“The goodness of the world in which we live is the accumulated goodness of many small and seemingly inconsequential acts.”

Gordon B. Hinckley
Table of Contents

President’s Message ........................................ 1
Mission ........................................................... 2
History ............................................................ 2
Our Commitment ............................................ 2
Board of Directors, Officers, and Staff ............... 5
Grants by Program and Population Area .......... 6
2012 Grant Recipients ..................................... 8
Request for Proposals .................................... 19
Grant Application Guidelines ......................... 20
Aloha,

A high school student helps an elderly woman across a busy street. A man on his daily walk picks up a sheet of newspaper from the sidewalk without breaking a stride. At the supermarket, a child picks up a coin and gives it to the cashier who dropped it.

It doesn’t take much to do something good for someone. And whenever we do something good for someone — however small it may be — that helps maintain the spirit of goodness, caring, and aloha that’s synonymous with Hawai’i.

Each year, about 100 community programs from across the state apply for a grant from the HMSA Foundation. These programs and the people who run them are doing something good for their communities. They have seen a need and have been inspired to take action.

The grant applications are carefully reviewed, discussed, and further researched, if necessary. Then we award grants to programs whose missions most closely align with ours. In 2012, the Foundation awarded grants to 40 programs, which you’ll read about in this annual report. Together, they all contribute something special to the goodness in Hawai’i and also the world.

The HMSA Foundation would be hard-pressed to continue its mission without our Board of Directors, which oversees the Foundation’s activities and provides invaluable direction and advice. Their commitment to the Foundation and its mission is steadfast. I’m truly grateful for their work and dedication.

Please join me in acknowledging the good works of these programs. We are privileged to share their commitment to the future of Hawai’i and its people.

Mahalo,

Robert P. Hiam
President
HMSA Foundation
Our Mission

The mission of the HMSA Foundation is to extend HMSA’s commitment to provide access to cost-effective health care services; health promotion, education and research; and the promotion of social welfare.

Our History

The HMSA Foundation was established in 1986 by the Hawai’i Medical Service Association to stimulate research in issues that affect Hawai’i’s health care industry. In 1998, the HMSA Foundation became a private foundation and established a grantmaking program to help meet the need for education, research, and information during challenging economic times. The HMSA Foundation enables HMSA to further enhance the overall health, well-being, and quality of life of the communities we serve through grantmaking, strategic initiatives, publications, and community programs.

Our Commitment

The HMSA Foundation supports programs in four areas:

Access to Health Care

General Social Welfare and Healthy Communities

Health Care Delivery System

Health Promotion and Disease Prevention
HICORE's initial focus was to help researchers and pediatric health care providers work more closely together to address childhood and adolescent obesity.

During the four-year grant, which concluded in 2012, HICORE developed an obesity research database, established a scientific advisory committee, educated first-year medical students about childhood obesity, launched a website, and much more.
At this conference, more than 630 health care professionals and other participants learned the latest research on prevention, assessment, and intervention techniques to help children, adolescents, and adults – and their families – who are victims of trauma and abuse. This grant concluded in 2012.
Our People

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Program Specialist
HMSA Foundation grants are funded with annual investment income earned on HMSA’s original endowment. Grants are not funded with health plan premiums from HMSA members or employer groups.
Forty health care professionals came together to determine how to provide nurses with more opportunities for health care and education.

The conference resulted in the Hawai‘i State Center for Nursing winning a two-year, $300,000 grant from the Robert Wood Johnson Foundation to address the critical need for access to quality patient-centered nursing care. The grant that funded this conference concluded in 2012.
‘Aha Kâne – Foundation for the Advancement of Native Hawaiian Males
$10,000
The ‘Aha Kâne Native Hawaiian Men’s Health Conference helped 425 men focus on their roles and responsibilities as leaders in their communities. The conference presented traditional warrior arts demonstrations, athletic competitions, chant and hula workshops, health screenings, and much more.

‘Ahahui o nā Kauka, Association of Native Hawaiian Physicians
$5,000
Held on Maui and Kaho‘olawe, the association’s conference hosted 53 community leaders who learned about healthy local food systems and improved health through the ‘Ai Pono, Ola Pono (“Eat Healthy, Live Healthy”) program.

Aloha Medical Mission
$150,000
People on O‘ahu who can’t afford or access basic medical and oral health services can depend on Aloha Medical Mission to help them. In turn, their volunteers reap emotional, spiritual, and professional benefits when delivering care to those people.

