



Piha me ka Hau'oli

Full of Happiness

HAWAI'I MEALS ON WHEELS NEWSLETTER

FALL 2025

Nourishing Kūpuna, Sustaining Caregivers Meals That Hold Us Together



Willz receives home-delivered, medically tailored meals for his mother, Vivian, every weekday. Meal delivery drivers like Brandon, who visits every Monday, not only bring nourishment but also take time to talk story and check in.

On the Waianae Coast, families like Vivian's have built lives rooted in love, hard work, and caring for one another. **Vivian** was born and raised in Nānākuli when the land was still coral and white sand, and families walked dirt roads to wells.

"Dad was stern but fair, and Mom was the loving one," recalled Vivian's son Willz. *"At one point, there were 25 people living in our home. Mom prepared the meals and bathed the kids. She ran the household."*

After living in Guam while her husband was stationed there with the Navy, Vivian returned home to Nānākuli, where she continued as a caregiver for the community's keiki and kūpuna.

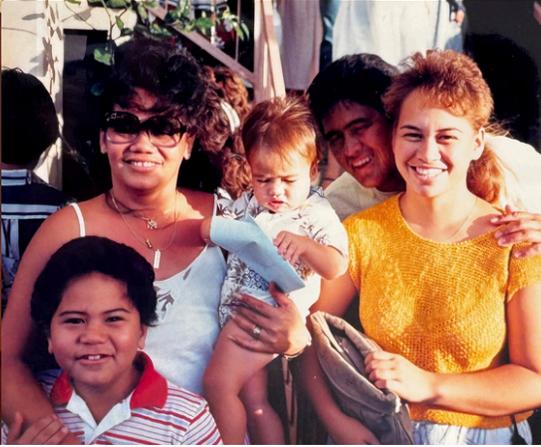
In the past decade, Vivian, faced true heartbreak—first the loss of her husband, and soon after, the passing of the family's beloved dog. At 69 years old, her own health began to decline. Diagnosed with a rare form of dementia, Vivian gradually became bedridden.

That's when Willz came home.

For more than 20 years, Willz worked for the U.S. Postal Service on Maui. But life took a turn when when back pain revealed cancer that had spread rapidly throughout his body. Forced into medical retirement, he now undergoes regular chemotherapy.

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HAWAI'I MEALS ON WHEELS



"My doctor says I'll never be at 100% again. I'm at 60%. Less energy. More tired. Less thrive. More sore. I try to block it out. It's like they say: Pain isn't bad. It lets you know you're still alive," Willz shared.

Despite his own illness, he returned home to care for his mom, focused on keeping her healthy and comfortable.

"We only have each other now. I'm an only child and all her siblings have passed away. I imagined this time of life differently – spending time together taking her on trips," shared Willz, full of emotion.

As his mom's dementia progressed and her needs grew, Willz reached out for help. Caring for her full-time while managing his health left him little energy to shop or cook. **Hawai'i Meals on Wheels has been a lifeline for them both.**

"Not having to cook at least one meal a day is a big help. It's one less worry," Willz shared. *"Hawai'i Meals on Wheels helped me control Mom's diet and get her healthy. She was even able to get off her diabetes and blood pressure medication with the help of a balanced diet."*

Although Vivian can no longer communicate verbally, Willz knows she enjoys the meals.

"She demolishes them! Because she's getting what her body needs, her spirit is strong — even though her mind isn't what it used to be."

Home-delivered meals mean Vivian can continue to live at home. Remembered as a vibrant gathering place for family and community, Vivian's home is now a place of care and comfort for a woman who spent her life caring for others.

And for Willz, home-delivered meals allow him to focus on what matters to him the most — being present with his mom.

