AlohaCare is proud to feature Al Harrington in this issue. Most of us know Al as a Waikiki headliner and television star. But you may be surprised to learn that Al is also a dedicated teacher and mentor. Today, he studies under Kumu Kamaki Kanahele at the Waimanalo Coast Comprehensive Health Center. Al is focused on the arts of Native Hawaiian healing.

We thank Al for providing his respected voice on the radio for AlohaCare during the recent QUEST open enrollment period. Al shares in AlohaCare’s mission to improve the health of our community. He will be speaking for us even more often to help explain important changes to the QUEST program.

We also thank you, our members, for choosing AlohaCare as your QUEST health plan once again. We are gratified that almost all of our members stayed with AlohaCare during open enrollment. We will continue to improve our services to you. Our goal is to make sure you feel that we are the best health plan for you and your family.

Benefit plan changes—QUEST members will be placed in two benefit plans:
- QUEST Keiki (for those 20 years old and younger)
- QUEST Adult (for those aged 21 years and older)

To learn more about these changes, go to page 4.

These new plan options may change your benefits, but all eligible services remain completely free to you. You can also count on the same high quality of service and care you expect from AlohaCare and our large network of health care professionals, clinics and hospitals.

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.

1357 Kapiolani Blvd., Suite 1250, Honolulu, HI 96814
Call: 973-0712 • Toll-free: 1-877-973-0712 • TTY: 1-877-447-5990
Fax: 973-0726 • Toll-free fax: 1-800-830-7222

AlohaCare is a non-profit health plan founded in 1994 by Hawaii’s community health centers. Today, AlohaCare has more than 80,000 health plan members and is the third largest health plan in Hawaii. We partner with nearly 2,200 physicians, specialists and providers to care for our members. We have nearly 200 employees located at offices on Oahu and the Big Island.

AlohaCare’s Mission
Our passion is to serve the people of Hawaii in the true spirit of aloha by providing a comprehensive continuum of quality health care to all with special expertise in caring for those who are medically underserved and/or medically fragile.

This is accomplished with emphasis on prevention and primary care through community-governed health centers and in partnership with physicians and other health care providers that share our compassion and aloha for this population.

AlohaCare is for a healthy Hawaii.
**QUEST Program Changes**

There are no longer the QUEST-Net, QUEST-ACE and Basic Health Hawaii benefit plans. All QUEST eligible members will become a part of new benefit plans: QUEST Keiki and QUEST Adult.

**QUEST Adult** *(21 years old and older)*

QUEST Adult members will receive full benefit coverage.

**QUEST Keiki** *(20 years old and under)*

QUEST Keiki members will receive full benefit coverage. This includes special benefits, like dental care.*

*See page 7 for keiki dental benefits. Dental care for children is provided by the State Fee-For-Service Program. Call 1-888-792-1070 for more details.

**New Member ID card**

All AlohaCare QUEST members will get a new member ID card in July. It will be mailed to you with your QUEST Member Handbook. Your new ID card will include:

- **PCP Name:** This is the name of your Primary Care Provider (PCP). You should see your PCP for most of your health care needs. Your PCP will refer you to a specialist and other services when you need them. If you would like to choose a different PCP, call us.
- **Eligibility Renewal Date:** This date is printed on the front of your ID card. Before your Eligibility Renewal Date has passed, you need to return a renewal form or contact Med-QUEST. This is to make sure you are still eligible for QUEST services. AlohaCare will also contact you before this date and offer you help with paperwork so you don’t lose your medical coverage.
- **Nurse Advice Line:** The Nurse Advice Line number is on the back of your ID card. You can call the Nurse Line at any time when you have a health concern and your doctor is not available. See the sidebar for more details on this new benefit.

Be sure to carry your new member ID card with you at all times. You will need it each time you:

- Have a doctor’s appointment
- Go to the hospital or emergency room
- Pick up your medicine
- Need any other health care

**New QUEST Member Handbook**

The AlohaCare QUEST Member Handbook has been updated. In it are new changes to the QUEST plan and benefits. The handbook also has important details about being an AlohaCare member and other services. You will get a copy of the handbook in July.

**Nurse Advice Line**

The Nurse Advice Line is available toll-free 24 hours a day, 7 days a week at 1-877-225-8839. When you call our Nurse Advice Line, registered nurses will carefully assess your symptoms. They can help answer your questions. If you are sick and don’t know what to do, they will help figure out what type of care you need.

Nurse Advice Line offers:

- Advice on when to seek urgent or emergency care
- Recommendations to treat your illness
- Easy access to health information
- General tips about health care and preventive care to help you stay healthy
- Information about your symptoms, medication and self-care
Keiki Health

Teeth Time for Kids

Parents love to see their keiki smile, so it’s important to make sure their teeth are healthy. Keeping teeth clean is a big step toward avoiding dental problems. Teaching them brushing and flossing habits early on, will help them keep their smile as they grow older.

