



EFMP Family Support

CLASSES AVAILABLE:

- **Thrift Savings Plan**
Mar. 3 (MFSC PH)
1:00 PM - 2:30 PM
- **EFMP Coffee Talk**
Mar. 10 (V)
9:00 AM - 10:00 AM
- **Civilian Resume Writing**
Mar. 15 (V)
10:00 AM - 12:00 PM
- **Relocation and Children**
Mar. 15 (V)
8:00 AM - 10:30 AM

(V) = Virtual
For the complete month class schedule and/or to register for any of these classes go to greatlifehawaii.com—Support—MFSC

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The Kokua Bulletin: EFMP

MILITARY AND FAMILY SUPPORT CENTER
JOINT BASE PEARL HARBOR-HICKAM

MARCH 2022

Aloha EFMP 'Ohana!

Happy March! We hope you are all happy and healthy! This month we celebrate St. Patrick's Day, Women's History Month, American Red Cross Month, and the beginning of spring! As the sun is rising earlier and the sun is setting later, spring is right around the corner! This is a great time to begin spring cleaning and ridding all that is unnecessary in the new season. Some fun ways to get your children involved in spring cleaning can be turning on music, creating a game out of sorting through clothes, or hold a garage sale!

Just a reminder that the Military & Family Support Center (MFSC) here at

JBPHH offers continuous support and a range of services and classes. Feel free to check out our website and check out available services and classes at greatlifehawaii.com.

Another reminder that if you or a loved one are going through a difficult time, we do offer counseling services here at the Military Family Support Center. Military One Source also offers counseling for individuals or families and are available 24/7. If needed, please reach out, we are more than happy to help.

We look forward to seeing what this month has in store

“
Great minds
discuss IDEAS;
average minds
discuss EVENTS;
small minds
discuss PEOPLE.”

ELEANOR ROOSEVELT

for us all, and wishing you the best!

Mahalo Nui!

Carrie Silva & Jacqueline

Dunlap, EFMP Case Liaisons



The EFMP team sympathizes with our military families facing hardships due to the ongoing water crisis. The Emergency Family Assistance Center (EFAC) is available to assist anyone impacted by the water crisis with a variety of community needs to include clinicians, medical screenings, legal services, personal financial management, housing, and



EMERGENCY FAMILY ASSISTANCE CENTER INFO

Address: 4827 Bougainville Drive
Honolulu, HI 96818-3174
Phone: (866) 525-6676
Hours: Monday-Friday 7:30am-5pm

(subject to change)



Coffee Talk

Exceptional Family Member Program Coffee Talk is a great time to learn, share, and connect with other EFMP families in the area.

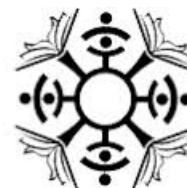
We meet on the second Thursday of every month from 9 am - 10 am.

On March 10th, join us virtually as a guest speaker from Leadership in Disabilities and Achievement of Hawai'i (LDAH) speaks about their organization.

LDAH is Hawai'i's Parent

Training & Information Center (PTI) for the state. PTI's provide training to the families of the nation's 7 million children with disabilities. The majority of LDAH's staff are parents of children with disabilities so they bring personal experience and expertise.

Register at:
www.greatlifeohawaii.com -
 Support - MFSC



Leadership
 in Disabilities &
 Achievement of
 Hawai'i

*"If you find it in your heart
 to care for someone else,
 you have succeeded "-*

Maya Angelou

Taking Care of You: Self Care as a Caregiver

As a caregiver, caring for yourself first is one of the important things you can do. When your needs are being taken care of, the person you care for will benefit as well! Caring for a family member shows immense love and commitment and can be a very rewarding personal experience. However, exhaustion, inadequate resources and continuous demands can be very stressful. It is important that you take the time to ensure that your personal needs are being met.

- ♦ **Identify Personal Barriers.** Many times personal attitudes and beliefs become blockages that stand in the way of taking care of yourself. Identify what is in your way.
- ♦ **Reduce Personal Stress.** How we perceive and respond to an event is a factor to how we adjust and cope to an event. When trying to manage stress, recognize warning signs of oncoming stress early, identify sources of stress,

identify what you can and cannot change, and take action.

- ♦ **Set Goals.** Goals can include taking daily breaks from caregiving, getting help with caregiving activities, or engage in activities that make you feel more healthy.
- ♦ **Communicate Effectively.** Being able to communicate constructively is a very important tool as a caregiver. When you are able to communicate in ways that are clear, assertive, and constructive, you will be heard and get the help and support you need.
- ♦ **Asking For and Accepting Help.** Be prepared with a mental list of what others would be able to assist you with. Help can come from community resources, family, friends, and professionals. Reaching out for help when you need it is a sign of personal strength.



