



LANAKILA

Building Independence for Challenged Lives

APPLICATION FOR GRANTS & SUBSIDIES
CHAPTER 42F, HAWAII'S REVISED STATUTES
LANAKILA MEALS ON WHEELS FUNDING REQUEST

JANUARY 31, 2008



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APPLICATION FOR GRANTS & SUBSIDIES
CHAPTER 42F, HAWAII REVISED STATUTES

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Application for Grants and Subsidies

If any item is not applicable to the request, the applicant should enter "not applicable".

I. Background and Summary

This section shall clearly and concisely summarize and highlight the contents of the request in such a way as to provide the State Legislature with a broad understanding of the request. Include the following:

1. A BRIEF description of the applicant's background;

Lanakila Rehabilitation Center is a private, nonprofit 501(c)(3) organization that has been a vital community resource for over 69 years. Founded in 1939 as a respiratory recovery center, Lanakila's mission is to offer programs and services for adults with cognitive, physical, social, or age-related challenges that build and support higher levels of independence and an improved quality of life.

In 1959, Lanakila was chartered by the State of Hawaii to operate a manufacturing and service-oriented business providing evaluation, job training, and employment opportunities for adults with disabilities. In 1971, Lanakila established a nutrition program, best recognized today as the "Lanakila Meals on Wheels" program. In 1976, Lanakila became the first vocational rehabilitation center in Hawaii to be accredited by CARF, formally known as the Commission on Accreditation of Rehabilitation Facilities.

Lanakila's main facility is located on Bachelot Street in Liliha/Nuuanu, with a satellite facility in Wahiawa. Lanakila also has a warehouse in Halawa Industrial Park, a network of 19 workforce development training sites, and 20 group dining centers throughout Oahu. More than 600 volunteers support our programs throughout the year.

Today, Lanakila's core programs include:

- **Lanakila Meals on Wheels** provides meals to seniors and individuals with disabilities through Home Delivery and Group Dining programs. These programs provide nutritionally balanced meals and a social support system for our community's seniors. During the fiscal year 2006-2007, Lanakila delivered 221,875 meals. Lanakila also delivered 1,496 hot holiday meals to homebound seniors on Thanksgiving and Christmas Day in 2007, and has provided that service each year for the past fifteen years.
- **Adult Day Services:** Lanakila's day program for adults with more severe challenges (developmental disability, mental retardation) specifically focuses on the development

and mastery of basic life skills: personal hygiene, home management, social etiquette, learning techniques and leisure interests and activities. The program emphasizes community-based learning, and participates in many service activities in the community. Last year, Lanakila provided services to 140 program participants at our Bachelot Street and Wahiawa sites.

- **Workforce Development:** Individuals with physical and cognitive disabilities are coached in the development of appropriate work behaviors, basic employee responsibilities, and specific job skills. Upon mastery they are assisted in seeking and securing competitive employment. Last year, Lanakila provided paid work training experience and specialized training to over 450 individuals with disabilities in areas including: custodial service, food service, grounds maintenance, shelf stocking, warehousing, cashiering, and assembly/production. The training is "on the job" at various government and private sector sites in addition to our own facilities. Food service trainees in the Workforce Development program prepare meals provided to seniors in the Lanakila Meals on Wheels Program.

2. *The goals and objectives related to the request;*

Lanakila Meals on Wheels is unique in many different ways. Hawaii's largest and only island-wide meal provider for seniors, services reach our neediest homebound seniors in low income and rural areas on Oahu. Lanakila's nutritionally balanced meals are served to seniors with the greatest need, averaging 83 years of age, and most have less than \$1,000 in monthly income.

A network of more than 200 helpful volunteers deliver services, with a core of 17 full and part time staff members. In addition, less than 60% of our current funding is from government grants, with the remaining 40% in grantee share, which include donations from caring individuals and businesses in the community, volunteer and in-kind contributions, and our very own Xpress Chefs catering and food contracts social enterprise. Unfortunately, funding shortfalls combined with the growing need for services and rising costs of living in Hawaii have created a need much greater than current funding.

Lanakila Meals on Wheels' goal is to ensure that no senior goes hungry in Hawaii, and that every senior has the opportunity to maintain his or her independence with dignity. We seek to fulfill this goal through 1) maintaining our current level of service; and 2) expanding the program to seniors who qualify for the program, but who remain unserved due to budget restraints.

Lanakila Meals on Wheels seeks to fulfill our goal through the following objectives:

1) **Food/Sustenance**

Provide and deliver nutritious meals to Oahu's homebound seniors (age 60+) with the greatest need (lives alone, low income, lives in rural area, no formal or informal support, has significantly reduced physical and/or mental capacity). Seniors who experience hunger are at risk for serious health problems. Hunger can be life-

threatening by increasing the risk for stroke, prolonging recovery from illness, extending hospital stays, limiting the effects of prescription drugs, decreasing resistance to infection, and even increasing the occurrence of depression and isolation. The daily meals offered through Lanakila's Home Delivery program assist seniors in sustaining their daily nutritional requirements and in alleviating the need to shop for groceries or prepare their own meals. For many, this may be the critical support needed to avoid being placed in a more costly group home or long-term care facility.

2) Support for independent living

Meal delivery services help older adults maintain their independence and health with dignity, allowing seniors to continue to live in their homes. It prevents premature institutionalization, which saves money for government, taxpayers, and families in the long run. Care home expenses are more than ten times the cost of Lanakila Meals on Wheels services.

3) Monitoring health and welfare

For many seniors, Lanakila Meals on Wheels is their lifeline—the volunteer who delivers their meal may be their only contact to the outside world, and several volunteers have made emergency interventions, saving lives. Volunteers can report any concerns regarding participant's state of health, living conditions, possible elder abuse or other services they may need to program staff, who follow up with appropriate case management.

4) Counseling and education

In addition to nutritionally balanced meals, LMOW provides activities, educational information, and health monitoring, which allow individuals to remain in their homes, avoiding premature institutionalization. Lanakila also provides advocacy and educates the public on senior hunger and related issues.

5) Access to support services

We provide nutrition education and counseling, and serve as an important bridge to other service providers, which include help with activities of daily living (ADL) (eating, dressing, bathing, toileting, transferring, mobility) and instruments of activities of daily living (IADL) (prepare meals, shopping, heavy housework, transportation).

6) Caregiver Support

Estimates of the prevalence of caregiving in Hawai'i have suggested that between 14% - 21% of Hawai'i's adult population or between 126,598-192,390 people provide care or assistance to a person age sixty or older (Executive Office on Aging, 2006). The average age of the caregivers is 54. Caregivers tended to be lower income than expected, especially given the high cost of living in Hawai'i. The average annual household income in Hawai'i is \$10,000 to \$15,000 higher annually than the caregivers' median income. Caregiving is associated with high levels of stress and effects known as "caregiver burden" (State of Hawai'i Family Caregiver Needs Assessment, Dec. 2007). Lanakila Meals on Wheels can provide caregivers with

respite services, easing the responsibility of preparing or obtaining a nutritious, healthy meal.

3. State the public purpose and need to be served;

The number of seniors requesting services from LMOW is growing rapidly with Hawaii's senior population aging at twice the rate of that on the mainland.

Unfortunately, the number of seniors requesting services from LMOW exceeds current funding. In this current fiscal year, the number of seniors currently receiving meals exceeded available funding by \$350,000. Because of the limited funding, LMOW has been forced to restrict the addition of new seniors and create a waiting list.

According to U.S. Census data, estimates and projections, 20% of the City and County of Honolulu will be over the age of 60 in the year 2010. It is estimated that 19.6% (or 37,426) of these seniors will have a disability that prevents them from going outside the home. 10,252 of these seniors will be over the age of 85.

| Statewide & Honolulu County Elderly Population | | | | | |
|---|------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Statewide | 2000 census | 2006 estimates | 2010 projected | 2020 projected | 2030 projected |
| Population age 60+ | 207,001 | 240,588 | 268,800 | 351,650 | 410,450 |
| % of total population | 17% | 19% | 20% | 24% | 25% |
| Population age 85+ | 17,564 | 26,888 | 29,750 | 33,800 | 40,350 |
| % of total population | 1.4% | 2% | 2.2% | 2.3% | 2.5% |
| Total Statewide pop | 1,211,537 | 1,285,498 | 1,346,600 | 1,489,550 | 1,630,450 |
| Honolulu County | 2000 census | 2006 estimates | 2010 projected | 2020 projected | 2030 projected |
| Population age 60+ | 150,910 | 201,759 | 190,950 | 242,550 | 284,350 |
| % of total population | 17% | 22% | 20% | 23% | 25% |
| with a "go-outside-home" disability | 29,578 | | | | |
| % of population 60+ | 19.6% | | | | |
| Population age 85+ | 12,759 | 12,255 | 22,000 | 24,950 | 28,850 |
| % of total population | 1.5% | 1.3% | 2.3% | 2.4% | 2.6% |
| with a "go-outside-home" disability | 5,945 | | | | |
| % of population 85+ | 46.6% | | | | |
| Total Hon County pop | 876,156 | 909,863 | 952,650 | 1,037,250 | 1,117,300 |

* based on Executive Office on Aging's Proposed Hawaii State Plan on Aging 2008-2011; and U.S. Census data, estimates, and projections

Between 1990 and 2000, Hawaii's age 65 and over population grew by 29 percent or by 36,000 persons, the fifth fastest growth rate in the country. Its age 85 and over population grew by over 69 percent or by 7,200 persons, the fourth fastest growth rate in the country. Hawaii now has the 16th largest concentration of older persons in the country (13.3 percent) and its age 65 and older population is now more top heavy with 85 year olds than in the country overall. According to the Executive Office on Aging's Report, Hawaii's Older Adults: Demographic Profile*, Hawaii's number of adults aged 60 years and older will increase by 93.8% between 2000 and 2030 and those 85 years and older will increase by 174.7% during the same period of time, compared to an overall population growth of 21%.

