Achieving the Impossible Together
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CHAIRMAN’S AND PRESIDENT’S MESSAGE

Aloha,

Many hands make the impossible possible. At the HMSA Foundation, that’s a statement we know to be true. It’s why HMSA created the foundation in the first place. Although HMSA provides health plans to hundreds of thousands of members, our reach only goes so far.

With the HMSA Foundation, we can accomplish the impossible through our partnerships with local organizations and community members. Their vast knowledge, great ideas, and unparalleled passion have improved our state’s health and well-being in more ways than can be listed in these pages.

In 2015 alone, we’ve seen underserved families empowered to eat healthier, students challenged by innovative curriculum, free health services and screenings offered to people who needed them, and more. It’s our honor and privilege to fund organizations that are committed to improving the health and well-being of Hawai‘i.

Whatever the future brings, we know that together – as a community – we can, and will, advance Hawai‘i’s health and well-being.

Mahalo,

Robert P. Hiam
Chairman of the Board

Michael A. Gold
President
We’ve made it our mission to extend Hawai‘i Medical Service Association’s (HMSA) commitment to provide access to cost-effective health care services; health promotion, education, and research; and the promotion of social welfare.

HMSA established the HMSA Foundation in 1986 to stimulate research of issues that confront Hawai‘i’s health care industry. We’re dedicated to improving the health of Hawai‘i through grant-making, strategic initiatives, publications, and community-wide programs.

In 1998, the HMSA Foundation became a private foundation with a grant-making program to fulfill the ever-growing need for health care education, research, information, and financial support. Today, we provide a vehicle for HMSA to enhance our community’s overall health and well-being.
The HMSA Foundation supports programs throughout the state that advance the health of people in Hawai‘i. The programs we support focus on these health-related areas:

1. **Access to health care.** Improves access to high-quality, affordable health care by supporting:
   - Service planning and care coordination.
   - Programs for the uninsured.
   - Outreach initiatives.

2. **General social welfare and healthy communities.** Supports local community programs and activities that promote overall social welfare and healthy communities through:
   - Information and referral.
   - Emergency assistance.
   - Community development.

3. **Health care delivery system.** Maintains and improves the quality of health care services available to Hawai‘i residents through:
   - Health care delivery models.
   - Measurement and quality improvement.
   - Provider delivery systems networks.
   - Performance measurement.
   - Financing and reimbursement.
   - Data collection and analysis.
   - Disease management.

4. **Health promotion and disease prevention.** Promotes healthy lifestyles and lowers the risk of injury and disease through:
   - Safety education.
   - Disease-specific education.
   - Substance abuse prevention.
   - Clinical preventive services.
   - Physical activity promotion.
   - Improving the quality of prevention programs.
   - Nutrition education.
AT A GLANCE

In 2015, we committed $1,389,755 to support 35 programs that focus on improving Hawai‘i’s health and well-being.

We were also selected as the 2015 Western States Affiliate winner of the American Heart Association’s Quality and Systems Improvement Awards. The award recognizes the foundation for outstanding achievements in cardiovascular disease and stroke patient care, improvements in the quality of health care delivery, and commitment to helping the American Heart Association save lives.

Grants by program focus

<table>
<thead>
<tr>
<th>Focus</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to health care</td>
<td>$662,728</td>
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<tr>
<td>General social welfare and healthy communities</td>
<td>$291,008</td>
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<tr>
<td>Health care delivery system</td>
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<tr>
<td>Health promotion and disease</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$1,389,755</strong></td>
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Where the money comes from

Health plan premiums from HMSA members and employer groups are not used to fund HMSA Foundation grants. Foundation grants are funded with annual investment income earned on its original endowment. For more information, visit hmsafoundation.org.
PROGRAM HIGHLIGHTS

The following programs ended their grant period in 2015 and have made a lasting difference in their communities’ health and well-being.

