Child & Family SERVICE
A private nonprofit serving Hawai'i since 1899

We're All About FAMILY

Child & Family Service Newsletter • Volume 2018 Issue 1

(L to R) Paige Fogan, Program Director, CFS Ewa Family Center & Lani, CFS Program Participant

Lani's Story:

How CFS Family Centers Strengthen Local Communities

Supporting individuals and families is what the **Child & Family Service Family Centers** are all about – a place where people can receive basic necessities such as food, and clothing, and also receive counseling and community resources when they are in need of help. This was true for **Lani** who learned about **CFS Ewa Family Center** when she moved to Ewa Beach two years ago. An elderly woman of Native Hawaiian descent, Lani was living on a limited income and struggled to make ends meet every month. Visiting the Ewa Family Center made a significant difference in her quality of life and peace of mind.

"The only thing I knew about CFS is that they helped families that experienced abuse and although I wasn't one of those families, I found out there were other services here that could help me," says Lani.

One of the many programs offered at the Ewa Family Center is a financial literacy education workshop that teaches people how to budget wisely and save money. Lani was motivated to save $1,000 in eight weeks and used it to purchase a burial plot and tombstone.

"Getting those things were a huge relief for me because I was worried about burdening my family after I was gone, so getting the plot and tombstone provided me with a wonderful peace of mind," says Lani.

Along with these financial workshops, the Family Centers offer information and referral services, employment preparation, parenting education and relationship counseling – all tailored to meet the immediate needs of at-risk individuals and families. The Ewa Family Center also offers a food pantry and clothing closet, where participants like Lani can take home supplies such as toiletries, soap and other daily necessities donated from CVS Health/ Longs Drugs and other local businesses and stores. "When you're on a limited income, things like spaghetti or canned vegetables come in handy, so I really appreciated those services too," says Lani.

She also adds that she was impressed with the CFS staff's aloha spirit and professionalism. "I'm a senior citizen living

Continued inside . . .

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President & CEO's Message

Hope & Innovation Go Hand in Hand

Karen Tan, LCSW

CFS is all about family, and as a valued supporter of the work of CFS, you are the foundation of our collective success in helping families in Hawai'i to thrive! As I continue in my first year as CFS President & CEO, I want to take this opportunity to thank you for providing hope to families across our state.

Through the work of our staff members made possible by your support, we see the hope of life-changing success daily. We are inspired through new parents who nurture their children for a healthy future; through youth who gain confidence in high school and beyond; through mothers who step out bravely to live independently and free of abuse; and through kūpuna who stretch effortlessly and proudly at wellness classes.

CFS believes in the full potential of all family members. We are committed to helping them achieve that potential through innovative initiatives adapted to meet the needs of our island cultures.

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We were the first to bring Trauma Informed Care, a national standard of care, to Hawai'i, addressing trauma through the lens of its root causes rather than treating behavior. We measure the effectiveness of our work through a national model called Results Based Accountability™ (RBA) and train other nonprofits in RBA scorecard measurements as well.

Through programs such as the Transition to Success™ national anti-poverty model that we piloted in Hawai'i, we are helping families to map their dreams and help them create a path to get there. We are coordinating a network of more than 20 businesses, agencies and organizations statewide that provide services ranging from basic needs to financial literacy to job training.

We tell families that there are no limits to what they can achieve. We feel the same way about our collaborative efforts with public, private and community partners to bring transformational change to individual families and to our society as a whole.

Thank you for being a valuable member of the CFS family! Through your partnership, we are strengthening families, and our larger community. Mahalo nui loa!

. . . *Continued from front.*

on social security, so I appreciated the courtesy and the respect. I never felt like I was less than anyone else for asking for help," says Lani.

The goal of the Family Centers is to strengthen people, like Lani, so they can live successfully in the community. Since receiving help and support from CFS, Lani is thriving and has made sure to let her community – family, friends and other seniors – know about her experiences. "I never knew that these programs existed at CFS, and they have been a huge blessing in my life," says Lani. "I know some seniors who don't have enough for every meal, and I believe that if they learned about CFS, it would be a wonderful help to them."

