

# Leka Mokihana

AUGUST 2019 FRIENDSHIP HOUSE KAUAI

## Friendship House Receives Accreditation



We are pleased to announce that Friendship House has received a full 3-year accreditation from Clubhouse International!

Clubhouse International Accreditation is a symbol of quality – a clear demonstration of a Clubhouse’s commitment to excellence. Today, 75% of Clubhouses worldwide are Accredited, compared to just 46% in 2014. These Clubhouses proudly display this icon and are universally recognized as operating with a high level of compliance with the International Standards for Clubhouse Programs

The Accreditation process is both evaluative and consultative. Accreditation is awarded for either a one- or three-year period, subject to the degree of adherence by the Clubhouse to the Standards. It is conducted by members of the Clubhouse International Faculty, which is composed of veteran members and staff from Accredited Clubhouses around the world. Together, they oversee a rigorous process that includes: 1) self-study; 2) site visit; 3) findings report; 4) accreditation status; 5) ongoing consultation; 6) employment guidelines.

Congratulations to the Members, Staff, and Board of Friendship House!!!

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# Member Spotlight



## PURE ALOHA

By Hoku

For me, when I working my job at Safeway and I find people's stuff, like wallets or phone, I gotta return 'em. When you find something good, return 'em and get respect. I tell myself to turn it in. It doesn't belong to me, it belongs to the people, it has their identification, their life, in it.

With us, it's our life too. It's a good thing. I no like for me, to put my name on top, I no like the reward. Do the good thing, not bad thing. Some years, what goes around comes around. If you find someone's wallet or identity, it's proud for you, they might cry, yes, I would cry if I lost something that is close to me, but when it gets turned in, you happy, you proud. That's respect. You get your own respect back. If you give your aloha, you get 'em back. Ku Kia'i Mauna.

# Communications Unit

By Laura

There are a lot of people of this up and coming generation who are well-versed in computer expertise, and we now have new job duties opening in social media. We still do the daily Coconut Wireless and the monthly Leka Mokihana newsletter, grant writing, financials and budgeting, statistics, and also part of the Communications Unit is the Vocational program - making resumes, job hunting, which all use computer skills. We are also doing more classes, such as diabetes education, smoking cessation, and budgeting. Things are jumping and we have a great need for more and more people to join this unit and help it jump. James M. said: "Maybe bring more frogs in this place and we'll see it jump!"



# Food Service Unit

By Laura

Food Service is the most popular work unit in the clubhouse because everybody loves food! We eat some everyday! People want to be part of the "in" group. Belonging is what most people come to clubhouse for, especially Friendship House, where friendships are the most important commodity and doing something you enjoy with friends is a way to be mentally well. More and more people who have not always been active in the work units are jumping in to take part in Food Service. We have new members all the time jumping in to the dishwashing crew. It gets so that sometimes I get pushed out because there's so many people in there doing dishes! Even the staff, everybody in the staff, takes a turn doing food service. Food Service is the most popular unit in the clubhouse.



# Writer's Corner

## My Life

By Kurt



Over 20 years ago, I was into heavy drugs and alcohol and my mental illness took me from acting weird, getting into trouble, car accidents, suicide attempt.

There's a process in recovery - bumps and turns and roller-coaster sometimes. The idea is not to give up. To roll with the punches. Hopefully you will move forward again. For me, I found that I don't have to take life so serious, but my recovery is serious. I found out I'm not such a bad person after all.

I find that it's my turn to give back to the newcomers and show the public that I can be a successful person in my own right. I've been to over 600 meetings, sacrificing my fun times. Today, I've learned a lot of knowledge that I can give to the next guy and on and on. It's not only about me, me, me... it's about accepting others, tolerating situations, love, helping others. Be a leader, not a follower!

Today I can say God is good, and Life is good. So get a mo' bettah life at Friendship House.

