

House District 48

Senate District 24

THE TWENTY- FOURTH LEGISLATURE
HAWAI'I STATE LEGISLATURE
APPLICATION FOR GRANTS & SUBSIDIES
CHAPTER 42F, HAWAI'I REVISED STATUTES

Log No: 212-C

For Legislature's Use Only

Type of Grant or Subsidy Request:

GRANT REQUEST - OPERATING

GRANT REQUEST - CAPITAL

SUBSIDY REQUEST

"Grant" means an award of state funds by the legislature, by an appropriation to a specified recipient, to support the activities of the recipient and permit the community to benefit from those activities.

"Subsidy" means an award of state funds by the legislature, by an appropriation to a recipient specified in the appropriation, to reduce the costs incurred by the organization or individual in providing a service available to some or all members of the public.

"Recipient" means any organization or person receiving a grant or subsidy.

STATE DEPARTMENT OR AGENCY RELATED TO THIS REQUEST (LEAVE BLANK IF UNKNOWN):

DEPARTMENT OF HEALTH

STATE PROGRAM I.D. NO. (LEAVE BLANK IF UNKNOWN): _____

1. APPLICANT INFORMATION:

Legal Name of Requesting Organization or Individual:
Pohai Nani Foundation
Dba:
Good Samaritan at Pohai Nani
Street Address: **45-090 Namoku St., Kaneohe HI 96744**

Mailing Address: **Same**

2. CONTACT PERSON FOR MATTERS INVOLVING THIS APPLICATION:

Name LUANN FOOS
Title Executive Director
Phone # (808) 247-2611
Fax # (808) 247-9312
e-mail lfoos@good-sam.com

3. TYPE OF BUSINESS ENTITY:

- NON PROFIT CORPORATION
- FOR PROFIT CORPORATION
- LIMITED LIABILITY COMPANY
- SOLE PROPRIETORSHIP/INDIVIDUAL

4. FEDERAL TAX ID #: _____

5. STATE TAX ID #: _____

6. SSN (IF AN INDIVIDUAL): _____

7. DESCRIPTIVE TITLE OF APPLICANT'S REQUEST:

POHAI NANI WELLNESS CENTER CAPITAL PROJECT

(Maximum 300 Characters)

8. FISCAL YEARS AND AMOUNT OF STATE FUNDS REQUESTED:

FY 2008-2009 \$ 1,000,000

9. STATUS OF SERVICE DESCRIBED IN THIS REQUEST:

- NEW SERVICE (PRESENTLY DOES NOT EXIST)
- EXISTING SERVICE (PRESENTLY IN OPERATION)

SPECIFY THE AMOUNT BY SOURCES OF FUNDS AVAILABLE AT THE TIME OF THIS REQUEST:

STATE \$ 1,000,000
FEDERAL \$ _____
COUNTY \$ _____
PRIVATE/OTHER \$ 2,247,715

TYPE AND TITLE: _____

LUANN FOOS, EXECUTIVE DIRECTOR
NAME & TITLE

1/30/08
DATE SIGNED

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;

The Pohai Nani Foundation has been in existence for over 30 years as an independent, not-for-profit corporate entity with the organizational format of a charitable foundation. Its primary purpose is to support the Good Samaritan Society at Pohai Nani, which has since 1980 operated the Pohai Nani Retirement Community in Kaneohe, Oahu. Pohai Nani offers amenities and services that complement most independent and assisted living arrangements, including an on-campus skilled nursing facility, which allows the facility to provide a level and need of care that is uniquely suited to each individual resident, and affords residents the opportunity to live their golden years with dignity and grace.

2. The goals and objectives related to the request;

The funds are to be used to assist in the planning, design, and development of the Pohai Nani Wellness Center, in which will be the home of the Pohai Nani Wellness Program, a highly regarded, comprehensive and cutting-edge fitness regimen for seniors that is the first of its kind in Hawaii and perhaps the nation. A portion of those funds will be used to facilitate the hiring via contract of a project manager, who will be responsible for the oversight of all development-related processes, including contract procurement, timelines, and cost and fiscal management, and will work with the architect and lender to ensure that the project will be completed in a timely manner and according to prior specifications. The project manager will be overseen by the executive director, and any material deviations from specifications and schedules will be reported to and approved by the executive director.

