Epilepsy is synonymous with seizure disorders. Epilepsy is one of the 5 most diagnosed neurological conditions in the United States affecting over 2 million people in America. The effects of epilepsy can range on a large spectrum of different types of seizures. Not all seizures are the same and not all types of epilepsy are the same. While a seizure may develop in the brain, both the location within the brain and the length of the seizure help to determine what type of seizure the individual is experiencing.

Having seizures and epilepsy can affect one's safety, relationships, work, driving and so much more. Public perception and treatment of people with epilepsy are often bigger problems than actual seizures. With the varied types of seizures, it is important to keep accurate records and details of any seizures you may experience, so your doctor may be able to diagnose the specific type of epilepsy and provide the most effective treatment.

If you are diagnosed with epilepsy, your EFMP team is here to help and provide you with both the support and guidance you may need to navigate through, what may be, a very difficult time.

Our local chapter of the Epilepsy Foundation will be hosting a FREE conference this month on November 10th at Aloha Tower Marketplace from 9:00 am - 12:30 pm. For more information visit www.epilepsyhawaii.org
'Tis the giving season...

Thanksgiving leads into the gift-giving season. When looking for the perfect gift, consider getting items that foster creativity and learning.

Sensory Fun!

Sensory play means incorporating several senses into play such as touch, smell, taste, sight, and hearing. Things like smell-able markers, textured play-doh, sound boxes, and even stringy textured foods are simple examples of sensory items.

Incorporating simple (and many times inexpensive) sensory items into everyday play facilitates exploration and naturally encourages children to create, investigate and explore. Stimulating their senses helps children develop cognitively, linguistically, socially, emotionally, physically and creatively.

Share your ideas with others by posting to our EFMP Instagram page!  @efmphawaii

Assistive Technology for Academic Success!

Give a gift to help your student learn. Hawaii’s Assistive Technology Resource Center is the only program that allows individuals to try-out and borrow Assistive Technology (AT) products free of charge. The purpose of the Device Loan program is for individuals with disabilities to access AT prior to deciding to purchase.

If you’ve thought about purchasing any AT devices such as text-to-read or specialty hearing devices for music or Bluetooth, consider making an appointment with ATRC to determine the right fit for your student. When you and your child find what works best, ATRC can find helpful vendors who sell similar devices.

200 N. Vineyard Blvd., Suite 430
Honolulu HI 96817
Phone: 808-532-7110

Want specific sensory play activities? EFMP’s lending library has books on sensory activities, sensory games and other books on child development.

Want a copy of popular Apps for your Mac and Android devices to help with reading, writing, Dyslexia or Autism, contact your EFMP Family Case Worker for a copy of the Pedagogy Wheel.
The EFMP Lending Library offers great books, DVDs, & resources for our families to enjoy and learn from. If you want to know more about a topic, make EFMP Lending Library the place to begin your search. This month’s pick is the Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day. This is a cookbook that proves that people who have diabetes don’t have to give up the foods they love and can eat incredibly satisfying food every day, for every meal. The Betty Crocker Diabetes Cookbook delivers delicious and healthful recipes for diabetics, along with the latest medical and nutrition information from the International Diabetes Center. Perfect for Thanksgiving meal ideas, keeping friends and family with dietary needs in mind!

2018’s National Diabetes Month is focused on promoting health after gestational diabetes. Gestational diabetes is a type of diabetes that develops during pregnancy. Mothers who’ve had gestational diabetes need to know that they and their children have an increased risk for developing type 2 diabetes in their lifetime. Most times, gestational diabetes goes away after the baby is born. Even if the diabetes goes away, chances of getting diabetes increases, and your child from that pregnancy is at future risk for obesity and type 2 diabetes. In fact, half of all women who had gestational diabetes go on to develop type 2 diabetes.

www.niddk.nih.gov/

Take the Diabetes Risk Test to find out if you are at risk for type 2 diabetes at www.diabetes.org/risktest or by calling 1-800-DIABETES.

