



Piha me ka Hau'oli

Meals from the Heart, Food for the Soul

Reflections from Our CEO

Serving Meals with Aloha Takes a Community

Over the past decade, Hawai'i's kūpuna population has grown to 25% of our total state population. At any given time, 70,000 kūpuna are facing food insecurity or are threatened by hunger.

At the onset of the pandemic, thousands more found themselves in need of emergency meals. Anxious and alone, they were unsure when congregate dining would reopen or when they could resume grocery shopping and enjoy life as before. **This past year, Hawai'i Meals on Wheels (HMoW) provided more nutritious meals to isolated individuals than ever before.** New client Lisa wrote:

"I am a senior with health issues. Before someone referred me to your wonderful, compassionate service, I would ride the bus, walk, and try to go out and look for groceries but found the shelves empty. **I had no one to help me. I was scared.** I am independent and live alone. No one is available to take care of me if I got COVID-19. Thank goodness someone referred me to your service! I don't know what I would do otherwise."

Responding quickly to the high demand for home-delivered meals, HMoW began serving more fully-sponsored meals and partnered with new kitchens to offer medically-tailored meals – both hot and frozen.

	Pre-Pandemic (2019)	Pandemic (2021)
CLIENTS	759	1,151
MEALS	98,279	174,718
HOT MEAL ROUTES	50	39
FROZEN MEAL ROUTES	0	35
LOW-INCOME SENIOR COMMUNITIES	0	9
STAFF	15	22

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is a publication for supporters of
Hawai'i Meals on Wheels.

Our Mission

Hawai'i Meals on Wheels, Inc., a private, not-for-profit 501(c)3 organization, is dedicated to helping O'ahu's seniors and individuals with disabilities preserve their independence at home. We do this by providing nutritious meals and regular personal interaction with those we serve.

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Serving Meals with Aloha Continued

Only because of the support we received from people like you were we able to expand our home-delivered meal operations. In turn, we improved the resilience of those at greatest risk of hunger and isolation during the pandemic.

Building a Community of Support for Kūpuna

Listening to our clients' concerns and hopes for the future helped us understand how we could meet their most pressing needs. Limited resources and choices available to elderly and vulnerable populations exacerbate their anxiety and take a toll on their physical and mental health.

The complexity of their needs requires a community of support.

Having established a network of like-minded partners, including other non-profits, private sector organizations, and government agencies, proved incredible valuable. Meeting needs through data-driven coordination between partners allowed HMoW to maintain services for current clients while expanding services to hundreds of additional clients.

Through the sharing of information and discussion of best practices, we are serving our most vulnerable clients and seeing them through to the end of this pandemic.

We can only offer assurance of immediate support to those facing hunger your because of your generosity. **Friends like you help us define how deep and wide our safety net goes.**

This past year, in partnership with medical professionals, our staff worked tirelessly to educate and answer questions from clients and their family members about the COVID-19 vaccine and booster.

We introduced those with medical needs to social workers and nurses and coordinated in-home vaccinations for homebound kūpuna who wished to get the shot. **Today, more than 70% of our clients are vaccinated against the deadly virus.**

We are so appreciative of how quickly you recognized and responded to our kūpuna's needs. Together, let's continue to bring health, wellness, and aloha to kūpuna.

Mahalo!

Michelle Cordero-Lee
CEO





2021 at a glance

1,151

homebound clients

12

kitchen partners

174,718

meals delivered

39

daily hot meal routes

212

new clients

35

weekly frozen meal routes

61%

female clients

44%

of clients are at or below the poverty line

79

median age of clients

9

low-income seniors communities served

17

clients are 100 years old or more

\$1,545,000

spent on meals

Volunteers Susan Hashimoto and Rick Tabor share their story

Honoring those who cared for us

Keeping kūpuna healthy and independent at home is our mission at Hawai'i Meals on Wheels, and it's satisfying to know we have brought comfort and wellness to the lives of so many – at every stage of their lives.

For **Elsie Hashimoto**, a retired nurse, active senior living meant staying connected to her community by volunteering at Kuakini Medical Center. For her husband, **Robert**, independence meant maintaining a vibrant social life – playing poker with his 100th Battalion friends, enjoying time with family, and watching UH sports.

Hawai'i Meals on Wheels allowed the Pauoa Valley residents to thrive and age gracefully. Robert could receive nutritious, home-delivered meals while Elsie volunteered. It gave her peace of mind knowing that she had the support of delivery volunteers to check in on her husband while she was away from home.

"Dad enjoyed sitting in the carport waiting for his meals to be delivered, and he loved to talk story with the volunteer driver as much as he loved the meals," their daughter **Susan Hashimoto** recalled.

