

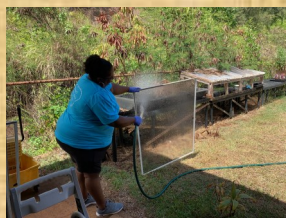
# Leka Mokihana

SEPTEMBER 2019 FRIENDSHIP HOUSE

## Friendship House Prepares for CARF Survey

When a program is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), it means that the organization has passed an in-depth review and meets rigorous standards for service, including: a higher degree of internal quality; greater involvement of persons served in their services; increased cohesion among staff members at all levels within the organization; enhanced status of the surveyed services within the community.

The entire clubhouse was abuzz with activity earlier in the month, as we prepared for our visit from CARF Surveyor, Julia Rupp, who flew in from Michigan to do our site survey. Julia joined us for lunch and then spent the afternoon touring the work units and grounds, and speaking with members and staff. We enjoyed visiting with Julia, and are looking forward to receiving her final report!



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# Member Spotlight



My name is Manuel Santiago. I am 63 years old. I was born and raised on Kauai, and live in Koloa.

I met my wife at Waimea High School, and then we had a baby girl... so blessed. I have a granddaughter and one great-granddaughter and one great-grandson. When I see their smiles, it makes me so happy.

Before I retired, I mostly worked as a laborer. In my spare time like to listen to music, any kind of music.

I have this dream. I want to have a house, a permanent place where many different people—homeless, disabled, poor—all people come together to live. A very big house where everyone can live in peace in a friendly environment, where there are no guys who are violent or a danger, a place where everyone is accepted and supports each other.

## Member Quotes

*“Out there, they play hardball. In here, it’s softball!” ~Kurt*

*“Everyday I stay home. Better come here. Make friends.” ~Jessica*

*“You walk away from Friendship House richer than when you walked in. Every time.” ~Warren*

# Communications/Vocational Unit

We have a lot of exciting changes and new ventures to report in the Vocational Unit! Justin started working the St. Michael's Yard Crew T.E., Marissa is now working at Hanamaulu 7-11 store as a cashier, Keith began his new job at ACE Lihue, and James has been hired at the Kauai Marriott for their T.E. Housekeeping Assistant position, joining Marissa, Lauren, and Michael who are all working various I.E. positions at the Marriott also!



## Food Service Unit

This month, we began cooking healthier food options by switching out tofu and beans in our meat dishes and using water instead of oil when we saute. We've had mixed reviews, but will persevere and continue to experiment with new recipes!



## Garden Crew

We are grateful to our members and staff who work diligently and tirelessly to maintain our beautiful grounds.



# Employment Spotlight

By James F.



My interview at Marriott was on Friday the 13th, and Debby and I were early. We met with the Housekeeping Manager Dave Ball, as well as his assistant. It started with me sharing a little bit about myself, then we shifted the conversation to their new STARS program.

My second interview with Human Resources went well. We did paperwork required for the position, and I received a conditional offer of employment, pending drug test and background check.

I got an email welcoming me to the “Marriott Journey”! My first day of work will be October 3rd. They are starting me at \$11.00/hr. I’ll be working 3 days a week, for a total of 13 1/2 hours per week. They mentioned three probationary periods: 45 days, 3 months, and 6 months.

I feel somewhat nervous but comforted in that this is a T.E. position and the clubhouse got my back.

# County's Health and Wellness Fair



## Smoking Cessation Class with Rebecca Leonard



## Board Meeting Fun!



# Recipe Corner

## Pinakbet a la Maria

By Maria

### Ingredients:

Oil  
 Garlic, minced  
 Ginger, minced  
 Onion, sliced  
 Tomatoes, sliced  
 Pork (or chicken or shrimp), cut into bite-sized pieces.  
 Bagoong (thinned with water and strained), to taste  
 Pumpkin, cut into chunks  
 Lima Beans, soaked  
 Long Beans, sliced  
 Chili Pepper  
 Bitter Melon, sliced  
 Okra  
 Eggplant, sliced



### Cooking Instructions:

Put a little oil in large pot, and saute garlic, ginger, and onions. Add tomatoes. Add pork. Add bagoong. Add pumpkin, lima beans, long beans, chili pepper, bitter melon, okra, and eggplant, and simmer until tender. Enjoy!



