



Full of Happiness

Piha me ka Hau'oli

Meals from the Heart, Food for the Soul

HAWAI'I MEALS ON WHEELS NEWSLETTER

FEBRUARY 2024

More Than A Meal: Nurturing Don's Independence at Home

In his Kaka'ako studio, 94-year-old **Don** kicks off his week with a time-honored routine: making bread, a heartfelt homage to the baking traditions instilled by his mother. Every morning, he savors freshly brewed espresso and the comforting crunch of toast. Admire the gentle hum of the bread machine, Don then settles into his desk chair, looking forward to connecting with friends and family through e-mail and video chat.

For Don, crafting a cup of espresso, baking bread, and connecting with family and friends are more than mere routines; they stand as beautiful affirmations of his independence.

"I don't want to move to a nursing home unless I really have to. I've got a zillion things wrong physically, but I've got my faculties. I keep busy doing what I do," Don declares. "If I can do it myself, I will."

From a small Michigan town, the youngest of six siblings, Don began his journey when he was drafted during the Korean War and then stationed



Don and Hawai'i Meals on Wheels delivery driver Kyle at Don's place after receiving his hot meal.

in Greenland. Three bustling decades in New York City were followed by retirement and life abroad in Puerto Rico, Hawai'i, and Thailand. An ardent writer, Don captured his lifetime of adventures, including travel to 116 countries, in his impressive 600-page memoir.

When he was 90, health challenges prompted Don to return to Hawai'i. **Then, a year ago, a fall resulting in worsening back pain and respiratory issues compelled Don to seek assistance from Hawai'i Meals on Wheels.**

"I can't stand for very long, so being at the stove, sink, or microwave is tiring," Don shares. "Before Hawai'i Meals on Wheels, I was fending for myself as best as possible."

Continued inside...

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Now, a dedicated meal delivery team brings Don a hot meal every weekday, considering both his nutritional needs and his personal preferences.

"They even substituted rice for mashed potatoes, which I prefer! I like all foods but I must say I don't like lima beans because they stick to the roof of my mouth!" Don chuckles.

Home-delivered meals, coupled with Don's positive outlook, allow him to preserve his independence. In addition to continuing cherished routines of brewing espresso and breadmaking, Don nurtures his passion for writing, expanding his collection of short stories, reviews, and essays.

Beyond nourishment, the meal delivery volunteers bring vital **human connection**. Socializing outside is limited, but the friendly drivers consistently check in, brightening Don's days.

"It's tough being a shut-in, but they make my day a whole lot better!" Don shares.

Support from friends like you ensure that the wheels keep turning—delivering meals and fostering connections with friends like Don. **Thanks to your generous support of Hawai'i Meals on Wheels, kūpuna who are aging in place will continue to feel healthier and safer.**

A NOTE OF FRIENDSHIP FROM MICHELLE CORDERO-LEE

Reflecting on the incredible year that was 2023, I want to extend my deepest gratitude for your unwavering support. Your generosity allowed us to go beyond the basics of meal delivery. Last year, we offered more than 200 specialized medical meal options and provided case management to help kūpuna and their families navigate the complexities of the healthcare system. Our 250 volunteer meal delivery drivers eased social isolation by knocking on doors and greeting kūpuna with aloha.

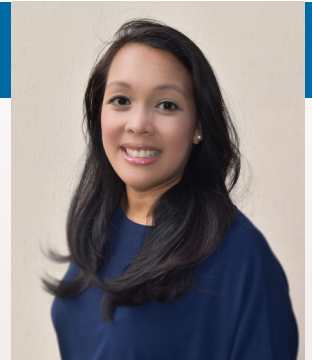
In 2024, the demand for home-delivered meals support will remain high. Your ongoing support ensures that we can meet these demands and ensure kūpuna won't live in fear of hunger and isolation.

As we look ahead, we know there is more that we can do for our homebound neighbors here on O'ahu. Thank you for your support as we strive to help kupuna live nourished lives with independence and dignity.

Mahalo!



Michelle Cordero-Lee
CEO



Here's how you can help in 2024!

- Join the **Gold Plate Club** by making a monthly donation! \$45 will help provide one week of meals to a homebound kupuna.
- Become a volunteer on a holiday or deliver meals whenever your schedule allows.
- Participate in our annual Ohana Meal Pack and Thanksgiving drive-thru fundraisers!

Learn more at hmow.org.



2023 at a glance

1,235
clients

12
kitchen partners

186,759
meals delivered
annually

50%
meals that are
medically-tailored (customized)

719
average meals delivered daily

207
meal types

135
calls per month

6
congregate dining
locations

58%
female clients

80
median age

\$1,317,177
spent on meals

Q&A with Volunteer Dash Corpe A Dash of Nutrition

Meet Dash! She's a registered dietitian and nutritional coach, who volunteers as a menu advisor and nutrition educator at Hawai'i Meals on Wheels. In addition to helping certify our new kitchen partners, Dash contributes to our monthly client newsletter, writing articles and sharing tips about nutrition for our kūpuna clients. As Dash celebrates more than 10 years as a volunteer, we sit down with her to learn more about her work and her passion.

