Cooking Up A Rainbow

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Part of AlohaCare’s mission is to build a healthy Hawaii. We tackle the tough health issues facing our members’ health care needs. One of the most difficult things for all of us to do is to eat right. Weight is a major concern—especially for our keiki. Obesity is on the rise in Hawaii. Many of our keiki suffer from poor diets and not enough exercise. As a result, 16 percent of Hawaii’s keiki are obese. That’s nearly 50,000, the same number of seats at Aloha Stadium. This disease impacts the quality of life for our entire community.

AlohaCare is zeroing in on this issue. We’ve recently partnered with HICORE, the Hawaii Initiative for Childhood Obesity Research and Education. AlohaCare is joining HICORE’s effort to promote healthy lifestyles by putting a local twist on the national 5-2-1-0 campaign.

As HICORE says, healthy kids and healthy families make everything possible. Good eating and exercise habits start in early childhood. 5-2-1-0 is just one tool for families to use to keep keiki healthy and strong.

To download a Hawaii 5210 poster for your home (or fridge!), visit www.hawaii5210.com, or call AlohaCare Customer Service Department for a free poster.

By working together, we can all take an active role in our health and well-being.

The AlohaCare member magazine is written and produced locally by AlohaCare staff members. We care about what you think. If you have suggestions or comments on how we can better serve you, please call or write us. You can also give us feedback online by clicking “Contact Us” at www.AlohaCare.org.

AlohaCare is published quarterly as a benefit for AlohaCare QUEST, AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members. Each issue is also available online at AlohaCare.org. AlohaCare magazine is not intended to replace the advice of health care professionals. Please consult your physician for your personal needs and before making any changes in your lifestyle.

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Mental Health

Mind Matters

Mental health is how well we deal with the stress of everyday life. Stress can be troublesome or, strangely, even enjoyable. For example, the anxiety we may feel while watching an exciting game on TV is fun, yet it’s also stressful. Stress comes from many places like work, school, family and friends. Over time, the “un-fun” kinds of stress can wear on our bodies and minds.

The signs of stress are often hidden and many people don’t realize that they feel bad because of stress. Sometimes stress will show itself in physical symptoms like headache, stiff neck or tight back muscles. You might also feel unusually anxious, jumpy or short-tempered.

To deal with everyday stress, there are many things you can do to stay mentally healthy:

- Take a break.
- Accept that there are things in your life that you cannot change.
- Get plenty of rest.
- Do things for others, or volunteer.
- Maintain a healthy diet.
- Talk it out with family, friends or coworkers.
- Do not turn to, or depend on, drugs or alcohol.
- Work off stress with exercise.
- Turn to a support group, counselor, or simply talk to your doctor when stress becomes overwhelming. Seeking help is a sign of strength, not weakness.
- Try to find solutions to problems and act on them.
- Do not try to be perfect.

Mental Health America of Hawaii

Mental Health America (MHA) of Hawaii is one of the country’s leading nonprofits dedicated to helping all people live mentally healthier lives. This organization has specific programs on:

- Youth Suicide and Bullying Prevention
- Healing the Trauma of War for Soldiers and Families
- Transition Age Youth (ages 16-28)
- Invisible Children’s Project – Supporting families who have a parent with mental illness
- Live Your Life Well – A program with action steps to reduce stress and improve mental wellness
- Brown bag seminars on a variety of mental health topics and issues.

For more information from MHA Hawaii, call 521-1846 or visit www.mentalhealth-hi.org. Offices are located on Oahu and Maui.

How Can AlohaCare Help Me?

For AlohaCare QUEST members, the Behavioral Health Plus program is an expanded benefit for members who qualify for additional help staying mentally healthy. By working with our care coordinators, members can get help:

- Finding doctors and mental health experts
- Filling out applications & other paperwork
- Solving problems and getting support
- Connecting to community resources that can help with mental illness.

