



Ku`i Na Lono

Spread the News

SPRING 2012

Building a Healthy Hawaii for Children & Families

In this issue:

- Living Healthy,
on a Budget
- Board Chair
Mark Forman
Steps in the Ring
- Local High School
Students Reach Out

According to the State of Hawaii Department of Health, children and families in poverty are particularly vulnerable for a range of poor health outcomes, including obesity, diabetes, stroke and heart disease. Honolulu Community Action Program wants to be part of changing these statistics. Read on to learn more about HCAP's initiatives to increase awareness and improve family health, at all income levels.



Father and son join the race together at the 2012 Head Start Keiki Fun Run



Elton Magallanes teaches children at HCAP Head Start how to harvest, prepare and pound kalo into poi

Keiki Fun Run Promotes Living Active

Held on April 20th, the HCAP Head Start Keiki Fun Run drew over 2,000 children, parents, teachers and community members to celebrate living healthy, active lives. The fun-filled day featured Fun Runs on three different courses and fitness activities for the whole family. The event was the culmination of the Head Start school year, focused on reducing child obesity by involving parents in their children's health, education and well-being. HCAP would like to thank Keawe Adventures, Kutmaster Spaz, Kaiser Permanente Hawaii, the Honolulu Police Department, Weed & Seed, the University of Hawaii Cooperative Extension Program, Department of Parks and Recreation, Department of Education and Department of Health for supporting the Fun Run.

Honolulu Community Action Program is a non-profit community action agency serving low-income Oahu residents. In 2011, HCAP assisted over 17,000 seniors, adults, youth & children with employment, education, housing & basic needs.

Board of Directors

2011 – 2012 BOARD OFFICERS

Mark L. Forman
Chair
Ella Abe
Vice Chair
Rep. Isaac W. Choy
Secretary/Treasurer

2011 – 2012 BOARD MEMBERS

Resident Sector

Ella Abe
Windward District
Anne Chipchase
Leahi District
Shylo Clark
Head Start Policy Council
John Dudoit, Jr.
Central District
Aldora Kahele
Kalihi-Palama District
James Manaku, Sr.
Leeward District
Eddie Mersereau
Central District

Public Sector

Terrence Aratani, Esq.
Office of Sen. Brian T. Taniguchi
Rep. Isaac W. Choy
Office of Rep. Marcus Oshiro
Mark L. Forman
Office of Sen. Suzanne Chun Oakland
Karen Iwamoto
Office of Rep. Calvin K.Y. Say
Frank Lopez
Governor's Representative
Councilmember Ernest Y. Martin
City Council
Gary Okino
Mayor's Representative

Private Sector

Roxanne U. Bolden
Aloha Independent Living Hawaii
Michael Broderick
YMCA of Honolulu
Garrick L.H. Goo, Esq.
Attorney at Law
Phyllis Ida
P-3 Windward Grant
Colleen Minami
Community Volunteer
William Shiroma
Bank of Hawaii
Kevin Souza, Esq.
Native Hawaiian Chamber of Commerce

Executive Director

Robert N.E. Piper, Esq.

Our Voice in the Community

Mark Forman, Board Chair

This is the second in a series of interviews with the new members of Honolulu Community Action Program's Board of Directors.



"When you think about it, life is often some kind of fight or struggle for most people."

**Mark Forman,
HCAP Board Chair**

Mark Forman's first experience with a community action agency was at Maui Economic Opportunity (MEO) on Molo-kai. He spent hours in MEO's community hall as a boxer, and later as a coach.

Mark has dedicated his career to helping those who struggle to meet their health and economic needs. He compares his experiences in the boxing ring to the challenges faced by many low-income people in Hawaii. "When you think about it," he says, "Life is often some kind of fight or struggle for most people."

Mark currently serves as executive administrator and chief executive officer of the HMSA Foundation, a grantmaking organization with a \$25 million endowment. Prior to joining the Foundation, he worked for Senator Daniel Inouye in Washington, DC and served as executive director of the State of Hawaii Office of Community Services (OCS).

At OCS, Mark worked with HCAP and community action agencies statewide to serve economically disadvantaged residents, immigrants and refugees.

As he leads HCAP as Board Chair, Mark has confidence in the agency and the people it serves. "We've got leadership and staff with the ability to help people," he says. "We also have a community of hard-working clients willing to work with us to reach goals."