American Diabetes Association
$5,000
The 10th Annual Professional Education Symposium brought 150 health care professionals up to date on the latest information about diabetes, including techniques and methods of care that consistently produces superior results.

American Heart Association
$5,000
More than a hundred health care providers received the latest information and statistics on strokes, assessments, and treatment guidelines at the Get With the Guidelines Hawai‘i Stroke Workshop.

American Red Cross
$5,000
Superstorm Sandy hit the East Coast in October 2012, but the damage she inflicted on many homes is long-lasting. Families who are still living in more than 3,000 hotel rooms in New York City received hot meals and debit cards for food from the Red Cross as a result of this grant.

Forty programs throughout the state received grants from the HMSA Foundation to improve the health and well-being of their communities.
The Arc of Hilo
$4,300
To improve the quality of life for people with developmental or other disabilities, the Arc of Hilo is using this grant to expand community support services, which include adult day care and personal assistance programs, and to stage workshops on diabetes prevention and management, cardiac rehabilitation, asthma, and other health-related issues.

Catholic Charities Hawai‘i
$11,025
More than 630 health care professionals who attended the Ninth Annual Hawai‘i Conference on Assessing, Treating, and Preventing Child, Adolescent, and Adult Trauma received practical information, results of the latest research, and best practices for prevention, assessment methods, and intervention strategies for people who have been traumatized or abused.

Child & Family Service
$25,000
To effectively help and support Native Hawaiians who are victims of trauma, this grant enabled the development of a care curriculum that integrates Native Hawaiian values.

East Hawai‘i IPA Foundation
$10,000
The East Hawai‘i IPA Foundation’s Annual Health Care Symposium, “Health Care in Transition: Current Trends,” presented topics such as the patient-centered medical home model of care and electronic health records. The symposium drew 110 health care providers.

Family Promise of Hawai‘i
$20,000
“Thousands of families in our community face homelessness every day,” says Family Promise of Hawai‘i Executive Director Mary Saunders. “Thanks to the HMSA Foundation, we can provide temporary shelter and nutritious meals while families transition out of homelessness and into safe and healthy households.”

During the first six months of awarding the grant, Family Promise of Hawai‘i provided 7,270 “bed nights” and 21,810 meals for homeless families. Additionally, 40 families received HMSA Foundation health and safety bags that contained items such as a first-aid kit, soap, toothbrush, toothpaste, flashlight, and an emergency information card.
Hawai‘i Appleseed Center for Law and Economic Justice  
$7,500

More students at three O‘ahu schools will receive breakfast through Hawai‘i Appleseed’s Breakfast in the Classroom program, which works with the Department of Education to provide an additional meal to students who already receive free and reduced-price school lunches.

Hawai‘i Children’s Cancer Foundation  
$5,000

Devoted to providing services to children with cancer and their families, the Hawai‘i Children’s Cancer Foundation used this grant for financial assistance, social events, education, and advocacy.

Hawai‘i Health Systems Foundation  
$130,000

Physicians, nurses, and social workers learned how to deal with their patients’ pain, symptoms, and stress caused by serious illness. The Statewide Palliative and Hospice Care Training Program focused on four hospitals on Kaua‘i, Maui, and O‘ahu.

Hawai‘i Institute for Public Affairs  
$5,000

The grant supported printing of the 2012 Hawai‘i Directory of Elected Officials to help citizens reach out and communicate with lawmakers. Thirty thousand copies of the directory were distributed in the community.

Hawai‘i Pacific Gerontological Society  
$3,500

About 380 elder care providers attended the society’s biennial conference to discuss ideas and share knowledge to make Hawai‘i a better place to grow old. The conference focused on innovative programs, integrating services, and invigorating policies and practices.

Hawai‘i State Center for Nursing  
$2,000

Forty health care professionals gathered at a conference to discuss the Academic Progression in Nursing grant from the Robert Wood Johnson Foundation. The Hawai‘i State Center for Nursing provided a progress report of the Hawai‘i Action Coalition over the past year and RWJ provided an update of the national efforts. More information about this grant is on page 7.
This 2007 grant, which concluded in 2012, funded an upgrade to HHH’s case management and billing system. The staff streamlined their work procedures – bill processing, for example, now takes five minutes instead of six hours.

Data is entered directly into the electronic medical record system, ensuring accurate information. The result of the system upgrade is improved efficiency and quality of care.

Helping Hands Hawai’i (HHH)

Case Management and Billing System for Behavioral Health Services

$80,000
Honolulu Theatre for Youth
$25,000

Addressing the growing, troubling issue of bullying, this grant enabled the Honolulu Theatre for Youth to adapt and stage the award-winning novel, *Call It Courage*. The play tells the story of Mufatu, who is ruthlessly bullied and sets off on an epic journey to find his courage.