ST. PATRICK'S DAY

St. Patrick's Day is finally here! The holiday, which some Catholics recognize as a feast day, honors the patron saint of Ireland. As time has passed, the holiday has grown into a beautiful celebration of Irish culture, history and people. On March 17, it's common for people to wear green and take part in various St. Patrick's Day games or DIY some festive crafts. The holiday is a perfect time to celebrate various Irish traditions, including learning Gaelic, step dancing or cooking up some hearty dishes.



Enjoy a Shamrock

Shake. The Shamrock shake was created in 1967 by McDonald's franchise owner Hal Rosen, who made green mint-flavored shakes in honor of St. Patrick's Day. Since then, the popular milkshake has been sold seasonally at McDonald's to celebrate the holiday.

Plan a Scavenger Hunt. For an extra-fun activity with the whole family, set up a scavenger hunt around the house with clues that lead to some delicious treats (like chocolate coins). Who knows — you might just find a pot of gold at the end of the rainbow!



O'AHU EVENTS

- } March 5th & 6th: Waikiki Island Spring Fest
- } March 11th: Springtacular Craft & Gifts Fair
- } March 12th: 9th Annual Honolulu Rainbow Ekiden Run
- } March 12th: Stars of American Ballet
- } March 18th: Hapa Symphony
- } March 20th: Wiki Wiki One Day Vintage Collectible & Hawaiiana Show
- } March 25th: Taste of Mililani
- } March 26th: Prince Kuhio Day Celebration
- } March 29th: Vietnam Veterans Day Parade

"The most difficult thing is the decision to act, the rest is merely tenacity"
- Amelia Earhart

Women's History Month: Fun Facts

March is Women's History Month and there is no better time to celebrate women's contributions to this world. Here are some interesting facts about women's history that show just how far they have come.

- ◆ Today, 71% of mothers with children under 18 work. In 1975, fewer than 47% did.
- ◆ In almost every country in the world, the life expectancy for women is higher than men.

- ◆ Approximately 14% of active duty service members in the U.S. armed forces today are women. In 1950, women comprised less than 2% of the U.S. military.
- ◆ Over 60 percent of college degrees awarded in the U.S. every year are earned by women.
- ◆ Women currently hold 17% of Congressional and Senate seats and 18% of gubernatorial positions in the U.S.

- ◆ The two highest IQ's ever recorded through standardized testing both belong to women.
- ◆ More American women work in the education, health services, and social assistance industries than any other.



Sensory Friendly Activity: Scratch & Sniff Art Project

Activity Goal: Create a project that appeals to the senses of sight, smell, and touch.

Materials:

- ♥ Child's favorite flavor of Jello
- ♥ White glue
- ♥ Water
- ♥ Tablespoon and teaspoon
- ♥ Heavy paper or cardboard
- ♥ Paint Brushes

Parent Instructions

- ♥ Use a different plastic cup for each color
- ♥ Mix 1 teaspoon of white glue, 1 tablespoon water, 1 teaspoon Jell-O powder in each cup
- ♥ Place a protective covering over the table
- ♥ Lay out heavy paper or cardboard and materials

Child Instructions

- ♥ Use paintbrushes to paint Jello mixture on paper or cardboard
- ♥ Lay flat to dry
- ♥ When dry, rub fingers over the page to reactivate the smell.

St. Patrick's Day Popcorn

Ingredients:

- ♥ 4 quarts popped popcorn
- ♥ 1 cup sugar
- ♥ 1/2 cup light corn syrup
- ♥ 1/2 cup packed brown sugar
- ♥ 1/2 cup water
- ♥ 1 teaspoon white vinegar
- ♥ 1/4 teaspoon salt
- ♥ 1/2 cup butter
- ♥ 8-10 drops of green food coloring



Directions:

- ♥ Place popcorn in a large roasting pan; keep warm in a 250° oven. Meanwhile, in a large heavy saucepan, combine the sugars, water, corn syrup, vinegar and salt. Cook and stir over medium heat until mixture comes to a boil. Cook, stirring occasionally, until a candy thermometer reads 260° (hard-ball stage).
- ♥ Remove from the heat; stir in butter until melted. Stir in food coloring. Drizzle over warm popcorn and toss to coat. Cool. Break into pieces.



American Red Cross Month

Since 1943, every U.S. President has claimed March has American Red Cross Month with the intention for people to rededicate themselves to the goals and activities of the Red Cross.