



Samaritan Counseling Center Hawaii

Accredited by the Samaritan Institute • Serving Hawaii's Diverse Communities Since 1989

December 2017

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President's Message Andrew Bates, President

As we close out 2017, there is much to reflect on. Small not-for-profits must compete even harder amongst themselves as the funds for social services are diverted to defense spending, infrastructure rebuilding, and tax cuts. Our community is being squeezed as never before, and we are exploring small corporate grants as a new funding avenue.

This fall, we completed renovations to our counseling rooms to give clients a safe, comfortable place for counseling. Sly Renard, Store Manager at Lowe's Iwilei, donated flooring and materials valued at \$1,722.



With a modest grant from HMSA that recognized our strong participation in the Quest program, we were able to significantly upgrade our counseling rooms. This capital improvement project was supported by our partnerships with First United Methodist Church, Honpa Hongwanji Hawaii Betsuin, Our Lady of Sorrows Catholic Church, Waikeola Congregational Church, and Windward United Church of Christ; and our long-time partner Dr. Stephen Kemble and his wife, who generously donated furniture and artwork. Mahalo to Lowes, HMSA, our clergy partners, and the Kemble family for their continued support.

The Staff and Board will meet in January for our annual retreat. We will make innovative adjustments to our Strategic Plan in this changing environment that will enable us to continue providing mental health services to the poor and to people wanting to integrate their spiritual beliefs into their therapy. These are the pillars of all Samaritan Centers. Your continued support of the Center is crucial. We hope to see you at our biennial Ho'omenemene Awards Dinner on April 29, 2018 at the Japanese Cultural Center. Mahalo.

The Center was recently honored with a \$2,500 grant from:



Schulzman-Neri Foundation
investing today for a better tomorrow

Grant funds were designated for "ĀN" concert for peace, a benefit concert on November 11. Thanks to our generous donors, 100% of contributions to the concert replenished the **Client Assistance Fund**, which subsidizes counseling for uninsured, underinsured, low-income, and elderly clients who might otherwise not receive any mental health care.

Celebrating Over 25 Years of Service

1020 South Beretania Street, Honolulu, HI 96814

Phone: (808) 545-2740 • Fax: (808) 545-2852 • Email: info@samaritanhawaii.org

Website: www.samaritancounselingcenterhawaii.org



Citizenship

Gary Augustin, Executive Director

Back in October, I was activated to participate in the US federal government's emergency response to Hurricane Maria in Puerto Rico. While this was a wonderful opportunity to assist with Puerto Rico's recovery, it was also a moment to see the devastating effects of a vast natural disaster.

When we arrived in Manati on the northern coast of Puerto Rico, the parking lot behind the convention center where our team stayed was full of trees that had blocked the highways or fell on houses. We were told we could not shave, and that we should use bottled water to brush our teeth, because the water from the spigot was contaminated. When we had electricity it was powered by diesel generators, which were prone to break down because of over-use. The traffic lights did not work, credit card machines only worked in retail stores that had generators, and cell phone towers had been knocked out, creating traffic jams in the areas where towers were functioning. Our community would be paralyzed if we went a day without these "necessities."

There were many stressors triggered by this disaster. A school teacher worried about getting ill from contaminated water after the principal demanded that she clean up the classroom. A man was consumed with breaking up his parents' fights due to increased alcohol consumption. We also housed a number of people on-site because of their medical conditions and because their homes had been destroyed. I served as the mental health worker and chaplain for both the government service community and the skilled nursing facility. In just twelve days, we provided services to between 2,200 and 2,400 persons.

I was amazed by the charitable spirit that was embraced in the community of Manati. The Mayor of Manati came every day to see what the community could provide. The locals embraced us with gratitude and were patient to receive the services that we offered. The partnership of the Puerto Rico community and the disaster relief workers could not have worked unless all the components worked together. This unity was a true illustration of *citizenship*.

The holiday season suggests that we bring together this civility as demonstrated with our caring and sharing. I hope you have a bless holiday season with opportunities to both give and receive.

SAVE THE DATE!

Sunday, April 29, 2018

Ho'omenemene Awards Dinner

Our biennial dinner will be held at the Manoa Grand Ballroom in Honolulu. We'll share more information soon about reserving your tickets, sponsorship opportunities, donating items to the silent auction, and more ways to get involved. We hope to see you there!



give aloha
Foodland's Annual Community Matching Gifts Program

Mahalo for Giving Aloha

Mahalo for supporting us during the annual Foodland Give Aloha Community Matching Gifts program. This year, the Center received **\$2,955.13** in donations from your generous gifts, Foodland and Western Union.

Mahalo to our donors:

Gary Augustin	Ethel A. Oda
Ruth C. Chang	Larry & Dayle Osborn
Terry & Allan Fisher	John Southworth
Richard S. Morris	Eldon L. Wegner

If we missed your donation, please contact us so that we can acknowledge your gift.

A Worthy Ministry

"God bless you and all who are engaged in this worthy ministry. We send our prayerful support for all your endeavors as you work toward strengthening our community's mental well-being. Aloha."

