



**ASSOCIATION OF FLIGHT ATTENDANTS
COMMUNICATION WORKERS OF AMERICA
HAWAIIAN AIRLINES FLIGHT ATTENDANTS**

NAVIGATING CHANGE

Version 33, March 07, 2021

[a notation for changes and the date of change will be noted in brackets]

***** Please see editing change on page 2**

**All new changes will be added to this page.
We will incorporate them after the week's end to the document.
We hope this makes it easier for you to see what is added.**

Dear Flight Attendants -

We worked on this guide as a resource to help you through the weeks and months ahead. By reviewing and discussing other labor groups' programs, we created this for our Flight Attendant membership. After our initial email blast, this guide will be posted on our hawaiianafa.org website. We recognize that there may be other resources and information that could help. Should you come across anything that may be useful, please do not hesitate to let us know. We will continually update the information as some details may change over time.

In Unity,

the Mobilizing Outreach Board (MOB) Team

Junior Avei, Keola Wheeler, Andrew Ferreira, Kawehi Apo and Pono Hiram-Macdonald

The following are suggested steps you may want to consider as we plan for uncertainty in the airline industry and world. Know your benefits and what is available to you!

STEP 1: CHART YOUR COURSE AND MAINTAIN A POSITIVE ATTITUDE

Ensure Hawaiian Airlines has your current contact information

An Ultipro link and guide is found on the IFS website. You need to log into your account to access this information.

Ensure AFA has your updated contact information

Contact our Membership Team: membership@hawaiian43.org

Ensure you are in good standing with AFA

For membership inquiries regarding being in good standing with the AFA, please continue to reach out to Kerri Chow. Please provide your employee number along with your other information when inquiring about being in good standing. If Kerri is unable to answer your question she will usually inquire with International on your behalf. You can also email our MEC membership [here!](#)

STEP 2: REVIEW YOUR DIRECTION

Refer to the Contract, Section 16. Reduction in Force

Please note that the Negotiating Committee is in the process of finalizing the 2020 CBA language. You can refer to both Contracts for the Section 16 language in the [2020 CBA](#)

Review your Hawaiian Airlines benefits.

How long will they last? How much will they cost? Are they portable? What are my other options?

Health – HMSA, Kaiser Permanente, other

Dental – Hawaii Dental Service (HDS)

Vision Plans

Retirement/401K – Empower Retirement, if applicable

National Group Protection (NGP), if applicable

STEP 3: DEVELOP YOUR ACTION PLAN

Create a budget- eliminate unnecessary expenses and stick to it

- Identify the amount of money you have coming in: savings, assets, unemployment insurance, loans, grants, etc.
- Track your spending; list all current and short term expenses.
Don't forget to include necessary medical, dental and drug expenses
- Make a plan for your current and future expenses.
- Reach out to your loan institution to request a deferral of loan payments, if possible.
- Reach out to your credit card companies and ask for deferral/adjustments of payments.
- Review union discounts and savings [here!](#)

STEP 4: STAY INFORMED

- Get your facts through the AFA leadership or directly from the Company.
- Stay updated referring to websites and official/professional communications.
- Be realistic about social media – sometimes messages can get misinterpreted.

STEP 5: STAY HEALTHY

- Determine a plan to mitigate stress.
- Seek out professional resources to help manage stress.
- Learn more about the AFA and CWA resources available for members.
- Reach out to our AFA Employee Assistance Program (EAP) or company Life Matters Program (mylifematters.com, password: HAL1)

STEP 6: TAKE CARE OF YOUR `OHANA

- Solidify a plan to take care of your `ohana.
- Help is nearby - if things prove to be difficult, reach out to a counselor or therapist.
- Have open discussions with your family about company and career changes. They may experience their own life changes and are directly affected by your work situation.

EMPLOYEE SUPPORT

AFA-CWA EMPLOYEE- [\[Click Here!\]](#) [EAP International Hotline: 800-424-2406]

“The AFA EAP helps members, their families and partners deal with concerns on and off the job that affect them. The AFA EAP is strongly committed to the health, safety, and well-being of all of its members.”

