



## Focusing on Healthy Hearts

We kicked February off with the first of a series of food service workshops in which we learned how to make “Spam Musubi” without the Spam. Who would’ve thought that tofu could be a yummy replacement for the popular canned meat? Sharon Dela Pena, a nutritionist from Ho’ola Lahui Community Health Center, taught us about the serious health risks of eating too much processed meat (like hotdogs, spam and Vienna Sausage—all Hawaii local favorites), then led us step by step in creating tofu spam musubi. We closely followed Sharon’s instructions, placing marinated tofu, mixed greens, shredded carrots and cucumbers on a sheet of nori, then strategically folding it up so that it formed a layered delicacy. Then the big test! We hesitantly and skeptically took the first bite of our creations, and ....(drum roll)....were pleasantly surprised! It was delicious, especially with the Yum Yum sauce that went with it!!! A new local (and much more nutritious) favorite!! Thank you Sharon, for helping us pave the path to healthier hearts!



Sharon Dela Pena taught us how to make “Spam Musubi” without Spam

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# Food Service Unit Report



Keith T., Charlie, Binh, and Vince

By: Drew



In our food service unit at the Friendship Club house, Kapa'a, Hawaii, we start at 0900 hours with the unit meeting to decide which member and, or

staff will volunteer to complete the assigned projects. **PUT AWAY DISHES** stows cleaned, air-dried dishes. **CASHIER**, receives money for lunch meals and logs the individuals name. **FOOD PREPARATION**, Meat, cut meat into required quantity and size. Veggies, thaw and, or cleanse. **Dessert**, prepare desserts such as cookies, cakes, ice cream, etc. **SERVERS**, place setting and serves meals @ 1200. **CLEAN BATHROOMS**, cleans bathrooms. **SANITIZE**, cleanse dining tables, door handles, phones, snack shop handled surfaces. **SHOPPING**, purchase clubhouse consumables, i.e.; food stuffs, cleaning supplies, building upkeep materials. **OUTSIDE**, wipe tables/chairs, water foliage, pick-up trash, sweep or use leaf blower, tend garden. In the afternoon we "sanitize", tables, sweep and mop floors, phones, door handles, **EMPTY TRASH**, remove trash from receptacles. **SPECIAL PROJECTS**, deep cleansing requirements.



Richard



James M. and Vince



Lori and Vince



Lunch is served!

# Communications Unit Report



Binh leads our Morning Meeting

In our Communication's unit at the Friendship Clubhouse, Kapa'a Hawaii, we start at 0900 hours with the unit meeting to decide which members and, or staff will volunteer to complete the assigned projects.



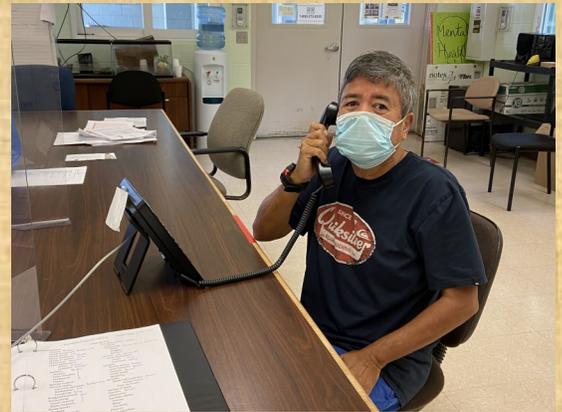
By: Drew

**PHONES**, answer incoming phone calls and informs individual of caller and may take messages. **CHECK VOICEMAIL** plays back messages left on answering machine over night or weekends. **CHECK EMAIL**, checks emails sent to the clubhouse on our "G mail" account. **CLEAN RECEPTION** insures reception area is in satisfactory condition, (first impression is

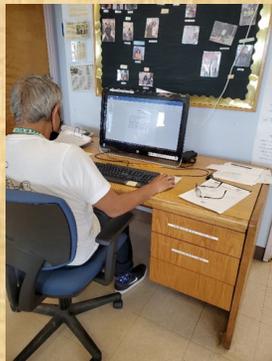


Mary

a lasting one). **CHECK IN STATIONS**, member insures visitors meet COVID health standards for visit on property. **CHECK MAIL** observes postal receptacle (mailbox), for posts (mail). **CLEAN BATHROOMS**, cleans bathrooms. **SANITIZE** phones, door handles, keyboards, and tables, cleans and disinfects surfaces. **SPECIAL PROJECTS**, i.e., grants, birthday cards, free lunch vouchers, etc.