For more information on this program, give us a call at 973-1650.
Teen STD Screening

As parents, it is important to talk with your teens about the risks of having sex, including sexually transmitted diseases (STDs). These diseases are passed from one person to another during sexual contact. There are many kinds of STDs and infections. They are so common that more than half of all of us will get one at some time in our lives.

Chlamydia (klah MIH dee ah) is the most common STD. It is a bacterial infection. About 3 million Americans get this every year. It is very common among women and men under 25.

“Hawaii has generally been in the top 10 for cases of Chlamydia nationally since reporting started in 1990,” said Dr. Ann Rahall, Medical Director of Planned Parenthood Hawaii.

“About two-thirds of cases in Hawaii are in the 15- to 24-year-old age group,” she added.

Symptoms

Chlamydia is often an unnoticed disease. Up to 75% of women and 50% of men have no symptoms, according to Planned Parenthood Hawaii.

For a woman, if Chlamydia is not treated, it can damage her body and prevent her from having children. For men, it is important to be screened whether or not any symptoms are noticed because they can spread the disease to other partners.

Screenings

Screenings find health problems at an early stage. Early detection and treatment can prevent, slow or stop many STDs. Sexually active females 25 years old and younger need testing every year.

Your primary care provider and many Community Health Centers offer tests for Chlamydia and other STDs. The screenings are free, confidential and no parent consent is necessary. Teens can go by themselves.

Treatment

Chlamydia is treated and cured with antibiotic medicine. Doctors may ask patients to be re-tested in 3 to 4 months to make sure that the chlamydia is totally gone.

How Can AlohaCare Help Me?

If you are a QUEST member, annual preventive care services, including chlamydia screenings, are FREE. AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members can get screenings are no cost or low-cost.

Second-hand Smoke

Second-hand smoke is also a trigger for asthma sufferers. Children are more vulnerable to the effects of second-hand smoke because their lungs are still growing. Family members should quit smoking if they live with someone who has asthma. Exposure to second-hand smoke can cause a variety of problems including:

- Allergic diseases
- Ear infections
- Respiratory disease
- Cough

Controlling Asthma

In addition to quitting smoking, here are few more tips for living with asthma:

- Environment
  Avoid places where people are smoking. This will help reduce the urge to smoke.
- Medicine
  Asthma medicines keep airways open. They can help prevent or stop an attack. However, asthma medicines do not work as well for smokers as they do for asthma sufferers who do not smoke.

How Can AlohaCare Help Me?

To help you break your smoking habit, AlohaCare is now offering benefits of the Hawaii Tobacco Quitline. Learn more by turning to page 15.

AlohaCare’s Disease Management Program can help you manage your asthma. If you have questions or concerns, please call our Customer Service number on the back of this magazine and ask to speak with a Disease Management nurse.
“People don’t eat because food is healthy,” says Daniel Leung, Education Specialist. “People eat because food is tasty.” With that in mind, he helped The Culinary Institute of the Pacific at Kapiolani Community College cook up a new nutrition program for kids (and their parents). It is called Cooking Up A Rainbow. It’s an easy, fun and delicious way to remember to eat a variety of 5 fruits and vegetables every day.

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Cooking Up A Rainbow gets kids involved with food preparation and cooking activities. The activities allow kids to explore healthy foods and experience them with their five senses—sight, smell, taste, touch and sound. Together, these five senses create “flavor.” They also create our “taste palate”—such as a taste for salt and sugar.

“We live in a fast food culture,” Leung says. “We need to change our palate.”

To help develop their palates, Cooking Up A Rainbow lets kids explore new tastes, smells, colors and textures. The program teaches keiki basic cooking skills. The kids also make snacks with vegetables and fruits, combined with other healthy ingredients such as peanut butter, yogurt, granola and corn puffs.

“We give them the tools to be open minded and to have a sense of adventure with food,” Leung says. “In class, kids don’t have to like everything, but they do have to try everything.”

