and buy a drink and snacks.
- When vendors in old cars and trucks or on foot, such as the Milk Man, Yasai (vegetable) Man, Tofu Man, Manapua Man or Ice Cream Man, brought food and services to Hawaii neighborhoods.



Dole Cannery Water Tower

Street (which was one way the other way).

- Having a delicious breakfast at King's Bakery on King Street in McCully.
- Shopping for Palaka at Arakawa's on "historic Depot Road" in Waipahu.
- When there were bowling alleys in nearly every neighborhood.
- Shopping at Liberty House, Kress, The Ritz or Ming's Jewelry on Fort Street downtown.

Excerpted with permission from Bob Sigall's Rearview Mirror column, Jan. 6, 2023, The Honolulu Star-Advertiser. Sigall is the author of the five "The Companies We Keep" books.



Bob Sigall, Author

- Sunshine Music Festivals on Jan. 1, inside Diamond Head Crater with Santana, Cecilio & Kaponu, America and Journey performing.
- Lex Brodie saying "Thank you very much" at the end of his commercials.
- When a huge, painted metal pineapple, high above the Dole Cannery, was visible from all over Honolulu.
- Checkers & Pogo, Sheriff Ken and Captain Honolulu on daytime TV. Can you still do his finger salute?
- Screaming "Nooooo," at the TV when [the original] "Hawaii Five-O's" Steve McGarrett said he was driving Diamond Head on Beretania

Ways to Save Money

Many restaurants and stores offer loyalty programs as well as senior and kids eat free discounts*. Each time you use coupons or take advantage of an offer, set aside that amount for savings. Here are some of them:

Big City Diner – On Thursdays, up to two free kids' meals (10 years and younger) per table. Locations: Kaimuki, Pearlridge, Kailua, Kaneohe, and Waipio. bigcitydinerhawaii.com

Gyotaku – Senior Menu daily, Kids Eat Free on Mondays and Tuesdays after 4 pm. Three Oahu locations. <https://gyotaku.com/>

Zippy's – Join its Zipster Rewards program for Zipcoins that can be redeemed for a favorite menu item. Multiple locations. <https://www.zippys.com/rewards/>

Foodland – Enjoy savings when you join its Maikai program, also 5% off on Senior Thursdays. <https://www.foodland.com/maikai-member>

Hele Gas – Get gas discounts on Saturdays and Sundays and earn points to use toward food discounts and free items at nomnom stores with a Kamaaina Rewards card. Multiple locations in Hawaii. <http://kamaainarewards.com/>

* Age requirements and rules may vary. Ask about discounts before ordering or purchasing.

Twenty Minute Chicken



Twenty Minute Chicken

Ingredients

3 boneless, skinless chicken breast halves
Salt and pepper to taste
¼ cup olive oil
2 packages fresh mushrooms, sliced
½ large onion, chopped
1 clove garlic, chopped (optional)
1 cup shredded mozzarella cheese

Directions

Preheat oven to 400 degrees. Wash chicken breasts, pat dry with paper towels and cut each breast in half. Season with salt and pepper. Heat 2 tablespoons oil in a large skillet over medium high heat. Sear chicken briefly, turning until no longer pink, about 5 minutes. Meanwhile, in another large skillet, heat 2 tablespoons oil over medium high heat. Stir in mushrooms, onions and garlic, if using; cook until they are nice and soft, about 5 minutes. Pour contents of both skillets into the baking dish, sprinkle with cheese over the top, and bake about 5 minutes.

New Outreach Initiative Introduces Residents to Komohale Services

In a strategic effort to fulfill the mission of helping rental residents live their personal best, Komohale Services will initiate a new way of reaching out to new and existing residents.

In July, Komohale Service staff members will begin meeting one-on-one with new residents who are signing a lease and also with existing residents who are renewing a lease at the eight properties that Komohale Services currently serves. Each resident will receive a welcome packet, sharing information about our nonprofit.

In addition to letting them know

about current programs, the purpose is to get to know them and understand their needs and interests. Just as important, the goal is to get their names into the Komohale Services database and help them create an email address if they don't have one.

"Through these meetings, which are intended to be informal, we hope to gain insight that will help us to create additional program offerings that are relevant to their needs and interests," said Pamela Witty-Oakland, Komohale Services Executive Director. "With their email addresses, we'll also be able to communicate directly with residents, notifying them of upcoming events and activities and sending e-newsletters." Currently, newsletters are printed and hand-delivered to each resident.