Because the success of Pohai Nani's Wellness Program has strained the capacity of existing on-site facilities, Pohai Nani Good Samaritan is requesting a \$500,000 capital grant that will enable the program's expansion into the greater Oahu community, which has a population of approximately 1,000,000 (including 170,000 seniors). This prospective expansion will provide greater accessibility to the general

community outside of Pohai Nani, and it is anticipated that non-residents will eventually account for up to 85% of the program's clientele. Dues will be assessed on a sliding scale in accordance with the client's financial status, and a limited number of scholarships will be available for those in need of assistance.

Key to this projected expansion will be the planning, design, and construction of the Pohai Nani Wellness Center – a state-of-the-art, ADA-compliant fitness center dedicated to the intellectual, physical, and spiritual well-being of Oahu's older adults. The specific goals and objectives noted in the Wellness Center's mission statement reflect Pohai Nani's tradition of encouraging revitalization and renewal for its residents and clientele: "To develop and promote programs that enhance health and wellness, increase physical activity and socialization opportunities by providing activities and exercise classes designed especially for the mature adult to increase strength, flexibility, endurance and balance required to maintain function, independence and autonomy."

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

The Wellness Center's overall objective is to develop and promote programs that enhance health and wellness, increase physical activity and socialization opportunities by providing activities and exercise classes designed especially for the mature adult to increase strength, flexibility, endurance and balance required to maintain function, independence and autonomy. Wellness Center staff will also be able to develop and implement specific outreach programs that can target at-risk individuals and groups of older adults, and educate them about risk factors for chronic health conditions like obesity, diabetes and asthma. All such activities and programs will be administered and run by professionally-certified health specialists, who practice with the needs and interests of the older adult in mind.

Currently, there are six chronic health conditions closely monitored by the State of Hawai'i – arthritis, asthma, diabetes, high blood pressure, high cholesterol, and obesity. According to a state Department of Health survey conducted in 2004, behavioral risk factors affecting older adults were highest for obesity, cigarette-smoking, alcohol-drinking and non-use of seatbelts. Further, rates for obesity and alcohol consumption amongst older adults have increased markedly since 1987. Because the overall success of the Wellness Program has been due in part to its success at inducing behavior modification amongst its participants, this is one area where older adults could enjoy dramatic improvement in overall health.

Once the Wellness Center is operational, the anticipated range of activities offered to clientele will include exercise and stress reduction classes, health and wellness seminars, massage therapy, and a full range of health spa services and amenities. Clientele will be taught a carefully coordinated and integrated living pattern that enhances the quality of life and underscores the physical, intellectual, spiritual, emotional, social, and vocational foundations that encompass the philosophy of

wellness. Associated programs and services to meet the needs of those clients facing the unique challenges of cancer, Parkinson's disease, Alzheimer's disease, heart disease, osteoporosis and arthritis will also be available.

4. Describe the target population to be served; and

The macro target population is the elder population of the Island of Oahu who will benefit from the successful expansion of the Wellness Program. This program, as implemented in the micro population of Pohai Nani elders has markedly improved the lives of those exposed. Our program will utilize the realized results of the Pohai Nani micro population to reach the macro population of the Island of Oahu.

Hawaii's *kupuna* are living longer, and the life expectancy for Hawaii residents is also higher than that found in the rest of the nation – 79 years in the islands as of 1990, compared to the U.S. average of 75. Simply put, the state faces a real challenge in planning for the future needs of an aging population.

Hawaii's ever-increasing numbers of older adults, i.e., individuals 60 years of age and older, represents a rapidly growing segment of the state's total population. In the thirty-year period from 1970 to 2000, the base number of adults aged 60 or over residing in Hawaii has nearly tripled, from 67,490 to 207,001. Whereas those older adults comprised 9% of the state population, they now represent 17% of Hawaii residents. The number of persons aged 75 or older increased during that same period by 415%, and has grown from 22% of all older adults to 36% of that number. Further, those age 85 and older saw a nearly fivefold (482%) increase in their numbers – and this population demographic is also projected to quadruple over the next 50 years.

