

COMMUNITY NOTICES



West Hawai'i Mediation Center

Presents

Conflict Stories: Creating a Living Legacy: Who will call you?

Join us for an evening devoted to sharing stories that connect to living your legacy, rather than leaving your legacy.



After an extensive and acclaimed military career leading men and women in combat and humanitarian missions, Col. Daugherty founded the teaching and training organization *Total Courage*. Total Courage provides character-building coaching for students, athletes, and mentors to live a principled life. A dynamic speaker, Col. Daugherty is sought around the country for sharing his inspiring story to help others build character and lead a more meaningful life.

Mana Christian Ohana

67-1185 Mamalahoa Hwy., Kamuela

Friday, February 28, 2020

6:00 PM

\$10 entrance fee. Students FREE - Donations gladly accepted.

RSVP at whmediation.org/ConflictStories or 808-885-5525 - info@whmediation.org

COMMUNITY NOTICES



*A Fundraiser for
West Hawaii Mediation Center*

Whale Watch Cruise

On the Ocean Sports Alala Catamaran at Kawaihae Harbor

Sunday, February 16, 2020

Sail Time 12:30pm—2:30pm (check-in 12:00pm)

*Tickets \$85 per person—Includes light snacks, juice &
water*



West Hawai'i
Mediation Center

FOR TICKETS:

885-5525 or

INFO@WHMEDIATION.ORG

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BIG ISLAND KOKUA SERVICES PARTNERSHIP & MEDQUEST



IF YOU STILL DON'T HAVE HEALTH INSURANCE, YOU MAY QUALIFY FOR MEDQUEST OR A

2020 SPECIAL ENROLLMENT PERIOD

- ◊ **LOSS OF EMPLOYER HEALTH COVERAGE**
- ◊ **GOT MARRIED OR HAD A BABY**
- ◊ **JUST MOVED TO HAWAII**
- ◊ **HAD A CHANGE IN HOUSEHOLD INCOME**
- ◊ **RECENTLY RELEASED FROM INCARCERATION**

If you think you qualify for an SEP or have questions or concerns, please contact our KOKUA.

- ◆ **HIHAF- Rachele C. Hanohano 808-896-5051 (Hilo) or Halia Bautista 808-937-8201 (Hamakua) or Paul Thome 888-242-1081 (Hilo and Pahoa)**

Hilo Lagoon Centre, 101 Aupuni Street, Penthouse #1014C , Hilo , Hawaii 96720

- ◆ **YMCA- Shon Araujo 808-854-0152 (Pahoa Community Ctr. in the Puna District) or Kealoha Donnell 808-854-0256**

300 W. Lanikaula Street, Hilo, Hawaii 96720

- ◆ **Kalanihaie Miloli'i- Kaimi or Anita Kaupiko 808-937-1310**

89-1196 Mamalahoa Hwy, Captain Cook, Hawaii 96704

- ◆ **WHCHC-West Hawaii Community Health Center- Beonka Snyder 808-327-0803, Tina Evans 808-640-8587, Walter Laniwai 808-785-8201, Charles Kelen 808-491-9761**

75-5751 Kuakini Hwy, #203 Kailua-Kona , Hawaii 96740



COMMUNITY NOTICES

NOVEL Coronavirus What You Need to Know

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus is a new strain of coronavirus that hasn't been identified before in humans.

How is it spread?



Through coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Because novel coronavirus is new, we are learning more each day about the transmission patterns and incubation periods



People who have traveled to or from **Wuhan City or Hubei Province, China** since **December 1, 2019**, could have been exposed to the virus. Seek medical care if you traveled to Wuhan or Hubei and develop a fever and cough or respiratory symptoms within 14 days of your return.

What are the symptoms?



Fever



Cough



Difficulty Breathing



Severe Illness

How can I protect myself when I travel?

Travelers going outside the US

- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.

If you traveled to Wuhan or Hubei and feel sick

- Stay home and avoid contact with others
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.

If you think you may have been infected with novel coronavirus, call the DOH Reporting Line at (808) 586-4586.

This document was produced by the State of Hawaii Department of Health, adapted from the Los Angeles County Department of Public Health.



COMMUNITY NOTICES

CoDA of North Hawai'i Meeting



Co-Dependents Anonymous (CoDA)

CoDA is a Twelve Step Fellowship of men and women whose common purpose is to recover from codependency.

The only requirement for membership in CoDA is a desire for healthy and loving relationships.

Is your life unmanageable?

Do these Characteristics of Codependence sound like you?

Co-Dependents often:

- Minimize, alter, or deny how they truly feel.
- Judge what they think, say, or do harshly, as never good enough.
- Value others' approval of their thinking, feelings, and behavior over their own.
- Are extremely loyal, remaining in harmful situations too long.
- Freely offer advice and direction without being asked.
- Accept sexual attention when they want love.
- Are afraid to express their beliefs, opinions, and feelings when they differ from those of others.
- Believe displays of emotion are a sign of weakness.
- Become resentful when others decline their help or reject their advice.
- Make decisions without regard to the consequences.
- Give up their truth to gain the approval of others or to avoid change.
- Have difficulty admitting a mistake.
- Label others with their negative traits.
- Are unable to identify or ask for what they need and want.
- Have trouble setting healthy priorities and boundaries.
- Come from a dysfunctional home in which your emotional needs weren't met.

Join us for a *CoDA of North Hawai'i* meeting:

Every Monday night @ 7pm for 1 hour

All are welcome (ages 13 and up)

Located at St. James Episcopal Church in Waimea
(in the last building on the right hand side before exiting church property).

Please contact Emilie for any questions or details at (808) 936-4914.

For more information go to: www.coda.org