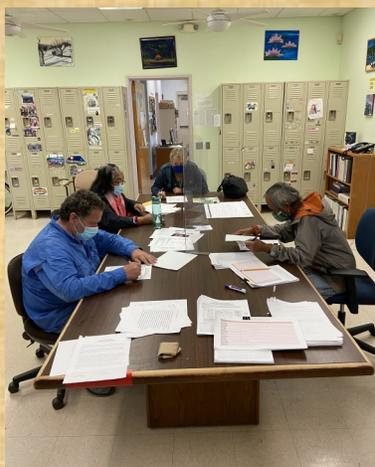


Presten checking voicemail



Dennis

**CLERICAL TASKS**, coconut wireless, daily note to members, a page of an individual's thoughts. **NEWSLETTER**, a letter written then mailed to other clubhouses on 1 a monthly schedule. **BUDGET/FINANCIAL, ACCOUNTING**, count money and make deposits when necessary. **QUICKBOOKS**, availability funds for various grants. In the afternoon we "sanitize", sweep and mop floors and empty trash receptacles. **SPECIAL PROJECTS**, deep cleaning requirements.



Dave, Felina, Sheryl, Jerry



Michael



Dennis sanitizing our check-in station

# Employment

## Transition at St. Catherine's TEP



Jerry

Jerry recently transitioned out of the recycling TEP at St. Catherine's Church and worked with staff on training Wesley for the position.

**Jerry:** "It was a good job. I like it. It (training) was not too bad. We finished the job fast! We had to sweep, mop and even vacuum. I showed Wesley how to recycle the bottles and cans and I showed him how to sort the plastic bottles by size. I like being a trainer."

**Wesley:** "I haven't worked since 2015 when I was a janitor at Kukui Grove Shopping Center where I had to clean the bathrooms, wipe the tables in the food court and take care of the trash. This job is easy and the supervisors are cool. It's also close to home so I no need drive too far. Sorting the bottles and cans are easy for me because I do it at home a lot. The first time I did it, Jerry told me, "You doing it so fast!" I work from 9:00 to 1:00. Recycling is priority, but if time permits, I clean the church. I wipe down chairs and sweep and mop the floors. The supervisors told me, "Wow, you fast! We no need tell you how for do the job!" And lunch is a perk!"



Wesley

# What's Up at the Clubhouse?

## Garden/Yardwork



Jonah

Jonah has taken on the challenge of starting up our raised garden beds again. It got out of control after the COVID lockdown, and when we returned to the Clubhouse, no one seemed to have any energy or motivation to tackle this big project. Jonah's comment:, "I like doing this stuff. It makes me feel good." Dedicacion has also expressed an interest in working in the garden, so we are hoping that between the two of them,



Jonah and Davlyn

they can motivate the rest of us to get busy in the dirt and soon we'll be able to have some fresh herbs and vegetables to add to our lunches. Jonah's quote about working in the garden with others, "The road of life is lonely when you walk it alone, so stay."

# More “What’s Up” KCC Nursing Students



Keoni, Jerry, Terry-Ann

Although the nursing students from Kauai Community College aren’t able to physically be at the Clubhouse for their intern experience, Terry (our Director), Keoni, Jerry, Felina, Louie and some other members have agreed to give them the best possible orientation to our Clubhouse via Zoom. When asked how he felt this process was going, Keoni said, “I was nervous at first, but it was good talking to them. There were 2 students on Zoom with their



Keoni

instructor. I like meeting and talking to new people, especially nurses because I don’t normally talk to people about my problems and stuff. And I’m trying to take a new step to do things I don’t normally do, and it feels good doing it. I feel nervous sometimes when I’m talking to people, but now I feel comfortable doing this.”

## Food Workshops

Thanks to a couple of very generous grants, we’ve been lucky to have various professionals in the community come and share their expertise with us. We had Chef Glenn teach us about safety standards in the kitchen. Lori said, “Safety in Food Service is very important with the chefs and workers that work in line with food on a daily basis in the kitchen. They work hard trying to stay on top of track to meet the board of health while preparing, cooking and food storage. It’s all a big job to complete daily.”



Lori

We’ve learned how to use healthy substitutions in our favorite dishes (Chickpea Buffalo Sliders, Tofu Spam Musubi), how to read food labels, and also had a workshop on knife skills and how to debone an entire chicken! We’re looking forward to learning more things in the months



Aniase (Dietician)



Keith

to come.



