EDITING CHANGE: Due to the breadth of this guide, we will add new changes here and then incorporate them after the week’s end. We hope this makes it easier for you to see what is added. Thank you for your patience and understanding.

STATE OF HAWAI‘I - SMALL BUSINESS, Pivot Grant Program Launch
Help is on the way for thousands of small Hawai‘i businesses. The State of Hawai‘i is partnering with the Chamber of Commerce Hawaii to launch the Hawai‘i Business Pivot Grant program. The program will provide approximately 2,500 small businesses and non-profits with grants up to $10,000 to reimburse them for expenses incurred while making changes to their business models since the pandemic’s arrival in March 2020. The program’s objective is to help small to mid-size businesses who employ tens of thousands of Hawai‘i residents and are central to the state’s economy, financially cope during COVID-19.

In order for businesses to qualify for the grant program, the business must have less than 100 employees, operate in a physical commercial space in Hawai‘i, have suffered economic injury due to COVID-19, and have been in business prior to March 20, 2020. Expenses they can be reimbursed for include but aren’t limited to; web design and social media, improving automation or training, and implementing physical distancing measures. The grant application portal opens on Thursday, Oct. 22 and will remain open through Nov. 23, as long as funds are available. To view more: https://www.hawaiibizpivot.org/


TAX ASSISTANCE - IRS announces 2021 Tax Counseling for the Elderly and Volunteer Income Tax Assistance Program Grants
The Internal Revenue Service 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.

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
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 [added, 7.27.20]
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 standings. If Kerri is unable to answer your question she will usually inquire with International on your behalf. You can also reach out to our MEC membership Team: membership@hawaiian43.org

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.
2012 CBA – https://www.hawaiianafa.org/contract
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: https://www.unionplus.org/

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.
- Have open discussions with your family. Discuss company and career changes with your family. They may experience their own life changes and are directly affected by your work situation.
- Help is nearby - if things prove to be difficult, reach out to a counselor or therapist.
EMPLOYEE SUPPORT
AFA-CWA EMPLOYEE
“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.”
https://www.afacwa.org/eap

HA AFA WEBSITE LINK: https://www.hawaiianafa.org/c43-eap
EAP INTERNATIONAL HOTLINE: 800.424.2406

FLIGHT ATTENDANT DRUG & ALCOHOL PROGRAM (FADAP)
Download the app via Google Play or the App Store
Confidential 24/7 Helpline: 835.33FADAP
https://www.fadap.org/WellnessApp
For newly added Virtual Recovery Programs please go to page 19

COMPANY EAP, LIFE MATTERS [added, 8.3.20]
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.

LifeMatters phone: 1.800.634.6433 or text "Hello" to 61295
mylifematters.com [password: HAL1]

FINANCIAL RESOURCES
UNEMPLOYMENT INSURANCE
U.S Department of Labor - https://www.dol.gov/
State of Hawaii Unemployment Insurance (UI) - http://labor.hawaii.gov/
State of California COVID-19 & Unemployment Resources - edd.ca.gov
Unemployment Benefits Calculator, Hawaii

Hoʻāla Assistance Program (HAP) [new, 8.3.20]
The purpose of the Hoʻāla Assistance Program (HAP) is to provide emergency financial assistance to Hawaiʻi residents facing hardship due to the COVID-19 pandemic. HAP is made possible through funding from the Hawaii Resilience Fund (Hawaiʻi 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.
https://www.hawaiiancouncil.org/hoala
GOVERNMENT PROGRAMS
City and County of Honolulu - Reopening Strategy [added 10.12.20]
The Honolulu Mayor has announced a new tier system to reopen the city. The following is a link for additional information.
https://www.oneoahu.org/reopening-strategy

Continuation of Health Coverage (COBRA)
“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.”
https://www.dol.gov/general/topic/health-plans/cobra

COVID-19 HOUSEHOLD HARDSHIP RELIEF PROGRAM [new, 8.3.20]
Starting May 18, 2020, the City and County of Honolulu launched this program for Oahu residents.