Quick Facts: Poverty & Health

- **146,923** people in Hawaii live in poverty
- Obesity in Hawaii's public high school schools increased by **73%** from 1999 to 2007
- **12%** of 2 to 5 year olds are overweight, and **9%** are obese



Sources: Hawaii Department of Health "Family Health Services Division Profiles" (2009) and "State of Hawaii Maternal & Child Health Needs Assessment Summary" (Nov.2010); U.S. Census Bureau Small Area Income and Poverty Estimates (2010)

From School to Table Gardening for Preschoolers

Head Start classrooms throughout Oahu are teaching children to plant and care for the earth. In Waimanalo, Pualani Ramos of the Healthy Hawaii Initiative helped the Pope and Waimanalo Pre-Plus classrooms plant beans in “bucket gardens,” which they made themselves from 10-gallon buckets. At HCAP Head Start Salt Lake Pre-Plus, parents Sarah Bolles and Chelsie Smith helped the students create their own outdoor garden. The children cleared weeds, prepared the soil, and planted tomatoes, eggplants, herbs, and sweet potato. Many other classrooms have started similar projects. As the children water and care for the plants on a daily basis, they learn responsibility and a greater awareness of where their food comes from.



Ms. Esther shows Shayden and Jaycob how to properly remove plants from their pots before planting them in the ground at Head Start Salt Lake Pre-Plus



Fighting Childhood Obesity

Recent figures indicate that 12% of 2- to 5-year olds in Hawaii are overweight, and 9% are obese. While these numbers are below the national average, they are still of significant concern, as obesity increases children’s risk of chronic health conditions and can affect school performance. HCAP Head Start is committed to promoting effective ways to reduce childhood obesity and increase health and self-sufficiency for Hawaii’s low-income families.

“In Hawaii, childhood obesity constitutes one of our most pressing health problems today.”

The American Academy of Pediatrics, Hawaii Chapter

Eating Healthy, on a Budget



HCAP has partnered with the University of Hawaii to bring the Expanded Food and Nutrition Education Program (EFNEP) to its District Centers and Head Start classrooms. Participants start with the 6-week Food and Money Basics, then have the option to attend the next series of classes called Grow Your Own. Through the classes, they learn easy, healthy recipes and how to budget their limited incomes when they shop for food. They also learn how to plant, grow and care for their own fresh fruits, vegetables and herbs at home, whether in the ground or in containers.

Head Start teacher Debbie Philips and Roxanne Vega from the EFNEP program teach parents to make healthy snacks



High School Students Create Sustainable Solutions to Community Issues

Students from three Oahu high schools volunteered for community service projects with HCAP this Spring. We gratefully acknowledge these motivated kids and the teachers and administrators who support them.

KAILUA HIGH SCHOOL



Having fun and working hard, Kailua High School students helped clear the land for planting at HCAP's Waimanalo farm

Class of 2013 Gives New Life to Organic Farm

The Kailua High School Junior class rolled up their sleeves to work on HCAP's 2-acre organic farm in Waimanalo, Oahu. Several hundred students volunteered for the annual service project, which will help launch an organic farm training program for low-income Oahu residents. HCAP has partnered with LEAF Hawaii and Oahu WorkLinks on the free program geared toward unemployed adults. Participants receive hands-on training and certification as organic farmers, with the goal of becoming employed in the farming industry. The training is part of the State Energy Sector Partnership and Job Training Program ("SESP") and the Hawaii Green Jobs Initiative, offered through the State of Hawaii Department of Labor and Industrial Relations and the U.S. Department of Labor. Through their efforts, the Kailua students are supporting HCAP's larger mission of helping low-income people and communities achieve self-reliance. For more on the program, visit www.leafhawaii.org.

In Search of a New Understanding of Poverty & Homelessness

Along with a group of creative, service-minded students, Nancy Adams and Susannah Johnson developed a new course this year at Assets High School. They integrated Social Studies and English with community service, as they explored poverty from historical, local, global, and personal perspectives. The students read various texts, met with guest speakers, and talked personally with houseless people throughout Oahu, including residents of HCAP's Kumuhonua Transitional Living Center. They were able to challenge their own beliefs as they listened to personal stories about overcoming homelessness and poverty. The students helped design the course themselves, culminating in the creation and production of their own documentary film, "Hope in the Street."



Teachers Susannah Johnson and Nancy Adams, Kumuhonua resident Ernest Rivera, and Assets High School students at Kumuhonua Transitional Living Center

ASSETS
HIGH SCHOOL

Senior's Project Makes Science Fun for Kids After-School

Farrington High School student Krystal Seymour planned and delivered an afternoon of fun science, technology, engineering and math (STEM) activities for the kids at the Hā Initiative, HCAP's new after-school program. The kids, who range in age from Grades 2 to 8, built a tower with spaghetti and marshmallows, designed a usable chair out of newspaper and tape, made homemade lava lamps, and learned about robotics from the program's teacher, Mr. Chris. Most of the Hā Initiative kids live in public housing and their families cannot afford after-school enrichment activities. Through the generosity of Krystal and her fellow volunteers, HCAP is able to give these kids a safe, free place to learn and play during their out-of-school hours. The program is always seeking adult and youth volunteers for its Kalihi and Waianae sites. If interested, please call (808) 842-7686.