The Cooking Up A Rainbow program was recently introduced to the YMCA of Honolulu’s After School A+ program at 17 of its 47 sites. The Y’s A+ program promotes physical activity and healthy eating as a way to get elementary school children to adopt better habits at a younger age.

YMCA Site Director David Keaunui-Rattley at Kaulawela Elementary School teaches students a new recipe every week. “The kids like this program because they get to do something that is different and fun,” he says.

YMCA Site Director David Keaunui-Rattley observes as the children prep bell peppers for veggie quesadillas.

One week, the A+ group prepared Vegetable Quesadillas with Fresh Tomato Salsa (see recipe on page 16). An after-school brood of eight 4th and 5th graders busily seeded and sliced yellow, orange and red bell peppers. Keaunui-Rattley peered into one of the prep bowls and inspected their work. “Hey, where’s the orange?” he asked. “All I see in here is red and yellow. We need a rainbow in there!”

YMCA Program Coordinator Jaci Agustin says, “Our hope is that the kids will take home each week’s recipe and share what they learned with their parents. The goal is get both children and parents excited and involved with meal planning and to make healthy food together as a family.”

Keiki Health

Eat a Rainbow

“Think of eating the different colors of the rainbow. Colorful foods are full of vitamins, minerals and disease-fighting nutrients. Eating a variety of food helps you stay healthy. Fruit or veggies that are darker and richer in color usually have more health benefits.

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YMCA Site Director David Keaunui-Rattley observes as the children prep bell peppers for veggie quesadillas.

Once the quesadillas were prepped, cooked, cut and plated, the cooks shared their nutritious snack with the rest of the A+ kids.

Taste The Rainbow

Red strawberries, cranberries, red apples, tomatoes, red cabbage, red onions

Helps your body …
• Keep your heart healthy
• Keep your bladder healthy
• Lower blood pressure
• Lower your chance of getting cancer

Orange & Yellow sweet potatoes, breadfruit, carrots, papayas, cantaloupe, oranges

Helps your body …
• Keep you from catching colds
• Keep your heart healthy
• Keep your eyes healthy
• Lower your chance of getting cancer

Green lettuce, spinach, broccoli, avocados, bok choy, cucumbers

Helps your body …
• Keep your eyes healthy
• Keep your bones & teeth strong
• Keep digestion regular
• Lower blood pressure
• Lower your chance of getting cancer

Blue & Purple blueberries, purple grapes, plums, raisins, eggplant, Okinawan purple sweet potato

Helps your body …
• Stay healthy as you get older
• Keep your memory strong
• Keep your bladder strong
• Fight off allergens
• Absorb calcium and other minerals

Once the quesadillas were prepped, cooked, cut and plated, the cooks shared their nutritious snack with the rest of the A+ kids.

Junior chefs working hard to fill the order for veggie quesadillas!
Alzheimer’s in the Ohana

Caring for someone with Alzheimer’s disease can be a challenge. But there are places where family and friends of Alzheimer’s sufferers can find emotional support, care giving help and financial aid.

The Disease
Alzheimer’s disease affects the brain. It reduces a person’s mental and social abilities. Alzheimer’s disease is not a normal part of getting old. The risk factors increase with age. And nearly half the people over the age of 85 have Alzheimer’s. Common symptoms include:

- memory loss
- problems thinking
- difficulties with language
- personality changes

Medicaid
If the person with Alzheimer’s qualifies for Medicaid, then his/her QUEST Expanded Access (QExA) plan will cover:

- most nursing home care
- some assisted living services
- some nursing facility care
- room & board
- social activities

Planning
There is no cure for Alzheimer’s disease. Support from friends and family help people cope with the disease. Planning for care is also an important part of dealing with the disease. Begin planning as soon as the diagnosis is given. The person diagnosed with Alzheimer’s should participate as much as possible. Decisions will need to be made about:

- health care
- finances
- will and estate planning

Paying for Care
The cost of caring for an Alzheimer’s patient can extend over a long period. So figuring out the best health care plan for the future is important.

