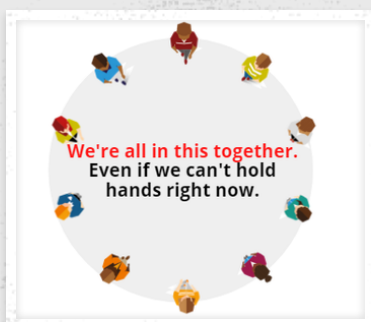


# Kākou Connection

September 2021



Kākou in Hawaiian means "we are all in this together." As we continue to overcome challenges, it is our hope that this newsletter will provide you with valuable resources and information to guide you along the way. This is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. Let's remain connected and support one another!

## RESOURCES AND INFORMATION



### Career Expo 2021

<https://hawaiicareerexpo.com/>

Visit with Hawaii's best employers and find hundreds of jobs all in one place! Job seekers will be able to connect directly with employers, submit resumes and get hired on the spot. Upcoming virtual expos will be held on October 27 from 9am-1pm and October 28 from 10am-2pm.



### Wahiawa Health

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

Wahiawa Health provides a single-point-of-access to quality services for everyone, regardless of ability to pay, and offers a sliding fee scale that is based on family income. They accept certain state and private insurance and welcome military families (Tricare Select) or personnel.



### Sanford Fit

<https://fit.sanfordhealth.org/>

Sanford Fit is part of Sanford Health, one of the largest health systems in the United States. They create dynamic and meaningful resources and programs to empower children and activate lifelong healthy behaviors. They provide free videos, printables, and lessons for educators, parents, and the community.



**Mental Health America of Hawai'i**  
Education and Advocacy Organization  
O'ahu: (808) 521-1846 | Maui: (808) 242-6461  
[mentalhealthhawaii.org](http://mentalhealthhawaii.org)

**Hawai'i Coordinated  
Access Resource Entry  
System (CARES)**

Hawai'i's 24/7 crisis  
and referral line  
O'ahu: (808) 832-3100  
Toll Free: 1-800-753-6879



**National Suicide  
Prevention Lifeline**  
24/7, free and confidential  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**CRISIS TEXT LINE |**

**Crisis Text Line of Hawai'i**  
Free 24/7 support at your fingertips  
Text ALOHA to 741741  
[crisistextline.org](http://crisistextline.org)

## TAKING CARE OF OUR ELDERS

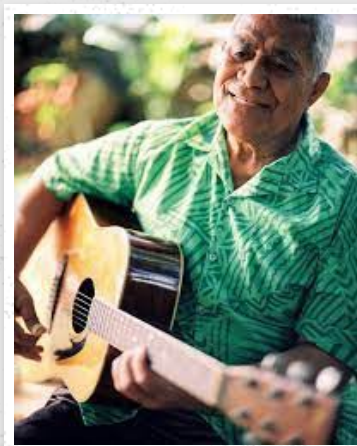


### Kūpuna Power

<https://www.wearekupuna.com/>

Since 2012, Kūpuna Power began as an annual event to empower kūpuna with important topics related to everyday life. Today, it is a resource and tool to support all kūpuna in Hawai'i.

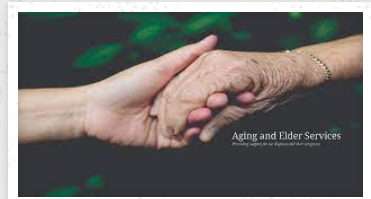
Watch Kūpuna Power TV on K5 and KHNL: Tuesdays on K5 at 7:00pm and Sundays on KHNL at 1:00pm.



### Our Kūpuna

<https://www.ourkupuna.com/>

Their mission is to connect kūpuna with sponsors—those in our community who are free of COVID-19 symptoms, follow current Hawai'i mandates regarding coronavirus safety, and are willing to pick up and deliver groceries, medication, and necessary supplies.



