



The 'Ohana Observer

Exceptional Family Member Program

bldg. 219

July 2018

Contact EFMP

Program Manager

(808) 257-7773

Training, Education, &

Outreach Specialist

(808) 257-0290

Family Case Worker

(808) 257-8894

Family Case Worker

(808) 257-7782



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 or featured story, person, or event to EFMP and we may publish it in the next edition!

Independence Day Fireworks Guide



Each year on Oahu, we celebrate Independence Day with various fireworks displays throughout the Island. The most popular viewing location is at Ala Moana beach park in Honolulu. The Ala Moana fireworks are set to go off at approximately 8:30pm and are accompanied by music from station FM 92.3. If you want a great elevated spot to watch the fireworks consider heading to the Ala Moana Shopping Center. Another tip for viewing is to head towards Waiki ki and visit the Hale Koa beach, you will have views of the fireworks without the massive crowds at Ala Moana Beach Park.

If you prefer to stay a little closer to home, check out Kailua's July 4th festivities. This year, attendees can also look forward to a pre-fireworks acrobatic air show with the Flying Leathernecks at 5:45p.m., followed by the Marine Corps Forces Pacific Band performing at 6:30 p.m. (Fireworks begin at 8 p.m.)

(<http://kailuafireworks.net/>)

You can also catch some fireworks at Schofield Barracks 47th Annual 4th of July Spectacular. Fireworks will go off at 8:40pm and are preceded by a carnival that begins at 10:00am variety of games, music and activities throughout the day.

<https://hawaii.armymwr.com/calendar/event/4th-july-spectacular/2311728/27906>

Some of the most patriotic of the fireworks displays will take place onboard the USS Missouri (aka the Mighty Mo) on Pearl Harbor's Ford Island where they have a picnic on the pier at 6:00pm and fireworks to follow. ***There is an entrance fee for this event.*** For more info visit: <https://ussmissouri.org/events/picnic-on-the-pier>

Please be mindful of the sensory needs of your EFM. Many of our family members have difficulty in large crowds and dealing with loud noises. As always, should you need support your EFMP team is here for you!

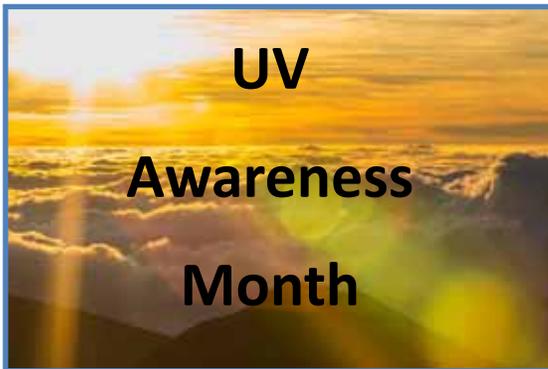


EFMP has joined Instagram! Follow us on Instagram @efmphawaii to keep up-to-date on the latest and greatest events, activities and trainings being offered by EFMP. To kick off our first month on Instagram, we will be doing an “EFMP Rocks” campaign with giveaways! To play along in this fun filled scavenger hunt throughout the month of July, just log on to your Instagram account and follow us!



More details will be posted via Instagram throughout the month of July.

EFMP Comes to Camp Smith! In an attempt to be more available and accessible to all Marines and Families, EFMP is proud to announce that we will now be holding office hours every 2nd and 4th Thursday, beginning in July, from 12:00pm-4:00pm at the Camp Smith MARFORPAC building. Stay tuned for more details!!



We are fortunate to live in Hawaii where we have year-round sunshine. However, as we enter into the peak summer months, it is important to be reminded of the dangers of sun exposure and the harm associated with ultra violet (UV) rays. Hawaii is the southern most state in the United States lying closer to the equator than Key West, Florida. This proximity to the equator exposes us to longer days during the summer months.

July is UV Awareness Month! Take preventative measures to avoid dangers associated with UV rays. Unprotected sun exposure could lead to premature aging of your skin, vision problems and/or damage to your eyes, a suppressed immune system and possibly skin cancer.

Here are some tips to protect yourself and your family from the dangers of sun exposure.

- ◆ Wear sunscreen! Choose a sunscreen with a minimum SPF 15 and ensure that you follow the directions for reapplication. Typically, you should be reapplying every 2 hours, however, you may need to do so more frequently when swimming or sweating.
 - ◆ Choose reef-safe sunscreen to protect our island paradise.
 - ◆ Throw away sunscreens after a year- they lose potency
- ◆ Cover up! Wear high-SPF clothing, or clothing with a tight weave. Consider wearing a wide brim hat to keep your head, eyes, and face protected. Choose sunglasses with UV protection and side panels.
- ◆ Stay in the shade during the hottest parts of the day (11am-3pm). Seeking the shade will keep you cooler and block much of the sun's harmful rays.

Living in Hawaii the beautiful beaches and sunshine are a big part of our lifestyle, so we encourage you to enjoy your time while here. Get outside and have fun at the beach, in the park or on a hike. While you are enjoying all the island has to offer, just remember these tips to help keep you and your family safe and healthy while being exposed to the sun! www.cdc.gov/niosh/topics/outdoor/

Recipe of the Month!