Susan and her husband **Rick Tabor** were living in Seattle when they received news about her father's fall that resulted in a broken hip.

"After living with or nearby my parents for much of my life and then being on the mainland as they aged was hard for me," Susan confided. "When you're not with someone and only see them once or twice a year, the changes are quite noticeable."

Susan and her family were comforted knowing that Hawai'i Meals on Wheels volunteers continued to stay in touch, checking in on Elsie even after her husband moved in to an assisted living community and after he passed away in 2008.

It was 20 years ago when her father starting receiving home-delivered meals, but Susan and Rick feel as connected as ever to Hawai'i Meals on Wheels.

When they moved back to Hawai'i in 2017, Susan wanted to give back to the organization that gave so much life and love to her parents. Susan and Rick signed up to volunteer, and now they look forward to talking story with clients in the doorways and carports.

Throughout the pandemic, Susan and Rick continued to volunteer and currently serve kūpuna on the Makua Ali'i route in Honolulu – providing them with hot meals every Thursday.



Susan Hashimoto pictured with her parents Robert and Elsie Hashimoto



Susan and Rick's wedding in 1995 with Susan's parents and family members.

"While so much has changed, we haven't let COVID become a barrier to connecting with our clients," Susan shared. "We can see their eyes light up when they open their doors and can imagine their big grins from behind their masks."

"We've seen first-hand how food insecurity and isolation can lead to serious health issues," added Rick, who also serves as a Hawai'i Meals on Wheels Board Member. "Hawai'i Meals on Wheels is constantly responding to the ever-changing landscape of challenges kūpuna face."

Rick and Susan encourage those who are considering volunteering.

"We're out delivering for just 90 minutes once a week, and we feel so appreciated by clients, staff and other volunteers," Rick shared. "Sharing this route together, our relationship is strengthened every day. When we were young adults, Susan and I worked together serving adults with intellectual and developmental disabilities. So, volunteering today brings us full circle!"

Thanks to our generous supporters and dedicated volunteers like Susan and Rick, we've been able to provide healthy meals, human connection, and a watchful eye for hundreds of kūpuna.



Susan and Rick deliver meals to kūpuna on their Thursday route.

But our work has just begun. We still need to safely serve kūpuna in need throughout this pandemic and long into the future.

Meeting the needs of isolated kūpuna would not be possible without your support. Mahalo for helping us deliver much more than meals. Your gift will bring hope and a sense of self-empowerment to every one we serve.

Honor Someone with Your Gift

Honor someone special in your life by making a gift to Hawai'i Meals on Wheels. Celebrate a special event, such as a birthday or holiday, or remember a loved one. Indicate the honoree's name and address, and the occasion, in your correspondence, and Hawai'i Meals on Wheels will send a card acknowledging your donation to the person you honor.

Mail your gift in the enclosed postage-paid envelope or call (808) 988-6747. You can also make a donation online by visiting hmow.org or scanning the QR code.



Celebrating our volunteers Serving meals with aloha



During a season of unprecedented demand for services, Hawai'i Meals on Wheels volunteers have been instrumental in making sure kūpuna receive proper nutrition while also remaining safe at home. The tremendous energy and compassion of our volunteers can be felt every day by our clients – whether they are packing meals or talking story with clients. Thanks to their dedicated support, we continue to provide clients both the meals and human connection they need to remain safe and to thrive.

Join our hui!

HMoW is the result of dedicated and caring people. Our small staff, hard-working board, and thousands of volunteers hours make supporting over 1,000 kūpuna in need a reality. Consider joining this special group of people – delivering meals, helping in the office, or assisting with special events.



Scan the QR code to learn more about volunteering.



Congratulations to our 2021
volunteers who are celebrating
special anniversaries with HMoW!