Krystal Seymour (center) and her classmates design a science activity for the kids at the Hā Initiative: Creative STEM After-School Program



Ash and Michelle work on one of Krystal's activities, building a marshmallow tower

FARRINGTON
HIGH SCHOOL

Employee Recognition

Congratulations to our staff on these Milestones of Service & Educational Achievements!

Years of Service: Spring 2012 (January to March)

20 YEARS

Cheryl Jones, Jade Mai-Duong

15 YEARS

Alfred Rita, Gloria Yoshikawa

10 YEARS

Hanh Minh Lam,
Reza Galindo, Mary Lacques

5 YEARS

Kelly Jean Mabini, Traci Akimoto,
Samantha Keawe, Sheree Vandaele,
Keala Young, Jazzery Kauhi



HCAP Head Start
Employee of the Year,
Karen Hanabusa

Child Development Associate (CDA)

Tiarre Ranis-Alameda, Hokulani Keola,
Donna Brzezowski, Lisa Crespo, Gayzel Wolf,
Marilyn Fernandez, Collette Pabro, Ludia Batad,
Minerva Garcia, Kathy Belon, Marichelle Limjoco

Associates Degree

Lydia Guerrero, Richelle Kimura-Gonsalves,
Minh Lam, Colin Chang, Dawn Stephens, Leona Souza

Bachelors Degree

Ermenia Teasedale, Carlina Eder De Silva,
Mary Oyama, Naomi Kahikina, Carolyn Del Toro

Masters Degree

Spencer Tengan, Tammy Miyashiro,
Cheryl Castro, Jennifer Tanele, Jodie Unten

Free Tax Preparations for Working Families

The Free Tax Help Program helps low-income taxpayers file for the Earned Income Tax Credit (EITC), a refundable tax credit for working individuals. HCAP again offered the program this year at six Oahu locations. In addition to helping taxpayers claim earned credits, it also provides them with opportunities to learn about other financial support services.

Lynn, a mother of 6, qualified for \$9,588 through the Free Tax Help Program. She will use her refund to pay bills, make car repairs, and buy school clothes for her kids.

HCAP is an original member of the Hawaii Asset Building Coalition, which started the tax assistance program a decade ago along with the Internal Revenue Service and Chaminade professor, Wayne Tanna. The program is now a highly successful statewide initiative of the Family and Individual Self-Sufficiency Program, coordinated by the Hawaii Alliance for Community-Based Economic Development (HACBED).



Rosa Young helps a client prepare her taxes at the HCAP main office

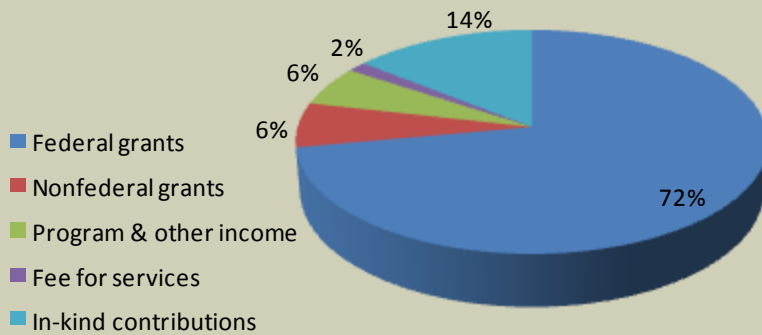
Quick Facts

- HCAP helped **460** households file for **\$790,008** in tax refunds this year
- **52%** of HCAP clients qualified for the EITC, the largest percentage statewide
- Overall, the program helped **4,386** Hawaii families qualify for **\$7 million** in tax refunds

Interim Financial Update

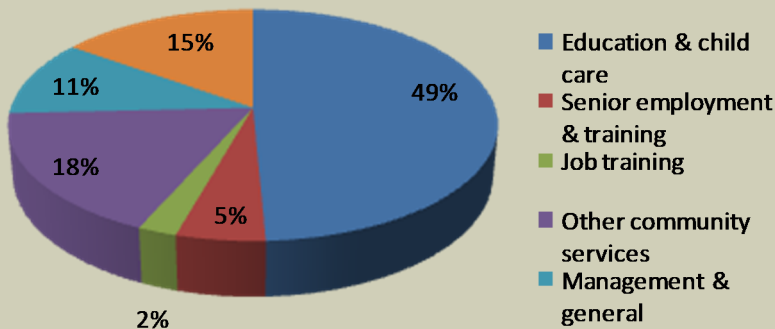
Fourth Quarter FY 2012
January 1, 2012—March 31, 2012