HA AFA WEBSITE LINK: [Click Here!](#)

EAP INTERNATIONAL HOTLINE: (800) 424-2406

FLIGHT ATTENDANT DRUG & ALCOHOL PROGRAM (FADAP) - [\[Click Here!\]](#)

2020 has been an incredibly tough year for everyone. The level of changes and uncertainty in the airline industry have been historical. As you navigate these challenging times, protecting or achieving sobriety can be difficult.

Newly added Virtual Recovery Programs see page 14-15.

This website is available to all flight attendants, no matter what status you currently hold-active, furloughed, or even if you are on a leave status. FADAP is a substance-abuse prevention program, created and promoted for and by the flight attendant profession and funded by the FAA. Throughout this site you will find stigma free information on substance use, abuse and dependence. Read More About FADAP. Download the app [by clicking here!](#) Or call our confidential 24/7 Helpline: 835-33FADAP

WINGS OF SOBRIETY

Social connections and supports are critical to the day-to-day management of recovery. The continued pandemic has been a challenge to the familiar in-person support group meetings and recovery activities that we have come to rely upon. Luckily, there are alternatives.

Here is a link to a tip sheet that offers information on virtual and telephonic recovery resources Telephonic and Virtual [Resources and Tips Sheet](#)

Meetings are open to all Flight Attendants who are exploring their need for or seeking recovery from substance use disorders. Meeting times are scheduled on Wednesday at 3:00 pm EST and Sunday at 5:00 pm EST. Each meeting will last between forty-five (45) minutes to one (1) hour. The conference call in number is 1-855-544-2320.

COMPANY EAP, LIFE MATTERS - [[Click Here!](#) Password: HAL1 (800) 634-6433 or text "Hello" to 61295]
LifeMatters assists with stress and anxiety, legal and financial concerns, relationships, substance abuse, and other concerns. This resource is available to all Hawaiian Airlines employees. Life Matters offers caring professionals who are available 24/7/365 to help address concerns both big and small.

FINANCIAL RESOURCES

Ho‘āla Assistance Program (HAP) - [[Click Here!](#)]

The purpose of the Ho‘āla Assistance Program (HAP) is to provide emergency financial assistance to Hawai‘i residents facing hardship due to the COVID-19 pandemic. HAP is made possible through funding from the Hawaii Resilience Fund (Hawai‘i Community Foundation and Pierre & Pam Omidyar) and the City and County of Honolulu as a part of the City & County of Honolulu's Household Hardship Relief Program. Assistance is awarded 1 per household and all payments are paid directly to the vendors.

UNEMPLOYMENT INSURANCE

U.S Department of Labor - [[Click Here!](#)]

State of Hawaii Unemployment Insurance (UI) - [[Click Here!](#)]

State of California COVID-19 & Unemployment Resources - [[Click Here!](#)]

Unemployment Benefits Calculator, Hawaii - [[Click Here!](#)]

GOVERNMENT PROGRAMS

COVID PAU - a Project of the Hawai‘i COVID Collaborative - [[Click Here!](#)]

COVID Pau turns data into knowledge and knowledge into action so we can get the virus under control. Launched by the Hawai‘i COVID Collaborative, a hui of private businesses and nonprofit organizations, COVID Pau will help fulfill the unmet need in public health information.

City and County of Honolulu - Reopening Strategy - [[Click Here!](#)]

The Honolulu Mayor has announced a new tier system to reopen the city.

Continuation of Health Coverage (COBRA) - [[Click Here!](#)]

“The Consolidated Omnibus Budget Reconciliation Act (COBRA) gives workers and their families who lose their health benefits the right to choose to continue group health benefits provided by their group health plan for limited periods of time under certain circumstances such as voluntary or involuntary job loss, reduction in the hours worked, the transition between jobs, death, divorce, and other life events. Qualified individuals may be required to pay the entire premium for coverage up to 102% of the cost to the plan.”

Department of Hawaiian Home Lands COVID-19 Emergency Rental Assistance Program - [[Click Here!](#)]

DHHL rental relief program provides rental assistance for Applicant Waiting List beneficiaries. Eligible native Hawaiians both on and off Hawaiian Home Lands who have experienced a loss of income or job as a result of COVID-19 may receive assistance for the payment of their security deposit and/or rent for up to six months. Applicants must have already been on DHHL’s Waiting List as of December 31, 2018.