As consumer demand for new health care strategies increases, and providers seek to curb the often exponentially spiraling costs associated with that demand, a viable and pro-active alternative to heretofore traditionally reactive Western health care practices is emerging.

A study of senior fitness commissioned by AARP concluded that while most people age 50 or older understand the benefits of physical activity, they also seek further specific information regarding the development of personal fitness plans that are safe and will realistically meet personal goals. Many seniors are in fact not meeting recommended physical activity goals when advised to do so by a physician or other health professional.

Recent comparative studies of the Wellness Program and similar community programs conducted at fitness centers around the nation validate the concept of wellness as an integral part of any pro-active health maintenance program for older adults. Program participants realize their most significant changes in those "quality of life" issues that concern most older adults. 34% of participants report that they

have experienced a more positive outlook on life since initiating their program regimen, 24% feel a greater desire to socialize, and 28% discovered a greater meaning and purpose in their respective lives.

These striking results reflect a population of older adults who are not only healthier physically, but have made tremendous strides in reinvigorating their personal self-esteem, and are thus more likely to cherish their individual autonomy and independence.

5. Describe the geographic coverage.

Initial geographic coverage is focused on the Windward side of the Island of Oahu. Success will eventually see this program expand beyond the Wellness Center, first to the Island of Oahu, and possibly later to the entire state.

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;

NOT APPLICABLE.

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

The planning, design and construction of the Pohai Nani Wellness Center is tentatively scheduled to be completed within a 24-month time frame. Once sufficient capital is raised to move forward, Pohai Nani will adhere to the following timetable:

- Feasibility Study – Months 1-2
- Request for Proposal – Months 2-3
- Development Agreement – Months 4-7
- Subrecipient Agreement – Months 8-11.
- Environmental Review – Months 12-14
- City & County Approvals Secured – Months 15-18
- Construction – Months 19-24
- Furnishings, Fixtures, Equipment – Months 21-24

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

NOT APPLICABLE.

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.

Pohai Nani will hire a project manager, who will be responsible for the oversight of all development-related processes, including contract procurement, timelines, and cost and fiscal management, and will work with the architect and lender to ensure that the project will be completed in both a timely manner and according to prior specifications. The project manager will be overseen by the executive director, and any material deviations from specifications and schedules will be reported to and approved by the executive director. Please also see Section II(2) for the proposed timeline.

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 attached.

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
\$125,000	\$125,000	\$125,000	\$125,000	\$500,000

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.

Pohai Nani has not undertaken any significant capital improvement project in the past three years. However, in 1998 Pohai Nani broke ground on the Harry & Jeanette Weinberg Care Center, a renovation and expansion project that added a new wing onto the building and included a large physical therapy room, a dining room, a serving kitchen and two new offices. Renovations to the existing building's common areas and resident rooms included upgraded lighting, wall coverings, hand rails, carpeting, furniture, and central air conditioning. The project was completed on time and on budget.

With regards to the Pohai Nani Wellness Program, it was first implemented by John Rude and Age Dynamics at Pohai Nani in 2000, and has since proven of exceptional benefit in assisting older adults in maintaining the healthy and active lifestyle necessary to preserve one's independence and dignity, which is the primary challenge of the human aging experience.

The Wellness Program is passionate about empowering older adults with prevention and wellness strategies that optimize their quality of life. Their programs are research-based and tailored to each client's environment. The outcomes generated clearly demonstrate that regardless of age, older adults have the capacity to grow, develop, modify and change. Rather than address health issues only upon occurrence, participants are instead encouraged to maintain an optimum level of good fitness and health as their primary means for preventing illness, which can reduce the physical and (by extension) financial stresses that often accompany aging.