Cardiac and Stroke Care Workshop
Autism and GI Distress
Community Outreach and EMS Response Vehicle
Improving Healthy Behaviors in Wai’anae
Bike Ed Hawai’i Island
Mālama Kou Kino
American Heart Association

Program: Cardiac and Stroke Care Workshop

Grant: $25,000

The workshop educated 189 health care professionals on quality and system improvement techniques as well as how Hawai’i’s issues compare globally. Participants learned how to promote process change in acute care settings and strategies to address common process improvement challenges. Each participant earned 10.25 continuing medical education credits.
Hawaii Autism Foundation

Program: Autism and GI Distress
Grant: $12,500

This project hosted community autism spectrum disorder (ASD) presentations featuring Dr. Tim Buie, who focused on how nutrition affects children with ASD. About 220 health care professionals and parents attended the presentations.

- 100 percent of attending physicians say they’ll use the treatments presented for children with ASD.
- 35 percent of attending parents became more aware of food allergies.
- 27 percent of attending parents say they’ll start working with a doctor to develop an appropriate diet for their child.

Hawai‘i Fire Department

Program: Community Outreach and EMS Response Vehicle
Grant: $35,000

The program provided community outreach, education, and subsidized the cost of a new emergency response vehicle on Hawai‘i Island. More than 2,500 high school and elementary students from eight schools received Hands Only CPR training. Fall prevention presentations reached 50 senior citizens and the Hawai‘i Fire Department Child Passenger Safety Program inspected car seats in 22 vehicles.

One Waiākea High School senior, Ryler Nishimoto, wouldn’t have made it to graduation without the training that his friends received from Hands Only CPR training. Nishimoto collapsed while playing basketball and his friends quickly realized that he was having a cardiac arrest. They gave Nishimoto CPR until HFD arrived. After rehabilitation, Nishimoto was able to return to school and graduate as one of the valedictorians.
Hoa ‘Āina O Mākaha
Program: Improving Healthy Behaviors in Wai’anae
Grant: $75,000

This program helped prevent chronic disease and encouraged a healthier community for Wai’anae Coast children and their families.

- 598 Mākaha Elementary School students participated in the Na Keiki O Ka ‘Āina program.

- 211 families (922 people total) participated in container gardening workshops.

- 440 students and 77 teachers participated in farm field trips.

Student/teacher survey:
- 37 percent more third graders say they now like to eat vegetables.

- More than 61 percent of third graders say they tried a new vegetable.

- 100 percent of teachers say farm lessons enhanced their curriculum.

Family survey:
- 84 percent of families successfully established a home garden.

- 92 percent incorporate more vegetables into their diet.

- 100 percent recommend the class to family and friends.
Peoples Advocacy for Trails Hawaii (PATH)

Program: Bike Ed Hawai‘i Island
Grant: $25,000

The project expanded the bike safety education program for fourth grade students on Hawai‘i Island. A total of 1,015 fourth grade students from 16 schools participated in the project, which gave every participant a new bicycling helmet.

The St. Andrew’s Schools

Program: Mālama Kou Kino
Grant: $25,000

This project designed curriculum that integrated nutrition and exercise to improve the health of primary school students. Through an engineering design project (EDP), kindergarten and first-grade students used science and math to plan parts of a new outdoor play space.

The EDP program found that students were most interested in climbing and digging, which led to the installation of a climbing structure, a sand box, and multiple garden beds.
GRANT RECIPIENTS

We awarded $1,389,755 to support 35 programs statewide in 2015. Here are brief descriptions of how those programs and their agencies are using the funds to make the impossible happen in Hawai‘i.

**After-School All-Stars Hawaii**
Program: One Hour a Day
Grant: $25,000
Offers a variety of sports to help disadvantaged middle-school students get the recommended 60 minutes of exercise each day.

**Aloha Harvest**
Program: Reducing Food Insecurity: Food Rescue
Grant: $30,000
Collects and delivers donated food to community organizations on O‘ahu that serve needy, low-income, and homeless individuals and families.

“I can’t think of another partner agency that is so welcoming, proactive, and helpful. When the Aloha Harvest truck rolls onto one of our campuses with its crew of friendly, capable drivers, the aloha spirit just spills out and brightens our entire day.”