# Poet's Corner



## New World

By Bob

In the new world we think the words “new world” should be:

birth water;  
 new snow;  
 spring grass.

But no, from 10,000 feet the aluminum bird sends it's red flowers of death while we sleep deeply in our downy feather bed pillows.

Our dreams sometimes rouse us... almost to waking  
 but we lapse like non-breaking waves against the beach of consciousness.

The formlessness of the world outside us, all around us, is telling us that we are the new Rome... but we sleep on.

# Writer's Corner



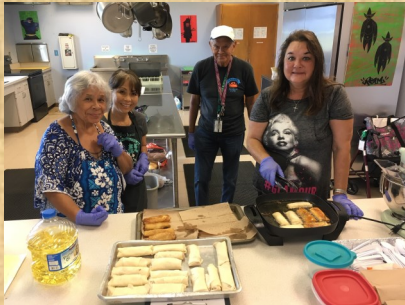
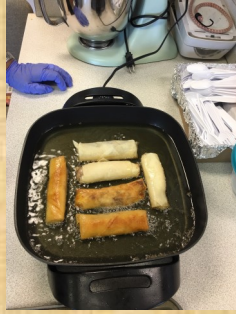
## The Almighty Powerful Superstar

By Justin

A strange occurrence happen in a very small town and in a blink of an eye, an obsidian meteorite crashes down on a flat dry bed of brush. A teenager catches the whole thing on camera and realize that if he tells anyone than they will ruin the chance to become someone or something. Before he witness this huge event, he thought that everything that's been happening wouldn't change, until he notice that there's a deep canal in the ground with lots of sparkling diamond like rocks all over the walls, and quickly gets really enthusiastic about what he's seeing all around this canal. As he continue to restraint his feelings and emotions, he suddenly makes a startling discovery, when he sees a sunbeam of light over an embedded sparkling diamonds there a crystallize crystal that he sees and reach for it, and a tremendously big jolt of static electricity goes through his body bouncing him away from the crystal putting him in a coma for a few moments, when he awakes up he is on top the field, feeling like, what just happen, when he starts to get up he automatically gets a huge bounce rush up and reluctantly gets a renaissance to come back and repeat his everyday routines, quickly sees some changes has been made and so he went to the most troubling events that bothers him the most and meets his worse enemy. That is The Almighty Powerful Superstar. And so the conflict occurs and the boy proceeds to throw down with him and over powers his enemy and takes his position as The Almighty Powerful Superstar, and now he's the biggest star today in his school.



# Priscilla Demonstrating Banana Lumpia!



# Costco Social Rec Outing



# Happy 55th Birthday, Felina!



# October Menu and Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 L: Shoyu Chicken	2 L: Grilled Chicken Salad  Smoking Cessation Class 10 am	3 L: Kalua Pig  Walking 2:30 pm  D: Egg Salad Sandwich	4 L: Leftovers  Bike Ride 8:30am	5
6	7 L: Spaghetti w/Garlic Bread	8 L: Portuguese Sausage Stew	9 L: Chicken Salad Sandwich	10 L: Beef Stew  Zumba 2:30 pm  D: Shrimp Tacos	11 L: Leftovers  Bike Ride 8:30am	12
13	14 L: Fish Sticks	15 L: Pronto Pups	16 L: Cheeseburgers	17 L: Tofu Salad  OCET 10 am  Walking 2:30 pm  Leg Forum 3:30 pm	18 L: Leftovers  Bike Ride 8:30am	19
20	21 L: Tofu Tacos	22 L: Spareribs w/pineapple  Board Mtg 10 am	23 L: Char Siu Chicken	24 L: Teriyaki Meatloaf  Zumba 2:30 pm  D: Baked Salmon	25 CAMP	26 CAMP  KUW Walk-a-thon w/Vince 9 am
27 CAMP	28 L: Somen Salad	29 L: Korean Noodles w/ Chicken	30 L: Chicken Stir Fry	31 Halloween Party!  (No evening Social Rec)		