Other Help
If the person with Alzheimer’s does not qualify for Medicaid, other help includes:

Social Security Disability Income (SSDI)
SSDI is for workers younger than 65 who meet the Social Security’s definition of disability. Disability means that a person cannot work, and their medical condition will last at least a year or is expected to result in death.

Supplemental Security Income (SSI)
Last year, Social Security added early-onset Alzheimer’s to the list. The people with this type of Alzheimer’s are given earlier access to SSI and SSDI. SSI gives a minimum monthly income to people who:

- are age 65 or older
- are disabled or blind
- have very limited income and assets

Low-Income Subsidy (LIS) – “Extra Help”
Medicare beneficiaries who have limited income and resources may qualify for the LIS Extra Help. LIS can help pay for prescription drugs costs, with no gap in drug coverage.

Veterans’ Benefits
Tax deductions and credits (Example: the Household and Dependent Care Credit)

Community Support
Local support services are available at a low cost, or no cost at all. Services can include respite care, transportation and meal delivery. Or, join an Alzheimer support group to share experiences with people who understand.

The Alzheimer’s Association Aloha Chapter
The Alzheimer’s Association Aloha Chapter serves all of the Hawaiian Islands. Call 1-800-272-3900 or e-mail to alohainfo@alz.org.
When you’re pregnant you are eating for two. Though eating for two doesn’t mean eating twice as much, it means making smarter choices that are good for both you and your baby. If you are pregnant and have diabetes, please check with your health care provider on the number of servings and serving size you should have in a day.

### 1. Whole Grains
(bread, pasta, rice, wheat germ, fortified cereal)

**Daily Recommendation:** 6 to 9 servings

Whole grain foods are rich in folic acid, calcium, fiber, zinc, Vitamin E, iron and Vitamin B1, B2, B3 and B6. Do yourself and your baby a huge favor. Trade your plain white bread, pasta and rice for whole-grain brands. If you don’t like whole grain, try sprinkling a few spoonfuls of wheat germ on your meals.

If six to nine servings of whole grains a day sounds like a lot, don’t worry. It may not be as much as you think.

One serving equals:
- 1/2 cup hot cereal, or
- 1 cup cold cereal, or
- 1/2 cup cooked whole-wheat pasta or brown rice, or
- 1 slice whole-wheat bread

**Bonus:** In addition to being a great breakfast food, fortified cereals are a healthy snack. They contain Vitamin B3 and Vitamin B6 that relieve pregnancy discomforts. Vitamin B3 aids in digestion. Vitamin B6 combats morning sickness. A small serving of cereal goes a long way!

### 2. Legumes
(soybeans, black beans, lentils, lima beans, black-eyed peas, peas, garbanzo beans or chickpeas, dried beans)

**Daily Recommendation:** 3/4 cup of cooked legumes

Legumes are high in folic acid (folate/vitamin B12). B12 is vital to the development of your baby’s brain and spinal cord. Legumes are also high in iron. Iron is important for red blood cells, which carry oxygen through your body.

**Bonus:** Iron fights tiredness, bad moods and feelings of sadness.

### 3. Dried Fruits & Nuts
(raising, apricots, cranberries, cherries, almonds, walnuts, unsalted peanuts)

**Daily Recommendation:** 1/2 cup of nuts or dried fruits

Dried fruits are high in iron, and nuts are a great source of calcium and protein. Protein is vital for you and your baby. Protein also fights germs and supplies energy.

Your growing baby requires calcium to develop. If there is not enough calcium in your diet for both you and baby, your body will take the calcium from your bones and give it to the baby. This can put you at risk for osteoporosis (porous/weak bones).

**Bonus:** Cranberries help prevent urinary tract infections that can occur during pregnancy. Almonds are a good source of cancer fighting antioxidants.