GRANTS & OTHER SUPPORT



GRANTS & OTHER SUPPORT	YTD
Federal grants	20,564,497
Nonfederal grants	1,840,512
Program & other income	1,644,924
Fee for services	415,715
In-kind contributions	4,057,284
Total	28,522,932

EXPENSES



EXPENSES	YTD
Program services:	
Education & child care	14,856,602
Senior employment & training	815,824
Job training	248,444
Other community services	4,221,372
Supporting services:	
Management & general	2,147,243
In-kind facilities, services & supplies	4,057,284
Total	26,346,769

PROGRAMS

CURRENT PROGRAMS	PROGRAM PERIOD	FUNDED AMOUNT
Community Services Block Grant (CSBG)	10/01/11 - 09/30/12	1,950,623
Leeward Coast Community Benefits Program	05/09/11 - 05/08/12	25,000
Head Start	04/01/11 - 03/31/12	12,430,770
Head Start Full-Day Full-Year	04/01/11 - 03/31/12	1,449,000
Infant & Toddler Care for Teen Parents (Waianae High School)	07/01/11 - 06/30/12	119,968
Early Reading First (Research Corp. University of Hawaii)	07/01/10 - 09/30/12	416,040
Youth Services	07/01/11 - 06/30/12	451,235

CURRENT PROGRAMS	PROGRAM PERIOD	FUNDED AMOUNT
Low-Income Home Energy Assistance Program (LIHEAP)	05/01/11 - 04/30/12	102,689
Senior Employment Program (SCSEP)	07/01/11 - 06/30/12	955,042
Weatherization Assistance Program (WAP)	10/01/11 - 09/30/12	49,004
Weatherization Assistance Program (WAP-ARRA)	01/27/12 - 03/31/12	47,756
Kumuhonua Transitional Living Center	08/01/11 - 07/31/12	360,000
Ho'o Kahua Project	09/01/11 - 08/31/12	219,953



MAIN OFFICE:

33 S. King Street, Suite 300, Honolulu, HI 96813
Tel: (808) 521-4531 Fax: (808) 521-4538
Email: hcaph@hcaphweb.org

DISTRICT CENTERS:

For help with jobs, finances, family support, or questions about our programs, call the District Center nearest you.

LEEWARD

Tel: 696-4261 Fax: 696-0169
85-555 Farrington Hwy. Waianae, HI 96792

CENTRAL

Tel: 488-6834 Fax: 488-7862
99-102 Kalaloa St. Aiea, HI 96701

KALIHI-PALAMA

Tel: 847-0804 Fax: 841-7971
1555 Haka Dr. #2408 Honolulu, HI 96817

LEAHI

Tel: 732-7755 Fax: 735-6034
1915 Palolo Ave. Honolulu, HI 96816

WINDWARD

Tel: 239-5754 Fax: 239-3912
47-232 Waihee Rd. Kaneohe, HI 96744

HCAP HEAD START:

For affordable preschool care and support & skills for parents, call us at:

HEAD START KAPALAMA (KMR)

Tel: 847-2400
Fax: 847-2302

HEAD START KUNIA

Tel: 621-5099
Fax: 621-3842



PROGRAMS:

YOUTH SERVICES

Tel: 591-1766 Fax: 591-1768

SENIOR EMPLOYMENT PROGRAM (SCSEP)

Tel: 521-4531 Fax: 521-4538

WEATHERIZATION ASSISTANCE PROGRAM

Tel: 521-4531 Fax: 521-4538

KUMUHONUA TRANSITIONAL LIVING CENTER

Tel: 682-5494 Fax: 682-5495

HA INITIATIVE: CREATIVE STEM

AFTER-SCHOOL PROGRAM

Tel: 842-7686 Fax: 842-7689

Please visit our website!

www.hcaphweb.org

Every keiki deserves
a HEAD START.



Support HCAP by giving a secure donation on-line:

Donate



Click "Donate" at
www.hcaphweb.org

With 46 years of experience and 86 locations, HCAP Head Start offers FREE and AFFORDABLE PRESCHOOL to children ages 3 to 5.

Accepting applications now for the '12-'13 school year.

Call (808) 847-2400 or apply online at www.hcaphweb.org.