Have you attended one of our EFMP workshops, monthly Coffee Hour support groups, or our quarterly Special Needs Forums? If not, please consider joining us. We always welcome both new and familiar faces at our events! If you have attended any of our events, we would love to hear from you about your experience.

We are always looking for ideas & feedback on how to better serve you!

Do you have any workshop ideas? Please share with us!

We Want to Know!

---

Do you remember those butterflies in your stomach, those uninterrupted dinners, and shared moments with your special someone? Dating after marriage may not be as simple as it once was. Training, deployments, clearing schedules, or finding a baby-sitter, are all reasons that make dates few and far between. Sometimes the perfect date is just spending time together. Dating now is about making a moment special, so take a little time to show your spouse or loved one how much they mean to you. Here are some idea starters:

- **Take a walk on the beach.** Wake up early and take a sunrise stroll on the Beach. Our beaches are regarded as some of the best beaches in the world. Taking in the colors of the sunrise dancing on the Pacific Ocean, with your special someone, will set the stage for a romantic day.

- **Splash of fun.** – Outdoor & Recreation Center, among many items, has available 2-person kayak rentals 808-254-7666

- **Semper Fit.** – Take a yoga class together and recoup with a massage. Take a Mini-Cruise off the shores of Waikiki. Stop by Information, Ticketing, and Tours office at Mokapu Mall to book any number of offshore excursions. There is something very special about being on the water with the views of Diamond Head and the beaches of Waikiki in the distance.

  * **EFMP tip:** The Star of Honolulu is the only wheelchair accessible day/dinner cruise ship.

The EFMP offers a wide array of books to borrow. This month we highlight a book to help strengthen your marital relationship while caring for a child with special needs.

Married with Special-Needs Children is the first book for parents to examine the stress that is often placed upon a marriage when a couple has a child with a disability. Many parents worry that even strong marriages can buckle under the intense demands of raising a child with special needs. In this practical, supportive guide, the authors draw on their combined professional experience in marital counseling, parent training, and feedback from hundreds of parents of children with special needs who share their solutions and secrets to a healthy relationship.

Two programs that incorporate yoga at Walter Reed National Military Medical Center in Bethesda, Maryland, demonstrate the ability of the ancient practice to help heal the mind and body.

“The word ‘yoga’ in Sanskrit means to yoke together, and the idea is to bind together our mind, body, and spirit, and not just to bind, but to create a balance among the three aspects,” explained Dr. Bhagwan Bahroo, a psychiatrist in the Psychiatry Continuity Service program at Walter Reed. “Having personally realized the significance of yoga, I wish to share the many benefits with our service members.”

Bahroo grew up practicing yoga in India and re-connected with it 10 years ago when asked to integrate the practice into Walter Reed’s behavioral health program. Today he teaches a one-hour class for up to 12 participants once a week using basic poses and various breathing techniques, finishing each session with Laughter Yoga, an ancient practice now seeing a resurgence worldwide, according to Bahroo. “A good yoga session not only improves muscle tone, adds strength, and improves flexibility of the joints, but also helps bring peace of mind, reduces anxiety, and improves mood,” he explained, noting that laughter is contagious and lightens the heart and mind...

Another patient population benefiting from yoga practice includes service members undergoing treatment for traumatic brain injury at the National Intrepid Center of Excellence, also in Bethesda next to Walter Reed. The center’s integrative approach includes tailored treatment plans that focus on mind, body, and spirit. Allison Winters, wellness coordinator, is a certified yoga instructor and dance/movement therapist who invites patients to participate at their own comfort level.

Winters is convinced that yoga provides a critical mind-body connection for her patients. She believes that part of their healing is a discovery process as they experience the rhythmic and repetitive practice of yoga, incorporated with breathing. They gain flexibility as they tune in to their breath.

“Yoga has been around for over 5,000 years,” she said. “There is wisdom to the practice of bringing mindful attention to our breath and bodies, and anyone, regardless of age or physical fitness, can do it in its many forms, whether retiring from service or preparing for the next deployment.”

Visit https://health.mil/News/Articles/2019/06/21/Practicing-yoga-to-stimulate-the-mind-body-spirit –to see full article

<table>
<thead>
<tr>
<th>EFMP Lending Library</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are many opportunities to learn yoga in Kailua!</td>
</tr>
<tr>
<td>Beach Yoga Kailua offers a donation-based class for people of all abilities at Lanikai Beach, on Tuesdays from 6-7PM. Visit beachyogakailua.com or on Facebook at Beach Yoga Kailua for details. (*no federal endorsement intended)</td>
</tr>
<tr>
<td>Semper Fit offers yoga classes right here on MCBH!</td>
</tr>
<tr>
<td>Tuesdays and Thursdays at Kulia Semper fit 11:30-12:30 &amp; on Wednesdays at Mololani Community Center from 6:30-7:30pm~$3.00 a class. For more information call Kulia Semper fit — 257-3822</td>
</tr>
</tbody>
</table>
Medicaid vs Medicare

Medicaid is a joint federal and state program that helps low-income individuals and families pay for the costs associated with medical and long-term custodial care. The federal government funds up to 50% of the cost of each state’s Medicaid program, with more affluent states receiving less funding than less affluent states. Because of this federal/state partnership, there are actually 50 different Medicaid programs, one for each state.