Why is dental care important?

Tooth decay is the most common childhood disease—five times more frequent than asthma.

Decayed teeth can contribute to other health problems. Children with healthy teeth are at lower risk of chronic illness. The American Dental Association says children with healthy teeth:

- Eat better and get more nutrients from the food they eat
- Do not suffer from the pain and infection of oral disease
- Miss fewer school days due to illness
- Develop good self-esteem, social skills and speech skills

Brushing

Dentists advise parents to have their children brush twice a day; once in the morning after breakfast before school, then again after dinner and before bedtime. This way, they’ll brush off the plaque that builds up after meal times. Plaque is the thin layer of bacteria that coats the teeth after eating. It is important to brush so plaque doesn’t build up and create cavities. When a tooth decays or breaks down, a cavity develops. A cavity can spread and damage more of the tooth if not fixed.

How to Brush

Dentists say many children who brush their teeth could do a better job. Here are some tips on how to brush properly:

- Hold your brush at a 45-degree angle against your teeth. Gently brush from where the tooth and gum meet to the chewing surface in short strokes. Be careful not to brush too hard.
- Brush all sides of your teeth.
- Use short brush strokes to clean the chewing areas of your teeth. Tip the brush so the bristles reach in for a deep clean.
- Gently brush your tongue and the roof of your mouth with a forward-sweeping motion.
- Brush for a full 2 to 3 minutes. Try using a timer or play a song while brushing your teeth to help.

Flossing

Flossing is often an overlooked part of keeping good dental hygiene. Flossing helps clean teeth where toothbrush bristles cannot reach. The floss should be passed between each and every tooth. Dentists say people should floss at least once a day.

Get Dental Care for Your Keiki!

Regular visits to the dentist every six months help prevent tooth decay and other dental problems from developing. Visits for keiki are covered by the State Fee-For-Service Program. This means you must get your dental care from a dentist who sees Medicaid patients. For more information on scheduling a dentist visit, contact the Community Case Management Corp. at 782-1070 or toll-free at 1-888-792-1070.

Keiki Dental Benefits include

- Diagnostic and preventive services once every six months
- Non-emergency care, which includes:
  - Endodontic therapy
  - Periodontic therapy
  - Restorations
- Oral surgery:
  - Prosthodontic services
  - Emergency and palliative treatments, which include services to:
    - Eliminate acute infection
    - Relieve pain
    - Treat injuries to the teeth and supporting structures
The heart is the body’s engine. We have to stay healthy for our bodies to run well. Proper heart care should be a top priority. It will help to avoid medical problems such as:

- **Heart disease** – a weakness of the heart muscle that can cause heart attack, chest pain and heart failure.
- **Cardiovascular disease** – a condition that damages the heart or blood vessels. This disease causes high blood pressure, heart attack and stroke.
- **Stroke** – occurs when blood flow to the brain is blocked. Lack of blood flow can cause parts of the brain to become damaged.

There are several factors to these diseases. They include genetics, high blood pressure and cholesterol. There are lifestyle factors such as smoking, unhealthy diet and lack of exercise. Proper care and prevention is the key. Here are a few tips:

- **Exercise for at least 30 minutes every day.**
- **Stop smoking.**
- **Eat lots of fresh fruits and vegetables.**
- **Stay away from foods high in salt, fat and cholesterol.**
- **Follow your doctor’s instructions.**

- **Know your ABCs:**
  - **Aspirin Therapy** – Depending on your blood pressure and cholesterol levels, taking an aspirin each day may be helpful. Ask your doctor if it’s right for you.
  - **Blood pressure checked regularly.**
  - **Cholesterol checked regularly.**

Regular blood pressure checks, cholesterol tests and programs to stop smoking are free for AlohaCare members.

### How to Avoid a Hospital Re-entry

When we go to the hospital, we want to get out as soon as possible. But sometimes when we leave the hospital, we forget to do the right things to stay out. We are usually most in danger of getting sick or infected right after leaving the hospital. Hospital re-entry is common among the chronically ill and elderly.

You can avoid a hospital re-entry by following the doctor’s instructions. This includes making a follow-up appointment with your doctor right away. Bring your medicines to your visit in case your doctor needs to make any adjustments. Follow your doctor’s orders and stay healthy.

AlohaCare can help schedule follow-up appointments if you lose or forget the doctor’s instructions. Call the Customer Service number on the back of this magazine. Ask to speak to Care Management.

### Million Hearts™

Heart disease is the leading cause of death in the United States. Stroke is fourth. Million Hearts is a national program aiming to prevent 1 million heart attacks and strokes by 2017.