Chef Glenn & Andre



# Member Spotlight

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## Life for me with Friendship House

By: Keith

It's been a long hard journey, I thought in the start that this place is not the place to be. I really didn't like being here but was the suggestion that I should come here and join the Friendship House, I am pleasantly surprised after all the years at Friendship House that I am happy to be here, the staff is wonderful and the members I gotten to know are interesting people. They have character and attitude. That is quite unique to everyone.



The downside of clubhouse involvement is intervention of wellness. There seems to be less care about our wellness that in the past I have seen many dying because of old age or what was it that had them passed away. It should be an international consideration for those are interested, unless ourselves care less about our wellness, than why should anyone care.

To move on, I am 65 and have chronic illnesses, I will not mention. But I manage and have not given up yet. I am diligently working still trying to enjoy myself in this world still. Have we got the answers I thought by now we should, but I have not felt like we have? I think that maybe its time to seek a power greater than we, but will he answer you, hope is an answer.

Anyway, this is a sample of my works I hope you like it goodbye for now and best wishes.

## The Perfect Phenomenon of the Greatest Moments

By: Justin



For approximately close to 4 & the half yrs. Ago I've been going thru an evolution of changes in the Friendship House that today I wanted to tell my most astonishing story that has the ability to make a person's ideal life come true! It all started when i got sentenced for life to go to a place that they called a Rehabilitation Facility to restore to my own self again as a Case Manager brought me to all sorts of buildings to collect my document papers after that we had to head down to our last stop & it was & I thought was back to the Kauai Correctional County Center, but no we droved right pass it & then we came to a place that "They" called it the Rehabilitation Facility or now it is Friendship House where I later learned I will be coming here for a couple of hours, which I was skeptical about this place as I took a moment to catch my breath & breathe because my heart was absolutely racing & I was shaking filled with fear, as I was walking everybody in the kitchen at the time they were saying but it look like they were thinking WHO IS THIS BOY, HE IS UP TO NO GOOD! As I approach the front door & all I can think about is where is this goanna end? But when I entered the building, I felt this jolt of warmth & I was still extremely nervous & I couldn't stop but admiring ALL the accomplishments that they've had & that's when it hit me hardest when I was told that I was going to be doing certain tasks around here, but that wasn't the thing I was focus on as I was walking into the first room & I couldn't help but I seen this lady & she goes HI! & my Case Manager goes I brought you someone who will be attending here at Friendship House, & everyone this is Justin & she was introducing all the staff & I couldn't stop but admire the staff even though inside my body I was freaking out of my mind, like Hello say something, anything! But sadly, I was totally shy, & all I wanted was to end this, but my Case Manager goes to me DO YOU WANT TO TAKE THE TOUR AROUND THE BUILDING? & I go sure, even though I seriously wanted to end this nightmare! & as we went touring around the building, she brought to my attention that my uncle was here, & of course I go yay, alrighty then? So, after the tour was done, this prodigious lady who just gives me a sense of relief every time I see her, but she goes DO YOU WANT TO WATCH A VIDEO? & I go SURE! As the movie was going on all I've been thinking about was how could this one person just calms me down all of a sudden? As we were leaving, I was thinking about how long I was going to be here for? & my Case Manager goes you'll be going here for a few hours every week & that's pretty much it. But as I reach home my mom talked to me & told me that if you feel any kind of feelings that you're been rushed say something, later that I knew that this is going to be a scary situation that I'm going to be in & there's absolutely no-doubt in my mind that I wasn't going to survive in this place!! (to be continued.....)

# Writer's Corner

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## Excalibur 3000-The Dark Era of the Descendant Destroyer (Pt. 5)

