

Leka Mokihana

OCTOBER 2020 FRIENDSHIP HOUSE KAUAI

October is Mental Health Awareness Month

By Kurt



In recognition of Mental Health Awareness Month, we held a sign-waving event on October 9th. We need to educate and give the knowledge of mental health wellness. We need the people to understand us and realize that we are just people who are trying to get by. I personally thank Friendship House for their guidelines for my mo-betta life. To me, life's good, and God's good, and I'm doing good too!



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Communications Unit Report

We talk stories with our friends and laugh a lot in the Communications Unit. Every morning the first thing we do is disinfect the check-in station, tables, door knobs, telephones, and keyboards. We take turns facilitating the Morning and Afternoon Task Meetings. Every day, we check voicemail and email, get the mail, take attendance and do statistics, write the Coconut Wireless and Leka Mokihana, create spreadsheets and work on the budget, count monies and deposit it, post on social media, make orientation packets and brochures, birthday cards and lunch vouchers, write grants, provide tours for potential new members, and do mobile outreach.



Food Service Unit Report

We eat goood in Food Service! Since reopening and getting our new ovens, all the cooks in our kitchen have been experimenting with new recipes. Between Kekoa's lemon bars, Terry-Ann's fruit turnovers, and Felina's cookies, it's been dessert-heaven!



Health and Wellness Report

We recently reactivated our wellness activities! The exercise of choice seems to be early morning bike rides down the Ke Ala Hele Makalae Path (bike path) fronting our clubhouse.



Michael's Testimony at our Hawaii Clubhouse Coalition's Advocacy Meeting

“Ever since the COVID-19 pandemic started, daily life has changed a lot. Some of the things that have changed are work, school, and daily activities. Here at Friendship House, we closed in March and we reopened on July 6th and have remained open, while all the other clubhouses statewide are still closed. Since reopening, we've had an opportunity to come back and work together at our clubhouse. Side by side, we brought our clubhouse back to life. We are cooking, cleaning, taking care of our property outside, and clerical tasks like normal, including taking on special projects like roofing our outdoor tool shed. Although we aren't completely back together yet, we still have an opportunity to see each other and socialize on our one designated day each week. Majority of us are back at our jobs, providing for ourselves and our families. When this pandemic is over, we can all hopefully take a step back and learn something from it. Personally, I've learned that it is very important to take care of yourself inside and out, and value what everyday life has to offer.” ~Michael D.



Happy Boss's Day, Terry-Ann!



International Clubhouse Conference

By Keith O.

We gathered at the clubhouse to participate in the International Clubhouse Conference. Well, we actually just listened to the speakers on zoom, but was actively engaged in the interest of the conference that had tons of information and a lot of hope for our members in the community, not just money but a lot more support is expected for us in the near future. From the current stress of the covid19 to social justice and government attention about our status in the community and health and welfare issues. Also, mental health has created a global organization which you may find somewhere online, I think! You may think this means nothing to you, but I tell you this means big business because with this pandemic going there are behavioral health issues and social isolation concerns for everyone and developing virtual interactions, YOU NEED NOT BE ALONE!!

Congratulations to Kurt for winning Safeway's October Safety Award!



Let's Talk Mental Wellness
October 14 2020 @ 4:30PM

 Dr. Addison Bulosan	 Jack Yatsko	 Terry-An Mares	 Dave Jordan
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COMMUNITY TALKS
WITH DR. BULOSAN
WEDNESDAY
4:30 PM

 **LIVE** **Dr. Addison Bulosan**
Facebook Page
Zoom Meeting ID: 763 6943 6601
Password: 7EW4Qg

“Let’s Talk Mental Wellness” Facebook Zoom Chat

Writer's Corner

.Excalibur 3000-The Dark Era of the Descendant Destroyer (Pt.2)

By Justin



AHHH! As the boy was about to bolt after he has seen the man in the protective metal armor suit, he then bumps into another person who was all dressed up like royalty who later responds It's okay kid, it's okay, we aren't going to hurt you and the boy answers AHHHELP SOMEBODY, help me! And the man in the metal armor suit goes SHHH!! And the boy jumps and goes What do you want from me? And the young man goes Let me introduce myself, my name is Prince Alexander the 3rd and that man there who you were screaming at is my body-guard, and what is your name kid? And the boy answers My name is Shawn and may I ask you why are you two here? And Prince Alexander goes Well Shawn nice to meet you and you probably have so many questions that you want to ask us!! Shawn goes Not really, well just the most obvious one of course!! Prince Alexander goes I can explain to you about that sword you're holding and Shawn goes, This, because of this thing that I got all scared of when I seen the two of you came out of the shadows! And Prince Alexander goes Why yes!! It is that powerful sword that you pulled out of that stone, brought us here, this powerful sword you're holding has a very long story, so I am going to tell you about this and it goes something like this: I was once a prince in a very large castle where my father was the king when all of a sudden a dark cloud came and brought all of these dark descendants destroyers into the castle where they ravaged through the whole entire village and left a path of destruction in our courtyard where many people were killed and some of them never came back until my uncle took away this very sword called "Excalibur" from my father and dethroned him and the rest of my royal family, so I took away the sword and cast a special spell on "Excalibur" and so I ran away and now I must face my destiny and restore my father's wishes and become King of Kings once and for all!! Shawn goes, "WOW" that is a lot to take in, I got to ask So what do you need me to do? And Prince Alexander goes Well Shawn, you're the next "Crown Prince" to continue the sword's legacy since you had the will to pull out the sword out of the stone!! And now he is yours, and Shawn goes "WHAT", NOOOO!!!

Stay tuned for the next exciting edition of Justin's novel in the coming months!

Our Hometown Heroes

By Laura



When doing anything worthwhile, there are three major factors you need to have.

1. The right attitude.
2. God's grace.
3. The help of a lot of good people.

The three major factors in the project of writing the Hometown Heroes article were:

1. The right attitude for the project of writing the Hometown Heroes article was "We're doing it for the good of everyone."
2. God's grace was the coming together of all necessary factors: the right place, the right reasons, the right ways. In other words, the Who, What, Why, Where, When, and How as it is needed.
3. The right people were all the people who were there at the time.

Sabrina Bodon and Dennis Fujimoto of the Garden Island Newspaper exhibited all their skills, abilities, and talents. They interviewed people, wrote, and took pictures.

Dave and Iris loved everybody in their way, in the way that they do, being non-judgmental.

Tyrus was being my cousin. He and Debby were working in the kitchen, and they let me come in and join them.

Binh was running the snack shop and the kitchen.

Charlie was working on the garden and doing the maintenance of the grounds and buildings.

Kekoa was showing his talents and abilities by working on posters for Mental Health Awareness Week.

Vince was humble and compassionate, filling in wherever he was needed.

Me, (Laura) being my trouble-making self.

Each of us did our part in being loving. Everyone showed the best of themselves, and not the worst.

Our Weeklong Halloween Celebration

With special thanks to Miss Kauai Filipina Tiffany Sagucio, Dr. Addison Bulosan, Hawaii Food Bank, and Kauai Family Café for donation of the ono daily plate lunches!



Kurt's Joke of the Month

What do you call ukus on a bald man's head?

Homeless.



Mobile Outreach

Kekoa and Debby delivered plate lunches, desserts, gift cards, candies, bracelets, and a copy of Leka Mokihana to members who were unable to attend clubhouse during our weeklong Halloween celebration. It was a joy bringing some festive Halloween cheer to Suzie, Carmen, Joseph, Maria, Priscilla, Jessica, and Monica!



**Congratulations to Zak!
On October 3rd, he celebrated
20 years of living clean and sober!**

