

# HALE'IWA HELPS

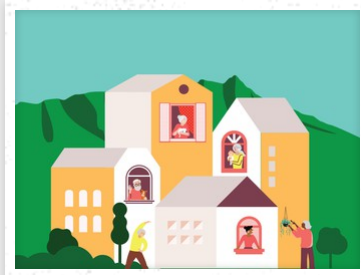
WEEKLY RESOURCES AND INFORMATION TO SHARE WITH OUR 'OHANA



## 4-H Hale Learning

<https://manoa.hawaii.edu/ctahr/4h/4h-hale-learning/>

With the COVID-19 pandemic impacting our everyday lives and many families looking for fun, educational activities to engage youth at home, the Hawaii 4-H program is providing free, hands-on learning activities that can be done at home. Most videos will be 5 minutes in length. There are also links to challenges, contests, and activities to complete to stay connected to Hawaii 4-H.



## 2021 Kupuna Resource Guide

<https://www.honolulumagazine.com/2021-kupuna-guide/?spMailingID=24651878&spUserID=Nzg0NzAzOTUwMDAS1&spJobID=1941159963&spReportID=MTk0MTE1OTk2MwS2>

The 2021 Kupuna Resource Guide includes more than 190 listings of local organizations and businesses. Kupuna have access to community referrals, support and practical resources on caregiving, financial security, fighting fraud and much more.



## Ku Makani - By Hawai'i CARES

<https://www.kumakani.org/>

Ku Makani was showcased in a previous newsletter. In addition to their COVID Crisis Counseling Services, Ku Makani provides a directory of resources and specific support services on Oahu and throughout the islands.

<https://www.kumakani.org/directory>

<https://www.kumakani.org/west-oahu>

## Hawai'i Foodbank's Food Assistance Program and Pop-Up Food Distribution Sites

[https://d9x3r8n6.rocketcdn.me/wp-content/uploads/2021/03/HawaiiFoodbank\\_FoodAssistanceHandout\\_Oahu\\_031221.pdf](https://d9x3r8n6.rocketcdn.me/wp-content/uploads/2021/03/HawaiiFoodbank_FoodAssistanceHandout_Oahu_031221.pdf)

Please call the food assistance site before going to ensure that they are open, as information is quickly changing.



<https://hawaiifoodbank.org/pop-up/>

Across the island there are upcoming pop-up food distribution locations. Please click on the site that you are interested in as registration is required.



## Need Further Assistance or Additional Resources?

Please contact Mrs. Nakamura, Human Services Professional.

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