This program hopes to meet this goal by improving:

- **Access to care**
- **Quality of care**
- **Heart medicines**
- **Research on heart attack and stroke**
- **Healthy lifestyles**

For more details on the Million Hearts, visit [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov).

### Passion Slaw by Sam Choy

**Dressing**

- 12 passion fruit or lilikoi
- ¼ cup soy sauce
- ¼ cup oil
- 2 tbsp. honey
- 3 tbsp. “raw” sugar
- 2 tbsp. sesame oil

**Slaw**

- 1 cup sliced fennel
- 1½ cups fresh spinach
- ½ cup sliced carrots
- ½ cup sliced red cabbage
- 1 bunch fresh cilantro
- 1 cup bean sprouts
- 8 mint leaves, chopped
- 8 shiso leaves, chopped

Cut passion fruit in half and scoop pulp into a sieve over a bowl. Gently crush the pulp to get the juice; discard the seeds.

Add remaining dressing ingredients and whisk together. Cover and chill for about an hour.

In a large bowl, toss the vegetables together. Pour the dressing over the vegetables and toss until well combined. Serve alongside grilled fish.

Serves four.

This recipe is from *The Hawaii Farmers Market Cookbook, Vol. 2*. It is available at local bookstores and [www.bookshawaii.net](http://www.bookshawaii.net).

Photography by Adriana Torres Chong
A Healer’s Journey
Catching up with Al Harrington

It may seem like an unlikely journey from Hollywood to the healing garden at the Waianae Coast Comprehensive Community Health Center. But Al Harrington says it’s simply the result of being guided by the right people to the right place at the right time.

He has the confidence of a knife dancer, the education of an historian and the charisma of a chief. Yet Al deflects praise to credit his teachers, Kupuna, family, friends, God and “luck.” He says the greatest value of success is that it enables service to others.

Teaching
Al has many stories from working on both the original and current Hawaii Five-0 series. He was “discovered” by the show’s producer while knife dancing in Waikiki. But Al loves to talk more about his career as an educator.

Al considers himself very fortunate to have attended schools with great teachers early in life. After college, Al turned down pro football for a three-year religious mission. He then taught history at his alma mater, Punahou, for five years.

For the actor, he says, the classroom is a stage to teach his students. “If you’re a teacher,” Al says. “You’ve got to be dramatic. A good teacher has to have some gifts.” For Al, the keys are humor and humility. History is life, Al says. It is not always serious.

Kumu
Al sees learning as an endless and continual process. Today, he is as much of a student as he is a teacher. When talking about Native Hawaiian healing, Al once again speaks of respect for the teachers and Kumu who laid the path for him.

He was taught Hawaiian history by a leading expert on Polynesia, Abe Piianaia. “It was so great to have a teacher like that in front of you because he was teaching you about something he loved,” Al says of Abe. “And not only did he love it, but he knew it because he lived it.”

Currently, Al studies under Kumu Kamaki Kanahele at Waianae Comprehensive. The community health center was the vision of Kamaki’s mother, Dr. Agnes Cope. She had faced many barriers in helping her Native Hawaiian neighbors get health care. So she started the center.

Educator, Healer & Entertainer

Al’s respect for Aunty Agnes’ and her son’s dedication brought him to Waianae and the healing arts of old Hawaii. After experiencing cancer and diabetes, Al was compelled to build the healing spirit in Hawaii.

On Healing
Kamaki and the other leaders at Waianae Comprehensive are proving that new and old methods of healing can work well together, Al says. Particularly for widespread diseases like diabetes, patients must be willing to accept changes in lifestyle and attitude. “It’s like you tell a kid to get on a surfboard and he puts his right foot out. But then he doesn’t do so well. So you tell him to put his left foot out. And that happens sometimes with getting sick. Sometimes you’ve just got the wrong foot forward.”

Traditional healers say health is about balance. Al and his teachers see the healing process with many elements; like body, breath, spirit and nature. To be healthy, all these parts must work well together.

The Hawaiian concepts of aloha and mana are central to the healing process. “Aloha is the basis of our culture and healing. Mana and spirit are about having the right attitude,” Al says. The person must have faith in the healing process. “If I think you can be healed and you think you can be healed, then you have a better chance at being healed.”
Heads Up!

Doctors, teachers, coaches and parents are becoming more aware of the risk of brain injuries. Teenagers’ active lifestyles put them at high risk for concussion and other threats to their developing brains. Many brain injuries are due to traffic accidents, sports injuries or violence. Half of brain injury incidents involve alcohol use.

The brain is the most vital organ for survival next to the heart. Protecting your brain is protecting your life. Teens need to know how to avoid brain injuries like concussions.