COVID PAU - a Project of the Hawai`i COVID Collaborative
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.
https://covidpau.org/

Department of Hawaiian Home Lands COVID-19 Emergency Rental Assistance Program [added 8.24.20]
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.
For DHHL Rent Assistance Call 211 or click
http://www.auw211.org/Detail.aspx?z::0::N:0;598202;0;6393;7;Rent%20Payment%20Assistance%20*%20Hawaiian%20Community%20*%20COVID-19;Covid-19%20Resources
State Children’s Health Insurance Program (SCHIP) - https://www.benefits.gov/benefit/607
“The Children’s Health Insurance Program (CHP) 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.”

VOTER REGISTRATION - General Election, Tuesday, November 3, 2020 [new, 8.3.20]
California: https://www.sos.ca.gov/elections/voter-registration/
Hawaii: https://olvr.hawaii.gov/

UNEMPLOYMENT INSURANCE (UI)
CALIFORNIA EMPLOYMENT DEVELOPMENT DEPARTMENT - [new, 8.3.20]
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.

Company Dedicated Human Resources Point of Contact [new, 8.3.20]
Alana Goo is designated to assist you with the UI process. Alana.Goo@hawaiianair.com
phone: 808.222.9397 (Monday through Friday, 800 am - 500 pm)
The company information is located under “COVID-19 Updates” and then “Unemployment Benefits Information.”

HAWAII UI CLAIM
Unemployment Insurance Call Center [added 10.5.20]
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.” Unemployment Insurance Call Center numbers are:(833) 901-2272 and (833) 901-2275

Hawaii UI Claim Assistance - form [new, 8.3.20]
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@mail.house.gov You can also mail your original to the address located at the bottom of the form. [The form is hyperlinked on hawaiianafa.org] [cont. next page]
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.

https://265dce3b-4b18-4c79-bf6f-099784197d35.filesusr.com/ugd/6bd049_294fc69ba85549b1a95d1f8c4335d1c3.pdf

MEDICAL INSURANCE RESOURCES - COMPANY-RELATED PROGRAMS
The following are hyperlinks to health and dental insurance programs for our HNL-based FAs:

HMSA [updated, 8.3.20]
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. https://hmsa.com/
Access from your mobile device - 1) search for “HMSA Online Care” in the Apple or Android app store then 2) download and open the free app or 3) access it from your computer at https://hmsa.com/well-being/online-care/
phone - 866.939.6013 (toll-free)

HEALTH COVERAGE DURING COVID - from Company Employee Wellbeing Resources [8.3.20]
There will be no copays for COVID-19 treatment and virtual screenings will be offered now through December 31, 2020.

Kaiser Permanente - https://healthy.kaiserpermanente.org/
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: Oahu helpline at 808-531-3771, toll-free helpline at 1-800-690-6200, or text 605-956-5680
Childhelp National Child Abuse Hotline (24 hours) at 1-800-422-4453
The Parent Line at 808-526-1222 (Oahu) or 1-800-816-1222
The Parent Line Crisis Services

Hawaii Dental Service (HDS) - https://www.hawaiidentalservice.com/
MISCELLANEOUS

Empower Retirement (401K)

Empower is “the second-largest retirement services provider in the United States, serving over 40,000 plans and 9.7 million participants. We’re singularly focused on retirement, with expertise across all plan types, company sizes, and market segments.”
https://participant.empower-retirement.com/participant/#/login

FELLOWSHIP: FOREIGN AFFAIRS INFORMATION TECHNOLOGY PROGRAM [added 9.14.20]

Please go to page 18 for information

MedQuest [added 8.24.20]

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. We hope you find the information we have provided helpful.

National Foundation for Credit Counseling

“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.”
https://www.nfcc.org/

National Group Protection (NGP)

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.
https://www.ngp-ins.com/ phone and email: 800.344.9016 service@ngp-ins.com

NGP Supplemental Benefits - Leave/Furlough, Update & Reminder [added 8.17.20]

• 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. Please contact NGP for more details.
• If you return to work, please contact NGP to ensure your payroll deductions are restarted.

