



Full of Happiness

Piha me ka Hau'oli

Meals from the Heart, Food for the Soul

HAWAII MEALS ON WHEELS NEWSLETTER

FALL 2023

Age Is No Barrier

Hawai'i Meals on Wheels Volunteers Anita Noane, Frances Yoshimitsu, and Ottina "Tina" Haight don't let their age stop them from doing good in the community.

It's Thursday morning, and Anita rolls up to the Lunalilo Home kitchen. Her friends, Frances and Tina, get out of the car to greet the kitchen manager and load up eight hot meals for their Kailua delivery route.

Their half-hour drive back around the Ko'olau Mountains through Waimanalo traffic passes quickly as they make plans for brunch and talk about Tina's upcoming travels.

You'd be surprised to learn that the self-named **"Two Gs and One Triple G"** are kūpuna themselves. Anita, 81, and Frances, 87, are grandparents, and Tina, 91, is a great-great-great-grandparent. **They are kūpuna serving kūpuna.**

Arriving at meal recipient George's home, Anita expertly maneuvers her vehicle to find the best parking spot. She takes her role as the designated wheel-woman seriously, mapping out the route and doing practice drives when new clients are added.

Tina and Frances get right to work as Anita calls out George's meal order from the front seat. Tina unloads the meals, checking to make sure he receives his specially prepared package. Upon hearing the knock



From left to right: Hawai'i Meals on Wheels Volunteers Anita Noane, Frances Yoshimitsu, and Ottina "Tina" Haight

on his door, George is delighted to see Frances, who greets him with a smile and hands him his meal.

"Tell Aunty Anita and Aunty Tina I say hello!" says George, who knows the friendly trio as the "ones who deliver my meal early."

Before she leaves, Frances asks George, who has Parkinson's, if he needs any help. She opens the milk carton that comes with his meal, pours it into a glass with a straw, and places it in his fridge. Anita, Frances, and Tina go above and beyond to serve those on their route.

"Age is no barrier," says Tina. Anita adds, "If there are complaints about aches and pains, we leave them at home. This is our way of giving back, and we are truly blessed to do it."

Continued inside...

Age Is No Barrier

Continued from cover

Last year, Anita and her husband Allen were introduced to Hawai'i Meals on Wheels when Allen's health was declining. Anita wanted him to eat at least one nutritious meal a day. For several months, Hawai'i Meals on Wheels volunteers delivered hot, low-sodium meals for Allen every weekday.

When Allen passed in November, Anita made good on her pledge to volunteer as a meal delivery driver for the organization that helped her and her family. **She began delivering meals in March thanks to the unwavering support of her two friends.** During meal pick-ups, Anita now runs into the same staff and volunteers who had delivered meals to her home.

All three volunteers have a legacy of leadership and volunteering in the community. Anita serves as the President of the Hawaiian Civic Club of Honolulu with Frances serving as Secretary, and Tina as a Board Member.

With full lives, many grandchildren and great-grandchildren, Anita, Frances, and Tina make their community work a priority, recognizing the urgency to do "what we want to do before we can't." **Their time on the road isn't just about delivering meals. It's about fostering camaraderie while caring for their community.**

When asked about their favorite part of volunteering, Frances exclaimed, "We get lunch after! It's my turn to treat today!"

On their ride to California Pizza Kitchen, they recall the time they forgot to close the car trunk during a previous delivery, which provided them the biggest scare and the heartiest laughs.



"We drove off! But thankfully, we were going downhill, so nothing dropped out of the open trunk!" chuckles Anita.

Looking to the future, Anita envisions expanding their meal delivery route to serve even more people in need. She humorously adds, "I'll need to convince the others first!"

Mahalo nui loa, Anita, Frances, and Tina! Your unwavering dedication and vibrant spirits are a beacon of hope and a testament to the power of volunteering. You are extraordinary examples of boundless possibilities and inspire those of all ages to dedicate our hearts and hands to serving others.



You're invited to join our meal delivery team as a volunteer! We're looking for individuals, ohanas, friends, co-workers, or church members with once a week availability between 9 AM and Noon. **Please call (808) 988-6747 or share your availability at [hmow.org/volunteer](https://www.hmow.org/volunteer).**

Aloha Friends!

