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Each issue of The 'Ohana Observer is created with you in mind. As you peruse its content and think of a story you want to share, submit your article, featured story, person, or event to EFMP and we may publish it in the next edition!

Coping with Volcanic Smog (VOG)

When a volcano erupts, as is occurring on Hawaii Island, it produces molten lava in various forms. But the driving force for



the eruption comes from the gases that are contained in the lava. These gases come out of the molten rock at varying pressures and consist of water vapor, carbon dioxide, sulfur dioxide (SO₂), hydrogen, and a variety of other acid and inert gases. Scientists working near the vent and fissures must wear gas masks to protect themselves from the concentrated fumes. One of the primary reasons for the current evacuations of Leilani Estates is due to the increased SO₂ in the air. Once these gases enter the atmosphere, many react very quickly. Hydrogen reacts with oxygen in the air to form water vapor, and sulfuric acid aerosols (from sulfur dioxide) produce the fume clouds that are carried by the wind and become dispersed into an unpleasant cloud of vog (from the words "volcanic" and "smog"). Over time, the gases continue to react with the atmosphere and ultimately form aerosols of ammonium sulfate that are gradually washed out of the atmosphere by rainfall or a process of settling called dry deposition.

Vog is unpleasant to anyone, and can produce headaches as well as irritation to the lungs and eyes at higher concentrations. For people with asthma and other respiratory problems, the effects are much more serious. It may cause a tightening of the airways in the lungs and make it very difficult to breathe. Studies are being done to learn the long-term effects of vog, but to date, there's been no clear evidence that vog causes lingering damage to normally healthy individuals. However, a number of strategies can be used to minimize your exposure to vog's irritations: when possible, stay indoors with windows and doors closed and sealed. If you have one available to you, use an air conditioner or even a dehumidifier; both will condense water out of the indoor air and, in doing so, will remove the particulate sulfur compounds and acid gases from your indoor air. You can also reduce your indoor exposure using something as simple as a fan. Thankfully, much of the vog is blown away from Oahu thanks to our trade-winds, however, a shift in the winds could potentially bring more voggy conditions towards the northern islands.

If you must be outdoors, the first rule is "listen to your body". If you find yourself being fatigued quickly, reduce your level of activity. If you start to have difficulty breathing, then it's essential that you move to an area that is free of the irritating vog. If your symptoms don't improve, then get medical assistance ASAP. Otherwise, stay hydrated when working in a voggy environment – having plenty of water allows your body to clear the particles from your lungs and flush the inhaled sulfur compounds from your body.

Service Animal Training

HAWAII FI-DO SERVICE DOGS

All About Service Animals

How can you obtain a service animal?
What are your rights with your service animal?
Where can I legally take my service animal?

Get the answers to these questions and more as your EFMP partners with Hawaii Fi-Do to bring you the answers you need!

Friday, June 29
1:00pm-2:30pm
Building 220
Classroom A
RSVP: 808-257-0290

MCHS

Have you been out to a restaurant or grocery store lately and noticed the amount of dogs who are accompanying their humans? If you are like most, you wonder whether or not that dog is supposed to be in the establishment. Sometimes, the dog may have a vest on stating they are a service animal; other times they are in a carrier or a purse.

Service animals have a great value to people with disabilities. They are able to complete a variety of tasks to help their humans manage any number of activities of daily living. Some service animals are able to sense when blood sugar levels are low or alert their handler of impending seizures. These animals are amazing. When they are working to provide a service to their humans, they deserve the same rights and access as their humans. However, not all animals fall into this category. Some animals are simply...pets. We certainly love them and treat them like part of the family, but they do not have the same rights as a service animal to enter community/public spaces. This picture becomes even more complicated when we include therapy animals and/or emotional support animals. Thank-

fully, we have called in the experts to help us understand. The EFMP has teamed up with Hawaii Fi-Do to provide a training for you on all the various types of service animals. Hawaii Fi-Do will talk about the differences between service animals, therapy animals, and emotional support animals. They will answer all of your questions on what your rights are with your service animal. They'll also provide information on how to acquire a service animal for your exceptional family member. Give us a call today for more information on this training!

Understanding TRICARE Providers

It's important to understand your provider options because who you see impacts both your out-of-pocket costs and filing a claim. Take command of your health and your TRICARE health care benefit by learning about your provider options.

With TRICARE, a provider is a person, business, hospital, or pharmacy that provides health care. At a minimum, TRICARE must authorize and certify all providers. The regional contractors must also verify them. This approval process makes them TRICARE-authorized providers. If you see a provider that isn't TRICARE-authorized, you'll pay the full cost of care (an exception may apply if you experience a life-threatening emergency).

There are two types of TRICARE-authorized providers: network and non-network. The west regional contractor, Health Net Federal Services, LLC, has an established network of providers. These TRICARE network providers accept payment from TRICARE as the full payment for any covered health care services you get, minus your required out-of-pocket costs, when applicable.

You may also see a non-network provider. These providers don't have a signed agreement with Health Net Federal. There are two types of non-network providers: participating and nonparticipating. A participating provider accepts payment from TRICARE as the full payment for any covered health care services you get, minus any out-of-pocket costs. They also file claims for you. Nonparticipating providers provide neither of those services. If stateside, they may charge you up to 15 percent above the TRICARE-allowable charge. The maximum amount TRICARE pays for each procedure or service. This is tied by law to Medicare's allowable charges for services.