UNION PLUS

Complete your bachelor’s degree for free from home! [updated, 9.27.20]

Union members and their families can now complete their bachelor’s degree online at no cost with the Union Plus Bachelor’s Degree Completion Program. Because of the current economic and health uncertainty facing many union members, students who enroll in the 2020/2021 academic year will complete their ENTIRE DEGREE (through graduation) with no out-of-pocket cost for tuition, fees, or e-books.* [cont. next page]
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. 


Union Plus is here to help union members and their families through times of uncertainty with unique Hardship Help benefits. Find out if you’re eligible for these Union Plus programs. 


The Union Plus Pet Help- Important Resources for Your Members [added 9.7.20]

What is pet health insurance? 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. Please go to the Union Plus website for more information.

GENERAL RESOURCES

Association of American Retired Persons (AARP) [added, 7.27.20]

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. https://www.aarp.org

AFL-CIO [added, 8.10.20]

“The American Federation of Labor and Congress of Industrial Organizations 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”

California:  https:// aflcio.org/get-local/california
Hawaii:  “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.” https://unionhall.aflcio.org/hawaii-state-afl-cio
DEPARTMENT OF EDUCATION (DOE) - `Ohana Help Desk [added 8.17.20]

“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)
Mondays through Fridays from 700 am - 800 pm and
Sundays from 400 - 800 pm
The desk will be closed on state holidays
on-line, 24 hours, 7 days a week: https://sites.google.com/k12.hi.us/ohana-help-desk-portal/

Salvation Army Emergency Food Assistance
The Salvation Army provides food and emergency assistance and other resources.
https://www.salvationarmyusa.org/usn/cure-hunger/

Supplemental Nutrition Assistance Program (SNAP)
“SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.”
https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program

Women, Infants, Children (WIC)
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.
https://www.fns.usda.gov/wic/wic-eligibility-requirements

CALIFORNIA RESOURCES
California Food Bank - http://www.cafoodbanks.org/

Central California Food Bank - Food Distribution Calendar [added 9.7.20]
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.
https://ccfoodbank.org/food-locator/food-distribution-calendar/

California COVID-19 Rent Relief

California United Way - www.211ca.org
YMCA - https://www.ymcasuperiorcal.org/

CWA, District 9 Disaster Relief Fund [added 9.7.20]
The national CWA Disaster Relief Fund will also help our members hurt by the fires. Click the link to get the relief fund documents.

To Help Donate to the Disaster Relief Fund [added 9.7.20]
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.

You can donate to the wildfire relief fund here: www.cwa-union.org/ca-wildfires
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

Northern California Wildfires [added 8.24.20]
Northern California Wildfires: Where To Find Updates On Evacuations And Official Information and resources:
https://www.capradio.org/articles/2020/08/22/latest-updates-on-northern-california-wildfires/

Oct. 15 deadline, other dates extended to Dec. 15-Victims of the California wildfires that began Aug. 14 now have until Dec. 15, 2020 to file various individual and business tax returns and make tax payments, the Internal Revenue Service announced today.

The IRS is offering this relief to any area designated by the Federal Emergency Management Agency (FEMA) as qualifying for individual assistance. Currently this includes Lake, Monterey, Napa, San Mateo, Santa Cruz, Solano, Sonoma and Yolo counties in California, but taxpayers in localities added later to the disaster area will automatically receive the same filing and payment relief. The current list of eligible localities is always available on the disaster relief page on IRS.gov. [cont. next page]
The tax relief postpones various tax filing and payment deadlines that occurred starting on Aug. 14, 2020. As a result, affected individuals and businesses will have until Dec. 15, 2020, to file returns and pay any taxes that were originally due during this period. This means individuals who had a valid extension to file their 2019 return due to run out on Oct. 15, 2020, will now have until Dec. 15, 2020, to file. The IRS noted, however, that because tax payments related to these 2019 returns were due on July 15, 2020, those payments are not eligible for this relief.

The IRS disaster relief page has details on other returns, payments and tax-related actions qualifying for the additional time.