In 2023, Hawai'i Meals on Wheels expanded service to the Wai'anae Coast. We now deliver meals on a record-breaking 90 routes throughout O'ahu. **Support from friends like you ensures family caregivers like Willz and kūpuna like Vivian can thrive at home, surrounded by care, comfort, and community. Mahalo for your support!**



A note of friendship from Michelle Cordero-Lee



At Hawai'i Meals on Wheels, we witness daily the **strength and love** it takes to care for a loved one. Willz returned home to care for his mom, Vivian, while undergoing treatment for cancer—putting her needs first.

Vivian, who spent her life caring for others, now receives nutritious meals tailored to her needs, helping her maintain health and dignity at home.

Willz and Vivian remind us that our work is about more than meals—it's about sustaining families, empowering family caregivers, and nurturing connections.

Your support ensures no kūpuna is left hungry and every caregiver has the help they need.

Michelle Cordero-Lee
CEO, Hawai'i Meals on Wheels



Join us in making a difference!

- Join the Gold Plate Club by making a monthly donation! \$45 will help provide one week of meals to a homebound kūpuna.
- Become a volunteer on a holiday or deliver meals whenever your schedule allows.
- Participate in our annual Matching Challenge fundraiser! See Pages 4 and 5.

A Beautiful Day on the Green With Par Hawaii

Mahalo to **Par Hawaii** for selecting Hawai'i Meals on Wheels as the beneficiary of their 7th Annual Charity Golf Tournament on August 17, 2025. This was the second year HMoW was a beneficiary of the golf tournament – receiving \$25,000 last year and another \$25,000 this year!

Thanks to the incredible support from all involved, this gift 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!

Top photo from left: **Eric Wright**, President, Par Hawaii; **Michelle Cordero-Lee**, CEO, Hawai'i Meals on Wheels; and **Lillie Tekie**, Senior Manager, Project Management Office, Par Pacific, and Golf Tournament Chair



SKIP THE COOKING ON THANKSGIVING DAY AND DOUBLE YOUR IMPACT!

THURSDAY, NOVEMBER 27, 2025 BETWEEN 9AM-NOON

Drive Thru-Pick Up at Hawaii Okinawa Center (Waipio)

You're invited to participate in our **6th Annual Thanksgiving Meal Drive-Thru Fundraiser!** Our delicious meal packs include a ready-to-eat turkey dinner with all the fixings. Just pop them in the microwave to reheat. **Be the first to order your feast before we're sold out!**

MAHALO TO OUR PRESENTING SPONSOR



HAWAII STATE
FEDERAL CREDIT UNION

As part of this year's fall benefit, generous supporters including **First Hawaiian Bank, Par Hawaii, the Pettus Foundation, and The Queen's Health Systems**, have offered to match every gift you give by Thanksgiving up to \$65,000! That means every \$1 you give will be matched to become \$2.


First Hawaiian Bank


PETTUS
FOUNDATION


THE QUEEN'S HEALTH SYSTEMS
Your Health, Our Legacy


Par Hawaii

Together we can raise \$130,000 to help more kūpuna! Can we count on your support for homebound kūpuna?

Visit hmow.org/thanksgiving or mail the enclosed donation/order form. Orders must be received by Friday, November 14, and matching gift forms must be postmarked the day before Thanksgiving, November 27.

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

Thanksgiving Meal Pack

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



EACH \$250 MEAL PACK FEEDS 8 AND INCLUDES A SURPRISE GIFT BAG!

Place your order online and double your impact today!



Mālama Our Kūpuna

A THANKSGIVING DAY BENEFIT FOR HAWAI'I MEALS ON WHEELS

DOUBLE YOUR IMPACT GIFT FORM

MAKE A GIFT BY THANKSGIVING - THURSDAY, NOV 27

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:

- \$45.00 to be matched to \$70.00 Feed one kūpuna for TWO weeks!
- \$90.00 to be matched to \$150.00 Feed a kūpuna couple for TWO weeks!
- \$180.00 to be matched to \$300.00 Feed one kūpuna for one MONTH!
- \$_____ to be matched.