State Children's Health Insurance Program (SCHIP) - [[Click Here!](#)]

The Children's Health Insurance Program (CHIP) is a partnership between the federal and state governments that provides low-cost health coverage to children in families that earn too much money to qualify for Medicaid. In some states, CHIP covers pregnant women. Each state offers CHIP coverage, and works closely with its state Medicaid program.

TAX ASSISTANCE - IRS announces 2021 Tax Counseling for the Elderly and Volunteer Income Tax Assistance Program Grant - [[Click Here!](#)]

The IRS recently awarded over \$36 million in Tax Counseling for the Elderly and Volunteer Income Tax Assistance grants to organizations that provide free federal tax return preparation.

Internal Revenue Service (IRS) - Guidance to Taxpayers on Identity Theft Involving Unemployment Benefits

The IRS previously issued guidance requested by states on identity theft guidance regarding unemployment compensation reporting. No Forms 1099-G should be issued to those individuals the states have identified as ID theft victims. [Click Here!](#)

COVID-19 HOUSEHOLD HARDSHIP RELIEF PROGRAM - [[Click Here!](#)]

Starting May 18, 2020, the City and County of Honolulu launched this program for Oahu residents.

HAWAII UI CLAIM - [[Click Here!](#)]

The Hawaii Department of Labor and Industrial Relations (DLIR) has announced that they have additional benefits for qualifying applicants. **For UI Step-by-Step information [click here!](#)**

UNEMPLOYMENT INSURANCE (UI) [from June 1, 2020 MEC Communication]

*"Some of you have reached out with specific questions about applying for UI. Please note that there are far too many variables person to person. This makes it entirely too difficult to answer questions for each Flight Attendant. The recommended route is to either reach out to the company's designated coordinator to help answer questions. You can also hope to ask your questions directly of the UI department in the state that you are filing. **As a friendly reminder, the AFA is not authorized to speak to the policies and practices of the UI office. This is outside of our purview and we appreciate your understanding.**"*

CALIFORNIA EMPLOYMENT DEVELOPMENT DEPARTMENT - [[Click Here!](#)]

If you have used all benefits on your regular Unemployment Insurance (UI) claim or your claim has expired, you may be eligible for the Pandemic Emergency Unemployment Compensation (PEUC) extension. If you use all benefits in your PEUC extension, you may qualify for a FED-ED extension.

Unemployment Insurance Call Center [Call Center numbers are: (833) 901-2272 and (833) 901-2275]

The governor announced that about \$5 million of the CRF is being used by the state unemployment office to staff a new 200-person call center. "The call center will put claimants in contact with a live person who can assist with a claim, resolve issues, answer questions about pandemic unemployment assistance (PUA), and process applications and payments more quickly."

Company Dedicated Human Resources Point of Contact

Alana Goo ([Click to email](#)) is designated to assist you with the UI process. She can be reached at (808) 222- 9397 Monday - Friday from 800 am - 500 pm. The company information is located under "COVID-19 Updates" and then "Unemployment Benefits Information".

Hawaii UI Claim Assistance - Form: [\[Click Here!\]](#) [The form is hyperlinked on hawaiianafa.org]

A special “mahalo” to our Flight Attendant brothers and sisters who shared this information! U.S. Congressman Ed Case’s office is helping with this process and will do their best to assist you. If you are struggling with your UI case, please fill out this release form and email it to [Jacqueline Conant](#). You can also mail your original to the address located at the bottom of the form. Congressman Case’s office is a conduit to the Department of Labor. Once they pass your release form to the DOL, they are then removed from the process. The DOL will call and work with you directly.