Matt Claybaugh, president & CEO of Marimed Foundation
Aloha Medical Mission  
Program: The Honolulu Dental Clinic  
Grant: $25,000  
Provides dental care and preventive education, the Welcome Smile program, and a space to train students who are interested in a health career.

American Cancer Society – Hawai‘i Pacific  
Program: Hope Lodge Hawai‘i  
Grant: $40,000  
Provides free, temporary housing to Neighbor Island cancer patients and their caregivers when they travel to Honolulu for treatment.

American Diabetes Association  
Program: Transitions of Diabetes Care  
Grant: $5,000  
Offers continual medical education to improve the lives of all people affected by diabetes.

American Heart Association  
Program: Cardiac/Stroke Care Workshop  
Grant: $25,000  
Gives health care professionals information on Hawai‘i’s local cardiac and stroke issues compared with national and international trends.

Arthritis Foundation, Hawai‘i Chapter  
Program: Managing Your Arthritis  
Grant: $10,000  
Offers arthritis management talks by rheumatologists on multiple islands and refers anyone who can’t attend to the Arthritis Foundation.

Chaminade University of Honolulu  
Program: Pu‘ukoholā 2015  
Grant: $15,000  
Provides health screenings and educational workshops to Native Hawaiians at the Pu‘ukoholā Heiau’s annual Ho‘oku‘ikahi on Hawai‘i Island.

Community First  
Program: Best Heart Care East Hawai‘i  
Grant: $50,000  
Designs and implements a model to analyze, intervene, evaluate, and manage chronic disease in East Hawai‘i.

Domestic Violence Action Center  
Program: Safety is Good for Health  
Grant: $35,000  
Partners with The Queen’s Medical Center and the University of Hawai‘i College of Health Sciences to provide counseling, educational materials, and other support services to victims of domestic violence.

Family Promise of Hawai‘i  
Program: Housing Transition for Homeless Families  
Grant: $25,000  
Provides housing and support services including vocational training, money management, and parenting classes to homeless families with children.

Five Mountains Hawai‘i  
Program: Ulupono Project  
Grant: $50,000  
Will support Native Hawaiians in their good health and well-being through health screenings, counseling, and informative classes.

Hamakua Health Center  
Program: Patient Care Coordinator  
Grant: $75,360  
Provides accessible, comprehensive, and patient-centered health care to the North Hawai‘i community.
Hawaii Meth Project
Program: Strengthening Hawaii’s Keiki
Grant: $50,000
Empowers Hawai‘i’s children to make the right choice when confronted with peer pressure to try meth.

Hawai‘i State Department of Human Services
Program: Foster Grandparent and Senior Companion
Grant: $5,000
Trains volunteers statewide on how to improve their health and well-being as they serve children in the schools and seniors in the community.

Ho‘ōla Nā Pua
Program: STARFISH Program
Grant: $10,000
Provides a home with comprehensive therapeutic services for children rescued from sexual exploitation.

HOPE Services Hawaii
Program: Homeless Service Expansion Project
Grant: $50,000
Expands emergency, transitional, and permanent housing programs for homeless populations in rural communities on Hawai‘i Island.

Hui No Ke Ola Pono
Program: Otitis Media Childhood Obesity Program
Grant: $37,639
Offers free ear checks to various preschool students on Maui and refers students to a primary care provider for follow-up.
**Imua Family Services**  
Program: Camp Imua  
Grant: $5,000  
Provides children with special needs with an annual week-long stay at Camp Maluhia in the West Maui mountains.

**Kokua Kalihi Valley Comprehensive Family Services**  
Program: Access to Care Subsidy Program  
Grant: $130,000  
Will support the Micronesian Islands community by subsidizing community applicants’ eligible health care expenses.

**Kua‘aina Ulu ʻAuamo**  
Program: Waimānalo Family Farmer Aquaponics Program  
Grant: $47,880  
Partners with Ho‘oulu Pacific to equip Native Hawaiian families in Waimānalo Homestead with free aquaponic systems, training, and ongoing support.

**Lunalilo Home**  
Program: Environmental Scan of Elder Care  
Grant: $50,000  
Collects data and analyzes it to develop a long-term strategic plan that addresses the health care needs of seniors and their families and caregivers.