Initial evaluation of the Wellness Program client is assessed at enrollment, using benchmarks provided by the Senior Fit Assessment and standardized for the 60-90+ age demographic. The assessment examines the critical fitness parameters that are essential for the older adult to maintain functional independence with activities of daily living. The test battery assesses strength, balance, endurance, agility, and flexibility as one enters the third stage of life, and provides an opportunity to identify individuals who are at risk of losing function. It provides information to prescribe the appropriate level of fitness class, with outcome measures for evaluating program effectiveness. Progress is monitored quarterly for the first year, and every six months thereafter. The assessment tool has been successfully administered to

participants for the past five years with dramatic results in improved fitness scores, which translate to an overall improved well-being, increased social interaction and increased physical function.

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.

The Wellness Center will be constructed on property owned in its entirety by Good Samartitan Society at Pohai Nani. Because no displacement of any persons will be occasioned by the development, there are no relocation costs to be incurred. There are no encumbrances or liens on the property.

The parcel upon which the facility will be built is presently zoned A-2 (Medium-Density Apartment); a variance will be sought once two-thirds of the project's funding is either pledged or secured, which will enable the project's timely completion once ground is broken. The project does not require any amendment to State Land Use District boundary designations, and will comply with all applicable building codes. The project will not affect any property designated as a historic site on the State or National Registers of Historic Places. Its site is neither located within a flood plain nor wetland, will not impact endangered species or their habitats, and will not require a Shoreline management Permit.

The Pohai Nani Wellness Center will be a state-of-the-art fitness and health facility dedicated to the intellectual, physical, and spiritual well being of the entire individual. The center's design will be in harmony with its natural environment, and will provide a convenient, safe, and non-threatening environment for our older adults. Once completed, the ADA-compliant facility will house a fully accessible and heated 14,000 gallon pool, therapeutic spa, locker rooms, an exercise room, individual therapy rooms, fitness and walking paths, healing gardens, bistro area with game tables, office space, and ample parking.

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 current executive director of Good Samaritan Society – Pohai Nani is Luann Foos, who is responsible for the day-to-day operations of the Pohai Nani Community, and also currently oversees the capital project to build the Wellness Center, while the capital campaign is underway. She is responsible to the Pohai Nani Foundation Board of Trustees. Three of those trustees have held their positions for over 25 years.

The Wellness Program is current with best practices and new trends in the occupational therapy and exercise of the older adult, and incorporates this into their continuing education requirements. All Exercise specialists currently have a minimum of a specialized certification in their area of specialty, and currently instruct classes at the Wellness Center in the following areas: tai chi, yoga, personal fitness, aquatic exercise, and arthritis exercise.

Once the facility is completed, staffing for the Pohai Nani Wellness Center will consist of exercise specialists trained and experienced to instruct in their field of expertise and with the older adult. Certification in their related field will be required, as well as ongoing continuing education to maintain specific certifications. All staff will be CPR trained, and further will be required to attend quarterly training for specific topics and workshops that cover issues in working with older adults such as: joint protection, hearing loss, dementia, diabetes, Parkinson's disease, arthritis, cancer, osteoporosis, heart disease, etc.

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.

Pohai Nani is currently in the process of hiring a project manager, who will be responsible for the oversight of all development-related processes, including contract procurement, timelines, and cost and fiscal management, and will work with the architect and lender to ensure that the project will be completed in a timely manner and according to prior specifications. The project manager will be overseen by the executive director, and any material deviations from specifications and schedules will be reported to and approved by the executive director.

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.

There is no outstanding litigation pending.

B. Licensure or Accreditation

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

Please see attached.

