

DECEMBER 2023

NEWSLETTER



" For nearly six decades, BISAC has remained resilient and thriving. Even amidst the enduring impacts of COVID-19, our commitment to serving the most vulnerable members of our community has remained unwavering. The individuals we assist still encounter significant barriers and disparities in accessing support. Despite these challenges, BISAC has been steadfast in designing programs that meet people and families exactly where they are.

As we approach our 60th anniversary in the upcoming year, we're thrilled to highlight the remarkable achievements of our organization. We recognize the evolving needs of our community and have dedicated ourselves to exploring innovative solutions that address the gaps in service provision. Our vision remains steadfast: to offer a comprehensive and compassionate place of healing where individuals and families can access care.

"BISAC's mission remains deeply rooted in supporting a healthier and more vibrant community. Leading this incredible organization fills me with immense pride and honor. As we step into the holiday season, I wish you all good health and happiness."



DR. HANNAH PRESTON-PITA
CHIEF EXECUTIVE OFFICER



HOLIDAY EATS



With holiday celebrations in full swing, soothing completes the experience like an array of delectable dishes! Whether you're busy crafting new memories in the kitchen or cherishing moments while savoring a meal with loved ones, the joy of these gatherings is often intertwined with the delicious food that graces our tables.

Below are easy recipes that are sure to be winners. These recipes were collected from our wonderful staff for everyone to enjoy!

BOMB CRAB SUSHI BAKE

FROM: JADE DELARIES

INGREDIENTS

4 cups Cooked Rice, spread into a 9x13 pan
2-3 cans Crab (drain water) or 2 packs of Imitation Crab, Shredded
1 Kamaboko, Thinly Sliced
1 cup Mayonnaise
1 cup Sour Cream
2tsp Tobiko (optional)
Shiitake Mushroom (as desired), Soaked/Cut into Strips
Green Onion, Thinly Sliced (save some for garnish)
Nori Furikake (garnish) j. Packs of Korean or Seasoned Nori Strips

PREP

Combine Ingredients b.- h.
Spread Over top of Rice
Broil until Lightly Brown (about 15 mins)
Garnish with Nori Furikake and Green Onion
Best when Served Immediately ·
Spoon a Serving onto Nori Strip and ENJOY



SHRIMP SCAMPI

INGREDIENTS

1 lb pasta like spaghetti, angel hair, or linguine ·
1 lb large shrimp
Salt
2 tbsp olive oil
4 tbsp butter
4 garlic cloves
1/2 tsp crushed red pepper flakes
1 tbsp butter additional
1/2 cup dry white wine
1 lemon - juice only
2 tbsp minced fresh parsley

PREP

Cleaned and de-veined Shrimp
Cook pasta until al dente, drain off the water, and set aside.
Measure/prepare ingredients before cooking
Season shrimp with salt and toss to spread evenly.
In a large skillet, melt butter and add olive oil.
.Add smashed garlic, red pepper flakes and saute until garlic is browned.
Add shrimp to the skillet and cook until it turns opaque on both sides.
Take shrimp out of the pan but leave butter and garlic behind.
Add a little more butter and let it melt.
Pour in white wine, mix, and let it simmer for a few minutes.
Add lemon juice and salt. Return shrimp to the skillet.
Cook for just about a minute, stir in parsley, and add cooked pasta.
Toss everything together and serve



EASY ENGLISH COTTAGE PIE

FROM: MICHAEL JAMES

INGREDIENTS

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|--------------------------|---------------------------------|
| 1 pound lean ground beef | 1 tablespoon tomato paste |
| 1 onion, diced | salt and pepper to taste |
| 3 carrots, diced | 4 potatoes peeled & diced |
| 2 tbsp all-purpose flour | 1 cup milk |
| 1 tbsp Italian seasoning | ¼ cup butter, softened |
| ½ tsp ground cinnamon | ¼ pound shredded Cheddar cheese |
| 2 tbsps chopped parsley | |
| 1 ½ cups beef broth | |

