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Healing Connections

Dear KKV 'Ohana~

As we welcome the Makahiki and Holidays, all of us working at KKV want to thank you for your continued love and support.

We do this work with you throughout the year. You uplift and move us with your gifts, volunteer hours, advocacy, kind words, and regular reminders of our shared network of old and new friends and neighbors, thoughtful visitors, and current and past students, volunteers, and staff.

As many of you know, we believe that **health is wholeness** and that wholeness is the vast web of seen and unseen connections among us. This last year, you were stewards of this web as much as we were.

When our community speaks of health, they commonly speak of feeling connected to place ('aina), to others (community), to their ancestral past, present and future, and to their best self, gifts and purpose. **We celebrate these connections** as a way of remembering who we are as a community.

Here are a few things we remember from the last year:

- How one kupuna in extreme pain from chronic health problems joined KKV's Elder Care program and regained health and zest by exercising and dancing with her fellow seniors.
- How one patient with chronic illness spoke of sharing stories, laughter, and tears together with her doctor of 20 years and how as a result her burden felt lighter.
- How one young child who lost a parent slowly emerged from her shell after caring for a Kalo plant she brought home from Ho'oulu 'Aina, our 100-acre nature and culture preserve.

You can read about the kupuna's healing journey in [Helping Seniors Stay Healthy](#), a story recently featured in *Hawai'i Business Magazine*. In the year ahead, we hope to bring you more **stories of healing** in our community, through our e-newsletter.

As 2019 draws to a close, we feel deeply grateful for your support, care and aloha. Thank you for continuing to build with us a healthy and just Kalihi community where all can thrive.

Me ke aloha,



David Derauf, MD, MPH
Executive Director



We welcome all forms of support that will help us continue our work. Please give if you can. *Mahalo!*

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