

Weekly Resources

Resources and information to share with schools and 'ohana



PE at Home with Mike Morris

<https://www.youtube.com/c/MikeMorrisPE/featured>

Mike Morris is an energetic, innovative Physical Education teacher in North Carolina, and has a YouTube channel that focuses on fun activities that the whole family can do, such as "Scarf Challenges" and the "Cupid Fitness Capacity Shuffle." Have fun while being physically active!



Ho'ola Na Pua

<https://hoolanapua.org/>

Ho'ola Na Pua is dedicated to creating a community where children are safe and have the ability to embrace their bright futures. They promote holistic health, education and training programs, advocacy, and reintegration. They are an active member of the Hawaii Coalition Against Human Trafficking Task Force. For assistance, call their 24/7 help line at (808) 435-9555.



One Sight/Lens Crafters Vision Assistance Program

Each week, Hawaii Youth Services Network is able to obtain FREE eye exams and glasses for three individuals on Oahu or Maui that meet requirements (income level, no current vision insurance, and has not received free vision assistance in the past year). Please see below for more details on income levels and application form.

Deadline to apply is October 11, 2020. Send completed form to Judith Clark at jclark@hysn.org



Income level.docx

One Sight/Lens Crafters - Please review chart to see if you meet the requirements for income.

[Download](#)
13.0 KB



2020 vision care application2 (2).docx

One Sight/Lens Crafters - Please complete application, no income documentation is required. Send completed form to Judith Clark at jclark@hysn.org

[Download](#)
90.1 KB

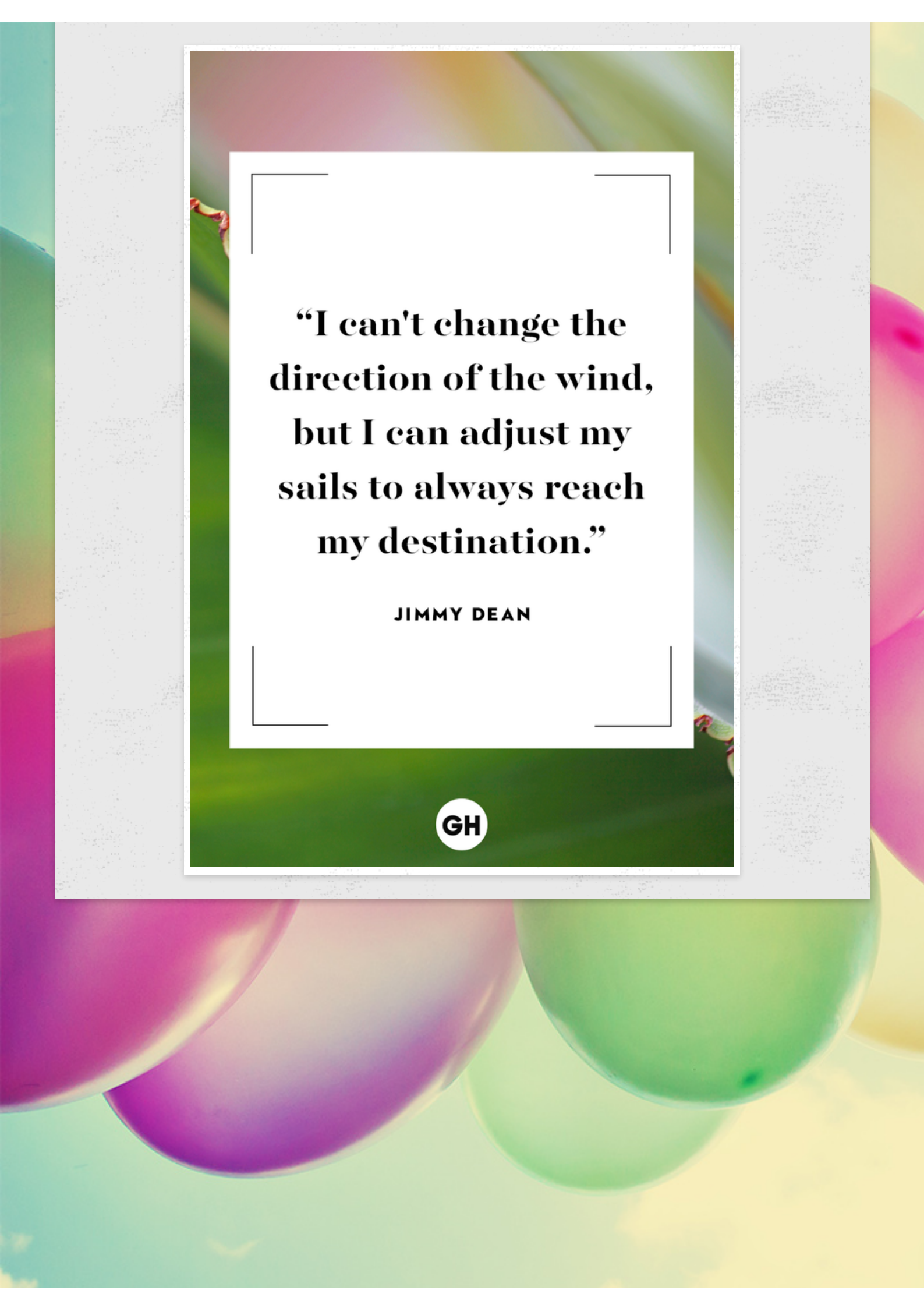


Hawaii Foodbank's Food Assistance Program

https://hawaiifoodbank.org/wp-content/uploads/2020/09/HawaiiFoodbank_FoodAssistanceHandout_Oahu.pdf

This is the current list as of September 17, 2020.

Please call the site before going to ensure that they are open, as information is quickly changing.



**“I can't change the
direction of the wind,
but I can adjust my
sails to always reach
my destination.”**

JIMMY DEAN

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