**AFA-CWA Disaster Relief [added 8.24.20]**
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 Wildfires:**
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, visit [www.afacwa.org/drf](http://www.afacwa.org/drf) and 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. You can also e-mail this same information requested to lfoster@afanet.org or phone in the necessary information to 1-800-424-2406.

**HAWAI‘I RESOURCES**
**Aloha Diaper Bank [added 9.7.20]**
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 Aloha Diaper Bank just completed a recent distribution this past weekend, they will have other distributions in the future. [https://www.alohadiaperbank.org/](https://www.alohadiaperbank.org/)
Aloha United Way
This is a comprehensive resource for many categories of assistance to help you!
http://auw211.org/Search.aspx

The BBH is open daily because 200 blood donors are needed a day. Blood type O is urgently needed by Hawai‘i hospitals. To type O and all blood donors, we need you. You can select from one of five donation sites on Oahu. Please provide the Hawaiian Airlines Association of Flight Attendants Lifesaver Club group code (2900) upon registration.
https://www.bbh.org/

COVID TESTING, STATE OF HAWAII - Neighbor Island Trusted Testing Partners

Department of Education (DOE) - ‘Ohana Help Desk [added 8.17.20]
“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)
Mondays through Fridays from 700 am - 800 pm and
Sundays from 400 - 800 pm
The desk will be closed on state holidays
on-line, 24 hours, 7 days a week: https://sites.google.com/k12.hi.us/ohana-help-desk-portal/

Kupuna & Kokua [added 8.17.20]
“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.”

Delivery: Volunteer deliveries of goods that you have purchased from local businesses.
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.
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.
https://www.kupunakokua.org/
Quarantine Hotels - Department of Health [added 9.7.20]

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.

FOOD PROGRAMS [HAWAII]

Department of Education’s Grab-and-Go Meal Program [added 10.5.20]

The program will kick off on Oct. 12 and end on Dec. 18 providing 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 lunch time.

The DOE said that pick-ups will include one lunch for that day and one breakfast meal for the next day per child. 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 one of the following verification documents:

- Official letter or email from school listing child(ren) enrolled.
- Recent student report card(s).
- Attendance record(s) from parent portals of school websites.
- Birth certificate(s) of child(ren).
- Student ID card(s).
- Driver’s permit(s)/license(s) for high school students.
- State-issued identification for the child.
- Social distancing will also be required and masks must be worn at all times.

For prescribed meal modifications, send an email to specialdiets@k12.hi.us or call (808) 784-5500.[DOE Website is currently being worked on.]
Hawaii Food Pantries (state-wide) [added 9.7.20]
Food Pantry sites around the state. List of local congregations and community groups providing food distribution. Sites may define requisites – e.g. requires ID, serves Mōʻiliʻili 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. https://www.foodpantries.org/st/hawaii

Hawaii State AFL-CIO & Hawaii Foodbank, Oahu [added 9.7.20]
The most up to date information will be listed on our website: hawaiiflcio.org

OAHU: Thursdays, 1100 am - 100 pm or until 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

Hawai’i Food Bank
The Food Bank has opportunities for you to volunteer, donate, or find food assistance.
note: https://hawaiifoodbank.org/

The Hawaii Public Housing Authority (HPHA) Meal Program [added 8.17.20]
This is available through the Hawai`i Public Housing Authority. To qualify for this program, you only need to meet one of the requirements. They may contact you to verify your eligibility.
  1) 65 years or older,
  2) disabled individuals, or
  3) Individuals who are COVID-19 positive or have been exposed to COVID-19.

How to apply for the various food items if you meet the eligibility:
  1) Download and complete the application: https://bit.ly/3gZeEnq
  2) Submit the application to: HPHA Meal Program, PO Box 17907, Honolulu, HI 96817. You can also submit an email to HPHAcovid@hawaii.gov or fax 808.832.4679
Hawaii Restaurant Card [added 10.5.20]
If you qualified for unemployment insurance since March 25 and are still receiving benefits, you’ll soon be getting the Hawaii Restaurant Card in the mail. It will come pre-loaded with $500 and it can only be spent at any restaurant in Hawaii. The goal is to help stimulate the economy, boost businesses, and keep local families fed. The card functions like a debit card. Residents can use it to pay their restaurant bill and tip, and the total will be taken out of the card’s balance. That money goes to the restaurant, and with many local farmers providing goods, it should keep supply chains intact. Officials said that you won’t have to apply for the card. They’re valid from Oct. 20 to Dec. 15 at 11:59 p.m. or when the card’s funds are exhausted.