What's For Dinner?

For busy families and individuals, knowing what to cook for dinner is a chore, especially if you didn't have time to go grocery shopping. Or have you thrown out a leftover ingredient because you didn't know how to use it?

To the rescue: there are several free apps that help you find recipe suggestions from popular cooking sites, based on the ingredients you have in your refrigerator/freezer and pantry. This way, you use what you have, thus, reducing food waste. Because it generates recipes with only the ingredients on hand, you don't have to go to the store and spend money for more ingredients. You can choose the dish type such as main dish, soup, casserole, salad, or dessert, or other meals. Nutrition facts are also included.

SuperCook, Magic Fridge, Allrecipes Dinner Spinner, and Tasty are a few of the recipe finder apps that are available to download on Google Play and the Mac App Store. As an example, if you have chicken breast halves, mushrooms, round onion, mozzarella cheese, olive oil, salt and pepper in your kitchen, a recipe for Twenty Minute Chicken was among the recipes that came up using SuperCook.



Notes from the Executive Director



Hope you're enjoying your summer!

For Komohale Services, 2023 is a year for out-

reach. I'm proud to unveil our beautiful, new website. It has been a long time coming, and it's finally live! We're now able to put the word out about our growing nonprofit. By doing so, we're hoping to raise brand awareness and reach out to a wider audience. In addition to our rental residents, we hope to expand our network by touching potential partners and donors who may be interested in working with and supporting Komohale Services, respectively. We invite you to come and explore our new website, komohale.org, and please let us know what you think.

In this issue, you'll also learn about our new outreach program to our rental residents. We know meeting one-on-one will take time and effort, but everything about our work is relational. It's important to sit with them, to learn about their lives, interests and needs.

We hope you enjoy this issue of *Komohale News*.

Aloha,

Pamela Witty-Oakland
Executive Director

Property Profile: Pohulani Elderly, 626 Coral St.

Of the eight properties Komohale Services currently serves, Pohulani Elderly is the only building that is strictly for seniors 62 years and older. Centrally located in Kakaako, the 26-story high-rise was built in 1992. Offices for two State agencies, the Hawaii Housing Finance & Development Corporation and Department of Human Services, are housed on the third and fourth floors, respectively, and 128 studios and 135 one-bedroom apartments occupy the upper floors. Designed for the needs of older adults, units have safety features including an emergency call system and grab bars in the bathroom.

The property was recently revitalized, now boasting a new, fully renovated lobby, laundry room, and manager's office, and new flooring in the hallways and three elevators. Improvements on the fifth floor included the community room with new furniture, resurfacing the swimming pool and applying landscaping around the recreation deck.

"The best part of working at Pohulani Elderly is knowing that our kupuna have a safe and comfortable place to call home," says DeAnn Auwae, who oversees Pohulani Elderly as site manager since 2019. She has been with the property management company, Hawaii Affordable Properties, Inc., since 1996, working at nearly 10 different properties before settling at Pohulani Elderly in 2004 as an administrative assistant. "The residents represent many different



Morning Exercise at Pohulani



cultures and all have different personalities, so I love hearing stories of their past," DeAnn adds. "Here, there's a sense of community where fellowship is enjoyed."

Many Pohulani residents are benefiting from the services and social activities that Komohale Services provides. Nearly 40 percent who responded to a survey said they felt lonely and longed for socialization opportunities prior to participating in Komohale Services' programs.

"On the days that morning exercises and Bingo are offered, the community room is filled. Puzzles also have become a big hit as well as weekly bridge club," says Sarah Chee, Komohale Services Resident Services Coordinator. "Everyone is there to enjoy and have a good time."

Komohale Services' partners such as Lanakila Pacific provides weekly meals and daily events via its virtual Kupuna Connect program. Students from Paul Mitchell The School Honolulu have visited on several occasions, giving haircuts and manicures to the residents. "It's amazing what a new 'do and freshly painted nails can do. Their faces just light up," Sarah continues. Several residents also were grateful for the free vision screenings and vaccinations provided by Project Vision Hawaii and participated in computer training classes taught by Digital Ready Hawaii.

"We appreciate all the partners we are working with and owe a big mahalo to DeAnn and Kayla [Whitney] for all they do to help make the activities at Pohulani possible," Sarah adds.