Community Spotlight

The Assistive Technology Resource Center of Hawaii (ATRC) is one of the great community programs available to support families in Hawaii who have family members with special needs. Their primary mission is to link individuals with technology so that all people can participate in every aspect of community life. On February 13th, we were able to attend the ATRC open house and experience all of the latest equipment they have available to enable independence for individuals with disabilities.

ATRC offers free programs to the community. These programs are geared toward the education of individuals with disabilities, their friends and family members, professionals, institutions and anyone else interested in assistive technology. As a resource center, ATRC will utilize demonstrations, outreach, technical assistance, public awareness, device loans and trials, financial loans and other programs to meet the assistive technology needs of the community. ATRC’s unbiased opinion regarding assistive technology provides the community with a broader overview of what is available and how it works, allowing you to try it before you buy it.

Visit www.atrc.org for more information, or call (808)532-7110.

How to Continue Seeing Our Facebook Posts

As you may have heard, Facebook has changed its algorithms to prioritize your friends and family in your news feed. The downside of this change is that public content—like that from the EFMP Facebook page—is unlikely to show up regularly in your news feed, even if you follow us. With this change, the best way to make sure you see our posts is to do the following:

Go to our EFMP Facebook page: www.facebook.com/efmphawaii
(Make sure you have clicked on "like" us!) Click on the "Following" button and select one or both of the following:
1. "In your news feed"----> See first
2. "Notifications"----> ON

Now you should still be able to see the photos and updates we share!
Spread the Word to End the Word

Spread the Word to End the Word is an on-going effort to raise the consciousness of society about the dehumanizing and hurtful effects of the R-word. The R-word is the word ‘retard(ed)’. Why does it hurt? The R-word hurts because it is exclusive, offensive, and derogatory. We should be utilizing person first language that promotes inclusion and equality!

The R-word campaign occurs every year in March and encourages a community of support, respect, dignity, acceptance and inclusion of everyone. In 2017, more than 715,000 people worldwide took the pledge to remove the R-word from their vocabulary. Now is the time to join this cause, educate ourselves, and our children on the harmful effects of the R-word and promote a world of inclusion. You can make a difference today by visiting www.r-word.org and joining over 715,000 people, who have taken this pledge. Remember, the language we use matters, words can be harmful, and we can all strive to do better!

World Down Syndrome Day is observed annually on the 21st day of March. The 21st was chosen to symbolize the tripling of the 21st chromosome, which causes Down syndrome. The first observation of World Down Syndrome Day was in 2006. March 21st was officially deemed World Down Syndrome Day by the United Nations in 2011.

People around the world are encouraged to create their own event to bring awareness to Down syndrome. In the United States, it is often observed by 5k fun runs, dances, and beach parties. In Europe, awareness is raised through golf tournaments, stop motion tournaments, and dances. In Asia, they raise awareness through various carnivals. These events around the world are then shared with global audience on the World Down Syndrome Day website: https://worlddownsyndromeday.org/

Down syndrome is the most commonly occurring chromosomal condition effecting approximately 1 in 700 births in the United States. If you are looking for more information on Down syndrome and how you can be a part of World Down Syndrome Day, or other supports available for you, contact the EFMP at 808-257-0290.
Ingredients

4 large carrots, peeled and cut into small pieces
10 baby red potatoes, quartered
1 onion, peeled and cut into bite-sized pieces
4 cups water
4 lbs corned beef brisket with spice packet
6 ounces beer
1/2 head cabbage, coarsely chopped

Directions

Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High.

Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hour.

**Recipe borrowed from: www.allrecipes.com**

Posing the urgent questions that anyone with food allergies will think to ask, *Food Allergies* provides practical, sensitive, and scientific guidance on the topics that affect your life. Allergy expert Scott H. Sicherer addresses the full spectrum of food allergies, from mild to life threatening and from single foods to food families, clearing up misconceptions along the way.

Organized in an accessible Q&A format and illustrated with case studies, the book thoroughly explains how to prevent exposure to a known allergen wherever you are and what to do if exposure occurs, including how to handle an anaphylactic emergency. In this thoroughly updated new edition, Dr. Sicherer presents cutting edge theories on risk factors for developing food allergies and much, much more.
March

Ongoing—Polli’s Place. All Keiki are welcome to participate in a fun and enriching environment to develop social skills through play. For more information, visit: http://koka.org/polisplace

Ongoing—Baby/Toddler Sign Language Class. Presented by the MCCS New Parent Support Program, this program offers an innovative way to communicate with your baby/toddler. Classes are held every Wednesday of each month from 1000-1130 in building 216. Contact NPSP at 808-257-8800 for more info.

3: Access Surf. Access surf provides an opportunity for anyone a with disabilities to access the beautiful waters of Hawaii with adaptive surfing and swimming clinics. Sign up at www.accesssurf.org

7: R-Word Campaign Day. Spread the Word to End the Word is an on-going effort to raise the consciousness of society about the dehumanizing and hurtful effects of the R-word.

9-11: 24th Annual Honolulu Festival. The Honolulu Festival is Hawaii’s premier cultural event, promoting mutual understanding, economic cooperation and ethnic harmony between the people of Hawaii and the Pacific Rim region. Various events take place around Honolulu. Visit www.honolulufestival.com for more information.

10: Bellows Adventure Race. The Bellows Adventure Race is part of the MCB Hawaii race series. Registration available at: http://mccshawaii.com/races/

17: Hawaii Adaptive Paddling Association. HAPA offers adaptive paddling for individuals with disabilities to access the water off Kailua beach via canoes and swimming. HAPA includes a free lunch for its participants. More information is available at: www.hawaiiadaptivepaddling.com

17: Happy St Patrick’s Day! Check out the 51st Annual Honolulu St. Patrick’s Day parade in Waikiki.

21: World Down Syndrome Day. Symbolizing the tripling of the 21st chromosome World Down Syndrome Day seeks to increase awareness and spread inclusion.

26: Purple Day for Epilepsy Awareness. People around the world are invited to wear purple and host events in support of epilepsy awareness. Visit http://www.purpleday.org/

Visit the MCBH Library for information about epilepsy, and stop by the EFMP office for a purple cupcake!

27: EFMP Coffee Hour. Meets on the 4th Tuesday of each month from 8:30am-9:30am at the picnic tables in the courtyard of building 219 (near the Lava Java cart and the EFMP office).

28: IEP and Early Intervention Training. EFMP offers this training to those looking to increase their knowledge on the IEP and Early Intervention process. Call your EFMP office at 808-257-0290 for more details.

SAVE THE DATE!

April 7– Autism Awareness Event. April is Autism Awareness month. Join us for our family friendly sensory day at building 5082 (CYP Resource and Referral) from 9am-12pm for a morning of fun splashing in the water and exploring a few sensory tables. RSVP is appreciated, but not required. 808-257-0290

www.facebook.com/efmphawaii

***No federal endorsements intended***