— Sister Brenda Lau, Sisters of St. Joseph of Carondelet of Hawaii

For more ways to give:

Visit samaritancounselingcenterhawaii.org/giving

Getting to a Better Place through Counseling A Client's Story by EMM

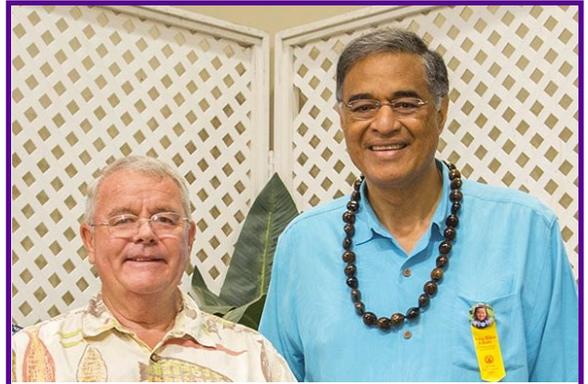
My experience with Samaritan Counseling Center Hawai'i has been a learning experience. When I entered counseling so long ago, I didn't really know what to expect or what kind of help was available. My childhood and upbringing were a nightmare. The people who were supposed to care for me and protect me let me down. So many promises were told to me, and then broken.

My safe place right now is counseling. I'm very thankful to my therapists. Once a week, I come in and talk. I remind myself every day that I want to get better, heal my wounds, heal my heart, forgive myself, and most importantly love myself. I don't feel guilty or blame myself anymore. I just want to be understood and loved.

Lessons that I have learned through counseling:

1. I will depend on myself to get myself better.
2. I will not repeat the same mistakes.
3. I will take ownership of my own mistakes.
4. I will talk about my problems so I can heal.
5. I will stand up for myself and not give up.
6. I will help others and give them sound advice.
7. I want to trust others to help me to a better future.

I'll say this to anyone who will listen: if you need help, if you need someone to talk to, counseling can help you get to a better place. Don't be afraid and don't hide—your story is waiting to be told.



Andy Bates and Mufi Hannemann, President of the Hawai'i Hotel and Lodging Association

Mahalo to Our Supporters August to November 2017

Mahalo for making mental health a priority in Hawai'i.

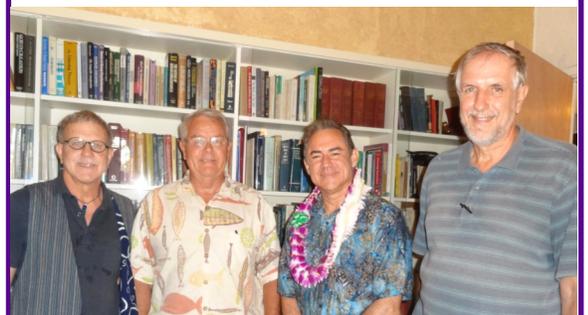
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Hawaii Hotel Industry Foundation
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Dorothy Hinton
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Roman Leverenz
Lowe's Home Improvement—Iwilei
Kathy Moore
Anita Sasaki
Claire Shimabukuro
Tamiko Spencer
Schulzman-Neri Foundation
Schwab Charitable—Namaste Fund
St. Augustine Church
Gabriel Tiogangco
Emmet and Betty White

HAWAII Seniors' FAIR The Good Life Expo

Hawaii Seniors' Fair 2017 Update

This year was the Center's first year participating in the three-day Hawaii Seniors' Fair — the Good Life Expo, September 22-24 at Neal Blaisdell Center. Staff and Board volunteered their time at the booth, and over 21,000 people attended the Expo.

Our free 5-minute Healing Touch sessions were very popular, and our poster board asking "How do you keep young?" got people's attention. We spoke with a lot of people, followed up with inquiries, and let people know about our services.



Chaz Hill, Andy Bates, Richard Neri of the Schulzman-Neri Foundation, and Gary Augustin



Samaritan
Counseling Center
Hawaii

1020 S. Beretania St., Honolulu, HI 96814

Aloha
for Hawaii Charities

Make a donation to our charity at
www.friendsofhawaii.org and

**TRIGGER A BONUS BOOST
FOR OUR CHARITY**

From Funds Raised at the Sony Open
by Friends of Hawaii Charities!




Tee up, make a donation & give us a bonus boost today!

Everyone has times when they need help coping with life's challenges and making positive changes in their lives. You can make a difference right now by donating to Samaritan Counseling Center Hawai'i through Aloha for Hawaii Charities. There are two ways to give:

1. **Mail a check** to Friends of Hawaii Charities, 735 Bishop Street, Suite 330, Honolulu, HI 96813, and designate your gift for *Samaritan Counseling Center Hawai'i*.
2. **Online by credit card** at tinyurl.com/ahc2018. Click on the "Donate Now!" button and select *Samaritan Counseling Center Hawai'i*.

100% of your tax-deductible donation, plus a bonus boost from Friends of Hawaii Charities, will help subsidize mental health counseling for those who need a hand!

Donation period: Nov. 15, 2017 - Jan. 14, 2018

Samaritan Counseling Center Hawai'i Locations:

Main Office:

First United Methodist Church
1020 S. Beretania St., Honolulu

Our Lady of Sorrows Catholic Church
1403 California Ave., Wahiawa

Waikeola Congregational Church
4705 Kilauea Ave., Honolulu

Honpa Hongwanji Hawaii Betsuin
1727 Pali Hwy, Honolulu

Windward United Church of Christ
38 Kaneohe Bay Dr., Kailua