Hospice of Hilo
$60,000

With this grant, Hospice of Hilo will create a palliative care center in their new inpatient facility. People on Hawai‘i Island with a terminal illness will be able to get a special kind of care so that they may live with dignity and comfort.

Joslin Diabetes Center
$8,000

People who don’t have regular access to health care will ultimately benefit from the Third Annual Big Island Diabetes Summit, an outreach education program. Nearly 40 summit participants attended workshops to further their knowledge of helping patients manage their diabetes.

Ka‘u Rural Health Community Association, Inc.
$40,000

The association will establish health, education, research, and economic sustainability opportunities for residents. The association is committed to preserving access to quality health care in rural communities.

Kaua‘i Hospice
$30,000

Kaua‘i Hospice, the only hospice on the Garden Island, ensures compassionate care and comfort for patients who have a terminal illness. The hospice also provides bereavement support to patients’ families.

Lead4Tomorrow
$20,000

Committed to creating safer communities and healthier families, Lead4Tomorrow teaches violence prevention leadership skills through cross-sector training, programs, and initiatives to reduce violence.
Lunalilo Home
$5,000
Staffers at Lunalilo Home received training in the latest elder care practices to enhance their knowledgeable, compassionate care.

Ma Ka Hana Ka ‘Ike Building Program
$30,000
The Malama Na Kupuna program enlists at-risk youth to build handicap-access improvements and cottages for Hāna elders. The program also addresses community health issues, such as overcrowded facilities for kupuna with disabilities.

“We’re honored to be partnering with the HMSA Foundation to make a difference in the lives of Hāna’s youth and kupuna,” says Ma Ka Hana Ka ‘Ike Executive Director Rick Rutiz. “Not only do our students display higher self-esteem, they learn that they have the power to change their future.”

Malama Na Makua A Keiki
$21,443
This grant helps restore Baby S.A.F.E. (Substance Abuse Free Environment), an early intervention and outreach program for pregnant women who are at risk for substance abuse. The program provides a safe environment for women to share their feelings about their pregnancy and get help in maintaining a healthy lifestyle.

Maui AIDS Foundation
$10,000
Residents of Maui County continue to have access to free and anonymous HIV/HCV rapid testing due to this grant. The money also helps the AIDS Foundation to educate and counsel people in remote areas, specifically Hāna and Moloka‘i.

Na Hoaloha/Maui Interfaith Volunteer Caregivers
$5,000
While most of us don’t think of transportation as a health care issue, it’s an obstacle for many seniors with disabilities. Addressing that critical need, this program provides transportation for seniors who want to see their doctors.
Ma Ka Hana Ka ‘Ike Building Program

Malama Na Kupuna

$30,000

Fifty-three high school students in Hāna, Maui, learned construction skills and built handicap-access ramps, community centers, and small homes for elders, completing a total of eight projects.

In the process, the youth learned that they have the power to change their future. This grant, which was awarded in 2011, concluded in 2012.
National Alliance on Mental Illness Hawaiʻi  
$30,000

This grant enables the recruitment and training of new teachers and also helps those who need recertification in the Family to Family Education Program, which supports families that have a loved one with a mental illness.

Papa Ola Lokahi  
$39,568

Neighbor Island residents who travel to Oʻahu for specialized medical care can get airfare, transportation, referrals, and services such as psychological and social guidance through the Access to Specialized Health Care program.

Planned Parenthood of Hawaiʻi  
$50,000

Planned Parenthood on Kauaʻi is using this grant to expand into a full-time, full-service program. The organization helps medically underserved teens and low-income individuals who want free or low-cost family planning services.

Project Vision Hawaiʻi  
$50,000

Students in 13 schools on Oʻahu’s Leeward Coast can get vision, retinal, hearing, and developmental screenings. Also, their parents can learn more about their children’s needs, potential health issues, and options for additional care.

“Most of the time, people don’t go to a doctor because they don’t think anything is wrong,” says Michael Bennett, M.D., founder and president of the Retina Institute of Hawaiʻi and creator of Project Vision Hawaiʻi. “We’re trying to alter that way of thinking and encourage people to seek education and preventive care.”