Anita, Frances, and Tina serve as role models for vibrant, engaged living. **We are incredibly grateful for their dedication to serving homebound kūpuna – many of whom are younger than them!** It's beautiful to see their aloha, friendship, and passion for life shine through their volunteer work.

All 250 Hawai'i Meals on Wheels volunteers are beacons of hope – cutting through loneliness, fear, and anxiety that our kūpuna face. Thanks to their selflessness, we have achieved remarkable accomplishments together, and we are poised to do so much more for our kūpuna than we ever thought possible.

I am thrilled that for the first time in three years, we were able to hold our annual **Volunteer Appreciation Luncheon** in-person at the Japanese

Cultural Center on May 21. We honored those who have reached milestone anniversaries, including **7th Day Adventist Church** and **Kailua Rotarians**.

Both groups celebrated 35 years of volunteering!

To all our volunteers and supporters like you, your contribution helps our kūpuna age with dignity without fear of hunger – a priceless gift. May your kindness and generosity continue to shine brightly as we serve together.

Mahalo!



Michelle Cordero-Lee
CEO



Ohana Meal Pack Fundraiser Raises \$18,000 for Home-Delivered Meals

On June 10, we held our 'Ohana Meal Pack Fundraiser in partnership with **Banquet Solutions Hawaii** and **HARRIET Hawaii**. Thanks to the generosity of our community, Hawai'i Meals on Wheels raised \$18,000 for homebound kūpuna!

What started as a small fundraiser during the pandemic, this annual drive-thru event has grown in popularity and gained immense support! Mahalo to those who placed more than 200 orders for meal packs full of delicious Hawaiian food prepared by **Local 5** hotel chefs.

We're grateful for event co-chair **Stacy Nakano** whose collaborative, creative mind sparked this fundraiser idea three years ago. This summer, she rallied volunteers from **Boy Scout Troop 42, Farrington High School's Leo Club and KEY Club**, and longtime volunteer friends to help with sign waving and packing and loading meals.

Mahalo to event co-chair **Walter Kinoshita** whose leadership offers us invaluable insight. Mahalo also to many generous partners, who donated hundreds of pounds of meat and fresh produce!



Skip the Cooking on Thanksgiving Day... and Double Your Impact!

Drive-Thru Pick-Up at Hawaii Okinawa Center (Waipio)
Thursday, November 23, 2023 between 9 AM – Noon

EACH MEAL PACK INCLUDES A SURPRISE GIFT BAG!

HMoW Thanksgiving Meal Pack prepared by A Catered Experience includes:

- 10-12 lb Whole Turkey
- 4 lbs Real Mashed Potatoes
- 4 lbs Poultry Gravy
- 3 lbs Stuffing
- 1 lb Cranberry Relish
- 12 Sweet Dinner Rolls
- Napolean's Bakery Pumpkin Pie

\$250 MEAL PACK FEEDS 8 PEOPLE

You're invited to participate in our **4th Annual Thanksgiving Meal Drive-Thru Fundraiser!** Our delicious meal packs include a ready-to-eat turkey with all the fixings. Just pop them in the microwave to reheat. **Be the first to order your feast before we're sold out!**

As part of this year's fall benefit, generous supporters, including **First Hawaiian Bank, Par Hawaii, the Pettus Foundation, The Queen's Health Systems,** and **UHA Health Insurance,** have offered to match every gift you give by Thanksgiving up to \$55,000! That means every \$1 you give will be matched to become \$2.

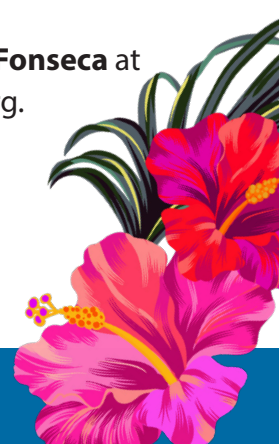
Together we can raise \$110,000 to help more kūpuna! Can we count on your support to help those like HMoW meal recipient Alice?