HMSA - [\[Click Here!\]](#) Call toll free - (866) 939-6013]

HMSA’s Online Care - Taking care of your emotional wellbeing is easier than ever. With HMSA/s Online Care, you can meet with a behavioral health care provider in the comfort and privacy of your home. Providers include psychiatrists, psychologists, licensed marriage and family therapists, mental health counselors, and social workers. Download the “HMSA Online Care” in the Apple or Google Play Store or access it from your computer [Click Here!](#)

HEALTH CARE

Low-cost/no cost local health care services for adults and children - [Click Here!](#)

Insurance for children if parents don’t have coverage for them - [Click Here!](#)

Hill-Burton free or low cost hospitals/medical facilities - [Click Here!](#)

Hawaii Dental Service (HDS) - [Click Here!](#)

Kaiser Permanente - [Click Here!](#)

[Care by phone or online](#)

[Self-care resources and tools](#)

[Local facility updates](#)

[Loss-of-coverage information](#)

[Hawaii Department of Labor and Industrial Relations unemployment claims](#)

[Aloha United Way 211](#) for help with food, shelter, child care, parenting support, elderly care, job training, financial assistance, and more

[National Domestic Violence Hotline](#) at 1-800-799-7233

[Domestic Violence Action Center](#): Call: 808-531-3771, toll-free: 1-800-690-6200, or text 605-956-5680

[Childhelp National Child Abuse Hotline](#) (24 hours) at 1-800-422-4453

[The Parent Line](#) Call: 808-526-1222 or 1-800-816-1222

[The Parent Line Crisis Services](#)

BEHAVIORAL HEALTH CARE

Substance Abuse and Mental Health Services Administration Website - [\[Click Here!\]](#)

For sliding fee or no cost mental health services

PRESCRIPTION ASSISTANCE PROGRAMS

Partnership for Prescription Assistance - [\[Click Here!\]](#) Phone: (888) 477-2669]

A program sponsored by drug companies, doctors, patient advocacy organizations, and civic groups. It helps low-income, uninsured patients get free or low-cost, brand-name medications.

NeedyMeds - [\[Click Here!\]](#)

A nonprofit group that has an extensive database of information about patient assistance programs, state assistance, drug discount programs, and free or low-cost medical care. Search the database for free on its website. The site also has information on thousands of programs to help consumers through the application process.

RxAssist - [\[Click Here!\]](#)

An online database of drug company programs that provide free or affordable drugs and copay assistance.

RxHope - [\[Click Here!\]](#)

A web-based resource where you can search by medication to find assistance programs.

RxOutreach - [Click Here!](#)

A mail-order pharmacy for people with little to no health insurance coverage.

COVID TESTING

CVS - [Click Here!](#)

Some of our Flight Attendants have reported their experience with free testing at CVS. Not knowing the intricacies of their availability and cost, here is the CVS link that may be helpful for some of you.

COVID VACCINATION INFORMATION - By State

California: [Click Here!](#)

Hawaii: [Click Here!](#)

MISCELLANEOUS

AFA-CWA SCHOLARSHIPS - [Click Here!](#)

Our union membership provides opportunities for at least three different scholarships, and the ability to earn a degree with no out of pocket expense for tuition, fees, and ebooks. Brought to you by the Union, these benefits of union membership have become very popular with members. The time for applying is now! This is a scholarship funded by AFA. **The deadline for applications is April 10.** Details to send to members [Click Here!](#)

CWA - [Click Here!](#)

This is the Joe Beirne Scholarship offered by CWA. **The deadline for applications is April 30.** Details on this scholarship are on the CWA website

Union Plus - [Click Here!](#)

There is a suite of scholarships, educational discounts, and loans available for union members. One additional "click" brings up the scholarship applications that may be submitted online **January 31.**

Empower Retirement (401K) - [\[Click Here!\]](#)

National Foundation for Credit Counseling - [\[Click Here!\]](#)

"If you are experiencing financial trouble due to COVID-19, we have a new program for you! We can help you skip one to three months of payments with most of your creditors."

HAWAIIAN ELECTRIC, CUSTOMER SERVICE - In Sunday's Star-Advertiser, Hawaiian Electric put out information stating that "If you're having trouble paying your electric bill, please reach out to [them]." Based on the letter to readers, they will try to work out a plan for you when you call one of the numbers provided.