As people age, the chances of developing chronic illnesses and conditions that limit their ability to perform routine tasks, including purchasing and preparing nutritious meals, increase considerably. The Meals on Wheels Association of America reports that "41% of congregate and 59% of home-delivered meal participants reported having three or more diagnosed, chronic illnesses or conditions" (2001).¹ For some homebound seniors, the home-delivered meal may be the only nutritious meal they eat in a day.

Currently, Lanakila Meals on Wheels serves approximately 1,766 of the estimated 50,457 homebound elderly living in Honolulu County. Dedicated volunteers have helped keep operating costs at a minimum, allowing the program to serve thousands of seniors throughout the island over the 27 years it has provided home delivered meals.

| Unmet Needs: From Elderly Affairs Division 4-year plan: 2007-2011 | | | | | |
|---|--|----------------|-------------------|-------------------|--------------|
| | Data Source & Methodology | Extent of Need | Existing Capacity | Informal Capacity | UNMET NEEDS |
| Home Delivered Meals | NHIS-D MEPS 2002 Special tabulation Hot meals delivered to frail, homebound seniors | 50,457 | 3,515 | 38,355 | 8,587 |

Elderly and disabled people may have mobility limitations or other disabilities that create barriers—distinct from limited financial resources—to healthy diets. As the elderly become a larger proportion of the population, it will be important to expand existing programs such as Lanakila Meals on Wheels to meet these special food-related needs.

Older adults living above the poverty level may also have difficulty making ends meet. Information from the Census 2000 shows the median income of persons 60 years and older is \$19,115. Almost a third (31%) of older adults have an annual income below \$10,000, and almost half (45%) have an annual income below \$15,000. The U.S. Census Bureau's poverty threshold for 2007 is \$9,944/year for an individual 65 years and above (for a two-person household, 65 years and above, the threshold is \$12,533).

¹ For more information, see the Meals on Wheels Association of America website at www.mowaa.org.

Lanakila's nutritionally balanced meals are served to seniors with the greatest need, averaging 83 years of age, and most have less than \$1,000 in monthly income.

| FY '06-07 Lanakila Home Delivery Program Economic Information | |
|--|---------|
| Average income of seniors in a year—at or below poverty level | \$6,305 |
| monthly | \$ 525 |
| Average income of all LMOW seniors in a year | \$9,636 |
| monthly | \$ 803 |
| Lives alone | 30% |
| Lives in rural areas | 17% |

This great demand for the service invigorates us to actively seek funding to prevent senior hunger, malnutrition and more costly premature institutionalization. Without additional funding, needy seniors will not be able receive nutritious meals, and may possibly move directly to a care home, or risk hospitalization or death due to health risks aggravated by malnutrition.

4. Describe the target population to be served; and

Lanakila Meals on Wheels target population includes the following:

- 60 years of age or older.
- Physically and/or mentally incapacitated and in need of some assistance.
- Unable to prepare nutritious meals or have no friends or family to do so for him/her.
- Income at or below \$1,000/month.
- Recovering from illness or surgery (short-term)

| FY 2006-2007 Lanakila Meals on Wheels Home Delivery Program Demographics | |
|--|----------------|
| Ethnicity | Percentage |
| African American | 1.19% |
| Chinese | 8.66% |
| Filipino | 16.25% |
| Hawaiian/Part Hawaiian | 13.99% |
| Hispanic | 1.59% |
| Japanese | 27.24% |
| Korean | 1.47% |
| Other | 0.57% |
| Other Pacific Islander | 1.70% |
| Samoan | 3.57% |
| Tongan | 0.62% |
| Vietnamese | 0.17% |
| White (Not Hispanic) | 22.99% |
| Total | 100.00% |
| Minority | 77% |
| Non-Minority | 23% |

5. Describe the geographic coverage.

Lanakila Meals on Wheels is the only Meal Delivery Program that serves the entire island of Oahu, including rural areas. Lanakila currently has 99 delivery routes serviced over a 5-day period.

| Lanakila Meals on Wheels Service Area | Percentage of Seniors |
|---|------------------------------|
| Aiea | 3% |
| Ewa /Westloch | 4% |
| Hauula | 2% |
| Hawaii Kai | 1% |
| Kaaawa | 2% |
| Kahuku | 4% |
| Kailua | 5% |
| Kaimuki | 3% |
| Kalihi | 13.5% |
| Kaneohe | 7% |
| Honolulu (Kapahulu, Kinau, Mccully, Maunakea, Nuuanu, University) | 13% |
| Makakilo | 1% |
| Mililani/Waipio | 3% |
| Moanalua | 3% |
| Pearl City | 7% |
| Wahiawa | 5.5% |
| Waialua | 3% |
| Waianae | 7% |
| Nanakuli | 3% |
| Waimanalo | 3% |
| Waipahu | 7% |
| Total | 100% |

II. Service Summary and Outcomes

The Service Summary shall include a detailed discussion of the applicant's approach to the request. The applicant shall clearly and concisely specify the results, outcomes, and measures of effectiveness from this request.

1. Describe the scope of work, tasks and responsibilities;

The program provides both hot and frozen meals. Seniors who must attend regular medical appointments are given a weekly supply of frozen meals once a week. This enables them to keep their medical appointments and eliminates the worry of missing a daily meal delivery.

| Scope of Work | Tasks | Method | Assigned to: |
|---|--|--|---|
| Phase I: Maintaining current level of services | Outreach and retention of minority elders. | Continue current services; monitor senior well-being | All program staff and Outreach Workers |
| Phase II: Expand services to seniors defined as unmet needs, below poverty threshold | Design expansion and identify resources | Saturday delivery; re-organize routes | Program Director & Deputy Director; Quality Assurance Manager |
| | Screening | Gather: data needed to start seniors in the program | Outreach Workers |
| | Recruit volunteers | Attend community meetings; media announcements; Saturday delivery | Volunteer Coordinator |
| | Enroll seniors | Use the Kupuna Care and various forms. | Outreach Workers; Program Director & Deputy Director |
| | Education | Nutritional information | Program Director; nutrition specialist |
| Phase III: Evaluation | Evaluation | Daily operations, goals and objectives, demographics, measures and client satisfaction | Program Director & Deputy Director; All staff |

Meal production and delivery process

| Time | Steps | Staff/Volunteer |
|--|---|---|
| 5:00 a.m. to 7:00 a.m. 7:30 a.m. to 9:00 a.m. | Food preparation and cooking | Food Service Director, Kitchen Manager, Staff, Food Service Trainees |
| | Packaging | Program Director, Deputy Director, Quality Assurance Worker, HD Specialist, Meal Deliverers, Volunteers |
| 9:00 a.m. to 10:00 a.m. | Drivers pick up meals for distribution or shuttle meals to drivers in different locations | Program Director, Deputy Director, Quality Assurance Worker, HD Specialist, Meal Deliverers, Volunteers |
| 9:30 a.m.- 1:00 p.m. | Delivery of meals to seniors | Program Director, Deputy Director, Quality Assurance Worker, HD Specialist, Meal Deliverers, Volunteers |

Lanakila's Central Kitchen Food Service Director and the Kitchen Manager oversee all aspects of procurement, preparation, menu pricing and compliance with health, safety, and sanitation requirements of all the meals produced.

All menus are overseen by a registered dietician, and are tailored to the seniors' health needs: no or low salt; chopped or puree.

Deliveries take place between the hours of 9:30 a.m. to 1:00 p.m. Meals are packed separately in appropriate containers to maintain the optimum temperatures of meals.

Temperature readings are periodically taken from a sample meal on the last delivery of each route to determine the minimum reading. Disposable containers are used for all meals.

The packaged meals are delivered to participant homes. Home Delivery service uses 11 Lanakila vehicles and 5-10 volunteer vehicles, depending on delivery schedules.

2. The applicant shall provide a projected annual timeline for accomplishing the results or outcomes of the service;

| Objective | Tasks | Method | Time Line |
|---|--|--|--|
| Phase I: Maintaining current level of services | Outreach and retention of minority elders. | Continue current services; monitor senior well-being | July 2008 |
| Phase II: Expand services to seniors | Design expansion and identify resources | Saturday delivery; re-organize routes | July 2008- August 2008 |
| | Screening | Gather: data needed to start seniors in the program | July 2008- Nov. 2008 |
| | Recruit volunteers | Attend community meetings; media announcements; Saturday delivery | July 2008 & ongoing |
| | Enroll seniors | Use the Kupuna Care and various forms. | August 2008 & ongoing |
| | Education | Nutritional information | July 2008; monthly focus |
| Phase III: Evaluation | Evaluation | Daily operations, goals and objectives, demographics, measures and client satisfaction | Start July 2008; ongoing collection/ quarterly assessments |

3. The applicant shall describe its quality assurance and evaluation plans for the request. Specify how the applicant plans to monitor, evaluate, and improve their results; and

The Food Service and the Lanakila Meals on Wheels Program Director, with the assistance of the Kitchen Manager, Deputy Director, Quality Assurance Worker, Registered Dietician and Nutrition Specialist, monitors all aspects of food service, including but not limited to: menu planning, nutrition standards, food preparation, food procurement, meal service procedures, food safety and sanitation requirements, and delivery requirements.

Meals are packed in appropriate containers to maintain proper temperature. Disposable containers are used.

The menu reflects the varied ethnicity of Oahu. All menus are reviewed, evaluated and documented four times a year or as needed by our contracted Registered Dietitian to ensure

that nutrition standards are met. Monthly menus are distributed to all senior program participants.

