



On the calendar

Volunteer at Heeia

Your help is always appreciated at Kakoo OIwi in Heeia. Community workdays occur in the loi on the first Saturday of each month from 8:30am – 12pm. Tasks include weeding and maintenance of loi and auwai.

Wetland restoration workdays occur every Tuesday from 8:30 am – 12 pm. These workdays involve removal of invasive plants, out-planting native plant species, and clearing waterways. Please use the SignUp Genius link to sign up for a workday, online at <https://kakoooiwi.org/community-workdays/>



April 6

The next HCDA General Board meeting will be held.

For updates and more information on this board meeting or about HCDA visit dbedt.hawaii.gov/hcda.

Get featured?

If you want to include an event, know an individual or a business in Kaka'ako, Kalaheo or He'eia that we could feature, or just want more Community Connection, let us know by emailing us at: dbedt.hcda.contact@hawaii.gov.



Founded by Dr. George Y. Omura, Responsive Caregivers of Hawaii (RCH), has been providing compassionate care to adults between the ages of 18 to 80 with special needs, since 1975. RCH's clientele is among the most medically fragile because they have no family caregivers or cannot live in their own homes.

The mission of RCH is to increase their clients' independence, productivity, and integration into the community through the many programs that they offer. RCH offers adult day health services at its Kalaheo location at 91-1241 Saratoga Avenue in Kalaheo, and residential habilitation at its two group homes located in Aiea and Kapalama. The adult day health program offers their clients arts and crafts, culinary arts, dance, music, and exercise. Community learning services, like shopping, or going to the movies support clients' integration into the community. The group home program was created in 1977 with the objective of helping individuals with special needs in making the transition from an institutional setting to the community.

Programs are focused on individual needs, following a patient care option model, said Michael Marsh, the President and CEO of RCH since 2018. The focus is on the client's needs and interests. Mr. Marsh allowed me to walk through RCH's Kalaheo site. The clients were busy with their activities and the art created by the clients were

exhibited on the walls. Weekly art sessions are held working with Ann Moriyasu of the University of Hawaii at Manoa, College of Education, Center on Disability Studies.

Mr. Marsh pointed to their mantra, "Where compassion is the measure of quality". Every day, our staff puts that into practice by providing the most compassionate care to each of RCH's clients, he said.

RCH is a Section 501(c)(3) tax exempt organization and accepts donations.

For more information, visit their website at www.rcoh.org.

Thank you, Michael and staff, for all that you do for your clients.



Responsive Caregivers of Hawaii



WHERE QUALITY IS MEASURED BY COMPASSION

Responsive Caregivers of Hawaii
91-1241 Saratoga Avenue
Kapolei, HI 96707
Phone: (808) 488-7391
Email: info@rcoh.org



What's cooking?

Deepak's Chana Masala (aka chickpea curry) *By Sara Lin*

Even while running HCDA, former executive director Deepak Neupane was responsible for cooking several meals a week for his family. But as with many chefs who cook by feel, getting him to commit recipes to paper was a challenge. We coaxed this Chana masala recipe out of him while sitting in traffic on a chartered bus. We hope in his newfound retirement he'll have time to send us a few more!

¼ cup olive oil	A dozen fenugreek seeds	1 onion, diced
1 tomato, diced	¼ tsp. of salt or 2 cubes of chicken bouillon	
¼ tsp. turmeric	3 cloves of garlic, crushed	3 bay leaves
¾ tsp. coriander	¼ tsp. cumin	A fingertip of ginger
½ c water	2 cans of chickpeas, drained	¼ tsp. Garam Masala (Indian spice blend)

Heat olive oil. When oil is nearly smoking, fry fenugreek seeds until they are black.

Add diced onions, tomatoes, chicken bouillon cubes and turmeric. Add garlic, bay leaves, coriander and cumin, ginger and then water. Cover and reduce heat to low. Simmer for 10 minutes. Add more water if needed.

Add chickpeas and stir until chickpeas have softened slightly. Continue to cook until water has reduced curry to desired consistency. Last, add Garam Masala, stir for 30 seconds and serve.



In the neighborhood

Storm water runoff

Pollution prevention

Storm water runoff is rain that does not infiltrate into the ground. Instead, it flows over land or impervious surfaces, such as streets, parking lots, building rooftops, and other paved surfaces.

As storm water runoff flows across these hard surfaces it picks up pollutants such as oil and grease, metals, sediment, nitrogen, phosphorus, bacteria and other toxic substances before discharging into our streams, harbors, and ocean.

These pollutants come from many sources including vehicles, construction sites, lawn fertilization, pesticide application, illegal dumping and spills, and pet waste.

Under the Clean Water Act, the National Pollutant Discharge Elimination System (NPDES) permit program aims to prevent and reduce water pollution by regulating point sources that discharge pollutants into bodies of water. A point source is generally considered any confined and discrete conveyance such as a pipe, ditch, channel, or conduit.

Municipal separate storm sewer systems (MS4s), construction activities, and industrial activities are required to obtain a NPDES permit prior to discharging storm water. A MS4 is a conveyance or system of conveyances that is: 1) Owned by a state, city, town, village, or other entity that discharges to U.S. waters, 2) Designed or used to collect or convey storm water (e.g., storm drains, pipes, ditches), 3) Not a combined sewer, and 4) Not part of a sewage treatment plant, or publicly owned treatment works (POTW).

HCDA owns a portion of the storm drain system in



Kakaako and at the Kewalo Basin Harbor and has coverage under the NPDES General Permit for Small MS4s. Under the NPDES Permit, HCDA is required to develop and implement a storm water management plan (SWMP).

The SWMP describes the efforts HCDA will take to reduce the discharge of pollutants from its MS4 using the six program elements outlined below, as described in the EPA's Stormwater Phase II Final Rule: Small MS4 Stormwater Program Overview.

To help us assess the general knowledge of storm water pollutants and awareness in Kakaako, please take a moment to answer the questions in our survey at www.surveymonkey.com/r/6D3XGSQ.