If you're enrolled in a TRICARE Prime option, your primary care manager and specialty care providers will likely be a military hospital or clinic, or a civilian network provider. To see civilian specialists or non-network providers, you'll need prior authorization from Health Net Federal or you'll pay more out of pocket under the point-of-service option. With TRICARE Select, you manage your own health care and may get care from any TRICARE-authorized provider. An authorized provider is any individual, institution/organization, or supplier that is licensed by a state, accredited by national organization, or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: Network and Non-Network. you choose without a referral. You still may need prior authorization for some services. Your out-of-pocket costs vary based on the type of provider you see.

When you seek care, you have choices. Knowing which type of provider is best suited for the type of care you need and your coverage will help you save money. It will also allow you to take advantage of your full benefit.

Visit www.tricare.mil to learn more about your plan, costs and coverage.

Recipe of the Month!

Ingredients

1/2 cup olive oil
1/2 cup ranch dressing
3 Tablespoons Worcestershire sauce
1 Tablespoon minced fresh rosemary
2 teaspoons salt
1 teaspoon lemon juice
1 teaspoon white vinegar
1/4 teaspoon ground black pepper, or to taste
1 Tablespoon white sugar, or to taste (optional)
5 skinless, boneless chicken breast cut into 1 inch cubes

Rosemary Ranch Chicken Skewers

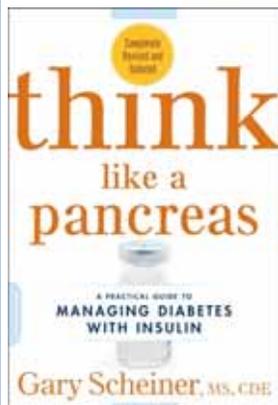


Directions

1. In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.

Recipe borrowed from www.allrecipes.com

EFMP Lending Library!



Gary Scheiner, a certified diabetes educator and himself an insulin user since 1985, understands professionally and personally the challenges, frustrations, and day-to-day struggles of living with diabetes.

Now, Think Like A Pancreas gives you the tools to success-

fully master the art and science of matching insulin to your body's ever-changing needs. Comprehensive yet organized, and written in terms that everyone can relate to, this completely revised and updated edition is packed with up-to-date information on the most critical topics in basal/bolus insulin therapy.



If you're like most parents, what you're longing for right now is rather simple: a calmer household with more cooperation and respect. And what you want most is for your kids to grow up into caring, responsible, self-directed adults. All of the above are possible, even probable, if you can learn to

become Scream Free. Scream Free Parenting is not just about lowering your voices. It's about learning to calm your emotional reactions and focus on your own behaviors more than your kids behavior...for their benefit. Easier said than done? Not anymore, thanks to Scream Free Parenting, the principle-based approach that's inspiring parents everywhere to truly revolutionize their family dynamics.

Borrow these books from our EFMP lending library today!

J u n e



Ongoing—Poli'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>.

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

2-North Shore Oceanfest. Turtle Bay Resort will host the 7th Annual North Shore Ocean Fest, one of Oahu's FREE premier community events. Ocean Fest brings together top ocean educators, activities, film, ocean crafts, food vendors, live music, hula and lots of great prizes. Enjoy a free, fun-filled afternoon of ocean education for all ages.
<http://www.northshoreoceanfest.com/>

9-102nd Annual King Kamehameha Celebration. Come out for a special 102nd Annual King Kamehameha Celebration and Floral Parade. The floral parade start at 9 am downtown and will end at the bandstand in Kapiolani Park. A family day of entertainment starts promptly at 11 am in the park, and continues throughout the day with hula performances, live music, food booths and Hawaiian arts and crafts. Learn more: www.hawaii.gov/kaehameha

10-2nd Annual World Oceans Day Celebration. Come out to the Ko Olina Lagoons on Oahu's westside to enjoy this day of celebration. Events will include ocean education and sustainability activities, live entertainment, food for purchase, and a movie premier on the beach at sunset. More information is available at: <https://www.eventbrite.com/e/2nd-annual-world-oceans-day-celebration-at-ko-olina-tickets-44968829981?src=OPI>

13-Recreation Inclusion Training. Join the EFMP in a training designed to provide information on inclusion in youth sports. Building 219, EFMP Offices from 2:30pm-3:30pm. RSVP at 808-257-0290

17-Happy Fathers Day to all the great dads out there!

23-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

26-EFMP Coffee Hour. Meets on the 4th Tuesday of each month from 8:30am-9:30am at building 219 courtyard near the Lava Java Coffee Cart.

29-All About Service Animals. The EFMP partners with Hawaii Fi-Do to bring you a training on service animals. Learn what the laws are regarding service animals, the different types of assistance animals, and more. This training will be held from 1:00pm-2:30pm in Bldg. 220, classroom A. We kindly request your RSVP to 808-257-0290.

30-Mango Jam Honolulu. This event will feature some of Hawaii's best restaurants and chefs creating dishes inspired by one of the islands favorite fruits, the mango! This event takes place Friday, June 29th from 4:30pm-9:00pm and Saturday, June 30th from 10:00am-9:00pm at Honolulu Hale.

♦ Do you have an event or activity you want added to our calendar? Let us know by calling: 808-257-0290

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www.facebook.com/efmphawaii

No federal endorsements intended