35 Years of Service

Jane Nakabayashi

20 Years of Service

Emily Kubota

Phyllis Moore

15 Years of Service

Wayne Bautista

Mae Fermahin

Sonora Fujino

Carol Gunn

Anne Kase

Ruth Kase

Kenneth Kenjo

Lot Lau

Peggy Lau

Patricia Luan

Norman Minehira

Ann Sakuma

Ann Shimamura

Clyde Shimotsu

Dominique Sia

Glenn Takemoto

Lytle Takemoto

Derrick Terada

Eileen Tokunaga

US Coast Guard

10 Years of Service

Carmelita Acosta

Diane Almadova

Mary Beddow

Catherine Brossier

Peter Derrico

Ann Egleston

Brigette Foehr

Eunice Furomoto

Mary Gabrielson

Carol Hiramoto

Edna Kano

Bonnie Kealoha

Winifred Lau

Sandra Mcaulton

Joann Miyasaki

Priscilla Gonzaga Moore

Grace Nishimura

Barbara Norton

Caroline Okazaki

Michael Owens

Wanda Sahara

Rita Speitel

Kay Tokunaga

Y's Men's Club

Volunteers Celebrating 5 Years of Service

Julana Abe	Arleen Hama	Carol Masaki	Kathryn Seaton
Madison Abe	Clara Hanakawa	Wesley Masaki	Kathleen Shimabuku
Katherine Akagi	Stanley Hanakawa	Ken Matsumoto	Lacey Shimabukuro
Didi Alama	Harlan Hashimoto	Rhea Matsumoto	Kendrick Simmons
Marisa Alvarez	Susan Hashimoto	Kai Mcdurmin	John Skinner
Landon Arimoto	Cynthia Higashi	Katie Mettler	Taeko Skinner
Rylan Arimoto	Jonathan Honda	Douglas Michihara	Leonard Smothermon
Gary Arimoto	Sharolyn Honda	Joseph Miller	Judy Sobin
Lauren Arimoto	Robert Hoxie	Arlene Montania	Julie Sohn
Cheryl Ann Au	Sherry Hunt	Majel Morimoto	Stacy Squazza
Kylie Bakey	Andrew Ishikawa	Kolby Moser	Julie Suen
Jessica Banghman	Denise Ishikawa	Andrew Motosue	Edwina Suzuki
Annie Barrilleaux	Denice Iwamoto	Kellen Muraoka	Rick Tabor
Todd Barrilleaux	Wesley Jampel	Mimi Mycynek	Enid Thompson
Glenn Bautista	Heather Slayton	Betty Nakamoto	Michael Tottori
Olga Ceballos	Jennifer Stanek	Norman Nakamoto	Pam Toyooka
Sharon Chan	Paul Kusaba	Rose Nishihara	Glenn Tsumura
Connor Ching	Ruby Arista	Debora Ohtani	US Air Force
Denise Ching	Jennifer Johnson	Curtis Okazaki	US Army 413 Csb
Kawika Ching	Lisa Jones	Wendy Oshiro	Us Navy Cs2 Jbphh, Jb93
Casey Choi	Wesley Jung	Tony Pagtulingan	Deborah Vilorio
Lisa Choi	Lorna Kaaloa	Alesi Paopao	Marissa Watanabe
Mahina Chong	Diane Kazama	Lianne Park	Sharlene Watanabe
Caley Chun	Wallace Kazama	Diane Park	Tim Watanabe
Codey Chun	Carol Kimball	Joanne Pettaway	John Weaver
Cory Chun	Coralie Kop	Peter Pinkerton	Philip Weber
Edwina Clarke	Steven Kop	Lana Rapoza	Michelle West
Robert Clarke	Shirley Kwan	Alethea Rebman	Gemma Whitter
Sherrie Coronas	Gabrielle Lapinig	Andrea Rosales	Brenda Wong
Holly Cuaresma	Ezekiel Lau	John Rosales	Tara Yamauchi
Patty Eads	Christina Lee	Stanley Salangdron	Courtney Yanovitch
Andy Festa	Scot Long	Noriko Salangdron	Camey Yee
Jenna Forti	Loretta Look	Susan Sam	Lillian Yokota
Jerilynn Fujitani	Rafael Lopez	Jason Samala	Peter Yoshihara
Desiree Gonzales	Dominador Macatumbas	Stacey Samala	Gloria Young
Summer Graham	Jonas Maon	Kathleen Sato	Theresa Young
Suzy Graham	Yannica Martinez	Byron Scholtz	Jodie Young



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Meals from the Heart, Food for the Soul

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AMERICA

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Brad Akamu
Volunteer Coordinator

Jenna Yugawa
Client Care Coordinator

Adney Atabay
Keoki Lopez
Mike Lundy
Jonathon Porlas

Norman Aquino
Evelyn Fonseca
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Kyle Shodai
Delivery Drivers

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Mark Pennington
Mike Vasper

Celebrating Our 43rd Anniversary in 2022! Save the Dates: Holiday Drive-Thru Fundraisers

Ohana Meal Pack Drive-Thru
King Kamehameha Day
Saturday, June 11, 2022

Enjoy plate lunches packed with ono Hawaiian food! Stay tuned for details on how to order by phone or online.

Turkey Meal Pack Drive-Thru
Thanksgiving Day
Thursday, November 24, 2022

Skip the cooking and enjoy a Thanksgiving Feast for the entire ohana. Sponsorship details available in our Fall newsletter.



Your generous donation will help feed our kūpuna. Visit www.hmow.org and learn how you can support our efforts.