Rehabilitation Hospital of the Pacific  
$100,000

This grant supports the renovation of an existing wing at Rehab into new exam rooms for physiatrists, who treat patients who are recovering from injuries or illnesses that affect their ability to move, speak, or take care of themselves.
Special Olympics Hawai‘i
$12,873
Eight hundred intellectually challenged athletes were able to train for statewide competitions as a result of this grant, which also supported 650 certified coaches and provided health screenings for 360 athletes.

Special Olympics Hawai‘i
$100,000
Special Olympics Hawai‘i is building a multi-million dollar center in Kapolei. The Hawai‘i Sports and Wellness Center will be a training site for Special Olympics participants and a health and wellness center where adults and children with intellectual disabilities can get free physical exams; screenings for hearing, vision, and podiatry; and wellness and nutrition education. Studies show that people with intellectual disabilities have a 40 percent greater risk of suffering from preventable health conditions than the general population.

University of Hawai‘i, John A. Burns School of Medicine, Department of Pediatrics
$120,000
This grant enables community organizations to work more effectively with JABSOM’s Hawai‘i Initiative for Childhood Obesity Research and Education (HICORE) campaign to prevent childhood obesity. Culturally sensitive, multi-lingual materials that promote a healthy lifestyle were developed and are being distributed by community partners and in clinics and health centers.

University of Hawai‘i, Kapi‘olani Community College
$10,000
The Kūpuna Education Center provides training and continuing education programs for older adults, family caregivers, and paraprofessionals. This grant provides online courses for caregivers who help an increasingly frail population of older and disabled adults in their homes, care homes, and day care centers.

University of Hawai‘i Maui College
$100,000
Poor oral health can lead to emergency room visits and diseases such as diabetes and high blood pressure. In pregnant women, it can lead to preterm births. Preventing such tragedies is the goal of Improving Oral Health for Native Hawaiian Prenatal Mothers and Children. The project reaches out to children and pregnant women with oral health screenings and referrals to help them develop a healthy dental routine.
Women In Need
$15,000

Families on Kaua’i and O’ahu can break the cycle of domestic violence, homelessness, and substance abuse with help from Women In Need. This grant was used for substance abuse relapse support, which gives people the tools they need to take control of their lives.

YMCA of Honolulu
$50,000

“We know our communities in Hawai’i are facing increasingly critical social and health issues such as childhood obesity,” says Michael Broderick, president and chief executive officer of the YMCA of Honolulu. “As part of our healthy living and youth development focus, finding innovative and collaborative ways to reduce and prevent childhood obesity is a top priority.

“Our Nutrition Exercise Weight Management Kids program is a great example of the power of collaboration and commitment from such wonderful partners as Kapi’olani Medical Center and HMSA. And we are excited about the potential this program has to help our local families win the battle against childhood obesity and gain a healthier future.”
Lānaʻi Community Health Center (LCHC)

Improving Patient Care & Chronic Disease Outcomes through Chronic Care model and Electronic Patient Registries

$50,000

This project developed and implemented a diabetes and cardiovascular disease wellness education program that used the LCLH electronic medical record and patient registry program with the chronic care model. Thirteen staff members were trained to use the program.

Many of the 49 patients who participated in the program met or exceeded goals for reducing their blood pressure, losing weight, and managing their diabetes. This grant concluded in 2012.
Reducing Health Disparities Between Native Hawaiians and Other Racial/Ethnic Groups in Hawai‘i

The HMSA Foundation is seeking proposals for projects or programs that encourage Native Hawaiians to live a healthy lifestyle. The Foundation is especially interested in innovative programs that focus on obesity, physical activity, nutrition, and smoking cessation. The project or program may follow one or more of these formats:

- **School-based projects** that create, test, or improve programs that encourage physical activity and/or healthy eating (e.g., health education curricula, and sports and physical education programs).

- **Community-based projects** that improve or create policies that promote physical activity and/or healthy eating (e.g., access to healthy foods and safe opportunities for physical activities).

- Projects in **health care settings** that focus on cultural, social, or physical changes in services or environment that improves health (e.g., weight management and prevention of overweight and obesity through employee wellness programs, staff education, and appropriate behavioral and/or weight management counseling and follow up).

Application deadlines: January 1, April 1, July 1, and October 1.

The HMSA Foundation may award roughly $200,000 each year. In your proposal, please consider a level of funding that will help your project eventually become self-supporting.

For more information about this request for proposal and how to apply online, go to www.hmsafoundation.org.
Visit the HMSA Foundation website for the following information and more:

- Grantmaking Process
- Eligibility & Limitations
- What We Look For
- How to Apply
- Deadlines and Meeting Dates
- Responsibilities if Grant is Awarded

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