CHILD CARE [HAWAII]
Child Care Connection Hawai’i
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. https://humanservices.hawaii.gov/bessd/ccch-subsidies/

The Preschool Open Doors (POD)
96826 A 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 the program 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. https://humanservices.hawaii.gov/bessd/ccch-subsidies/

Programs For Your Family, YMCA – https://www.ymcahonolulu.org/

EDUCATIONAL RESOURCES
Department of Business, Economic Development and Tourism:
State Offering Free Online Courses for Hawai’i Residents [added 10.5.20]
DBEDT is helping Hawai’i residents learn for free. The Hawaii’i Technology Development Corporation (HTDC) is currently offering complimentary access to the Coursera online learning platform with registration open until Oct. 31, 2020. Those currently employed or furloughed can leverage Coursera’s offerings to improve their professional skill-sets and take on more advanced technology projects. A list of HTDC recommended courses for those interested in picking up technology skills can be found at https://www.htdc.org/covid-19/learning-tech/. To view more: https://dbedt.hawaii.gov/blog/20-25/
**FELLOWSHIP: Foreign Affairs Information Technology Fellowship Program [added 9.14.20]**

Applications for the Foreign Affairs Information Technology (FAIT) Fellowship program, funded by the United States 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.

https://www.faitfellowship.org/how-to-apply/?utm_medium=email&utm_source=govdelivery

**UNION PLUS – Complete your bachelor's degree for free from home! [added, 7.27.20, 9.27.20]**

Union members and their families can now complete their bachelor’s degree online at no cost with the Union Plus Bachelor’s Degree Completion Program. Because of the current economic and health uncertainty facing many union members, students who enroll in the 2020/2021 academic year will complete their ENTIRE DEGREE (through graduation) with no out-of-pocket cost for tuition, fees, or e-books.*

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.


**RENTAL INFORMATION [HAWAII]**

**Aloha United Way COVID-19 Rent & Utility Assistance Program [added 8.24.20]**

& Utility Assistance Program 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. (Currently at capacity)

If you need help, call 211 or email INFO211@AUW.ORG

**VIRTUAL RECOVERY PROGRAMS**

**Flight Attendant Drug and Alcohol (FADAP)**

**Job Uncertainty and Your Sobriety [added 10.12.20]**

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:**

https://www.youtube.com/watch?v=950vzoujalA&feature=youtu.be
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 [added 9.14.20]
These programs offer online support and services

Alcoholics Anonymous: [https://aa-intergroup.org/](https://aa-intergroup.org/)

Cocaine Anonymous: [https://www.ca-online.org/](https://www.ca-online.org/)

LifeRing: [https://www.lifering.org/online-meetings](https://www.lifering.org/online-meetings)

In The Rooms - Online Recovery Meetings: online support through live meetings and discussion groups: [https://www.intherooms.com/home/](https://www.intherooms.com/home/)

Marijuana Anonymous: [https://ma-online.org/](https://ma-online.org/)

Narcotics Anonymous: a variety of online and skype meeting options [https://www.na.org/meetingsearch/](https://www.na.org/meetingsearch/)

Self-Management and Recovery Training (SMART) Recovery: global community of mutual-support groups, forums including a chat room and message board [https://www.smartrecovery.org/](https://www.smartrecovery.org/)

SoberCity: online support and recovery community: [https://www.sobercity.com/](https://www.sobercity.com/)
Sobergrid: online platform to help anyone get sober and stay sober [https://www.sobergrid.com/](https://www.sobergrid.com/)

Soberistas: women-only international online recovery community [https://soberistas.com/](https://soberistas.com/)

Sober Recovery: online forum for those in recovery and their friends and family [https://www.soberrecovery.com/forums/](https://www.soberrecovery.com/forums/)