



*HFC-74 press*  
*Aloha,*  
*This is an update letter we recently sent to all our donors. Though you might enjoy seeing it too - Susan*

September 18<sup>th</sup>, 2020

Aloha,

I hope you are surviving, thriving, and adapting to the challenges 2020 has presented to us! This has been the year of adaptability and La'akea Village is no exception. It is feeling like a current update is in order...

But first I would like to express my sincerest gratitude for the support you have given La'akea Village. Because of generosity like yours the participants of La'akea are truly thriving. We are grateful for our community of participants, mentors, donors, volunteers, advocates, and general well-wishers.

When closures were mandated in March, La'akea pivoted services to be able to continue to connect with our participants in their homes, out in nature and through telehealth programs like morning circle, yoga, Zumba and Non-Violent Communication. We wanted to keep things as normal as possible, follow routine as much as possible, and provide the meaningful human connection that helps our participants thrive.

After months of closure, La'akea is excited to have our participants and mentors back on campus! We are in smaller numbers than usual and are working with a staggered schedule. However, it feels wonderful to be back together.





La'akea's residential home also successfully moved through the isolated period with few outings and outside visitors. They appreciated the slower pace and opportunity to bond and are grateful to be able to move about a little more now.



Currently, we are working towards opening the store when given the okay to do so and eventually the community lunch program. We are being cautious to open with the vulnerabilities of our participants and the unknowns of Covid's trajectory.

During these past few months, it struck me that the feelings of uncertainty and anxiety we have all been feeling, is honestly a daily reality for our participants as they navigate the challenges in their lives each and every day. La'akea works to help them improve and learn to communicate effectively so they can express and meet their needs and hopes.

More than ever we see how we are all in this together learning *to empower people of all abilities to live, work, learn and play together to realize our greatest potential.*

If you are ready for some feel-good inspiration, please check out our video at [laakeavillage.org](http://laakeavillage.org). Of course, this depicts pre-Covid 19 life, but the sentiment of La'akea remains the same.

Mahalo, and only the best wishes for good health,

*Susan R. Graham*

Susan Graham  
Board President