"Thank you so much for all you do to bring my hot lunch every day. I'm always happy to get my meals and I look forward to seeing your energetic smiles. It makes my day! I don't know what I would do without your help." - Alice

Visit hmow.org/thanksgiving or mail the enclosed donation/order form. Meal pack orders must be received by Nov 10, and matching gift forms must be postmarked the day before Thanksgiving, Wednesday, Nov 22.

For questions, please contact **Evelyn Fonseca** at (808) 784-2761 or efonseca@hmow.org.

Place your order online and double your impact today!



CUT HERE



DOUBLE YOUR IMPACT GIFT FORM

A Thanksgiving Day Benefit for Hawai'i Meals on Wheels

YES! I would like my gift to be matched! *Please complete the form and return in enclosed envelope.*

Contact Information

Organization/Individual _____

Contact Person _____ Title _____

Address _____ City _____ Zip code _____

Phone _____ Fax _____ Email _____

I do not want a Thanksgiving Meal Pack but would like my gift to be matched:

- \$35.00 to be matched to \$70.00 Feed one person for a week TWO weeks!
- \$75.00 to be matched to \$150.00 Feed an elderly couple for a week TWO weeks!
- \$150.00 to be matched to \$300.00 Feed one person for a month TWO months!
- \$_____ to be matched.

Sponsorship commitments and meal pack orders must be received by Nov 10.

Quantity (Please specify number desired)

Tax-Deductible Portion

Platinum Sponsor: ___ @ \$10,000 = _____

\$8,625 to be matched to \$17,250

Gold Sponsor: ___ @ \$7,500 = _____

\$6,675 to be matched to \$13,350

Silver Sponsor: ___ @ \$5,000 = _____

\$4,450 to be matched to \$8,900

Bronze Sponsor: ___ @ \$2,500 = _____

\$2,225 to be matched to \$4,450

8-person Meal Pack: ___ @ \$250/ea. = _____

\$25.00/meal pack to be matched

TOTAL _____

Payment Method (Please check one)

- Check: Enclosed is a check in the amount of \$_____. Please make checks payable to: Hawai'i Meals on Wheels and mail to: P.O. Box 236099, Honolulu, HI 96823-3520
- Credit Card: You can make purchases or donate securely online at hmow.org/thanksgiving or list your card information below.

Name on card _____ Zip code _____

Card number _____ Expiration date _____ CCV _____

Signature _____ Date _____

Hawai'i Meals on Wheels is a private, not-for-profit 501(c)(3) organization. All financial contributions are tax deductible to the fullest extent under the law. Acknowledgment letters will document the amount that is tax deductible.



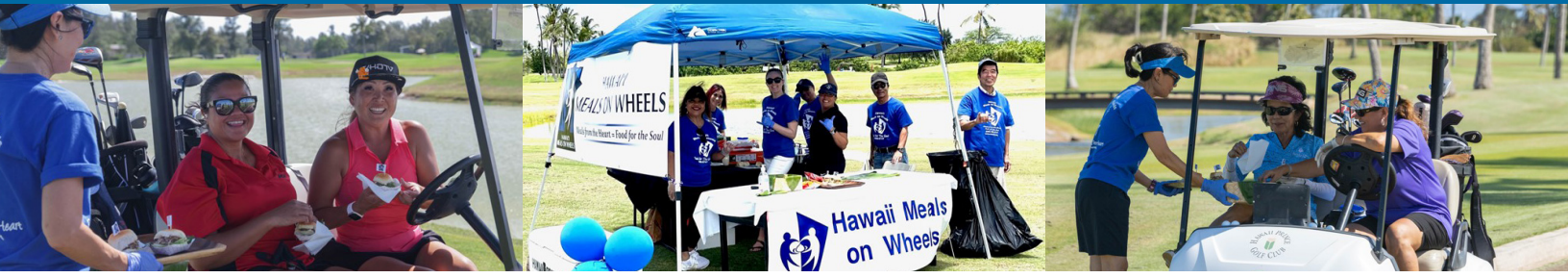
2023 Sponsorship Levels and Benefits

A Thanksgiving Day Benefit for Hawai'i Meals on Wheels

Hawaii Okinawa Center • Thursday, November 23, 2023 • 9 AM – Noon

Your response by Friday, November 10, 2023 is appreciated. Mahalo!