### I Ola Lāhui

<http://iolalahui.org/>

I Ola Lāhui was developed in response to the urgent needs of Native Hawaiian and rural communities for behavioral health services. They offer integrated behavioral health services to help with a variety of concerns for individuals, couples, families and groups, to promote overall health and well-being.

# NOURISH YOUR MIND, BODY & SOUL

## Ono Corn Salsa - Hawaiian Electric Recipe

<https://www.hawaiianelectric.com/recipes/find-a-recipe/ono-corn-salsa>



### Ingredients:

- 2 cans (12 ounces each) corn, drained
- 1 small red onion, diced
- 1 red pepper, seeded and diced
- 1 large Japanese cucumber, seeded and diced
- 1/2 jicama (chop suey yam) or water chestnuts, diced
- 2 cups Thai sweet chili sauce
- Squeeze of lime (optional)
- Tortilla chips

### Directions:

1. Mix together all ingredients except the tortilla chips.
2. Chill for at least a few hours, preferably overnight.

Makes about 7 cups.

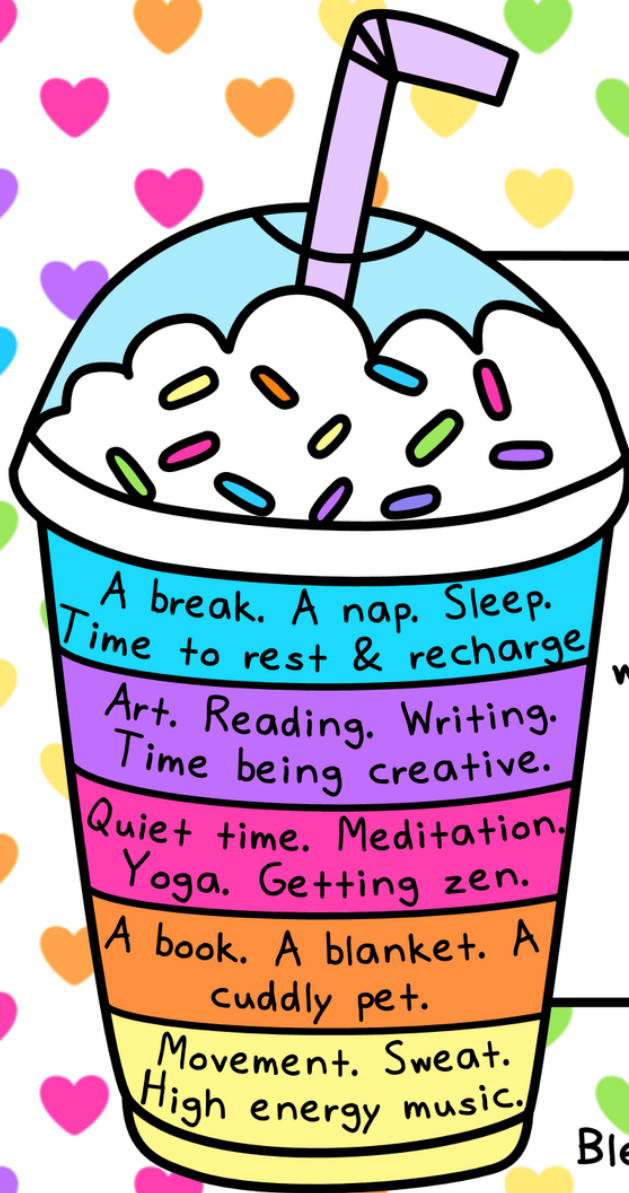


## YMCA of Honolulu - Virtual Y

<https://www.ymcahonolulu.org/virtual-y>

To keep our community healthy and safe, the YMCA is offering on-demand group exercise classes, an online wellness and enrichment center, kids activities, and at home swim lessons...all for FREE!





Give yourself what you need today! What's one thing on this list that would just make your whole day better? Make time for that thing today!

BlessingManifesting