Oahu: 548-7311, Maui: 871-9777, Molokai and Lanai: toll-free (877) 871-8461, Hilo: 969-6999, Kona: 329-3584 and Waimea: 885-4605

NGP Supplemental Benefits - Leave/Furlough, Update & Reminder (Contact NGP for more details)

- Premiums are suspended during your leave/furlough for up to a maximum of 6 months.
- The leave/furlough periods do not need to be consecutive – the suspension of premiums is for a combined total of 6 months.
- Once premiums have been suspended for a total of six months, you can continue your supplemental benefits coverage (with the exception of short-term disability) by paying premiums directly to CAIC.
- If you return to work, please contact NGP to ensure your payroll deductions are restarted.

MedQuest - [Click Here!](#)

Our mission is to empower Hawai'i's residents to improve and sustain wellbeing by developing, promoting and administering innovative and high-quality healthcare programs with aloha. You may also [click here](#) to find more helpful information.

UNION PLUS

National Group Protection (NGP) - [Click Here!](#) [Phone: (800) 344-9016 Email: [Click Here!](#)]

NGP liaises for the AFA-CWA Supplemental Insurance Plans through CAIC. Should you have any questions regarding your plan/s and any claims, please reach out to NGP.

New Interdisciplinary Studies/Humanities Program

A new degree in Interdisciplinary Studies/Humanities is now available through the Union Plus Bachelor's Degree Completion program. This is a flexible degree that builds strengths in multiple fields, in areas such as English, History and Communications. Through the Bachelor's Degree Completion program, union members and their families can complete their bachelor's degree online absolutely free of charge*. You don't have to pay for tuition, fees or e-books. Classes are offered at Central State University, a regionally, accredited academic institution.

If you are unemployed, furloughed or laid off, don't worry — you and your extended family members are all eligible to enroll in the Bachelor's Degree Completion program with no cost. Spring classes start March 15. Get started by calling 888-897-9671 or enrolling online, [Click Here!](#)

Pet Insurance - [Click Here!](#)

Put simply, when you take your dog or cat to the veterinarian, pet health insurance reimburses you on the veterinary bill for eligible expenses. Eligible expenses depend on the coverage of the plan you purchase. Union members can save up to 10% off any BestBenefit Accident & Illness plan — which is the most popular and comprehensive plan. Or choose an Accident Only Plan which is only \$6/mo for cats and \$9/mo for dogs, regardless of the pet's age or breed.

GENERAL RESOURCES

Women, Infants, Children (WIC) - [\[Click Here!\]](#)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

AFL-CIO [California Residents: [Click Here!](#)] [Hawai'i Residents: [Click Here!](#)]

“The AFL-CIO is the largest federation of unions in the United States. It is made up of fifty-five national and international unions, together representing more than 12 million active and retired workers”. Find resources and guidance from leading experts, government agencies and America’s unions regarding the COVID-19 pandemic, with recommendations to limit its impact on working families.

Supplemental Nutrition Assistance Program (SNAP) - [\[Click Here!\]](#)

“SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.”

Salvation Army Emergency Food Assistance - [\[Click Here!\]](#)

The Salvation Army provides food and emergency assistance and other resources.

Association of American Retired Persons (AARP) - [\[Click Here!\]](#)

AARP is a nonprofit, nonpartisan membership organization for people age 50 and over. AARP is dedicated to enhancing quality of life for all as we age. We lead positive social change and deliver value to members through information, advocacy and service. AARP The Magazine addresses the needs and concerns of the 50+ population, including the 76-million-strong Baby Boomer Generation. AARP.org has information on a broad range of topics, including AARP’s public policies, answer to financial planning questions, guidance on health on wellness, tips for coping with difficult life transitions, as well as opportunities to contact government officials and participate in discussion groups.

DEPARTMENT OF EDUCATION (DOE) - `Ohana Help Desk - [\[Click Here!\]](#)

“Hawaii’s public school students and their parents will be able to get technical assistance at home - in multiple languages - through a new `Ohana Help Desk this academic year. The DOE launched the assistance center last week, billing it as the first comprehensive, statewide technology help desk for public school students and families.”

`Ohana Help Desk Hours by phone at **(808) 643-DESK (3375)** on-line, 24 hours, 7 days a week
Mondays through Fridays from 700 am - 800 pm and Sundays from 400 - 800 pm
The Help Desk will be closed on Saturdays and State Holidays

California COVID-19 Rent Relief - [Click Here!](#)

California Food Bank - [Click Here!](#)

Central California Food Bank - Food Distribution Calendar - [\[Click Here!\]](#)

We are dedicated to ending hunger in Central California. We provide food to more than 220 agencies in Fresno, Madera, Kings, Kern and Tulare Counties and serve over 280,000 people each month totaling over 40 million pounds of food served in fiscal year 2019.