Recognition and Benefits	Contribution Level			
	Platinum \$10,000+	Gold \$7,500	Silver \$5,000	Bronze \$2,500
Opportunity to share company branded items to fundraiser participants	Branded items will be distributed on event day			
Pre-event and post-event acknowledgment on social media (Facebook, Instagram, and Twitter)	Recognition with logo as title sponsor			
Print media: Placement of your company logo or name in a mahalo ad in MidWeek or Honolulu Star-Advertiser	Logo recognition as presenting sponsor	Corporate logo (large size)	Corporate logo (medium size)	Corporate name
Year-round display of corporate logo or name on Hawai'i Meals on Wheels website	Corporate logo with link to corporate website	Corporate logo with link to corporate website	Corporate logo	Corporate name
Corporate logo or name prominently displayed in Hawai'i Meals on Wheels' eNews, before and after event	Corporate logo with link to corporate website	Corporate logo with link to corporate website	Corporate logo	Corporate name
A Thanksgiving Meal Pack prepared by A Catered Experience includes: 10-12 lb Whole Turkey (Ready-to-eat!) 4 lbs Real Mashed Potatoes 4 lbs Poultry Gravy 3 lbs Stuffing 1 lb Cranberry Relish 12 Sweet Dinner Rolls Napoleon's Bakery Pumpkin Pie	Five (5) A Catered Experience Thanksgiving Meal Packs	Three (3) A Catered Experience Thanksgiving Meal Packs	Two (2) A Catered Experience Thanksgiving Meal Packs	One (1) A Catered Experience Thanksgiving Meal Pack
	Each meal pack serves approx. 8 people total.			

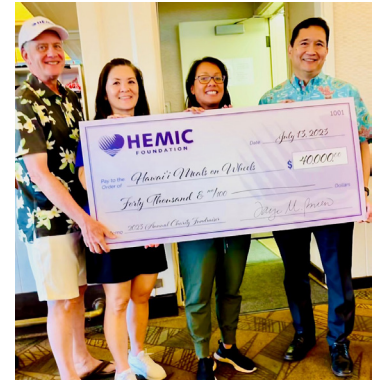


A Beautiful Day on the Green With HEMIC Hawaii

Mahalo to **HEMIC Hawaii** for selecting Hawai'i Meals on Wheels as the beneficiary of their annual **Charity Golf Tournament** on July 13. Thanks to the incredible support from all involved, we are overjoyed to share that more than \$40,000 were raised! Funds will provide nutritious, home-delivered meals for homebound kūpuna.

Mahalo to the generosity of sponsors, golfers, and volunteers, who came together for a beautiful day on the green!

From left to right:
Marty Welch, CEO, HEMIC Hawaii; **Faye Bueno**, Vice President of Administration, HEMIC Hawaii and President, HEMIC Hawaii Foundation;
Michelle Cordero-Lee, CEO, Hawai'i Meals on Wheels; and **Mike Tottori**, Senior Vice President, First Hawaiian Bank and Board Chair, HMoW.



Growing Demand for Safety Net Meals

135

calls per month

25

new clients per month

Our state's kūpuna population will grow significantly by 2030, leading to a greater demand for community support. However, limited resources have strained government agencies. **In cases where kūpuna are waitlisted or denied government services due to strict eligibility requirements, kūpuna are referred to our safety net program, which offers discounted or fully sponsored meals.**

Monthly, we receive 135 calls and onboard 25 new clients, many of whom have chronic health conditions, limited caregiver support, and require assistance in navigating government benefit enrollment. **Because of your support, kūpuna like Gerald (pictured right) receive nutritious meals, regular socialization, and agile care coordination across providers. Mahalo!**





Hawai'i Meals on Wheels
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Meals From the Heart, Food for the Soul

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DOUBLE the impact of your gift
now through Thanksgiving!
Gifts to Hawai'i Meals on Wheels
will be matched up to \$55,000.
*Return the enclosed gift form by
Wednesday, November 22.*



Stay up to date on the latest HMoW news by joining our email list!