## Clubhouse Works of Art



# Nutrition Class

## A New Way to Cook

By Angela

Type 2 diabetes is common in Hawaii, but it can be prevented. Nutritionist Sharon de la Pena from Ho'ola Lahui, came to give us information and a popular recipe for tacos.

What types of things affect blood glucose?

Increase fiber. Fiber is the broom that sweeps out your digestive tract.

Too much saturated fat is unhealthy. Try to use plant-based fats, like vegetable or nut oils, avocado. Even vegetable-based oils have some saturated fat, so limit those too.

Water instead of oil can be used to stir-fry food.

### Simple Tofu Tacos

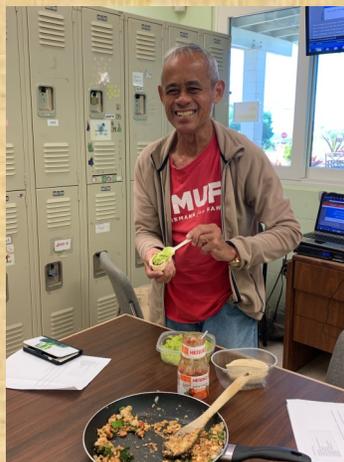
#### Ingredients:

- 1 lb. tofu, frozen and defrosted
- ½ onion, chopped
- 1 cup cooked rice
- 1 can pinto beans
- 1 cup kale or spinach, chopped
- 1 package taco seasoning
- Taco shells
- 1 jar salsa



#### Instructions:

1. Heat 1 tablespoon of water in a hot wok or other nonstick pan. Add the onions and cook until they are soft, stirring occasionally.
2. Meanwhile, squeeze out as much water from the tofu as you can. Crumble the tofu into the pan. Fry until the tofu starts to brown.
3. Add cooked rice, kale (or spinach) and taco seasoning. Mix until all the tofu and rice are evenly coated with the taco seasoning and kale (or spinach) is wilted. Take off heat.
4. Heat tortillas, add taco filling and toppings. Enjoy!



# Social Rec Outing to McDonald's

By James M.

Eleven of us went to McDonald's and we had a good time talking story. I drove my truck because my mom usually lets me take it every Thursday to come to Clubhouse. Now that I'm working, I can pay for my own gas. I was also able to help with transportation for another member. I wish we could stay longer. We caught up on things, we had a lot of fun. I think when we're in a group we just sit down, talk story and no need to worry about anything. We get caught up with all of the things we're all going through. I think that we should do that more often. Sit down and relax. I had fun over there. We socialized and actually we didn't have to worry about what other people were thinking. I had 2 McChicken sandwiches.



# Happy 75th Birthday, Priscilla!

The Birthday Girl treated us all to yummy chili dogs, cake, and ice cream on her special day! We had fun playing BINGO and everyone won a prize!



# CPR Training for Staff

By Deb

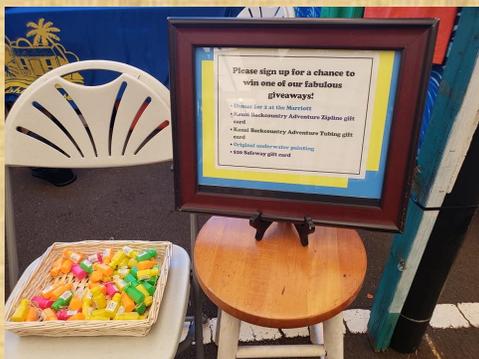
We attended a mandatory CPR training earlier in the month at the Lihue Airport Fire and Rescue station. Who knew that this life-saving training would come in so handy, and so soon! Just a few days after our training, I was in the kitchen with a member and we had just finished prepping vegetables. The member popped a chunk of tomato in his mouth and suddenly began choking! There wasn't any air coming in or going out as he struggled to breath. I ran around behind him, but immediately realized that my arms were too short to wrap around his body. I panicked and yelled for Vince. Vince ran over to our member and started performing the Heimlich maneuver, as I called 911. Our member's face started turning a gray color, but Vince kept his cool and never stopped trying, over and over. Finally, after what seemed like an eternity, our member started gagging and the tomato came flying out of his mouth. Whew! He turned to Vince and declared: "Vince, you just saved my life."