Quality and Service Evaluation

| Activity | Evaluation Level | Evaluation Method |
|---------------------------------------|---|--|
| Evaluate meals and meal operations | 1. <i>Quality Assurance</i> a. Meets 1/3 Recommended Dietary Allowance b. Balanced menus c. Temperature Requirements c. Food Safety and Sanitation procedures | Monthly management reviews and monitoring by staff in consultation with Registered Dietitian as needed. Summary Reports on food quality and temperature records taken. |
| Evaluate costs and delivery operation | 2. <i>Efficiency</i> a. Food costs b. Program Income raised c. Delivery timeliness d. Number of Meals Served | Monthly review of meals served and ordered, expenditures and evaluation of meal deliverers' timesheet. |
| Monitor Participant Satisfaction | 3. <i>Effectiveness</i> a. Participant satisfaction b. Number of persons served c. Number of participants on the waitlist | Daily and annual participant's comments on meals; surveys on meal quality. Quality Assurance Interview Form sent to participants to assess customers' satisfaction with the meals and service. Answers are documented and necessary action is initiated if needed. |

4. *The applicant shall list the measure(s) of effectiveness that will be reported to the State agency through which grant funds are appropriated (the expending agency). The measure(s) will provide a standard and objective way for the State to assess the program's achievement or accomplishment. Please note that if the level of appropriation differs from the amount included in this application that the measure(s) of effectiveness will need to be updated and transmitted to the expending agency.*

| Measures of Effectiveness for Reporting: Home Delivery Program | |
|--|--------------------------|
| | FY 2008-2009 Goal |
| Meals | |
| a. Meals Served | 340,500 |
| b. # of seniors served (unduplicated) | 1,362 |
| Nutrition Education | |
| a. Nutrition Education Campaign | 6 |
| b. # seniors receiving information | 1,500 |
| Outreach Contacts | |
| a. Outreach contacts | 4,000 |
| b. Outreach contacts (unduplicated) | 2,500 |
| Nutrition Counseling | 152 sessions |
| Health Screening (includes Body Mass Index and Nutritional Risk Assessment) | 1,362 |

III. Financial

Budget

1. *The applicant shall submit a budget utilizing the enclosed budget forms as applicable, to detail the cost of the request.*

Please see **Attachment A**

2. *The applicant shall provide its anticipated quarterly funding requirements for the fiscal year 2008-2009.*

| Quarter 1 | Quarter 2 | Quarter 3 | Quarter 4 | Total Grant |
|-----------|-----------|-----------|-----------|-------------|
| \$358,301 | \$358,301 | \$358,301 | \$358,301 | \$1,433,204 |

IV. Experience and Capability

A. Necessary Skills and Experience

The applicant shall demonstrate that it has the necessary skills, abilities, knowledge of, and experience relating to the request. State your experience and appropriateness for providing the service proposed in this application. The applicant shall also provide a listing of verifiable experience of related projects or contracts for the most recent three years that are pertinent to the request.

Organization's Experience In Delivering Services

In 1971, Lanakila started its congregate (group dining) nutrition program for the 60+ elderly. The program offers nutrition education, recreation activities, special events and daily hot lunches that meet 1/3 of the RDA requirement. In October 1980, the Lanakila Meals on Wheels program added its home delivery meal service and includes nutrition education and individual counseling to persons whose ability to perform normal daily activities of daily living (ADL) and instrumental activities of daily living (IADL) are restricted to such a degree that independent living is threatened. Since its inception, the program has steadily grown. Lanakila currently has a network of 20 group dining sites island wide. The home delivery service provides nutritious meals to homebound and convalescing seniors on 99 routes throughout the island.

Lanakila's Food Service Training, one of many training programs under Lanakila's Workforce Development Program has more than 37 years of experience successfully serving meals to the community. In addition to providing 1,700 meals a day (customized

for home-delivery participants) for the existing Lanakila Meals on Wheels program, services through Xpress Chefs, Lanakila's social enterprise include operating a cafeteria that serves more than 100 meals daily at Bachelot Street, contract meal services for preschools and day care programs that serve more than 1,000 meals daily, and catering meals, for meetings and events.

The operations also provide quick response, enabling the Lanakila Meals on Wheels to provide emergency meal service to needy clients within 24 hours of a referral.

Similar Project Completed

Lanakila Meals on Wheels has been successful in being awarded Honolulu's Elderly Affairs Division nutrition contracts since 1971 on a continuous basis. Home delivery and congregate meal activities are documented and reported to the Elderly Affairs Division (EAD) each month.

B. Facilities

The applicant shall provide a description of its facilities and demonstrate its adequacy in relation to the request. If facilities are not presently available, describe plans to secure facilities. Also describe how the facilities meet ADA requirements, as applicable.

Recently Expanded Kitchen Capacity

Lanakila's Central Kitchen, renovated in 2005, has increased the operational capacity, enabling Lanakila to produce 3,000 additional meals per day. Additionally, walk-in freezer capacity has increased to handle a 12,000-meal daily inventory.

An increased level of production will enable Lanakila's Food Service to accept and train more individuals with disabilities to enter the competitive job market.

Existing Delivery System

A delivery system already in place includes 11 vehicles, 12 thermal bags, and 20 coolers for transporting meals.

Lanakila can easily add additional capacity to its current streamlined administrative and operational support systems to manage serving additional needy seniors.

V. Personnel: Project Organization and Staffing

A. Proposed Staffing, Staff Qualifications, Supervision and Training

The applicant shall describe the proposed staffing pattern and proposed service capacity appropriate for the viability of the request. The applicant shall provide the

qualifications and experience of personnel for the request and shall describe its ability to supervise, train and provide administrative direction relative to the request.

The education and experience of Lanakila's personnel demonstrates the high level of ability to supervise, train, and manage Lanakila Meals on Wheels.

Primary Supervision of Lanakila Meals on Wheels Program

President/CEO – Administers and oversees all Lanakila Programs including the Lanakila Meals on Wheels Program.

Lanakila Meals on Wheels Program Director, assisted by the Deputy Director - administers, directs and supervises all operations of Lanakila Meals on Wheels' home delivery and congregate meal programs and oversees program development and improvement, participant contact and satisfaction, continuous quality improvement, program planning, including the expansion of service geographically or through other means, budget development, personnel administration, contract compliance, and funding/promotion activities.

Food Service Director – assures quality production of meals and develops, with dietician and Program Director, appealing menu choices.

Table: Relevant Qualifications of Key Personnel:

| Position | Primary Duties | Qualifications |
|---|--|---|
| Program Director (1 FT) | Administers and directs all components to provide appropriate, cost-effective and timely senior nutrition services. Implements effective program planning, budget development, personnel administration, and resource development procedures and activities. | Bachelor's degree in Education, with over fifteen years of experience administering and overseeing the Lanakila Meals on Wheels program as a Home Delivery Supervisor, Home Delivery Coordinator and as Program Director. |
| Food Service Director, Kitchen Manager and Cook | Oversees all aspects of procurement, preparation, and compliance with all health/safety/sanitation requirements. | Extensive experienced in food service management. |
| Deputy Director (1 FT) | Assists the Director in overseeing the daily operations of Home Delivery and Group Dining operation. Supervises personnel, assists with program planning, resource development, and activities. | Juris Doctorate and Bachelor's Degree, with nearly one year of experience in Lanakila Meals and Wheels and over nine years experience in judicial, state, and country government service. |
| Quality Assurance Worker (1 FT) | Coordinate and manage Home Delivery program operations. and related activities at Home Delivery Dining Sites. Supervise and train staff, monitor delivery routes, compile assigned reports. | Bilingual/bicultural abilities and seven years of experience providing direct services. |

| | | |
|--|--|---|
| Nutrition Specialist (1 PT) | Develops health and nutrition curriculum, conducts safety, sanitation, and food service training, collects sample plates for analysis. Assists with the coordination of the Home Dining service, compiles assigned reports. | Bachelor's Degree. Over 1 year of experience in the Lanakila Meals on Wheels program. |
| Outreach Worker (3 staff) | Assist in the assessment/reassessment of seniors including nutrition risk assessment. | Requirements: High school diploma plus good oral and written communication skills and experience in gathering data using the Kupuna Care Form. |
| Home Delivery Drivers (7 part time staff) | Delivers meals on assigned routes to volunteers or when volunteers are unavailable. Trained in defensive driving, temperature control, health, safety, sanitation, communication with the frail elderly, recognition of elder abuse, and observation of any changes in the physical and mental capacity of the client. | Requirements: High school diploma, good driving record, plus good oral and written communication skills. |
| Registered Dietitian Consultant (PT) | Provides individualized diet counseling. Develops and implements techniques to improve food service. Reviews menus and performs sample plate nutrient analysis. | Requires certification by the American Dietetic Association as a Registered Dietitian plus three years experience as an R.D. in one or more hospitals or health facilities. Two of those years involving administrative responsibilities. |
| Support Staff | Provides administrative assistance. | Combined experience of over 14 years in all supportive functions of the Home Delivery Meals program. |
| Volunteers | Assists with daily meal packaging, office support and meal delivery. Presently 25-40 volunteers per day package meals and provide office support, and 9-15 volunteers per day deliver meals. | All volunteers are screened; mandatory orientation and training required. |

B. Organization Chart

The applicant shall illustrate the position of each staff and line of responsibility/ supervision. If the request is part of a large, multi-purpose organization, include an organizational chart that illustrates the placement of this request.

Please see **Attachment C** for Lanakila Meals on Wheels and overall agency organizational charts.

VI. Other

A. Litigation

The applicant shall disclose any pending litigation to which they are a party, including the disclosure of any outstanding judgment. If applicable, please explain.

Lanakila Rehabilitation Center is not a party to any lawsuits or outstanding judgment known to itself at this time.

B. Licensure or Accreditation

Specify any special qualifications, including but not limited to licensure or accreditation that applicant possesses relevant to this request.

All meals comply with the Dietary Guidelines for Americans, as required by the Secretaries of the Department of Health and Human Services and the Department of Agriculture. All meals provide for each customer, a minimum of 1/3 of the daily Recommended Dietary Allowances (RDA) as established by the Nutrition Board of the National Research Council of the National Academy of Sciences.

Lanakila also has a current certificate of good standing from the Department of Commerce and Consumer Affairs (DCCA), certificate of compliance from the Department of Labor and Industrial Relations (DLIR) and our certificate of insurance are current at all times.

All Department of Health regulations are adhered to regarding equipment, supplies, food handling, storage and food preparation in order to ensure the preservation of the food value and safety in preparing, purchasing, and delivering the meals.