Northern California Wildfires - [[Click Here!](#)]

To Help Donate to the Disaster Relief Fund - [Click Here!](#)

District 9 has set up a CWA Disaster Wildfire Relief 2020 fund to help CWA members impacted by the fires. Every dollar donated to the CWA District 9 Disaster Wildfire Relief 2020 will go directly to assist CWA members in need of shelter, clothing, and household basics. Donations are not tax deductible. Checks may be made out to the CWA District 9 Disaster Wildfire Relief 2020 Fund and mailed to: CWA Local 9404 Attn: Ginny Raines 195 Glen Cove Marina Rd, Suite 101, Vallejo, CA 94591

AFA-CWA Disaster Relief

We know that disasters can change lives forever. While we can't stop destructive events from happening, we can, as a Union, assist our members with their recovery. AFA established the Disaster Relief Fund after September 11th to assist our members whose lives were placed in harm's way. AFA members and retirees, whose primary residence is in the counties listed below and who have suffered damage and/or dislocation, are eligible for \$200.00 from the AFA-CWA Disaster Relief Fund. It is a gift made possible by the generosity of your fellow union sisters and brothers with AFA.

California United Way - [Click Here!](#)

California Wildfires: [Click to email lfoster@afanet.org here!](mailto:lfoster@afanet.org) or call 1 (800) 424-2406

On August 22, a Presidential Declaration identified the following Counties to be Federal Disaster Counties: Lake, Napa, San Mateo, Santa Cruz, Solano, Sonoma and Yolo. If you would like to apply for AFA-CWA Disaster Relief Funds [click here](#). Download the Disaster Relief Fund Application and mail it to AFA-CWA EAP Department, 6th Floor, 501 Third Street NW, Washington D.C. 20001-2797.

CWA, District 9 Disaster Relief Fund - [[Click Here!](#)] [The fund also helps our members hurt by the fires]

YMCA - [Click Here!](#)

HAWAI'I RESOURCES

Aloha Diaper Bank - [[Click Here!](#)]

The mission of Aloha Diaper Bank is to raise awareness of diaper-need in Hawaii and generate donations of dollars and diapers, so that all babies in Hawaii remain clean, dry and healthy. Aloha Diaper Bank is committed to supplementing families of low income and those in crisis with their critical diaper needs through our partner agencies, churches and organizations that support these families and their babies. Together we will work to end diaper need in Hawaii. There are various donation opportunities. Although the Program just completed a recent distribution this past weekend, they will have other distributions in the future.

Quarantine Hotels - Department of Health

Guidelines provided to the Honolulu Star-Advertiser, "hotel rooms used for quarantine and isolation aren't for visitors who are found upon arrival to lack appropriate quarantine accommodations. The rooms are also not meant for those who can safely quarantine or isolate at home. Also, ineligible are: homeless individuals, unaccompanied minors, those enrolled in substance abuse programs, and people who can't manage their medical care or who are unable to independently feed, dress or bathe themselves. Guests must be able to walk up two flights of stairs without assistance and not reliant on a Continuous Positive Airway Pressure device or supplemental oxygen.

Aloha United Way - [[Click Here!](#)]

Blood Bank of Hawaii - Donations Needed - [\[Click Here!\]](#)

BBH is open daily because 200 blood donors are needed a day. Blood type O is urgently needed by Hawai`i hospitals. Type O and all blood donors, we need you. We have five donation sites here on Oahu. Please provide the Hawaiian Airlines Association of Flight Attendants Lifesaver Club group code (2900) upon registration.

COVID TESTING, STATE OF HAWAII - Neighbor Island Trusted Testing Partners - [Click Here!](#)

HAWAI`I UTILITY BILL ASSISTANCE PROGRAM - Aloha United Way, [click here for more information](#)

There is a statewide Hawaii Utility Bill Assistance Program for one-time assistance for utilities up to \$750. Hawaiian Electric is the founding sponsor. The program will be administered through AUW on Oahu in partnership with Hawaii's local UW chapters. Please click on the link below for details on this program. The program will begin accepting applications at 8 a.m. on Monday, 2/8.