Ingredients

- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1 tablespoon paprika
- salt and pepper to taste
- 3 pounds baby back pork ribs
- 1 cup barbeque sauce

4th of July BBQ Ribs



Directions

Preheat a gas grill at high heat, or arrange charcoal briquettes on one side of the barbeque. Lightly oil the grate.

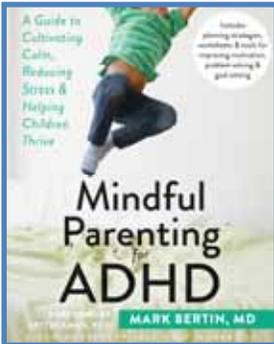
In a small jar, combine cumin, chili powder, paprika, salt, and pepper. Close the lid, and shake to mix.

Trim the membrane sheath from the back of each rack. Run a small, sharp knife between the membrane and each rib, and snip off the membrane as much as possible. Sprinkle as much of the rub onto both sides of the ribs as desired. To prevent the ribs from becoming too dark and spicy, do not thoroughly rub the spices into the ribs. Store the unused portion of the spice mix for future use.

Place aluminum foil on lower rack to capture drippings and prevent flare-ups. Lay the ribs on the top rack of the grill (away from the coals, if you're using briquettes). Reduce gas heat to low, close lid, and leave undisturbed for 1 hour. Do not lift the lid at all.

Brush ribs with barbecue sauce, and grill an additional 5 minutes. Serve ribs as whole rack, or cut between each rib bone and pile individually on a platter.

EFMP Lending Library!



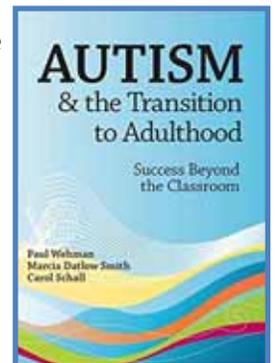
If you're a parent of a child with attention deficit/hyperactivity disorder (ADHD), you face many unique daily challenges. While attention, hyperactivity, and impulsiveness alone are often attributed to ADHD, the truth is that ADHD may affect every aspect of your child's world from family life, education, and behaviors from sleep to eating. This innovative book offers guided support for parents along with concise ADHD management plans to help both you and your child thrive.

Mindful parenting for ADHD presents a proven, effective program to help both you and your child stay cool and collected while remaining flexible and resilient. You'll learn how to identify key ADHD symptoms, guidelines for assessing your child's strengths and weaknesses, and practical advice for managing challenges related to ADHD.

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Ease the challenging transition to the real world for students who have autism with this groundbreaking practical guide, a must for every educator, transition specialist, employment specialist and counselor who works with young adults. Readers will get a complete guide that walks them through every key aspect of transition planning:

- Conducting skillful assessments
- Implementing positive behavior supports
- Providing community based instruction
- Making the most of SSA disability benefits
- Assisting students with college preparation
- Using supported employment strategies.
- AND MORE!



JULY

◆ Do you like what we are doing? Have a suggestion for improvement? Leave us an ICE Comment at:
http://ice.disa.mil/index.cfm?fa=site&site_id=340

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>.

4—Independence Day. EFMP offices will be closed in observation of the holiday. We will re-open on 7/5/17 for normal business hours. Enjoy fireworks displays at various locations throughout Oahu!

4—Runway 5k. The Runway 5k race is part of the MCBH race series. Registration available at: <http://mccshawaii.com/races/>

7—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.accessurf.org

11—Special Needs Advisory Forum. Join us for this informative and collaborative meeting to discuss all issues affecting Exceptional Families. Stay afterwards for our Ice Cream Social and Keiki activities. Call 808-257-0290 for more info and RSVP.

11—Accessing Community Resources. Learn about opportunities to access supports in your local community including sports, healthcare and more. This training takes place immediately following the SNAF. Please call to RSVP at 808-257-0290

12 & 26— EFMP Comes to Camp Smith! In an attempt to be more available and accessible to all Marines and Families, EFMP is proud to announce that we will now be holding office hours every 2nd and 4th Thursday from 12:00pm-4:00pm at the Camp Smith MARFORPAC building.

17—EFMP 101. This EFMP training focuses on understanding the basics of EFMP. This training will take place from 11:30am-12:30pm in building 219, EFMP Offices. RSVP at 808-257-0290

15—48th Annual Ukulele Festival. This summer tradition at the Kapiolani bandstand has grown to be the largest ukulele festival in the world. Held from 10:30am-5:00pm. More info. at www.ukulelefestivalhawaii.org.

19-21— 43rd Annual Queen Lili'uokalani Keiki Hula Competition. This annual hula competition features children from hula halau (schools) throughout Hawaii. Performances feature soloists, ancient and modern style hula for both boys and girls. Neal S Blaisdell Arena. Keikihula.org

21—Camp Smith Grueler 5k. The Camp Smith Grueler 5k race is part of the MCB Hawaii race series. Registration available at: <http://mccshawaii.com/races/>

21—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

25—Managing Deployments. EFMP offers a training on how to manage a deployment with a focus on your child with special needs. Find out the different supports available to you and how EFMP can provide support. 2:30pm-3:30pm in building 219, EFMP Offices. Call 808-257-0290 for more details.



www.facebook.com/efmphawaii

No federal endorsements intended