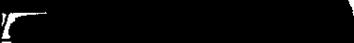
ATTACHMENT A

BUDGET INFORMATION

Budget Request by Source of Funds
Budget Justification—Personnel Salaries & Wages

BUDGET REQUEST BY SOURCE OF FUNDS
(Period: July 1, 2008 to June 30, 2009)

Applicant: Lanakila Rehabilitation Center

| BUDGET CATEGORIES | Total State Funds Requested (a) | (b) | (c) | (d) |
|-------------------------------------|--|--|---------------------------------------|------------|
| A. PERSONNEL COST | | | | |
| 1. Salaries | 144,000 | | | |
| 2. Payroll Taxes & Assessments | | | | |
| 3. Fringe Benefits | 43,200 | | | |
| TOTAL PERSONNEL COST | 187,200 | | | |
| B. OTHER CURRENT EXPENSES | | | | |
| 1. Consumable Supplies | 119,327 | | | |
| 2. Travel | 36,529 | | | |
| 3. Other Expenses | 36,529 | | | |
| 4. Prepared Food | 855,148 | | | |
| 5. Overhead | 198,473 | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |
| 17 | | | | |
| 18 | | | | |
| 19 | | | | |
| 20 | | | | |
| TOTAL OTHER CURRENT EXPENSES | 1,246,004 | | | |
| C. EQUIPMENT PURCHASES | | | | |
| D. MOTOR VEHICLE PURCHASES | | | | |
| E. CAPITAL | | | | |
| TOTAL (A+B+C+D+E) | 1,433,204 | | | |
| SOURCES OF FUNDING | | Budget Prepared By: | | |
| (a) Total State Funds Requested | 1,433,204 | Marian E. Tsuji, President & CEO | (808) 356-8548 | |
| (b) Base Funding | 917,895 | Name (Please type or print) | Phone | |
| (c) Private contributions/grants | 156,314 |  | 1/31/2008 | |
| (d) LRC Social Enterprise | 115,707 | Signature of Authorized Official | Date | |
| TOTAL REVENUE | 2,623,120 | Marian E. Tsuji, President & CEO | Name and Title (Please type or print) | |

ATTACHMENT B

DECLARATION STATEMENT

**DECLARATION STATEMENT
APPLICANTS FOR GRANTS AND SUBSIDIES
CHAPTER 42F, HAWAII REVISED STATUTES**

The undersigned authorized representative of the applicant acknowledges that said applicant meets and will comply with all of the following standards for the award of grants and subsidies pursuant to section 42F-103, Hawaii Revised Statutes:

- (1) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant or subsidy is awarded;
- (2) Comply with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
- (3) Agree not to use state funds for entertainment or lobbying activities; and
- (4) Allow the state agency to which funds for the grant or subsidy were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and assuring the proper expenditure of the grant or subsidy.

In addition, a grant or subsidy may be made to an organization only if the organization:

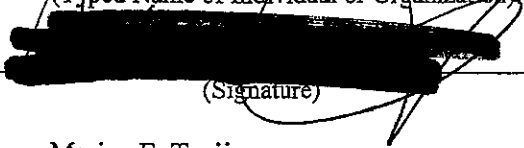
- (1) Is incorporated under the laws of the State; and
- (2) Has bylaws or policies that describe the manner in which the activities or services for which a grant or subsidy is awarded shall be conducted or provided.

Further, a grant or subsidy may be awarded to a non-profit organization only if the organization:

- (1) Has been determined and designated to be a non-profit organization by the Internal Revenue Service; and
- (2) Has a governing board whose members have no material conflict of interest and serve without compensation.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

Lanakila Rehabilitation Center, Inc.
(Typed Name of Individual or Organization)


(Signature)

Marian E. Tsuji
(Typed Name)

January 31, 2008
(Date)

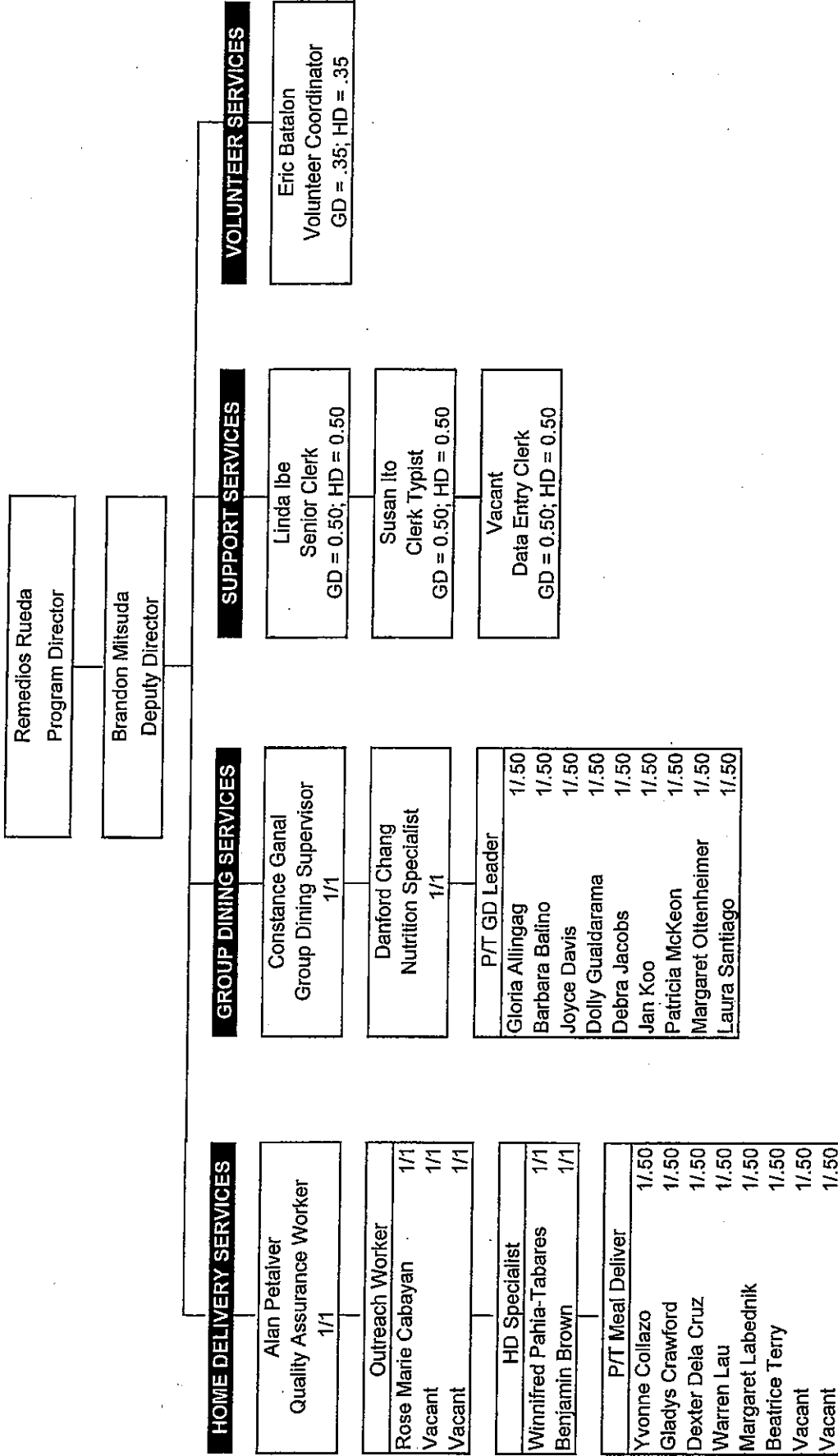
President & CEO
(Title)

ATTACHMENT C

ORGANIZATIONAL CHARTS

Lanakila Meals on Wheels Program

Organization Chart



HOME DELIVERY SERVICES

| |
|--|
| Alan Petalver Quality Assurance Worker 1/1 |
| Outreach Worker Rose Marie Cabayan 1/1 Vacant 1/1 Vacant 1/1 |
| HD Specialist Winnifred Pahia-Tabares 1/1 Benjamin Brown 1/1 |
| P/T Meal Deliver Yvonne Collazo 1/50 Gladys Crawford 1/50 Dexter Dela Cruz 1/50 Warren Lau 1/50 Margaret Labednik 1/50 Beatrice Terry 1/50 Vacant 1/50 Vacant 1/50 |

GROUP DINING SERVICES

| |
|--|
| Constance Ganal Group Dining Supervisor 1/1 |
| Danford Chang Nutrition Specialist 1/1 |
| P/T GD Leader Gloria Allingag 1/50 Barbara Balino 1/50 Joyce Davis 1/50 Dolly Gualdarama 1/50 Debra Jacobs 1/50 Jan Koo 1/50 Patricia McKeon 1/50 Margaret Ottenheimer 1/50 Laura Santiago 1/50 |

SUPPORT SERVICES

| |
|--|
| Linda Ibe Senior Clerk GD = 0.50; HD = 0.50 |
| Susan Ito Clerk Typist GD = 0.50; HD = 0.50 |
| Vacant Data Entry Clerk GD = 0.50; HD = 0.50 |

VOLUNTEER SERVICES

| |
|---|
| Eric Batalon Volunteer Coordinator GD = .35; HD = .35 |
|---|

ATTACHMENT D

501(C)(3) LETTER OF DETERMINATION

Internal Revenue Service

Date: June 14, 2005

LANAKILA REHABILITATION CENTER INC
1809 BACHELOT ST
HONOLULU HI 96817-2430 091

Department of the Treasury
P. O. Box 2508
Cincinnati, OH 45201

Person to Contact:
Ms. K. Hilson 31-07340
Customer Service Representative
Toll Free Telephone Number:
8:30 a.m. to 5:30 p.m. ET
877-829-5500
Fax Number:
513-263-3756
Federal Identification Number:
99-0103922

Dear Sir or Madam:

This is in response to your request of June 14, 2005, regarding your organization's tax-exempt status.

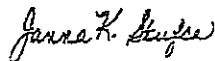
In October 1961 we issued a determination letter that recognized your organization as exempt from federal income tax. Our records indicate that your organization is currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records indicate that your organization is also classified as a public charity under section 509(a)(2) of the Internal Revenue Code.