***Aloha and Mahalo to Capt. Nelson Chiba, and  
Firefighters Kaiana Palama, Kyle Swigs, and Kaleo Hauata!!!***

# Kauai County Farm Bureau Fair

With the encouragement of our Friendship Club Board of Directors, we decided to participate in the fair this year! We handed out brochures and bubbles to those who stopped by our booth in the Vendor's Tent. We held Lucky Drawing sign-ups for the gift certificates that were generously donated by Safeway Lihue, Kauai Marriott, Kauai Adventure Tours, and even an original painting from our very own resident artist Keith Oshiro! Congratulations to the winners who have been coming by the clubhouse to pick up their prizes, enjoying a member-guided tour of our work units, and eating lunch with us!



# Working side-by-side with the Okinawa College of Nursing Students



## In Memoriam

*Thank you for teaching us how to be resilient, to look each of life's challenges in the eye say, "Bring it!", and then tackle it head on. Thank you for sharing your deepest thoughts with us and for allowing us to share ours. Thank you for laughing with us as we would contemplate life's outrageous trials. Thank you for showing us how to be brave in the face of darkness. We will miss you Laurie. Thank you for being our friend. Rest in Peace.*



**Laurie Williams**

# September Menu and Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2</p> <p>Labor Day</p> <p>Social Rec w/ Vince &amp; Terry 9 am - 1 pm</p> <p>Hotdogs</p>	<p>3</p> <p>L: Pinakbet ala Kekoa</p> <p>Social Media Class 1 pm</p>	<p>4</p> <p>L: Spam &amp; Pineapple</p>	<p>5</p> <p>L: Spaghetti &amp; Meatballs</p> <p>Walking 2:30 pm</p> <p>D: Tacos</p>	<p>6</p> <p>L: Leftovers</p> <p>Bike Ride 8:30am</p> <p>Health &amp; Wellness Fair w/Terry &amp; Deb 9 am</p>	<p>7</p> <p>Social Rec</p> <p>Suicide Prevention</p> <p>Walk w/Iris &amp; Deb</p> <p>9 am -12 pm</p>
8	<p>9</p> <p>L: Chili &amp; Rice</p>	<p>10</p> <p>L: Pinakbet ala Maria</p>	<p>11</p> <p>L: Cold Cuts Sandwiches</p>	<p>12</p> <p>L: Sweet Sour Spare-ribs</p> <p>Zumba 2:30 pm</p> <p>D: Hotdog Bacon</p>	<p>13</p> <p>L: Leftovers</p> <p>Bike Ride 8:30am</p>	14
15	16	<p>17</p> <p>L: Hotdogs &amp; Sauerkraut</p> <p>Board Mtg 10 am</p> <p>CARF</p>	<p>18</p> <p>L: Chicken Long Rice</p>	<p>19</p> <p>L: Beef Stew</p> <p>Walking 2:30 pm</p> <p>D: BBQ Chicken w/ Mashed Potatoes</p>	<p>20</p> <p>L: Leftovers</p> <p>Bike Ride 8:30am</p>	21
22	<p>23</p> <p>L: Tofu Salad</p>	<p>24</p> <p>L: Tofu &amp; Bean Burrito</p>	<p>25</p> <p>L: Baked Chix/Curry Couscous</p> <p>Smoking Cessation Class 10 am</p>	<p>26</p> <p>L: Shepard's Pie</p> <p>Zumba 2:30 pm</p> <p>D: Costco w/ Terry &amp; Deb</p>	<p>27</p> <p>L: Leftovers</p> <p>Bike Ride 8:30am</p> <p>Mobile Outreach 10 am</p>	28
29	<p>30</p> <p>L: Kalua Pig</p>					