**Mālama Pono Health Services**  
Program: Women’s Health Care Services  
Grant: $40,000  
Offers cervical exams, Pap smears, pregnancy tests, and birth control options to women who are at risk, underinsured, or have no insurance.

**Mental Health America of Hawai‘i**  
Program: Youth Leadership Council on Suicide Prevention  
Grant: $500  
Youth and their supportive adults participate in the youth track at Hawai‘i Island’s E Malama ‘Ola Annual Prevent Suicide Hawai‘i Conference.

**National Multiple Sclerosis Society, Pacific South Coast Chapter**  
Program: Hawaii Expansion Project  
Grant: $10,000  
Uses a new community model that increases local presence on all islands, which improves well-being and access to quality care and resources.

**Puna Community Medical Center**  
Program: Lava Relief Effort  
Grant: $20,000  
Provides urgent care services to residents and visitors in the lower Puna district of Hawai‘i Island.

**Seagull Schools**  
Program: 2015 Intergenerational Conference  
Grant: $3,500  
Supports an intergenerational, international conference for youth and older adults at the Hawai‘i Convention Center.

**The Salvation Army**  
Program: Care-a-Van for Homeless Outreach  
Grant: $18,680  
Purchases a new van for mobile outreach to homeless individuals and families in Kahului, Kihei, Pā‘ia, and Wailuku in Maui County.
The Trust for Public Land  
Program: A Day on the Land  
Grant: $3,000  
Educates local volunteers on land preservation’s connection to personal well-being through weeding, native seed collection, and clearing trails.

University of Hawai‘i,  
John A. Burns School of Medicine  
Program: Family Medicine Primary Care Consortium  
Grant: $250,000  
Develops a plan to fund, stabilize, and expand the Family Medicine Residency Program, which supports the state’s family physician workforce.

University of Hawai‘i,  
School of Nursing & Dental Hygiene  
Program: Hawai‘i Keiki – Healthy & Ready to Learn  
Grant: $42,368  
Provides school health nursing and primary care services in public schools to increase health care access for students of all ages.

As a Hawai‘i Keiki nurse, I give the school another set of eyes looking into health – attending to those needs so kids can be present and mentally and physically ready to learn.”  
Zoe Shih, MSN, FNP, APRN, RD

Volunteer Legal Services Hawai‘i  
Program: Senior Legal Check-Up Project  
Grant: $15,830  
Gives underserved seniors on O‘ahu and in West Hawai‘i legal information and services that affect their well-being, such as advance care directives.
**Wahiawa Community Based Development Organization**

Program: Weed and Seed  
Grant: $74,998  
Organizes community improvement projects, including a summer culinary program for youth.

> “This program taught me how to cook and have confidence in the kitchen. I can now help my foster mom cook dinner for my foster sisters and brothers. I made chicken katsu for them and it’s their favorite. Taking this class made me feel good and I learned so much.”

*Dominique Locke*, participant of Weed and Seed’s Culinary Arts Summer Program

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**Waimānalo Health Center**

Program: Waimānalo Health Center  
Grant: $75,000  
Provides primary care and preventive health services to the West O‘ahu community.

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**YMCA of Honolulu**

Program: EnhanceFitness – Community-Based Arthritis Program  
Grant: $40,000  
Safely increases participants’ fitness levels through aerobic and strength training exercises while building a sense of community.
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If you have a project that will benefit the community, consider applying for a grant. We receive applications from many different organizations and carefully consider proposals that answer these questions:

- Why is your project important?
- What exactly do you plan to do?
- What are the products of those activities or events?
- What key changes in skills, knowledge, values, attitudes, behaviors, conditions, etc., will result from the activities?
- How will we know that you’ve made that difference?
- How will your organization successfully achieve its goals?
- How much will it cost?

Visit hmsafoundation.org for more information on:

- The grant-making process.
- Eligibility and limitations.
- What we look for.
- How to apply.
- Deadlines and meeting dates.
- Responsibilities if grant is awarded.