Our records indicate that contributions to your organization are deductible under section 170 of the Code, and that you are qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Internal Revenue Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely,



Janna K. Skufca, Director, TE/GE
Customer Account Services

ATTACHMENT E

LANAKILA BOARD OF DIRECTORS

LANAKILA REHABILITATION CENTER, INC.
LISTING OF LANAKILA BOARD OF DIRECTOR MEMBERS
2008

- Masaichi TASAKA, Chair** current term: 2006-2009
Retired President, Kuakini Health System
Joined the Lanakila Board in 1992. He remains active in the community he is involved with Honolulu Japanese Chamber of Commerce, Waioli Lions Club, Caring for Life Foundation, Japanese Cultural Center of Hawaii, and the Palolo Chinese Home.
- Lynn ZANE, Vice Chair** 2006-2009
Retired Research & Statistics Officer, Dept. of Business, Economic Development & Tourism
Joined the Lanakila Board in 1996. Retired from the State of Hawaii as a research and statistics officer, he retained his affiliation with the Hawaii State Public Library System. He has been an ardent supporter of Lanakila and volunteers for the annual Open House/Gift Fair and the holiday Meals on Wheels delivery.
- Ko MIYATAKI, Secretary** 2008-2011
Development Director, Rehabilitation Hospital of the Pacific
Joined the Lanakila Board in 2002. She holds a Ed.D. and is currently the President of the Rehabilitation Hospital of the Pacific Foundation. She complements the Board with her skills in development as well as human resources.
- Debbie FURUYA, Director** 2008-2011
Business Manager, Leadership Works, LLC
Former Corporate Audit and Compliance Manager at Hawaiian Electric Company, Inc., and former Senior Audit Associate at PriceWaterhouseCoopers. Certified Public Accountant for the State of Hawaii, and instructor for Becker CPA Review Course – recognized as one of the top 30 instructors in the nation. Member of Edison Electric Institute Internal Audit Committee. Former member of Manoa Valley Church Child Care Board and Aloha United Way Community Care Team.
- Brenda Y. CARTWRIGHT, Director** 2007-2009
Associate Professor, University of Hawaii at Manoa
Joined the board in 2007. Holds M.A. from University of Michigan, and Ed. D., from The George Washington University. Well known in the educational arena for her research and involvement in the practice of rehabilitation counseling and promoting empowerment, employment, and awareness of persons with disabilities.
- Russell CHUN, Director** 2008-2011
General Manager, Miramar at Waikiki Hotel
Joined the board in 2005. Career in visitor industry locally and abroad. Current chair of the Oahu Workforce Investment Board. Moved to the Center Board in 2008.
- Eugene DRZYMALA, Director** 2006-2009
Vice President, Investments, Wedbush Morgan Securities
Joined the board in 1993. He graduated with a B.S. in Economics from the University of Southern California. He served on the Board of Governors with the Pacific Club. He also served as a board of trustee at Damien Memorial High School.
- Ken HAYASHIDA, Director** 2008-2011
President, KAI Hawaii, Inc.
Joined the board in 2006. Licensed Civil and Structural Engineer managing the corporate office and various engineering projects on the Pacific Coast and Pacific Islands.
- Eugene IMAI, Director** 2008-2011
Retired.
Joined the board in 2005. A retired Major General with the Hawaii Army National Guard; served as military liaison for Congressman Neil Abercrombie. He previously served as Senior Vice President for Administration at the University of Hawaii, Comptroller and Finance Director of the State of Hawaii.

Audrey E. J. NG, Esq., Director **2006-2009**
Partner, Goodsill Anderson Quinn & Stifel
Joined the Lanakila Board in 1995, she is a member of the Hawaii State Bar Association and served as the past Chair of the board of directors for the Hawaii Strategic Development Corporation.

Patricia PIPER, Director **2005-2008**
Payroll Manager, Punahou School
Joined the Lanakila Board in 2005, she is a long term volunteer for Lanakila's Special Olympics team.

Sam TANIMOTO, Director **2008-2011**
Insurance Executive, Loyalty Insurance Agency
Joined the Lanakila Board in 1992, he is also one of the founding directors and past chair of the board of directors of the Rehabilitation Hospital of the Pacific.

Rizalino VICENTE, Director **2005-2008**
Board Member and Retired President, SVdP Social Services and Housing Corporation
He teaches finance courses at Chaminade, and writes a regular news column for the Wellington Letter.

Henry WONG Ph.D., Director **2005-2008**
Retired Executive Vice President & Chief Operating Officer, Citibank Properties
Joined the Lanakila Board in 1984 and became chair in October 1999. Recently retired from City Bank, he has held executive positions in the banking business since 1984. Active in the community, he also serves as Chair on the Salvation Army Advisory Council and trustee of the Lei Aloha Chapter 3 of the Eastern Star, and as Director of WHKT Benevolent Association.

LANAKILA REHABILITATION CENTER FOUNDATION, INC.
LISTING OF LANAKILA BOARD OF DIRECTOR MEMBERS
2008

- Randy PERREIRA, Chair** current term: 2008-2011
Deputy Executive Director, Hawaii Government Employees Association
Joined the board in 2004. Over 20 years in collective bargaining and contract enforcement. He is currently a trustee with the Queens Health Systems and a board member of Sacred Hearts Academy.
- Peter KAY, Vice Chair** 2008-2011
Founder, Titan Key Software, LLC; Founder & President, CyberCom, Inc.
Joined the board in 2004. Over 20 years of local Hawaii technology industry experience, including the start up of five local technology companies.
- Rebecca Rude OZAKI, Ph.D., Treasurer/Secretary** 2008-2011
Project Director, Center on Disability Studies, University of Hawaii
Joined the board in 2004. Over 20 years experience working with, and administering, programs for individuals with disabilities. Director with the Workforce Investment Board and Hawaii State Plan for Assistive Technology Advisory Council.
- Kyle CHOCK, Director** 2006-2008
Executive Director, The Pacific Resource Partnership
Joined the board in 2006. Prior experience includes workforce initiatives with the automotive and aviation industries for Honolulu Community College. Also serves on the boards of Nu`uanu YMCA, Child and Family Services and the Nature Conservancy Corporate Council for the Environment.
- Sandra GOYA, Director** 2006-2009
Communications Specialist, State Department of Education
Joined the board in October 2006. Extensive experience in private and government sectors and active with various community groups.
- Debra KAGAWA-YOGI, Director** 2008-2011
Attorney at Law.
Joined the board in 2008. Represents the HGEA in grievance arbitrations and matters before the Hawaii Labor Relations Board; former representative of SHOPO and Unity House. Former Deputy Corporation Counsel for the City and County of Honolulu. Former chair of Kauai County Committee on the Status of Women, and Mayor's Advisory Commission on the Handicapped for the County of Kauai.
- Edward S. KAGEYAMA, Director** 2006-2008
PGA General Manager, Royal Ka'anapali Golf Course; Vice President, 808Golf.com
Joined the board in 2006. Over 15 years experience as PGA Professional, and seven in business development.
- Jo KAMAE BYRNE, Director** 2008-2011
President, Honolulu Information Service, Inc.
Joined the board in 2008. Former director of National Public Records Research Association and Chair of Government Affairs Committee. Former member, director or officer of the following organizations: Better Business Bureau of Hawaii, Volunteer Legal Services Hawaii, Tax Foundation of Hawaii, State Elections Appointment Panel, Neighborhood Justice Center, Advisory Commission on Housing and Community, Goodwill Industries of Honolulu, Inc., Hawaii Women's Political Caucus, Asian/Pacific Caucus, National Women's Political Caucus; and the Honolulu Japanese Chamber of Commerce.
- Arnold MARTINES, Director** 2008-2011
Senior Vice President Community Banking Division, Central Pacific Bank
Joined the board in 2008. Oversees Central Pacific's bank branch network, and the small to middle market business lending activities for the State of Hawaii. Formerly with Bank of Hawaii and HPM Building Supply in Hilo. A member of the National Eagle Scout Association Steering Committee for the Aloha Council Boy Scouts of America. Past president of the Hilo Jaycees, HJC Foundation and East Hawaii Coalition for the Homeless, and past member of the Kanoelehua Industrial Area Association.
- Liana MULLEITNER, Director** 2008-2011
Manager, Marketing & Public Relations, Hawaii Prince Hotel Waikiki & Golf Club/Maui Prince Hotel, Makena Resort
Joined the board in 2008. Fifteen years in sales and marketing at Hawaii Prince Hotels. Also a member of Hawaii Advertising Federation, West Oahu Economic Development Association and Boys & Girls Club of Hawaii, Hale Pono.

Masaichi TASAKA, Ex-officio

2006-2009

Retired President, Kuakini Health System

Joined the Lanakila Board in 1992. He remains active in the community. He is involved with Honolulu Japanese Chamber of Commerce, Waioli Lions Club, Caring for Life Foundation, Japanese Cultural Center of Hawaii, and the Palolo Chinese Home

Mark Yamakawa, Director

2006-2009

President, Queen's Development Corporation; Executive Vice President, Corporate Development-The Queen's Health Systems/The Queen's Medical Center

Joined the board in October 2006. Over 20 years with The Queen's Health Systems/The Queen's Medical Center. Active in the community, board member for Kalihi Palama Health Center and UHA.

Todd Yamanaka, Director

2007-2010

Vice President, Marketing and Product Development Island Insurance Companies

Joined the board in February 2007. Has over 17 years experience in the marketing field. Active in the community as has past involvement with Alzheimer's Association of Hawaii, American Heart Association, American Marketing Association, Honolulu Japanese Chamber of Commerce, Iolani Alumni Association, Japanese Cultural Center of Hawaii and Sales and Marketing Executives of Honolulu.

Hoyt H. ZIA, Director

2006-2009

Senior Vice President, General Counsel and Corporate Secretary, Hawaiian Airlines

Joined the board in 2006. Former publisher for *Hawaii Business* magazine, 2004 - 2007. Prior experience included chief executive of international nonprofit organization, Chief Counsel for Export Administration for the US Department of Commerce, and counsel at various national/international companies. Other Board memberships included American Diabetes Association, Child & Family Service, Hawaii Council on Economic Education, Hawaii Institute for Public Affairs; Pacific Asian Affairs Council and Better Business Bureau, Hawaii Chapter.