Ewa Family Center

91-1841 Ft. Weaver Rd.
Ewa Beach, HI 96706
808.681.3500
Monday - Friday, 8 am - 5 pm

Foodbank Donations:
Wednesday, 2 - 4 pm

Donation Center *(by appointment only)*:
Thursday, 1 pm - 4 pm
Friday, 9:30 am - 12:30 pm

Mahalo to supporters of the CFS Ewa Family Center:

- American Savings Bank
- American Savings Bank - Hawaii Curling Club Hui
- Bowers + Kubota
- CVS Health / Longs Drugs
- Honolulu Myohoji Mission
- The Clarence T.C. Ching Foundation

A Bequest of Life Insurance Is Easier Than You May Think

A Simple Legacy

"I am not a woman of financial means – just a woman who learned through my parents' example, to care about others,"
- Theone Vredenburg

Life insurance proceeds make a wonderful gift and can be made by simply naming Child & Family Service as the beneficiary of your policy.

When we asked Theone why she chose to name Child & Family Service as a beneficiary, Theone responded,

"Well it's really quite simple. The mission! You support keiki to kūpuna and everyone in between! What better place to leave a legacy than with an organization that has been serving people in need right here in Hawai'i for more than 100 years." Theone also pointed out, "I figured you have been around longer than I have and you will continue to help every segment of the lifespan after I'm gone. So, I'm honored to make this commitment to help keep your good works moving forward."

Theone's legacy gift will be placed in a perpetual fund within the CFS Stronger Families Fund® to provide long-lasting support for Hawaii's keiki and families in need. Please contact us or visit our new planned giving website to learn more about how you can make a bequest of your life insurance policy, retirement plans or other assets.
www.childandfamilyservice.org/legacy

Janice N. Knapp, CFRE, *VP of Philanthropy* jknapp@cfs-hawaii.org 808.543.8453

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Child & Family Service believes that people can change their lives and have a better future. We are pleased to share the "We're All About FAMILY" newsletter with you. If you would like to change or update your contact information, please contact us at: ***development@cfs-hawaii.org*** or **808.543.8413**.

United Way Aloha United Way
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Hawaii Business magazine BEST PLACES TO WORK 2018

April is Sexual Assault Awareness & Child Abuse and Prevention Month

April is national **Sexual Assault Awareness Month** as well as **Prevent Child Abuse Month**. Preventing child abuse before it occurs is our community's best opportunity to help our children to develop to their full potential mentally, physically and socially. Our **CFS Healthy Families program** is a national model that started in our state to prevent child abuse and neglect by helping at-risk families in the first three years of children's lives. For families already dealing with the trauma of abuse and neglect, early intervention can still have life changing impact for children and give them hope for healthy brain and emotional development.

As nonprofit and community organizations come together with month-long activities to raise awareness of these serious family issues, keeping a focus on preventing abuse, and addressing abuse and neglect as soon as possible if it is already evident, can have lifelong impact on our children and their future.

Visit our website for tips and resources on how to prevent Sexual Assault and Child Abuse in the community: **www.childandfamilyservice.org**

24-HOUR SEXUAL ASSAULT HOTLINE NUMBERS

O'AHU: **808.524.7273**
The Sex Abuse Treatment Center, a program of Kapi'olani Medical Center for Women & Children.

KAUA'I: **808.245.4144**
YWCA Sexual Assault Treatment Program

MAUI COUNTY: **808.873.8624**
Maui Sexual Assault Center (MSAC), a program of Child & Family Service

HAWAI'I ISLAND: **808.935.0677**
YWCA Sexual Assault Support Services

CHILD WELFARE SERVICES CHILD ABUSE OR NEGLECT REPORTING NUMBERS

O'AHU: **808.832.5300**
NEIGHBOR ISLANDS: **1.800.494.3991**