PREP

1. Cook and stir ground beef in the hot skillet 5 to 7 minutes. Add onion and carrot; cook and stir until onion has softened, about 5 minutes. Mix in flour, Italian seasoning, and cinnamon. Stir in parsley.
2. Combine beef broth and tomato paste together and add to beef mixture. Season with salt and pepper; lower heat and simmer for 15 minutes, stirring occasionally, until slightly thickened.
3. Preheat the oven to 400 degrees F (200 degrees C).
4. Place diced potatoes in a medium saucepan; cover with water and place over high heat about 15 minutes; drain. Mash potatoes until smooth, then add milk and butter; whip until fluffy. Season with salt and pepper.
5. Spoon ground beef mixture into a 9x13-inch baking dish; spread mashed potatoes on top and sprinkle with grated Cheddar cheese.
6. Bake in preheated oven until top is browned and cheese is bubbly, about 25 minutes



ORANGE CHICKEN

TED HERZOG

INGREDIENTS

SAUCE:

- | | |
|--|---|
| 2 Cups Orange Juice | Mix sauce all together and simmer for 5 minutes in sauce pan. |
| 4 T Shoyu | |
| 4 T Brown Sugar | |
| 4 T Vinegar | |
| 4 t Sesame Oil | |
| 4 Cloves Minced Garlic | |
| 2 t Minced Ginger
Chili Pepper (Optional) | |

SLURRY:

- | | |
|----------------|---|
| 2 T Cornstarch | Make slurry and add to sauce to thicken |
| 1/2 Cup Water | |

CHICKEN:

- 5 Chicken Thighs (deboned and bite size)
- 3 Eggs
- 1-1/2 Cup Flour
- 3 T Corn Starch
- 1/2 Cup Milk



CANDIED PECANS

FROM: RAYNELL ESPANIOLA

INGREDIENTS

Pecan halves - stick with the whole pecan pieces not chopped
Egg Whites - this acts as the glue and helps the sugar stick to the nuts.

Vanilla - this flavor pairs perfectly with the pecans. Use real vanilla for best flavor.

White Sugar - no brown sugar needed here. The white sugar caramelizes in the oven.

Cinnamon - If you like you can add some extra cinnamon for a stronger flavor.

Salt - regular table salt or fine sea salt work great.

PREP

1. Preheat oven, prepare baking sheet: Preheat oven to 250 degrees. Line an 18 by 13-inch baking sheet with parchment paper.
2. Whisk wet ingredients: In a large mixing bowl, vigorously whisk egg white with water and vanilla until very frothy.
3. Whisk dry ingredients: In a separate small mixing bowl, whisk together sugar, cinnamon and salt.
4. Toss pecans with wet ingredients: Add pecans to egg white mixture and toss until evenly coated.
5. Toss pecans with sugar mixture: Pour sugar mixture over pecans and toss until evenly coated.
6. Spread coated nuts onto baking sheet: Pour coated pecans over a parchment paper lined baking sheet and spread into an even layer.
7. Bake until crisp: Bake in preheated oven 1 hour, stirring every 15 minutes. Let cool.



SEAFOOD AND CUCUMBER SALAD

FROM: DR. HANNAH PRESTON-PITA

INGREDIENTS

- 1 package (8 oz) Flake or Chunk Style imitation crab
- 1 tablespoon rice vinegar
- 1 teaspoon ginger, finely minced
- 1 teaspoon of Hawaii salt
- 2 tablespoons sesame oil
- 3 tablespoons green onion, sliced
- ½ cup cucumber, diced
- Optional: 1 teaspoon black or white sesame seeds, lightly toasted

PREP

1. In a medium bowl, whisk together rice vinegar and ginger
2. Slowly whisk in oil and add sesame seeds (if desired). Gently toss in green onions, cucumber and crab.



COMMUNITY



The Hawaii Island Fentanyl Task Force proudly joined the Kea'au parade alongside BISAC, spreading awareness and support. Together we distributed an incredible 672 boxes of Narcan, empowering our community with life saving resources.



Part of developing our mentorship program has been connecting with other recovery communities such as Pro Recovery Power, based out of California. Our clients and staff participated in their conference that took place here on the island.