ATTACHMENT F

RESUMES OF KEY PERSONNEL

MARIAN E. TSUJI
1001 Wilder Avenue, #702, Honolulu, HI 96822
mariantsuji@hawaii.rr.com

Home (808) 524-2629
Cell (808) 358-6097

EXPERIENCE

PRESIDENT & CEO, Lanakila Rehabilitation Center, Inc. 2003 – present

Responsible for the overall management of the organization and its programs, including:

- The development of a rehabilitation philosophy and business plan; training plans and vocational objectives for each individual client; coordination of the facility's services to clients to insure adequate balance between work conditioning experiences and needed supportive services; arranging for periodic evaluation of clients' progress and revision of rehabilitation plans as necessary.
- All aspects of Human Resources Administration and Fiscal Transactions, including purchasing, sales and the negotiating of contracts and fees with private/government agencies and parties; and financial administration.
- Product development and marketing of commodities maintaining a high efficiency in manufacturing operations, developing sound client wages and sub-contract prices, manufacturing price structure, and developing suitable work opportunities for clients who are not ready for competitive employment.
- Development and maintenance of the company's image in the community, developing good relationships with health, education, and welfare agencies in the community.
- Serves as the principal advisor and staff person to the Board of Trustees, Executive, Personnel and other committees of the Board.

INDEPENDENT CONSULTANT. 12/02 – 09/03

Provide consultant services in program development, training and program evaluation. Recent subject areas contracted include:

- Planning, development and delivery of leadership programs for women in corrections
- Organizational culture
- Managing diversity
- Planning and participating in a nation-wide coaching program for executives in corrections

DEPUTY DIRECTOR FOR CORRECTIONS, Hawaii Department of Public Safety. 5/99 – 12/02

Gubernatorial appointment responsible for the housing, security, medical and mental health services, transportation, education, treatment, and training of 5,000+ inmates in 8 state correctional facilities and 3 mainland contract facilities with a \$150 million budget, and 1800 staff. Includes:

- Planning, development and evaluation of policy, legislation, programs and staff;
- Coordinating and collaborating with other government and community agencies;
- Ensuring compliance with federal, state, and professional mandates

ACCOMPLISHMENTS: Reduction of violence in the correctional facilities; development and implementation of program outcome indicators and management review process; reduction of overtime; and formulation and implementation of gender responsive strategy to work with female offenders.

CHIEF OF STAFF, Office of Lieutenant Governor Mazie Hirono. 1/95 – 5/99

Executive appointment responsible for all aspects of office operations. Duties of the Lieutenant Governor included administration of elections, and various projects focusing on economic development in a variety of industries. Performed duties that included:

- Development of policy, legislation and implementation strategy;
- Communications, speech writing and media liaison;
- Fiscal, budget and personnel services; and
- Constituent and community liaison

ACCOMPLISHMENTS: Prepared comprehensive recommendations for Governor's Task Forces on Aviation, and Science and Technology; implemented a national strategy to expand the visa waiver program; development and implementation of separating election functions from the Office of the Lieutenant Governor.

SECURITY COORDINATOR, Hawaii Department of Public Safety (DPS), Corrections. 8/93 – 1/95
Coordinate state-wide security activities of 8 correctional facilities. Included:

- Development and evaluation of security policies and procedures;
- Staff development, training and allocation of security personnel;
- Coordination with other departmental activities impacting security

ACCOMPLISHMENTS: Implemented a coordinated strategy of mutual assistance to enhance security operations at all facilities.

ASSISTANT TO DIVISION ADMINISTRATOR, DPS, Corrections. 8/92 – 8/93

Special assignment to evaluate and implement policy and operational changes at the women's prison in the aftermath of sexual misconduct investigation. Included ensuring compliance with consent decree requirements, and the planning and development of operations and programs for the new women's facility.

SUBSTANCE ABUSE SERVICES ADMINISTRATOR, DPS, Corrections. 3/92 – 7/92.

Administer state-wide substance abuse treatment programs for the department's incarcerated, transition and community supervised populations. Included program development and evaluation; contract monitoring and grants management.

ASSISTANT COMMISSIONER FOR ALTERNATIVES TO INCARCERATION, New York City Department of Correction (NYC DOC). 11/90 – 2/92

Responsible for the development of policy, legislation and programs relating to alternatives to detention and incarceration for local jail system with an average daily population of 22,000+ housed in 20 facilities and 3 prison hospital wards. Included:

- Monitoring and evaluating programs and staffing;
- Securing funding and overseeing \$4 million budget;
- Representing DOC to mayoral, oversight, community and other criminal justice agencies.

ACCOMPLISHMENTS: Developed inter-disciplinary structured program for women and home arrest programs; expanded work release and boot camp programs.

QUEENS BOROUGH DIRECTOR, New York City Criminal Justice Agency. 7/87 – 11/90

Responsible for the administration of county 24 hour pre-trial service that assesses all arrestees and makes release recommendations (30,000+) to arraignment judges; bail expediting services; and defendant notification of court appearances.

DIRECTOR OF EDUCATION, New York City Department of Corrections. 4/86 – 7/87

Responsible for design, development and delivery of education programs to inmates. Included selection of contractors and monitoring for contract compliance.

PROJECT DIRECTOR, Correction Education Program, New York City Technical College. 10/84 - 3/86
Administer education programs and pre/post release counseling services in 3 NYC DOC detention facilities.

ASSISTANT DIRECTOR, Correction Education Program, Higher Education Devel. Fund. 1/83 – 10/84
Supervise education programs in 4 NYC DOC detention facilities and provide post release counseling services.

SITE COORDINATOR & INSTRUCTOR, Correction Education Program, LaGuardia Community College. 7/80 – 1/83

Provide on-site supervision of education program and teach various courses to inmates.

OTHER RELEVANT EXPERIENCE

INSTRUCTOR

University of Hawaii. Fall 2003, Summer 2002.
Graduate level social work course on the female offender.

Criminal Justice Department, C.W. Post College. Fall 1983.
Undergraduate Intro to Statistics and Methods

PRESENTER

"Simulation Training for Homeland Security and Enforcement Agencies," 3/03
Annual TIGR meeting, "Emerging Industries: Dual Use Technologies"

"Hawaiians in the Correctional System," 8/02.
Annual meeting of Native Hawaiian Center for Excellence.

"Accountability Based Management and The Implementation of Performance Indicators," 5/00.
American Jail Association's Annual Training Conference, Sacramento, CA.

REVIEWER

National Institute of Corrections. 4/01.
Review policy document on female offenders

C-SAT, U.S. Department of Health and Human Services. 8/93.
Reviewed and recommended proposals for federally funded Target Cities treatment programs.

COMMITTEE MEMBER, Supreme Court Committee on Equality and Access to the Courts. 7/03

DIRECTOR, Board of Directors, Volunteer Legal Services of Hawaii. 6/00 – 1/03

COMMISSIONER, Hawaii Advisory Commission on Drug Abuse and Controlled Substances. 7/92 – 1/95

EDUCATION

M.A., Criminal Justice – City University of New York, John Jay College of Criminal Justice. 1/83

B.A., Sociology and Criminal Justice – Long Island University, C.W. Post College. 1/82



LANAKILA
Meals on Wheels
"so much more than meals"

Biography
Remy S. Rueda

Current Position: Lanakila Meals on Wheels Program Director
Lanakila Rehabilitation Center

First started working at Lanakila 17 years ago. Has been with the Lanakila Meals on Wheels' Program for 14 years.

Highlights & Honors

2005 – White House Conference on Aging Delegate-at- Large
2004 – Caregiver Hero Award – Hawaii State Chapter – American Red Cross
1999 – Outstanding Volunteer of the Year Award given by the Network of Volunteer Leader (NOVL)
1999 – Meals on Wheels Volunteer Coordinator of the Year – Reynolds Metals Co. and Meals on Wheels Association of America
1993 – Lanakila Employee of the Year

Education & Prior Work History

School attended: National Teachers College, Tanduay, Manila
Degree: Bachelor of Science in Elementary Education

Worked as a teacher in the Philippines for 7 years.

Personal History

Place of Birth – Cupang Proper, Balanga City, Bataan, Philippines
Current Address – Ewa Beach, Hi

Remy has two grown-up sons, Elgin and Dennis, and a two-year-old grandson, Shea.

What keeps her going:

"It was 1988 when I first arrived in Hawaii with only a suitcase to my name, knowledge of hard work and two simple lessons learned from my father: 1) Food has to be shared with everyone; and 2) An individual, no matter what his or her station in life, has to be treated with DIGNITY."

Hobby: I am on my third year collecting new and used toys, clothes and school supplies and giving it away to low-income children in my hometown during Christmas time.