### 4. Fresh Vegetables & Fruits
(carrots, kale, broccoli, sweet corn, tomatoes, leafy green lettuce, bananas, papaya, oranges, mango, cantaloupe)

**Daily Recommendation:** 5 or more servings of vegetables and fruits

Fresh vegetables and fruits are loaded with nutrients. To get the most from your fruits and vegetables, eat fresh! Select unprocessed fruits and veggies from a wide range of color and flavors. Some green vegetables, such as broccoli and spinach, contain high levels of folate, calcium and iron.

**Bonus:** Bananas help fight fatigue by giving quick energy. They’re also gentle on your tummy. Oranges, in addition to providing Vitamin C, folate and fiber, also contain almost 90 percent water.

### 5. Milk & Dairy
(skim or low-fat milk, low-fat ice cream, frozen yogurt, low-fat yogurt, low-fat cheese)

**Daily Recommendation:** At least 4 servings of milk and dairy products

Milk and other dairy products are great sources of calcium, protein, vitamin D and phosphorus. Drink and eat only pasteurized dairy products. To prevent any possible pregnancy problems, avoid blue-veined cheese, imported cheese and soft, mold-ripened cheeses (feta, brie, chevre, Mexican-style and gorgonzola). It’s safe to eat hard cheeses (cheddar, mozzarella, cream cheese and cottage cheese).

**Bonus:** Drinking a glass of milk right before eating a meal may help reduce heartburn.

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**How Can AlohaCare Help Me?**

As a full-coverage AlohaCare QUEST member, maternity services are FREE! Services include ultrasounds, delivery, hospital stay and doctor visits before and after your baby is born. AlohaCare Advantage (HMO) and AlohaCare Advantage Plus (HMO SNP) members will be charged a co-pay. If you need help making a doctor’s appointment, please call our Customer Service numbers on the back of this magazine.
Benefits & Information

Extra Smoking Cessation Support
AlohaCare is partnering with Hawaii Tobacco Quitline. It offers local and confidential support for anyone who's ready to quit tobacco in Hawaii. Whether you have insurance or not, the Hawaii Tobacco Quitline is FREE. All callers receive:
• Unlimited calls from you to a Quit Coach
• Up to 3 calls from a Quit Coach to you
• Printed materials
• Help with medication
• Online tools and access to a Web Coach at www.ClearTheSmoke.org

Does it Work?
It is hard to quit tobacco. But the Hawaii Tobacco Quitline reports that people quitting tobacco are 2 to 4 times more successful when they use the Quitline than those who do not. Success rates increase when callers talk with a Quit Coach and use nicotine patches or gum.

Save the Fair!
Due to a lack of grant money, the Hawaii State Science & Engineering Fair (HSSEF) was short on funds this year and needed help. AlohaCare joined other community partners to save the fair by donating $5,000. Now in its 54th year, the HSSEF is the oldest and largest science education program in Hawaii. More than 7,000 Hawaii students take part each year. About 500 students reach the HSSEF level. The fair highlights the students' science projects. It also encourages all of our keiki to think about a science-related career.

Thanks for enrolling in AlohaCare's Medicare Advantage plan!
With your new plan come new benefits, including this FREE quarterly AlohaCare Member Magazine. The magazine offers lifestyle tips, puzzles, recipes and benefit information. We also include a special Kupuna Health article written with our AlohaCare Medicare members in mind. We hope you enjoy this issue. We appreciate your membership!

Access & Availability Funding
AlohaCare is Hawaii’s only statewide QUEST and Medicare plan. As such, we are committed to quality health care on every island. We have dedicated more than $1 million to the Neighbor Islands to increase access to care. The funds helped hire doctors for many clinics.
This year, AlohaCare granted $237,000 in Access & Availability Funding to five health care providers:
• Bay Clinic, Inc.
• Hamakua Health Center
• Maui Memorial Medical Center
• Hawaii Island Family Health Center
• Molokai Community Health Center
AlohaCare also helped fund the startup of two new community health centers—West Hawaii Community Health Center and Koolauloa Community Health and Wellness Center. We encourage you to visit your local community health centers. Talk to your doctor about your center's services that might help you stay healthy and live well.