CELEBRATING OUR DEPARTMENTS

CASE MANAGEMENT



In the bustling heart of our organization lies a dedicated team of case managers, the unsung heroes behind the scenes, orchestrating transformations in the lives of those we serve. A typical day for these remarkable individuals is a whirlwind of purposeful activity. From meetings with clients to crafting and monitoring their self-sufficiency plans, every moment is dedicated to guiding, empowering, and advocating for those in need.

Recently, a particularly challenging case emerged—a client questioning their path within our program. Stepping in with a mere two and a half months remaining in their transitional housing, our diligent case manager dove in headfirst. They intensified support, ramping up weekly meetings and allocating extra hours to ensure this individual navigated the bureaucratic maze smoothly. Beyond paperwork, they stood side by side, attending crucial appointments, clarifying complex requirements, and ensuring the client grasped every step toward securing citizenship and stable housing before exiting the program.

Collaboration is the cornerstone of our approach. Our case managers seamlessly weave through departments, exchanging vital information and insights. Whether through emails or face-to-face interactions, they align efforts with the shared goal of holistic client care. Following protocols, policies, and keeping the client's wellbeing at the forefront, these collaborations fortify our mission to uplift and empower those we serve.

But what fuels these tireless champions? It's the unwavering belief in the power of guidance and knowledge. For our case managers, the greatest reward lies in fostering independence and resilience in others. Empowering individuals with the tools and skills to navigate life's complexities isn't just a job—it's a passion that fuels their every action. Through dedication, empathy, and unwavering support, our case management team continues to weave success stories, one life transformed at a time.





SASHA PAYAO

Marketing and Fund Development Coordinator

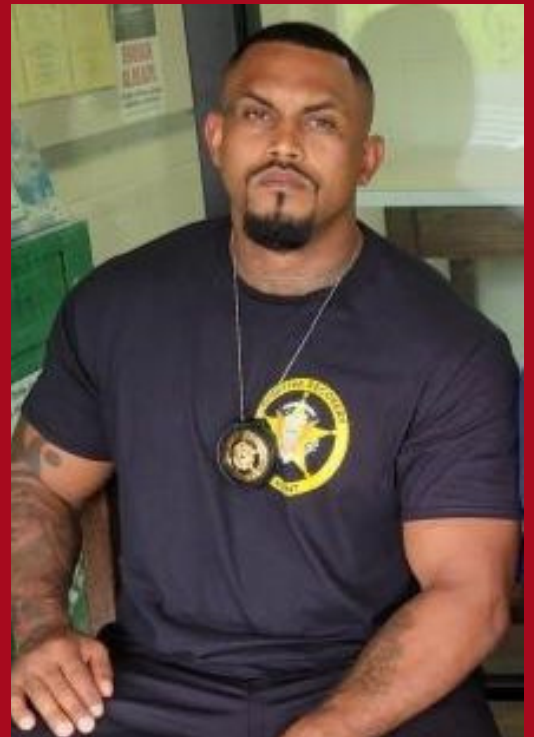
TEAM MEMBER OF THE MONTH

“Sasha's unwavering dedication and timely expertise in organizing events and supporting our clients reflect her exceptional commitment to our community's well-being.”

Sasha is an exceptional coordinator, ensuring the seamless execution of our organizations various events. She is incredibly organized and creative, coupled with genuine thoughtfulness towards both staff and clients. Collaborating with Sasha is a delight; she's a true asset at BISAC, her dedication and adaptability is truly remarkable.

CLIENT SPOTLIGHT

“My name is Brandon Torres. My sobriety date is 3/29/2020. I have been with BISAC as a client for over 10 years. I was in and out of the TLP program 7 time out of that 10 years. Three years ago I decided that enough was enough and its time for me to make a change and give back to the community and do what I need to do to get my daughter back into my life. My biggest problem was my relationships. I would always let them get the best of me. Today, I am now and employee of BISAC and work with the TLP Program as a Peer Specialist. I have my daughter back in my life and been in a healthy and stable relationship for 4 years now. I feel working in this field will motivate the men to make a change. If I can do it, anyone can.”



Brandon Torres



FROM THE BISAC OHANA
MERRY CHRISTMAS
&
HAPPY NEW YEARS