Brandon R. Mitsuda

2828 Keama Place
Honolulu, Hawaii 96822
(808) 387-0755
brandonmitsuda@gmail.com

Professional Experience

| | |
|--------------|--|
| 2007-Present | Deputy Director, Lanakila Meals On Wheels Program |
| 2006-2007 | Legislative Advisor, Honolulu City Councilmember Dela Cruz |
| 2003-2006 | Legislative Advisor, Honolulu City Council Chair Dela Cruz |
| 2003-2003 | Committee Clerk, Hawaii State Senator Brian Kanno |
| 2002-2003 | Law Clerk, Circuit Court Judge Richard Perkins |
| 2001-2002 | Law Clerk, Circuit Court Judge Marie Milks |
| 2000-2000 | Legislative Intern, Senator Brian Taniguchi |
| 1999-1999 | Judicial Intern, Supreme Court Justice Simeon Acoba |
| 1998-1999 | Judicial Intern & Extern, Circuit Court Judge Dexter Del Rosario |
| 1993-1997 | Youth Leader, Young Men's Christian Association |
| 1994-1995 | Academic and Career Advisor, University of Puget Sound |
| 1993-1993 | Clerk, Baby Safe/Healthy Start, Hawaii State Government |

Educational Achievement

| | |
|-----------|---|
| 1997-2001 | University of Hawaii, William S. Richardson School of Law <ul style="list-style-type: none">• Juris Doctorate, 2001• Client Counseling Moot Court, Regional Champion, 2001• Client Counseling Moot Court, Regional Champion, 2000• Student Body Association Representative, 1997 |
| 1993-1997 | University of Puget Sound <ul style="list-style-type: none">• Bachelors of Arts in Politics and Government, 1997• All School Student Body Senator, 1995-1996 |
| 1987-1993 | Mid-Pacific Institute <ul style="list-style-type: none">• High School Diploma, 1993• Senior Class Vice President, 1993• Student Body Association Junior Class Rep., 1991-1992• Student Body Association Sophomore Rep., 1990-1991 |

Activities & Awards

- Manoa Neighborhood Board, Vice Chairperson
- Community Service, Politics, International Relations, Psychology, Marriage and Family Issues, & Gerontology
- Traveling, Fishing, Hiking, Camping, Tennis, Water Sports, Walking, & Video Gaming
- Boy Scouts of America, Eagle Scout, 1993

ATTACHMENT G

SELECTED ARTICLES HIGHLIGHTING LANAKILA



Posted on: Thursday, June 14, 2007

Meals on Wheels forced to cut back

Video: [Seniors to lose Meals on Wheels service](#)

StoryChat: [Comment on this story](#)

By [Dan Nakaso](#)
Advertiser Staff Writer

Hawaii's largest Meals on Wheels program expects to cut 233 O'ahu senior citizens from its home-delivery food service in three weeks because extra state money it has relied on for years will dry up next month.

Lanakila Meals on Wheels already has a waiting list of 269 senior citizens, which is certain to grow next month when it starts reluctantly eliminating people from the program, said Remy Rueda, Lanakila Meals on Wheels' director.

"We really haven't had to make these kind of cuts before," Rueda said. "The need is already great so we'll be having even more seniors who don't eat."

Instead of serving 727 clients, Lanakila instead will deliver food to only 494 low-income senior citizens, Rueda said.

Clients in dire situations will be eliminated from Lanakila last, Rueda said, such as those with medical conditions who live alone and with incomes below \$1,000 per month.

Those in the best financial and physical shape, living with a spouse and with other means of support are the most likely to be dropped first, Rueda said.

Starting July 1, Lanakila will no longer receive \$238,000 in so-called "carryover" funds it gets from other state-financed programs that didn't use the money each year, said Karen Miyake, who administers state and federal funds to Lanakila Meals on Wheels as the county executive on aging for Honolulu's Elderly Affairs Division.

"It's like having a savings account," Miyake said. "When you don't have enough money, you keep using your savings account until it's gone. Well, now we no longer have the state carryover funds to sustain us."

Similar programs on the Neighbor Islands receive most of their funds from their counties and don't face the same kind of budget cut next month and have no plans to eliminate clients, they said.

ONE MEAL A DAY

O'ahu's other major program, Hawaii's Meals on Wheels, will see a similar but much smaller funding drop next month.

Delivers meals to 250 to 300 seniors each day and expects to lose \$3,084 in carryover funds in three weeks, which translates into 643 meals over the course of a year, said Claire Shimabukuro, Hawaii's Meals on Wheels' executive director.

"Three thousand dollars doesn't seem like a lot of money," Shimabukuro said, "but it is when it



Meals on Wheels client Edna Franken gets help in her Nu'uanu apartment from Remy Rueda with a meal prepared by the Lanakila Meals on Wheels program.

BRUCE ASATO | The Honolulu Advertiser

HOW TO HELP

- Lanakila Meals on Wheels (531-0555) welcomes donations and volunteer drivers.
- The nonprofit group encourages people to order catering from Xpress Chefs (533-3054), a social enterprise program started by Lanakila. One hundred percent of the profits fund Lanakila Meals on Wheels' program.
- A senior citizen can be "adopted" for an annual cost of \$1,677, the cost to feed a senior for a year.

Eligibility requirements for Lanakila home

affects seniors. Many of the people we see will only eat that one meal that we provide."

Unlike Lanakila, Hawai'i Meals on Wheels does not plan to eliminate clients and hopes to make up the difference through donations and fundraising.

"We're going to have to do a lot more scraping for money," Shimabukuro said. "It's definitely going to affect us. But we have no plans to turn anybody away."

Senate Bill 1916, which passed the Legislature and sits on Gov. Linda Lingle's desk, would release \$500,000 to the state Office on Aging for various programs.

The nonprofit Lanakila Meals on Wheels program would be eligible for some of that money. Once that money comes in, Lanakila will be able to resume meal service to 61 of the 233 senior citizens cut off on July 1, Rueda said.

"Hawai'i's senior population continues to age faster than the Mainland," Rueda said. "For some of our clients, the only well-balanced meal they receive all day comes from us."

Yesterday, 91-year-old Edna Franken took a tiny bite of a barbecued chicken meal delivered to her Liliha apartment by Lanakila Meals on Wheels and in a small, halting voice declared it "delicious."

"I don't know what we'd do without them," Franken said of Lanakila and the people who bring her food each week.

But next month Franken and her 88-year-old husband, Ernest, may be forced to find out.

"He used to do all of the cooking," Edna said. "But now he can't see anymore."

he then looked over a tray filled with chicken, rice, salad and an orange, surrounded by bread, butter and milk provided by Lanakila.

"This is our whole big meal," she said. "I really thank them for the good meals they bring."

SENIORS PROTECTED

Robert Fraser, 65, lives alone and relies on the five hot meals he receives Monday through Friday from Lanakila and the two delivered frozen meals that carry him through the weekends.

"It's really been a blessing," said Fraser, who has been on disability for 25 years because of scoliosis that forces him to walk with a cane. "I eat once per day and this is it."

Fraser lives alone and, like other Lanakila clients, looks forward to his daily visitor from Lanakila.

He learns about their lives and loves to share his.

"I delight in talking," Fraser said. "I love the sound of my voice."

Lanakila's drivers do much more than just deliver food, Rueda said. They monitor clients' overall well-being, make mental notes about their appearance and hygiene, look for possible signs of abuse and frequently refer people to social service agencies for a range of needs, from financial to physical.

"It's not just the meal," Rueda said. "We link them to food stamps, Social Security, social services and report suspicious activity to the police."

The food deliveries often are the only social contact that a person has each day, said Shimabukuro of Hawai'i Meals on Wheels.

"Food is so basic, and bringing it to people who need it the most affects people emotionally," Shimabukuro said.

delivery:

- Senior citizens 60 years or older with debilitating conditions that prevent them from cooking or shopping.
- Priority given to seniors with incomes below \$1,000 per month.
- Priority given to seniors with serious medical conditions that prevent them from cooking for themselves.

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"A society that can't provide that really needs to look at its priorities."

Reach Dan Nakaso at dnakaso@honoluluadvertiser.com.

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Local Top Stories

Lanakila Meals on Wheels left waiting on funds

By Kirk Matthews

Lanakila Meals on Wheels is running on fumes. The agency feeds hundreds of homebound elders each week. But there are 269 seniors on a waiting list, that's not including the hundreds that could soon be cut from the program.

"Today's meal includes soup which is Portuguese bean soup," said Warren Lau, one of the volunteers...

Volunteer Warren Lau is packing up the last of today's lunches to take on the road. In the Lanakila kitchen, workers prepare the next meals that will be delivered. The governor has already signed the bill authorizing government support for the program for this coming fiscal year...

"And for this next fiscal year, we are hoping that the governor is going to release and expedite the money as soon as she can," said Remy Rueda, the director of the program.

It took almost a full year for THIS year's funds to be released. And the money is not just for the food.

"Well, there are other expenses like we have to pay for the dinnerware. We have to pay for the gas and gas you know is very high nowadays," said Rueda. "We have to pay insurance, we have to pay car maintenance."

Meals on wheels deliveries began here back in the '80's. Rueda points out volunteers do more than just deliver the meals...

"So we are also a lifeline and we link the seniors to the other services that they may need. And we prevent them from being lonely, isolated and prevent them from premature institutionalization," said Rueda.

Warren Lau hits the road to deliver lunch to one of the two dozen people on his route.

"Oh, they're very happy to get their meal. In a lot of cases, that's the only meal they get for the whole day."

"It's a job that you feel really very good because when you go home, you know that you've done your best for the seniors to be healthier and be happier," said Rueda.

Story Updated: Jun 27, 2007 at 6:23 PM HDT

Find this article at:

<http://www.khon2.com/news/local/8218567.html>

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Star-Bulletin

mobile edition

Vol. 12, Issue 324 - Tuesday, November 20, 2007



Gathering Place

Marian Tsuji



STAR-BULLETIN
Mayor Mufi Hannemann laughs with Lillian Tomitagawa after taking a Meals On Wheels dinner to her Honolulu home.

Funds for Lanakila provide meals and more

In this season for giving thanks, Lanakila Meals on Wheels would like to thank the state, county and caring individuals and businesses in the community for working collaboratively to meet the needs of our elderly population.

We appreciate the Legislature passing and the governor signing Senate Bill 1916, which appropriates funds for fiscal year 2008 for the extension of the Joint Legislative Committee on Family Caregiving and various aging services and initiatives. We are grateful to Gov. Linda Lingle and the state Executive Office on Aging for recently releasing \$750,000 for elderly programs, of which \$475,000 will be used to expand Kupuna Care, a program that provides a financial safety net for frail and vulnerable seniors in need throughout Hawaii. These funds will be distributed to each county.

We would also like to express our appreciation to Mayor Mufi Hannemann, who has always been supportive of Lanakila Meals on Wheels, along with the Elderly Affairs Division of the City and County of Honolulu's Department of Community Services, who continue to work attentively in allocating funds to providers who support vital elderly services.

Lanakila Meals on Wheels is the only islandwide meal delivery program, serving our neediest homebound seniors in low-income and rural areas on the island. It is a partnership program, with a blend of funding from government (60 percent); private donations and grants (21 percent); Lanakila's social venture, Xpress Chefs Catering (12 percent); and a U.S. Department of Agriculture grant (8 percent).

