



## HONOLULU EAP DISTRICT ADVISORY COMMITTEE



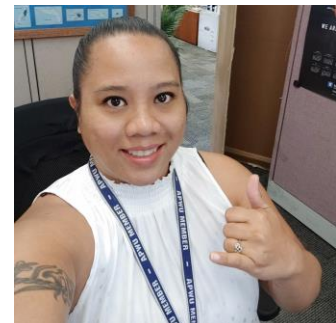
“As the Honolulu District EAP Consultant these past five years, I could not be any prouder of our District Advisory Committee. The Honolulu DAC was already up and running when I came on board in May 2015. I met a group of energized, talented, and dedicated postal employees who volunteer their time to promote the health and well-being of their postal ohana through promoting use of the Employee Assistance Program. The Honolulu DAC has come up with some innovative ideas in my tenure. Not only has the DAC had great ideas, but they have shown the ability to carry out the EAP promotions with great success. Another great aspect of our DAC is that the members bring so much of themselves to the meetings. The monthly DAC meetings are lively and fun. Members often brought food to share with one another to celebrate special occasions. The move to an online platform in April did not stop members from attending the DAC meeting. Mahalo nui loa to the Honolulu DAC. I look forward to our continued success.

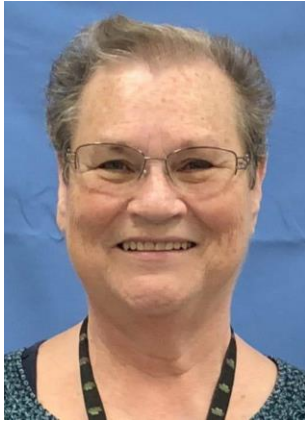
District-wide promotions have included interactive games such as EAP BINGO, slogan contest, and quiz. A highlight of our DAC has been the creation of videos featuring EAP services. Our current project is a series of postcards created by the DAC which are mailed to the home of every postal employee in the Honolulu district.”

- **Katherine Kirk, EAP Consultant**

“The short time I have been a member of the Honolulu DAC, I have met some amazing people. I have realized we all work for the same organization but our aspects are different and this has helped our Honolulu DAC to come up with some great ideas to promote EAP through video, a slogan contest and mailing out post cards.”

- **Yvonne Agrigado, APWU**





“I have had the privilege of being part of the DAC committee since 2006. In the day to day operations as the Occupational Health Nurse Administrator, I am involved in issues that often can have a negative effect on our USPS employees, such as chronic health conditions and work related injuries both of which may impact their ability to even have productive work. Being part of the DAC is like a “bright light” or a welcome relief from the daily activities, and highlights the importance of having a resource for these employees to seek the support and guidance that they need during their periods of incapacity. It also provides me an opportunity to meet and work with the union representatives of these employees, and an opportunity to hear about their challenges, whether it is a health related issue, a work related injury, or a personnel/personal issue. Thank you DAC and EAP!”

**- Mary Talon, OHNA**

“Bring a part of our active DAC committee allows me to stay informed on the latest information regarding EAP and how I can bring that information back to the offices for people who truly need it.”

**- Mike Vitug, APWU**

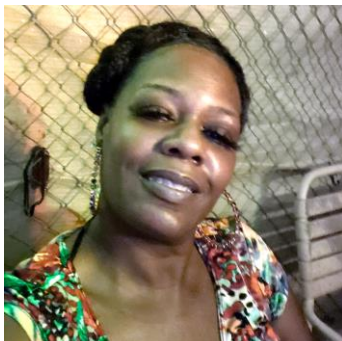
“Our DAC has done many projects to help with introducing EAP to the employees. Our most recent project was an EAP slogan contest and made postcards for the top three winners which was sent out to all employees of the Honolulu District. We have very creative and dedicated members on our DAC. I appreciate each and every one of them.”



**- Cynthia Ishizaki, NALC Br. 860**

“We come together offering ideas from all facets of the Postal Service and from many walks of life. But I believe our committee members have two things in common – a desire to serve others and a belief in the program, knowing it has the potential to break mental health barriers, that EAP may save a life in our extended Postal family... today or in the future. And that’s always well worth our time.”

**- Marissa Deponte, APWU**



“I think as a committee we have been meeting on a regular basis to brainstorm new and innovative ideas that help promote and spread awareness of the EAP program to eligible families.”

**- Belinda Gillespie, APWU**

“The members of the Honolulu DAC bring much aloha and pono (love and moral justification) to our projects promoting EAP. It is an extraordinary collaboration of special talents and skills and a dedication beyond the scope of the original goal of the DAC. The social distancing and local shelter-in-place mandates could not keep us from conducting our monthly meetings. We took to Zoom and found another venue to share ideas and promote DAC at a most crucial time when the services of DAC are needed more than ever. Our teamwork is truly an expression of our appreciation to the Postal Service and sister unions, NALC and APWU, for affording its employees this most significant benefit for mental health with much aloha and pono.”



- **Michelle Hee, NALC**