Recipe of the Month

Left-Over Crispy Turkey Tostadas

It’s that time of year to gobble up turkey favorites! Try this delicious recipe to make good use of all of your Thanksgiving leftovers.

Ingredients
14oz can petite diced tomatoes
1 medium onion; chopped
3 cups shredded cooked turkey
8 corn tortillas
Canola oil or olive oil cooking spray
1 avocado; pitted
1/4 cup prepared salsa
2 Tablespoons chopped cilantro
2 Tablespoons sour cream
1 cup shredded romaine lettuce
1/2 cup shredded Monterey jack cheese

Directions:
Bring tomatoes and their juice to a boil in a medium saucepan over medium heat. Add onion and cook; stirring occasionally, until the onion is soft and most of the liquid has evaporated (15 - 20 minutes). Add turkey and cook until heated through, 1-2 minutes. Meanwhile, coat tortillas on both sides with cooking spray. Divide the tortillas between 2 large baking sheets. Bake at 300 degrees, turning once, until crisp and lightly brown (about 10 minutes).

Did You Know?

- Diabetes affects about 30.3 million Americans. ~9.4% of the population
- 1 in 4 adults with diabetes (7.2 million Americans) are unaware that they have the disease.
- Another 84.1 million Americans have prediabetes - a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. 9 out of 10 adults with prediabetes don’t know they have it.

www.niddk.nih.gov/
Upcoming Events


Nov 3 — Access Surf Day at the Beach - FREE White Plains, Ewa Beach from 9:00 am - 1:00 pm. Fun surfing event, for all ages and abilities. Sign up at accessurf.org

Nov 8 — Respite Care Training - Learn about the EFMP respite care program and other community based child-care programs in Hawaii. RSVP to the EFMP at 808-257-0290.

Nov 8 — EFMP at Camp Smith (By appointment— call 257-0290 to schedule.)

Nov 10 — Happy 243rd Birthday Marines!

Nov 10 — Epilepsy Hawaii Community Conference - Aloha Tower Marketplace, ground level Multipurpose room 3. 9:00 am-12:30 pm FREE RSVP: www.epilepsyhawaii.org

Nov 12 — Veteran’s Day Observed — EFMP Office Closed

Nov 15 — The EFMP Office will be closed from 1100-1300.

Nov 17 — Hawaii Adaptive Paddling Association - Hawaii Adaptive Paddling Association (www.hawaiiadaptivepaddling.com) Kailua Beach park 10AM—1PM. Participants can enjoy a day at the beach with canoes, paddles, safety equipment, boogie boards, beach toys, & free lunch is provided. No cost to participate, please visit HAPA website for info & waiver form.

Nov 17 — Hawaii Theater for Youth ASL Interpreted & Sensory Friendly Performances - 11:00 am “Paniolo Stories” for ages 7+ For tickets, www.htyweb.org or 839-9885 $20 adult, $10 youth. Tenney Theater, at St.Andrews Cathedral 229 Queen Emma Square.

Nov 20 — Permanent Dependency- Learn about establishing permanent dependency, survivor’s benefits plans and special needs trusts. 1:30pm-2:30pm. Call 257-0290 to RSVP

Nov 20 — SSI & Medicaid Training - Learn about these federal programs and how your EFM can benefit. 2:30pm-3:30pm. Call 257-0290 to RSVP.

Nov 22 — Thanksgiving Holiday — EFMP Office Closed

Nov 27 — Coffee Hour - Building 219 courtyard near the Lava Java cart at 8:30AM—9:30AM. Support and network with other EFMP families and receive information on programs and services pertaining to EFMP.

Nov 29 — Ho’omana Windward Parent Support Group - Pali View Baptist Church, Kaneohe 6 - 8:00 pm Contact: alohadebbk@yahoo.com or hoomanagroup@gmail.com for info.