Kupuna & Kokua - [\[Click Here!\]](#)

“COVID-19 impacts everyone, but for our kupuna, the effects can be deadly. We volunteer to be the safety net, making sure your ohana stays safe. As volunteer members of the community, it is our duty to protect and provide for our kupuna as well as those in need or at risk. We will pick up and deliver items such as groceries or prepared meals so that Oahu residents can stay home and avoid spreading germs. We accept requests from anyone. By staying home, YOU are doing your part to protect others.”

Kupuna List: Kupuna in our community that wish to be paired with a volunteer who checks in weekly and helps them order or get connected to services.

Delivery: Volunteer deliveries of goods that you have purchased from local businesses.

Reusable Face Masks: To prevent respiratory spread, we provide free fabric face masks to the kupuna on our list and to organizations in the community that reach out.

FOOD PROGRAMS [HAWAII]

Department of Education’s Grab-and-Go Meal Program (*extended through June 30, 2021*)

This program provides free meals to children who are 18 years old and younger regardless of whether or not they are enrolled at the distribution site, are public school students or are eligible for the free or reduced-price lunch program. The meal distribution will only be at lunchtime and includes breakfast for the next day. Families collecting meals must wear masks and practice physical distancing.

For prescribed meal modifications, send an email to [here](#) or call (808) 784-5500

Distribution will be available from Monday through Friday, excluding holidays and designated school breaks. While meals can be picked up without the child present, parents and guardians are required to provide documentation for their child, such as a student ID card, birth certificate or attendance or enrollment records. For a list of participating schools, information is available at [FREE Grab-and-Go Meals](#)

Hawaii Food Pantries (state-wide) - [\[Click Here!\]](#)

List of local congregations and community groups providing food distribution. Sites may define requisites – e.g. requires ID, serves MŌ`ili`ili area (96826), or requires an appointment for pick up. Some sites may be closed due to logistics and supply, please call the site for more information.

The Hawaii Public Housing Authority (HPHA) Meal Program [[Email](#) or [Fax](#)]

This is available through the Hawai'i Public Housing Authority. To qualify for this program, you only need to meet one of the following requirements: Be 65 years of age or older, disabled individuals, or Individuals who are COVID-19 positive or have been exposed to COVID-19. They may contact you to verify your eligibility. If you meet the eligibility requirements you can complete the application [by clicking here!](#) Once completed submit the application to: HPHA Meal Program, PO Box 17907, Honolulu, HI 96817.

Hawai'i Food Bank - [[Click Here!](#)]

The Food Bank has opportunities for you to volunteer, donate, or find food assistance.

HAWAII STATE AFL-CIO & Hawaii Foodbank, Oahu - schedule update

Our food distributions on Oahu are scheduled for every 3rd Thursday of the month. However, for March we will be holding it on Thursday, March 25, 9:30 a.m. - 11:00 a.m., or when the food runs out.

IATSE Food Distribution, KALAELOA

91-1041 Midway Street, Building 187, Kapolei 96707

KAUAI: Saturdays, 800 am - 1200 pm or until the food runs out

UPW, 4211 Rice Street, Lihue, HI 96766

MAUI: Thursdays, 900 am - 1100 am or until the food runs out

Kings Cathedral, 777 Maui Veterans Hwy, Kahului, HI 96732

CHILD CARE [HAWAII]

The Preschool Open Doors (POD) - [[Click Here!](#)]

This program is a separate subsidy program with limited funds that provide services state-wide to families sending their children to a licensed preschool during the school year prior to kindergarten entry. The goal of POD is to promote school readiness for children, and focuses on meeting the needs of the child. Parents are not required to have an eligibility activity, unlike the CCCH Subsidy program, but they must meet income and other eligibility requirements. For POD, there is a time-limited application period established and published each year.

Programs For Your Family, YMCA - [Click Here!](#)

Child Care Connection Hawai'i - [[Click Here!](#)]

A subsidy program helps low-income families to sustain their employment, education, educational efforts, and job training by paying a subsidy for their children who are in the care of DHS-approved child care providers. Unless child care is required for protective purposes, families must meet income *and* activity requirements to qualify for this subsidy program.

