

The Exceptional 'Ohana

August 2026

Create your Own Family Fun!

Consider a fun day out this summer and visit **Ho'omaluhia Botanical Garden** right here in Kaneohe! Admission is free.

Ho'omaluhia Botanical Garden is located in Kaneohe. Its name means "a peaceful refuge". It features plantings from major tropical regions around the world, such as the Philippines, Malaysia, Tropical Americas, India, Sri Lanka, Melanesia, Polynesia and Africa. The garden was designed and built by the U.S. Army Corps of Engineers to provide flood protection for Kaneohe.

Ho'omaluhia is a perfect place for picnicking and enjoying nature. Family Campgrounds are also available!



In This Issue:

- ♦ Family Fun: Ho'omaluhia Botanical Garden
- ♦ Back to School Prep!
- ♦ Upcoming training and events



Don't forget to bring:

Bring water

Bug repellent

Sunscreen

Kākou

All of us

Kākou is the Hawaiian value of inclusiveness. It means "all of us" and "we are in this together." Kākou is very unifying when applied to language, and all are taught to learn, speak, and practice "the language of we."

Back to School!

Supporting your child's education is one of your most important responsibilities. By cultivating a love of learning and knowledge at a young age, you can prepare your child for success. Here are some strategies to help you build a foundation of learning.

Nurture learning at home

Learning doesn't stop when the school day ends. A child absorbs as much or more at home and through his or her experiences as through a textbook. Try some of these tips to encourage learning at home:

- ◆ Keep to a routine. Make homework part of the routine by sticking to the same spot and time of day. Make sure your child has a quiet place to study.
- ◆ Monitor homework. Check your child's homework every night, not just to see whether it's complete, but also for quality. Help your child carve out chunks of time to tackle larger projects.
- ◆ Praise your child's efforts. Children learn best by positive reinforcement. Whenever you have an opportunity, praise your child for a job well done.
- ◆ Encourage learning at home. Talk about something in the news or a book he or she just read. Fostering full-time learning is one of the best ways to equip children for life after graduation and future success.

Build a relationship with your child's school

Even if you relocate often or are temporarily deployed, there are ways you can build a relationship with the school and your child's teachers to help your child perform as well as possible:

- ◆ Establish communication with your child's teacher. Show your investment in your child's education.
- ◆ Attend events. Being present at back-to-school nights, school board meetings, open houses and school fairs can help both you and your child feel more connected to the school.
- ◆ Volunteer. There are dozens of ways to give your time to your child's school, so it's just a matter of finding a way to volunteer that suits your schedule.
- ◆ Join the parent-teacher group. Attending PTA/PTO meetings can be a great way to stay in the loop about what's happening at the school and get involved.

Visit <https://www.militaryonesource.mil> for more tips and resources.

Have education-related questions?

**Contact the MCBH School Liaison, SEON LECHER at
(808) 496-2019 or seon.y.lecher.civ@usmc.mil**

Respite Care Overview

The Respite Care Reimbursement program is intended to reduce stress on a sponsor's families by providing temporary rest periods for family members who care for those with special needs. It is based upon the Exceptional Family Member's Level of Need (LoN), which is determined by HQMC EFMP Medical Screeners during the enrollment or update eligibility review. Currently, Exceptional Family Members that are at a Level of Need three (LoN 3) or four (LoN 4) are eligible to participate in our Respite Care Reimbursement Program.

Here are some basics to know:

- LoN 3 includes EFMP families with children 18 years old or younger, with severe special needs that require trained support from qualified providers to maintain the health and safety of the EFM.
- LoN 4 includes EFMP family members of all ages (including adults), with profound special needs who require skilled care services as documented by qualified providers, to maintain the health and safety of the EFM.
- Families are eligible for up to 20 hours of respite care, per month, per family.
- Families are responsible to select a provider that is appropriate for them.
- Qualifying LoN 3 respite providers are certified through a state or national agency.
- Qualifying LoN 4 providers will need to hold a valid professional license.

If you have questions about the Respite Care Reimbursement Program or want to know if you are eligible, call your Family Case Worker or the EFMP Office at 808-496-0290

The Positive Effects of Nature on Your Mental Well-Being

Nature heals, and improves psychological well-being. It helps in emotional regulation and improves memory functions. Being outdoors also reduces stress by lowering the stress hormone cortisol. Take time for yourself and recharge by getting outdoors, breathing the fresh air and taking in the beautiful sights and sounds.

Ho'omaluhia Botanical Garden is great for some nature-based recharging!

E hele Kākou!
Let's go!

To Learn about Establishing Permanent Dependency

Join us on WebEx: on 12 August at 1300:

Please RSVP to mcbh.efmp@usmc.mil