Unlike Medicare, which is available to everyone, Medicaid has strict eligibility requirements. The rules vary by state (beyond the basics set forth in the federal guidelines), but the program is designed to help the poor, so many states require Medicaid recipients to have no more than a few thousand dollars in liquid assets to participate in the program. There are also income restrictions. For a state-by-state breakdown of eligibility requirements see Medicaid.gov and BenefitsCheckUp.org.

While the program is federally mandated to serve those with limited income and assets, that may not be enough to qualify for Medicaid. Other eligibility requirements are in place to ensure that the program serves specific groups, such as families, pregnant women, children, caretakers of children, the disabled and the elderly.

Services vary by state, but the federal government mandates coverage for the following services when they are deemed "medically necessary":

- Hospitalization
- Laboratory services
- X-rays
- Doctor services
- Family planning
- Nursing services
- Medical and surgical dental services
- Nursing facility services for people aged 21 or older
- Home healthcare for those eligible for nursing facility services
- Clinic treatment
- Pediatric and family nurse practitioner services
- Midwife services

Each state also has the option of including additional benefits, such as prescription drug coverage, optometrist services, eyeglasses, medical transportation, physical therapy, prosthetic devices and dental services. People covered by Medicaid pay nothing for these covered services.

Medicaid is also often used to fund long-term care, which is not covered by Medicare or by most private health insurance policies. In fact, Medicaid is the nation’s largest single source of long-term care funding. The high cost of such care and the requirement that Medicaid recipients have virtually no assets has fostered a cottage industry of attorneys who specialize in helping people divest their assets so that they qualify for Medicaid.

Medicare is a federal program attached to Social Security. It is available to all U.S. citizens 65 years of age or older and it also covers people with certain disabilities. It is available regardless of income. The four-part program includes:

Part A: Hospitalization coverage
Part B: Medical insurance
Part C: Privately purchased supplemental insurance that provides additional services and through which all Medicare services offered by Part A and Part B can be accessed
Part D: Prescription drug coverage (For specific information on prescription drugs

More Information about both Medicaid and Medicare can be obtained through your EFMP Family Case Worker and/or by attending our training this month. This month, EFMP will be providing a training centered on Medicaid, Medicare and other associated programs such as Social Security Insurance and Social Security Disability Insurance.

We will also take some time to discuss special needs trusts and Medicaid Waiver programs.

SSI and Medicaid Training will take place on February 20, 2020 from 2:30pm-3:30pm in building 219, classroom 2.

Ongoing — Leadership in Disabilities & Achievement of Hawaii Small Group Session. Designed for parents of children with disabilities with IEP concerns. Call for location nearest you—(808) 536-9684

Ongoing — Special Education Advisory Committee. Meets once a month August—May from 9AM—Noon to discuss important issues in Hawaii’s Special Education system. For more information, visit www.seac-hawaii.org

Feb 1—Honolulu Theater for Youth - Sensory Friendly & ASL performances “Rainbow” @ 11:30 am, for all ages. Tickets are $10-20. Visit, www.htyweb.org

Feb 1 — Access Surf Day at the Beach - White Plains, Ewa Beach from 9:00 am - 1:00 pm. Fun surfing event, for all ages and abilities. Sign up at accesssurf.org. No cost to participate

Feb 5 — Kindergarten Readiness Fair - Come and learn about what your child needs to know before entering kindergarten, and what you need to know about registration & enrolment. MCBH Hawaii Mokapu Mall 4:30-6:00 PM

Feb 6—Special Education Overview - Learn about Federal laws concerning Special Education, The Break down of Special Education Cycle & Effective communication. Call 257-0290 to RSVP

Feb 14—Happy Valentine’s Day!

Feb 18—President’s Day (EFMP Office closed)

Feb 20 — Establishing Permanent Dependency/SS I - Learn about Medicaid and Medicare, establishing permanent dependency, survivor’s benefits plans and special needs trusts. Call 257-0290 to RSVP

Feb 21—EFMP Coffee Hour Coffee Hour Support Group. 8:30AM-9:30AM at MCB Hawaii Mokapu Mall Lanai next to Starbucks. Grab your favorite cup of joe or bring your home-brew & enjoy good company & conversation. Corrie Shigeta, CYP Behavioral Specialist will be in attendance! Opportunity for informal support & networking with other EFMP families, and to get tips on parenting and positive behavioral supports for your children.

Feb 21—Army EFMP presents Special Education in Hawaii. Learn about navigating the special education system in Hawaii. 9-11AM, ACS Building, Schofield. Call 787-4227 to RSVP.

Feb 26—Accessing Community Resources. Learn about opportunities to access supports in your local community including sports, healthcare and more. Call 808-257-0290 to RSVP

**All abilities welcome, please contact the EFMP office (808-257-0290) for more information on how we can help accommodate your EFM at this event.

Follow us on Instagram! @efmphawaii
Join us on Facebook! www.facebook.com/efmphawaii

***No federal endorsements intended***