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

App

Pohai Nani Foundation

BUDGET CATEGORIES	Total State Funds Requested (a)	GIA Act 41 - 04 & GIA Act 160 - 06 (b)	Pledged Private Gifts (c)	Prospective Private Gifts (d)
A. PERSONNEL COST				
1. Salaries - Well. Cen. Project Manager				
2. Payroll Taxes & Assessments				
3. Fringe Benefits				
TOTAL PERSONNEL COST				
B. OTHER CURRENT EXPENSES				
1. Airfare, Inter-Island				
2. Insurance				
3. Lease/Rental of Equipment				
4. Lease/Rental of Space				
5. Staff Training				
6. Supplies				
7. Telecommunication				
8. Utilities				
9. Wellness Center - Planning		100,000		
10. Wellness Center - Design		175,000	75,000	
11. Wellness Center - Construction	775,000	725,000	1,622,474	352,526
12. Project Management	225,000			
13				
14				
15				
16				
17				
18				
19				
20				
TOTAL OTHER CURRENT EXPENSES	1,000,000	1,000,000	1,697,474	352,526
C. EQUIPMENT PURCHASES			300,000	350,000
D. MOTOR VEHICLE PURCHASES				
E. CAPITAL				
TOTAL (A+B+C+D+E)	1,000,000	1,000,000	1,997,474	702,526
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested	1,000,000	Luan Foos (808) 247-6211		
(b) State Funds Appropriated	1,000,000	Name: [REDACTED] Phone		
(c) Pledged Private Gifts	1,997,474	Signature of Authorized Official: [REDACTED] Date: 1/30/08		
(d) Prospective Private Gifts	702,526	Date		
TOTAL REVENUE	4,700,000	Executive Director Name and Title (Please type or print)		

**BUDGET JUSTIFICATION
CAPITAL PROJECT DETAILS**

Applicant: Pohai Nani Foundation

Period: July 1, 2008 to June 30, 2009

FUNDING AMOUNT REQUESTED

TOTAL PROJECT COST	FUNDS FROM PRIVATE SOURCES RECEIVED IN PRIOR YEARS		TOTAL STATE FUNDS (APPROPRIATED & REQUESTED)		FUNDING REQUIRED IN SUCCEEDING YEARS (1st Row)	
	FY: 2006-2006*	FY: 2006-2007	FY: 2004 & 2005*	FY: 2008-2009	FY: 2009-2010	TOTALS
PLANS			175000			175000
PERSONNEL - PROJECT MANAGER				225000		225000
DESIGN			100000			100000
CONSTRUCTION	1000000	697474	725000	775000	352526	3550000
EQUIPMENT		300000			350000	650000
TOTAL:	1000000	997474	1,000,000	1000000	702,526	4,700,000

JUSTIFICATION/COMMENT: * Legislature appropriated \$500,000 in A41 SLH 04, and \$500,000 in A160 SLH 06. A41 funds are encumbered.

**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.

Pohai Nani Foundation
(Typed Name of Individual or Organization)

(Signature)

1/30/08
(Date)

LUANN FOOS
(Typed Name)

Executive Director
(Title)

ATTACHMENT A

Internal Revenue Service

Department of the Treasury

District
Director

P.O. Box 2350 Los Angeles, Calif. 90053

Larry L. Myers
Attorney-At-Law
A Law Corporation
P.O. Box 4528
Honolulu, Hawaii 96812

Person to Contact:

Barbara S. Cowans
Telephone Number:

(213) 894-2336
Refer Reply to:

EO (0726) 93
Date:

OCT 06 1993

RE: Pohai Nani Foundation Bishop Trust Co., Ltd.
EIN: 99-0089787

Gentlemen:


This letter is in response to your request for a copy of the determination letter for the above named organization.

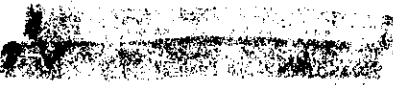
Our records indicate that this organization was recognized to be exempt from Federal Income Tax in May 1971 as described in Internal Revenue Code Section 501(c)(3). It is further classified as an organization that is not a private foundation as defined in Section 509(a) of the code, because it is an organization described in Section 170(b)(1)(A)(vi).

The exempt status for the determination letter issued in May 1971 continues to be in effect.

If you need further assistance, please contact our office at the above address or telephone number.

Sincerely,


BARBARA S. COWANS
Disclosure Assistant



POHAI NANI FOUNDATION BOARD 2008

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