Sponsorship commitments and meal pack orders must be received by Nov 14.

Quantity (Please specify number desired)	Tax Deductable 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 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.

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Mālama Our Kūpuna

A THANKSGIVING DAY BENEFIT FOR HAWAI'I MEALS ON WHEELS

THURSDAY, NOVEMBER 27, 2025

2025 SPONSORSHIP LEVELS AND BENEFITS

Recognition and Benefits	Bronze \$2,500	Silver \$5,000	Gold \$7,500	Platinum \$10,000+
Opportunity to share company branded items to fundraiser participants on the event day				X
Year-round display of logo or name on event website	Name	Logo (Medium)	Logo	Logo with link to website
Logo or name prominently displayed in Hawai'i Meals on Wheels' eNews, before and after event	Name	Logo (Medium)	Logo	Logo with link to website
Pre-event and post-event acknowledgment on social media	X	X	X	Recognition with logo as top sponsor
Logo or name in a mahalo ad in Honolulu Star-Advertiser post-event	Name	Logo (Medium)	Logo (Large)	Logo (Large)
A Thanksgiving Meal Pack 10 -12 lbs Whole Turkey 4 lbs Real Mashed Potatoes 4 lbs Poultry Gravy 3 lbs Stuffing 1 lb Cranberry Relish 12 Sweet Dinner Rolls Pumpkin Pie	One (1) A Catered Experience Thanksgiving Meal Pack	Two (2) A Catered Experience Thanksgiving Meal Packs	Three (3) A Catered Experience Thanksgiving Meal Packs	Five (5) A Catered Experience Thanksgiving Meal Packs

Each meal pack serves approx. 8 people. For questions, please contact Evelyn Fonseca at (808) 784-2761 or efonseca@hmow.org.

Navigating Aging at Home Together: Bringing Hope, Health, and Aloha to Kūpuna

Aging in place in Hawai'i comes with unique challenges. Many kūpuna hope to remain in their homes but they often face mounting obstacles: rising living costs, declining health, unsafe housing conditions, and limited access to care. **Nearly one in four Hawai'i residents will be over the age of 65 by 2030, meaning these challenges will only continue to grow.**

At Hawai'i Meals on Wheels, we see firsthand how fragile the safety net can be—and how vital our social services team is in helping kūpuna navigate these complexities with dignity.

Take the story of **Donna**, 79, from Mākaha. Her home lacked electricity, was cluttered with hazards, and showed signs of neglect. Initially hesitant to accept help, she opened her door after learning we were bringing meals and bottled water. Recognizing her need for assistance, our social services team acted immediately, contacting Adult Protective Services (APS) to help her access more resources. After weeks of advocacy and collaboration with community partners, Donna's utilities were restored, her home decluttered, and safety modifications made.

Today, Donna receives two nutritious meals every weekday and expresses gratitude for the meals and friendly visits from our meal delivery volunteers.



Our social services team ensure kūpuna receive the care, nutrition, and advocacy they need, addressing nutrition, safety, health, and emotional well-being while connecting clients to essential resources like healthcare, financial assistance, and home modifications. Whether it's helping replace a broken phone, advocating for medical equipment, or arranging home safety upgrades, our team's work creates lasting impacts.

We extend our heartfelt mahalo to **The Clarence T.C. Ching Foundation, Hawai'i Community Foundation, Hawai'i Public Health Institute, Kūpuna Collective**, and the **University of Hawai'i Center on Aging** whose generosity and support make our social services possible. Mahalo for bringing hope, health, and aloha to O'ahu's kūpuna!





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Meals From the Heart, Food for the Soul

Return Service Requested



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Double Your Impact

**As part of this year's Hawai'i Meals on Wheels
Thanksgiving benefit, generous donors have
offered to match every gift friends like you give –
up to \$65,000!**

***Return the enclosed gift form or scan the QR code
to make a gift online by Thanksgiving!***