A student describes his science project to the HSSEF audience.
Vegetable Quesadilla with Fresh Tomato Salsa

By Chef Carol Nardello, Kapiolani Community College

Quesadillas:
- 3 Bell peppers (a mix of green, red and yellow or orange bell peppers, cored, seeded and cut into thin strips)
- 1 Onion, thinly sliced
- 1 tbsp. Vegetable oil
- 8 8-inch flour Tortillas
- 2 cups Cheddar cheese, grated

Tomato Salsa:
- 3 Roma tomatoes, cored and chopped
- 1/4 Onion, minced
- 2 Garlic cloves, finely minced
- 1/2 Serrano chili, cored, seeded and minced
- 1/2 cup Cilantro, roughly chopped
- 1 Whole lime, juiced

Salsa:
Combine the prepped vegetables in a medium bowl. Adjust spice level by using more or less chili peppers. Set aside.

Quesadillas:
- Bring a sauté pan or griddle to medium heat, sauté peppers and onions in oil until tender or about 5 minutes. Remove from heat.
- In a small bowl, combine 1/2 cup of salsa with cheese and sautéed vegetables.
- Lay out 4 tortillas and divide filling evenly among them. Top each with second tortilla and press together.
- Place a prepared quesadilla onto hot surface to cook 5 minutes on each side or until golden and melted.
- Cool slightly and cut into wedges to serve with remaining salsa.

Makes 4 quesadillas or 16 wedges.

This recipe was created by the Culinary Institute of the Pacific at Kapiolani Community College (KCC). It is part of the college’s Cooking up a Rainbow program, a nutrition-based interactive culinary education program for children and adults.

Language Help Is Available

This contains important information. Call AlohaCare and ask for this document in a different language or to have it orally translated. It is free.

Naglalaman ito ng mahahalagang impormasyon. Tumawag sa AlohaCare at hilingin ang dokumentong ito sa ibaang wika o na isalin ito nang pasalita. Libre ito.

Naglaon daytoy ti importante nga impormasyon. Umawag ti AlohaCare ken damagen daytoy nga dokumento ti nagdumda nga lengwehe wenno tapno maibaga da mismoy ti panakatarus na nga sao. Daytoy ket libre.

이 문서에는 중요한 정보가 포함되어 있습니다. AlohaCare에 연락하여 이 문서의 다른 언어 버전이나 음성으로 요청하시오. 무료로 이용할 수 있습니다.

本文包含重要信息。请联系AlohaCare，索取本文档的另一种语言版本或让工作人员为您口头翻译。这是免费的。

Oahu: 973-1650
Neighbor Islands/Oahu (toll-free): 1-800-434-1002
TTY/TDD users (toll-free): 1-877-447-5990
Calendar of Events

Oahu
May 1 • 84th Annual Lei Day Celebration
A lei is a symbol of aloha and every year on the first of May, Honolulu celebrates Lei Day. Events will happen all over town from lei making demonstrations to entertainment and contests.
Kapiolani Park Bandstand, Honolulu. 9 a.m. - 5 p.m. www.honolulu.gov. FREE.

May 14th & 15th • Forget Me Not Days
This event raises awareness and funds for the Alzheimer’s Association around Oahu. Volunteers will collect donations and distribute materials at Long’s Drugs in Manoa, WalMart on Keeaumoku, Borders, Sports Authority and Kmart in the Outlets at Waikiki. 591-2771, www.alz.org/hawaii

Maui
May 7 • Annual Maui Onion Festival
The Maui Onion Festival is dedicated to the cultivation and promotion of the world-famous Maui Kula Onion. The festival is attended by thousands of visitors and residents every year.
Whalers Village at Lahaina, (808) 661-4567. FREE.