We deeply appreciate all segments of the community and government working together to address the challenge Hawaii faces as the state with the highest longevity rate and fastest-growing senior population in the nation. Kupuna Care services help older adults maintain their independence with dignity – it might be your grandparent, neighbor, parent or someone else close to you, but each person has touched the lives of others in innumerable ways.

Lanakila Meals on Wheels is grateful to be part of a community that supports each other in times of hardship and honors those who came before us – our kupuna.

Indeed, we have much to be thankful for.

Marian Tsuji is president and CEO of Lanakila, a nonprofit organization.

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Star Bulletin

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Vol. 12, Issue 166 - Friday, June 15, 2007



CINDY ELLEN RUSSELL/CRUSSELL@STARBUCKETIN.COM
Kaneohe resident Sumiko Sakamoto, 83, prepared to eat a meatball lunch yesterday delivered to her by Meals on Wheels. Sakamoto, who is legally blind, is one of 200 individuals who may be cut from the food program due to lack of funding. [CLICK FOR LARGE](#)

Rough road for Meals on Wheels

The senior aid food service charity program is set for belt tightening

By Laurie Au
lau@starbulletin.com

At 83, Sumiko Sakamoto spends most of her lunches alone in her little apartment in Kaneohe while her daughter is away at work. Though she's legally blind, she flicks on a table lamp as her lunch spins around in her old microwave.

Every lunch is a surprise and a gift, thanks to Lanakila Rehabilitation Center's Meal on Wheels, which delivers healthy meals to homebound seniors. Yesterday, Sakamoto had meatballs with green peas for lunch. Today could be macaroni and cheese.

But in a couple of weeks, with Lanakila's Meals on Wheels program preparing to cut meals for more than 200 seniors if state funding falls short, lunches for Sakamoto could be dinner leftovers or Whoppers from

HOW TO HELP

» Volunteer to pack, drive or deliver meals

Burger King.

When Remy Rueda, the program's director, heard this upcoming fiscal year's budget is \$238,000 less than last year's, she thought of how she'd break the bad news to those who depend on her.

"I immediately thought about those seniors who are going to be hungry," she said. "Those seniors who live alone, who have low income and don't have any means of support for themselves. I have a lot of seniors that are counting on me."

» Adopt-A-Senior: To feed a senior costs \$6.50 for one day, \$130 for one month, \$1,560 for a year.

» Donations of any amount are welcomed.
Contact Lanakila Rehabilitation Center's Meals on Wheels program:

1809 Bachelor St.
 Honolulu, HI 96817
 531-0555
giving@lanakilahawaii.org

Since last year, the program had to stop delivering meals to hundreds of seniors because of funding shortages. In July 2006, they were serving 1,039 seniors; that dropped to 727 seniors currently.

If they can't find funding, through the state or more aggressive fundraising, to make up for the \$238,000, they'll have to cut 233 more clients. More than 250 people are on the waiting list.

Rueda already is prioritizing who to cut. Those who have higher income -- more than \$1,000 a month -- and those who live with spouses or children likely will be the first to go.

Gov. Linda Lingle has until June 25 to veto or until July 10 to sign Senate Bill 1916 into law, which would provide a total of \$1 million to the state's kupuna care programs over the next two years. From there, the counties allocate money to individual programs, and a chunk of money could trickle down to Lanakila's Meals on Wheels.

In a similar bill passed last year, Lanakila's Meals on Wheels received \$100,000, said Karen Miyake, the county executive on aging in the city's Elderly Affairs Division.

The rest of the \$238,000 was from state or federal money that has since been used up, Miyake said.

"It's a wonderful, important and critical program that serves our kupuna that have very few resources on getting wholesome meals," said Susan Jackson, the state Department of Health's deputy director. "I don't think there's any argument on any level -- state or county -- that this is one program deserving of funding."

If they can't make up the funding decrease, Rueda said seniors could be losing two precious gifts: a healthful meal and companionship.

For many seniors, volunteers coming to drop off hot meals daily or frozen meals weekly are their only personal interaction.

Last year, Sakamoto accidentally spilled boiling water on her left thigh while she was making tea. One volunteer, Jerry, was making his weekly stop at her house that Wednesday morning.

He gave her an ice pack, she remembers, and promised to return after he finished his other deliveries.

True to his word, Jerry returned about 1 p.m. and told Sakamoto she was going to be just fine.

"It was so comforting," Sakamoto said. "I told him, 'I don't know what I would have done without you, Jerry.'"

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Star-Bulletin

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OUR OPINION

Aiding meals program will feed the soul

THE ISSUE

A program that delivers prepared food to elderly people will have to cut deliveries because of a funding shortage.

ABOUT a third of the people who receive nutritious prepared food from Lanakila Rehabilitation Center's Meals on Wheels program will lose the service if a funding shortage isn't made up.

Donations, large or small, would assure elderly folks will continue to get the healthy provisions, and, for some, a welcome weekly visit from the volunteers who deliver the meals.

It would be unlikely that Gov. Linda Lingle would reject an appropriation bill that could reduce part of the \$238,000 shortfall the center anticipates. But the \$1 million state kupuna care funds will have to be divided among the counties and spread over two years for various other needs, and how much Lanakila will get isn't certain.

Meals on Wheels delivers five frozen, prepared meals once a week to people 60 or older who aren't able to shop for food or cook for themselves. If they can afford to, they pay \$3.50 for each meal — \$3 less than cost — but those whose incomes fall below \$1,000 are given priority.

The Lanakila program serves 727 people, but may have to drop 233 clients even while 250 are on the waiting list.

Lanakila officials say donations in any amount would help. Donors may also "adopt" meal recipients, contributing \$130 a month or \$1,560 a year.

As much as they appreciate the provisions, clients look forward to visits from the volunteers who wheel the meals to them. Volunteers also make sure recipients are eating properly, that they aren't in need of health care and provide a bit of company, which is food for the soul.

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Star Bulletin

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Gifts sought to match \$25,000 for senior meals

Island Insurance officials hope their donation will inspire others to donate

By Robert Shikina
rshikina@starbulletin.com

A large private donation, if matched by additional donations, could allow 30 more senior citizens to continue to receive meal services from the Lanakila Meals on Wheels program, but more than a hundred seniors are still in danger of losing their daily meals.

Island Insurance Foundation donated a dollar-for-dollar matching grant of \$25,000 to the Meals on Wheels program on Friday.

"We're hoping that the publicity around our grant will get other people to step forward and help Lanakila," said Colbert Matsumoto, Island Insurance Foundation president. "We hate to see them not be able to continue their mission because of a shortfall in funding."

How to help

Donations to Meals on Wheels can be made by mail to 1809 Bachelor St., Honolulu, HI 96817, by phone at 531-0555, or through the organization's Web site at www.lanakilahawaii.org

The meal program is facing a budget shortfall of \$350,000 in next fiscal year, which begins next Sunday. The shortfall, from government funding cuts and increased expenses, means 233 homebound senior citizens could be cut from the program.

Island Insurance's grant, if matched completely, will keep 30 more seniors in the meal service program until June 30 of next year.

"We're hopeful that the community will give support. Without that support, then we won't receive the match. ... We still have a long way to go," said Mariena Willette, Lanakila marketing manager.

The Lanakila Meals on Wheels program currently serves 727 seniors on Oahu who are 60 years or older with a disability that prevents them from cooking or shopping. It provides seniors with a meal in their home, counseling, referral services to other senior programs, and communication with volunteers. Priority is given to those with incomes below \$1,000 a month, who live alone and have serious medical conditions.

"Lanakila is honored and privileged to accept Island Insurance Foundation's generous matching grant," said Marian Tsuji, Lanakila president and chief executive officer, in a news release.

The program has already received another \$30,000 in donations after recent news stories about the budget shortfall, enabling services to about 20 seniors. But 173 seniors remain in danger of being cut from the program.

In addition to those who may lose service, 269 seniors are waiting for meal service. An additional \$450,000 is needed to clear that waiting list.

Willette said Meals on Wheels helps the community by "preventing premature institutionalization (of seniors) that costs a lot more for government and taxpayers in the long run."

So far, several donations have come from relatives on the mainland and senior citizens. Students at Heald College held a variety show and silent auction on Friday to raise funds for the organization.

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Local Top Stories

Thanksgiving Meals Delivered to Oahu Seniors

By **Brianne Randle**

These volunteers can stand the heat in the kitchen. They're loading up trays with all the thanksgiving fixings.

"We have turkey, mashed potatoes, peas, gravy, cranberry sauce," says volunteer, Russell Chun.

Scooping up all the goods to deliver to Oahu seniors.

"All ages, all ranges they come down, good hearts it's all you need," says volunteer Maryellen Markley.

"And I tell you it sets the mood for the whole holiday season."

"It's really more than anything it's the small gesture but it calls attention to the plight of elderly in the state of Hawaii," says volunteer, Jon Masuoka.

"Makes you feel good because you know because one day you may be at the receiving end of these meals," says Chun.

At the end of the line, close to eight-hundred meals have been made.

Trays are boxed up and carried out to awaiting wheels. But not the type you might think.

"We got wheels, yeah, haha. Noisy wheels," says volunteer Jesse baker.

"That is meals on wheels, yes. Motorcycle riders who are traditionally rough and tuff but who are really actually giving, totally warm, and they want to go out and deliver to seniors as well," says Meals on Wheels Deputy Director, Brandon Mitsuda.

And those meals hit the pavement...

"For the people we're taking the food to, we may be the only people they see today. And for

many of them that will be the only food they have today," says Baker.

Delivering the meals door to door to local seniors.

"For some of these people it's their first time but it won't be their last," says Baker.

More than two-hundred-seventy-five volunteers helped out with today's Lanakila Meals on Wheels.

And the organization is looking for more help come Christmas.

To volunteer please call: **(808) 531-0555**.

Contact Brianne Randle with your story ideas

Story Updated: Nov 22, 2007 at 5:11 PM HST

Find this article at:

<http://www.khon2.com/news/local/11747056.html>

Check the box to include the list of links referenced in the article.

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