COVID INFORMATION AND TESTING RESOURCES

COVID TESTING, STATE OF HAWAII - Neighbor Island Trusted Testing Partners - [Click Here!](#)

City & County of Honolulu:

Honolulu COVID-19 webpage: [Click Here!](#)

COVID-19 Vaccine Information: [Click Here!](#)

Interisland passengers arriving on O'ahu are not subject to the mandatory quarantine.

To report violators: 808-723-3900 or HPDcovidenforce@honolulu.gov

Hawai'i County

Hawai'i County COVID-19 webpage: [Click Here!](#)

Critical infrastructure and medical travel request: [Click Here!](#)

To report violators: 808-935-3311

Kaua'i County

Kaua'i COVID-19 webpage: [Click Here!](#)

To report violators: [Click Here!](#)

Rest, Test, Enjoy! Voluntary visitor post-travel test: [Click Here!](#)

Resident post-travel test: [Click Here!](#)

Maui County

Maui County travel and COVID-19 information: [Click Here!](#)

To report violators: (808) 244-6400 or mpdquarantine@mpd.net

Safe Travels Digital Platform - [Click Here!](#)

Safe Travels Hawai'i Program - [Click Here!](#)

FAQs: [Click Here!](#)

Email: info@gohawaii.com

Call Center Number: 1-800-GO-HAWAII

RENTAL INFORMATION [HAWAII]

Aloha United Way COVID-19 Rent & Utility Assistance Program - (Currently at capacity Call 211 or [Email](#))

This program helps to provide financial relief quickly to those at risk of losing their home or utility services. The program supports individuals and families for any rent/utility arrears accumulated from March 15, 2020.

EDUCATIONAL RESOURCES

FELLOWSHIP: Foreign Affairs Information Technology Fellowship Program - [[Click Here!](#)]

Applications for the Foreign Affairs Information Technology (FAIT) Fellowship program, funded by the US Department of State, are now being accepted through February 1, 2021. The two-year fellowship program is intended for students in an IT-related degree program, including accredited online degree programs. Women, members of minority groups historically underrepresented in the Foreign Service, and students with financial need are encouraged to apply to this challenging and rewarding opportunity.

VIRTUAL RECOVERY PROGRAMS

Flight Attendant Drug and Alcohol (FADAP)

Job Uncertainty and Your Sobriety - 2020 has been an incredibly tough year for everyone. The level of changes and uncertainty in the airline industry have been historical. As you navigate these challenging times, protecting or achieving sobriety can be difficult. The attached supportive advice offered by an expert physician who has treated many Flight Attendants may be helpful to you, especially at this time.

Dr. Nelson's Message to FADAP - [Click to watch this Video!](#)

Wings of Sobriety Telephonic Meetings

Telephonic meetings are open to all Flight Attendants who are exploring their need for or seeking recovery from substance use disorders.

Meeting times are scheduled on Wednesday at 900 am/HST (1200 pm/PST) and Sunday at 1100 am/HST (200 pm/PST). Each meeting will last between forty-five (45) minutes to one (1) hour.

Conference Call-In number: **1 (855) 544-2320**

Flight Attendant Drug and Alcohol Program - These programs offer online support and services

Alcoholics Anonymous - [Click Here!](#)

Cocaine Anonymous - [Click Here!](#)

LifeRing - [Click Here!](#)

In The Rooms - [Click Here!](#) (Online support through live meetings and discussion groups)

Marijuana Anonymous: [Click Here!](#)

Narcotics Anonymous - [Click Here!](#) (A variety of online and skype meeting options)

Self-Management and Recovery Training (SMART) Recovery - [Click Here!](#)

(A global community of mutual-support groups, forums including a chat room/message board)

SoberCity - [Click Here!](#) (An online support and recovery community)

Sobergrid - [Click Here!](#) (An online platform to help anyone get sober and stay sober)

Soberistas - [Click Here!](#) (A women-only international online recovery community)

Sober Recovery - [Click Here!](#) (An online forum for those in recovery and their friends and family)