Big Island
May 14th & 15th • Kau Coffee Festival
Featuring a Miss Kau Coffee pageant, hoolaulea (crafts fair), coffee tasting, recipe contest, music and entertainment, farm tours, coffee demos and auction.

Kauai
May 26th - 29th • Kauai Polynesian Festival
The Kamanawa Foundation presents the 10th annual Kauai Polynesian Festival on Memorial Day weekend May 26-29, 2011 at the Vidinha Stadium soccer field on Kapule Highway (Lihue). Enjoy “Polynesian Experience” (hands-on arts and crafts activity), Polynesian Farmer’s Market, solo and group dance competitions, Hawaiian games, food booths, workshops, water slides, and much more. All Kauai residents and visitors are welcome. Entrance fee is $10 per day. Children below the age of 5 are free. For information, call (808) 335-6466, or visit www.kauaipolynesianfestival.org.

Medicare Member Orientation
Every 2nd Wednesday of the month
Enjoy light refreshments and an orientation on plan benefits for AlohaCare Advantage (HMO) or AlohaCare Advantage Plus (HMO SNP) members.
AlohaCare, 1357 Kapiolani Blvd., Suite 1250.
To RSVP, call 973-6395, 1-866-973-6395 (toll-free), 1-877-447-5990 (TTY/TDD).
8 a.m. to 8 p.m., 7 days a week. www.alohacare.org/MedicareEvents. FREE.

Did you know?
The Medicare Annual Election Period ended on December 31, 2010, but did you know that you can still enroll in a Medicare Advantage plan?
You can enroll anytime throughout the year if:
• You are eligible for both Medicare and Medicaid coverage
• You qualify for Extra Help/Low-Income Subsidy for your Medicare prescription drug coverage
• You are turning 65 years old
• You are new to the State of Hawaii
• Your current health plan no longer offers coverage in the State of Hawaii

For more details, please contact AlohaCare.
Call: 973-6395
Toll-free: 1-866-973-6395
TTY/TDD: 1-877-447-5990
8 a.m. - 8 p.m., 7 days a week

AlohaCare is a health plan with a Medicare contract.

AlohaCare and KITV
For a Healthy Hawaii
Check out AlohaCare’s health segment links on the KITV’s Website. The “For a Healthy Hawaii” pages provide important health related information. Visit www.kitv.com/alohacare.

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**Benefit In Review**

AlohaCare works hard to make sure that you receive quality care. This includes making sure that you have a way to get to your doctor, through AlohaCare’s non-emergency travel benefits or community resources. The travel benefit is only covered when you have no other source of transportation. See below for a review of AlohaCare’s travel benefits. For more details, please see your Member Handbook.

**QUEST Travel Benefits:**
AlohaCare must pre-authorize all non-emergency travel services. This means that your provider received approval from AlohaCare before arranging your medical services. You will not be paid back or refunded if you make your own travel plans. AlohaCare must make the travel arrangements for you.

Travel services include air, ground transportation, lodging, meals and companion, if you need one. These benefits are only covered when they are pre-authorized and medically necessary. They are not automatic benefits.

Non-emergency travel is not a benefit under the QUEST-Net, QUEST-ACE or Basic Health Hawaii (BHH) plans.

**Medicare Travel Benefits:**
Non-emergency travel is not a benefit under the AlohaCare Advantage (ACA) benefit plan. However, non-emergency travel is covered under the Medicaid (QExA) plan for AlohaCare Advantage Plus (ACAP) members. Your providers need to work with your Medicaid (QExA) plan to arrange transportation.

For non-emergency ground transportation services, please ask your provider about community resources such as:

- TheHandi-Van Service ……………………………… 538-0033
- Hana Hou Handi-Van (Hilo, HI) ………………… 933-8726
- Catholic Charities Hawaii ………………………… 595-0077
- JCRG Elder Care & Transervices ………………… 484-8900
- GDD Handi Trans ………………………………… 265-0507
- American Cancer Society (for cancer patients) .. 595-7544