How did you get connected with Hawai'i Meals on Wheels? *When I was a student studying to be a nutritionist at UH, Hawai'i Meals on Wheels came to a class, and I was so moved by everything they shared. I loved the personalized approach and the idea of delivering hot meals while checking on people's well-being. I immediately started volunteering as a meal delivery driver. After I graduated, I continued writing for the client newsletter. I also began helping certify new kitchen partners who prepare hot or frozen meals for HMoW clients. I review menus, portion sizes, nutritional information, and ask staff about their familiarity with modified diets, such as low sodium, low carbohydrate, and kidney friendly alternatives.*

What do you find most rewarding about your work? *Nutrition on the surface can seem basic. But putting that into practice can be especially difficult for some people. It's rewarding to help clients one-on-one and to help them long-term. Things change as we grow older; clients might come back with allergies or medical conditions. Many of our clients have chronic conditions. Others want to generally get healthier during a life transition. One-on-one coaching offers a unique opportunity to develop a relationship with each person and to help them practice strategies to meet their evolving nutritional needs.*



What are some barriers to healthy eating for kūpuna? *Flashy tips you find online may not focus on older adults and what might be important to them. My goal is to share reminders about basic nutrition. I like to put a positive spin on it because seniors so often hear about what they can't eat. I help them navigate how to make health approachable—by incorporating balance into a modified diet to support their quality of life. This could be an easy recipe for a low sugar antioxidant drink or practice tips for pairing protein with carbs for blood sugar control.*

What are you most passionate about today? *I enjoy teaching people practical ways to cook for themselves and their families. Many of my clients ask how they can make a favorite local dish healthier. It's a fun challenge to look at the flavors and ingredients and come up with a modified version that tastes delicious.*



**Scan the QR code to view
Dash's Delicious Mapo Tofu recipe!**

Hawai'i Meals on Wheels is incredibly grateful for our partnership with Dash! Her expertise and knowledge of nutrition are invaluable to the kūpuna we serve. To learn more about Dash, visit adashofnutrition.com.

Congratulations to our volunteers celebrating special anniversaries!

20 Years of Service

William Clark
Regina Leonardi
David Tupper
Lourdes Tupper

10 Years of Service

Dash Corpe
James Russell
Paul Sloke
Charles Weir

15 Years of Service

Elizabeth Hashimoto
Kathleen Hashimoto
Marie Hashimoto
Theodore Kishimori
Lucille Lew
Carolyn Okinaga
Josie Satterfield
Coldwell Banker

5 Years of Service

Nicole Arnold	Bernadette Miralles-
Steven Chigawa	Murakami
Alia Chochol	Kapi Muraoka
Paulette Chun	Latonia Ornellas
Valerie Frohardt	William Oshima
George Hewitt	Lisa Redmond
LeeAnn Kakuda	Jamie Samoson
Rowland Kakuda	Joan Samoson
Sally Kino	Clarissa Saxton
Andi Kubota	Robert Sumpf
Norman Kubota	Adam Wong
Randy Lake	Chelsie Wong
	Alfred Yamamoto



We need 100 MORE meal delivery volunteers!

JOIN THE HUI!

Deliver meals and aloha to homebound kūpuna in your neighborhood! We invite individuals, families, and groups of friends, co-workers, or church members, who are available on a weekday (Monday through Friday) between 9 a.m. and Noon.

Call Volunteer Director Brad Akamu at (808) 988-6747 or share your availability online at hmow.org/volunteer.



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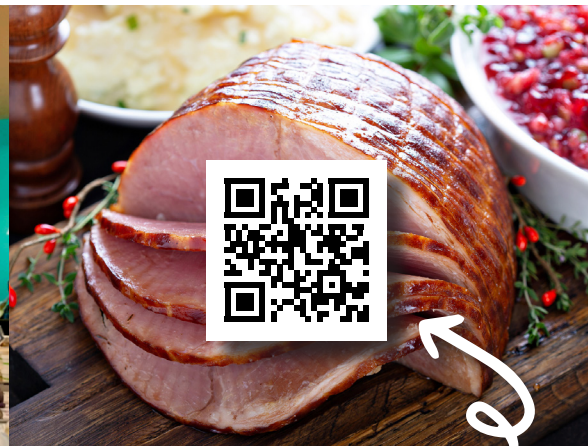
Save the Dates: Holiday Drive-Thru Fundraisers

Ohana Meal Pack Drive-Thru
Kamehameha Day Weekend
Saturday, June 8, 2024

Help kūpuna AND enjoy a plate lunch packed with ono Hawaiian food! Plan ahead and have a plate lunch party with your ohana and friends.

Thanksgiving Drive-Thru
Thanksgiving Day
Thursday, November 28, 2024

Skip the cooking! Enjoy a delicious holiday ham with some amazing fixings! Be the first to place your order by email this summer. **Scan the QR code to join our email list.**



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