By Justin

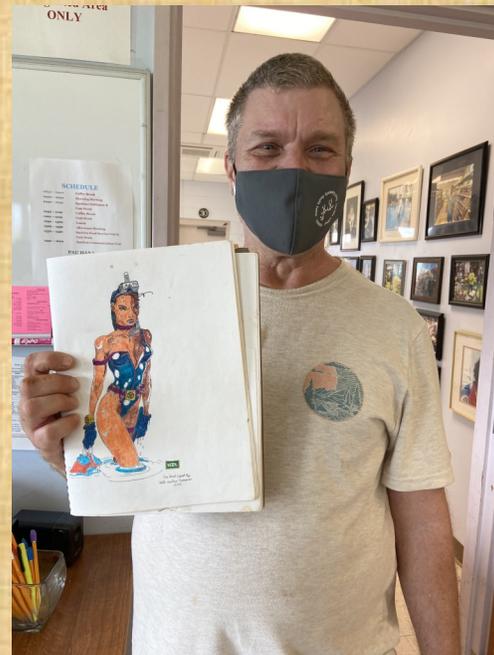


As tensions rise at the battlefield the Highlanders are awaiting the anticipating the Dark Descendant Destroyers grand armed forces that has a quite intimidating presence as they march slowly down onto the battlefield with never ending lines of armed soldiers, as both sides anxiously & eager ready to strike first, as the Dark Descendant Destroyer King arrives, the uncomfortable stormy atmosphere gets really intense & unstable as his presence was felt thru out everyone, The Highlanders got a chilly eerie feeling as the landscape started to all wilt into ruins as a sudden lighting strikes the ground & the storms starts to erupt & a cloud of fog start to creep up an Dark Disturbance occurs as the Dark Soldiers starts to move to their Heavy Artillery Station they commence their launch their Heavy Artillery, the Highlander Commander in Chief shouts “THEY ARE FIRING THEIR HEAVY ARTILLERY, START RETALIATING BACK WITH OURS, LAUNCH OUR HEAVY ARTILLERY NOW!! & ASSEMBLE OUR BLOCKADE AS WELL! As both sides are pounding each other, retaliating their every heavy attacks on each other, battering each others rows of soldier’s, The Dark Descendant Destroyer Commander In Chief got the signal to assemble their archer offensive attack Blockade to attack to strike to cut thru their forces & The Highlander Capt. Goes “LOOK LIVELY THEY ARE ABOUT TO LAUNCH THEIR ARCHER OFFENSIVE ATTACK, USE YOUR SHIELDS TO BLOCK THE ARROWS, ASSEMBLE THE ARCHER BLOCKADE NOW & RETALIATE OUR ATTACK BACK! As both sides raining with multitudinous objects into the air slamming each other’s forces with staggering amount of damage taking from both sides things start to heat up & so does the storms everywhere, as The Dark Descendant Destroyer Commander In Chief goes “MARCH ON, & ANNIHILATE THEM ALL! & The Highlander Capt. Pulls out his sword & yells “YAHHHHHH”! & Everyone copies him & they all rushes in & so does The Dark Descendant Destroyer Army as both sides roars “YAHHHHHH! As both armies collide with a thunderous tidal waves of armor banging & roaring with each other as numerous noises coming out from the crowds & crowds of soldiers screaming as they fall to their demise, as both sides inflict pain on each other taking in epic amount of punishment as the storms start to dye down as the atmosphere gets sucked in when all of a sudden, a huge rumbling noise coming from the crowd & everyone stopped & waited to see who was coming out, as The Dark Descendant Destroyer King looks anxiously & shockingly in disbelief at what he is seeing coming out & He goes “NOOOOO, IT’S HIM! IT CANNOT BE, BUT I THOUGHT THAT ROGUE RUFFIAN WAS GOING TO TAKE CARE OF THEM? & The Dark Descendant Destroyer Kings armed forces Commander In Chief goes “IT MAY SEEMED THAT HE HAS FAILED US, & The Dark Descendant Destroyer King goes WHAT DOES THAT SUPPOSE TO MEAN? THIS IS A TRAVISTY! I CANNOT BELIEVE THIS!

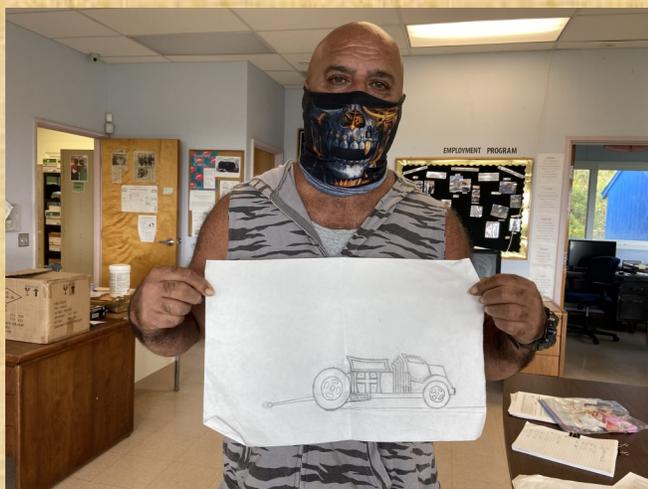
# Artist's Corner



Chris



Keith T.



James M.



Keith O.



**Final thought...** "Don't give people a piece of your mind, instead give them a piece of your heart." (contributed by Priscilla)