Protection On the Road
Traffic accidents cause half of all brain injuries. For teens who ride bikes or skateboards, wearing a helmet is great protection on the road. In Hawaii, the law requires anyone 16 years and younger to wear a helmet while riding a bike.

Sports & Head Injury
Smacking helmets or rough tackles in football can cause concussions. A concussion is a brain injury that can cause a bad headache or unconsciousness. It can also interfere with the way your brain works.

Concussions are not injuries that players can just “walk off.” They are serious and need attention. This means teen players should not continue to play until a doctor says he or she can return.

For teen athletes, Chronic Traumatic Encephalopathy (CTE) is a growing concern. This brain condition is found in athletes with multiple brain injuries. Repeated brain injuries such as concussions build-up over time and can permanently injure the brain tissue. Changes in the brain can begin months, years or even decades after the last injury. CTE has been found in boxers and retired football players.

Warning Signs
Every brain is different, and so is every brain injury. The impact from football helmets and the impact of a bike accident are not the same. The injury can also affect more than one area of the brain. These injuries affect people differently, too.

The signs and symptoms of brain injury vary. Some symptoms are mild and others are severe. These symptoms can show up immediately or weeks after the injury.

Mild symptoms include:
• Blurry vision
• Bad taste in the mouth
• Confusion
• Feeling dizzy
• Feeling tired
• Headache
• Mood changes
• Ringing in the ears
• Trouble with memory

Severe brain injury may show these same symptoms. But some may get worse or won’t go away. Other symptoms include:
• Convulsions or seizures
• Dilated eye pupils
• Increased confusion or agitation
• Loss of coordination
• Numbness
• Stomach pains
• Trouble waking up
• Trouble speaking

Small children with mild to severe brain injury may show some of these signs. They may also show other signs such as crying or refusal to eat. Anyone with signs of severe brain injury should see a doctor as soon as possible.

Minimize Long-Term Impact of Head Injury
If you suspect that your teen has sustained a brain injury, seek appropriate medical attention—even if there are no obvious warning signs. Symptoms may not appear until many years after the injury. A single head injury can cause long-term memory problems.

Severe brain injury can have long term affects on the victim and their family as well. Rehabilitation therapists can teach injury patients how to overcome or cope with their injury.
Fall Safety For Seniors

When we’re young our bodies heal and recover quickly. However, as we get older our bodies heal more slowly. The risk of falling increases with age and a fall can be more harmful to our bodies. In fact, about one third of seniors over the age of 65 fall and are injured each year. At 80 years, over half of seniors fall each year.

Physical changes to our bodies are a part of aging. These changes may make it harder to move around and stay balanced. It is important to learn how some medical conditions or medications may increase your risk of falling.

- Some drugs have side effects that can make you feel dizzy.
- Two or more drugs may interact to create dizziness.
- Sometimes dizziness comes from forgetting to take medication.

After a fall, some seniors are afraid of falling again and choose to be less active. But that can backfire, because seniors who are less active are more likely to fall. This is because they slowly lose the strength and balance to keep their body in control. Regular exercise can help you increase your strength and balance to prevent falls.

Exercise can improve
- Balance
- Stamina
- Strength

In the home

Most falls happen at home. Stairs, bathrooms, dark hallways and clutter around the house can become dangerous. But these hazards can be prevented with the right planning and home maintenance.

Bathroom
- Use nightlights to light the way to the bathroom.
- Install grab rails near the bathtub and toilet. Towel racks will not support a person’s weight.
- A shower seat allows seniors to shower without getting tired of standing.
- Install a non-skid mat in the shower or on the floor.

Bedroom
- Store eyeglasses within easy reach of the bed.
- Have a lamp close to the bed.
- Keep clutter up off the floor and walkways.

Kitchen
- Put items that are used most often in waist high cupboards and drawers.
- Reduce the chance of slipping by sweeping often and wiping up spills immediately.

Hallways & Stairs
- Have a light installed in the stairway with a light switch at the top and bottom of the stairs.
- Use nightlights.
- Secure floor coverings tightly with adhesive tape or nails.

Ma Ka Hana Ka Ike

Ma Ka Hana Ka Ike is a construction skills training program for at-risk youth in Hana, Maui. AlohaCare recently awarded the program a Community Conscience Award of $5,000 for its work with kupuna.

Beware of Medicare Sales Rules

Medicare is not just a big government program; it is big business for many health insurance companies and for Medicare sales agents. While most sales agents follow the federal regulations, some may cross the line because of the money they can earn by selling you a Medicare plan. There are strict rules about what Medicare sales agents can and cannot do.

Medicare sales agents are allowed to help you review the features and benefits of different Medicare plans. They should not make the decision for you. An agent who does not follow the federal rules may not have your best interest in mind.

Medicare sales agents CANNOT:
- Contact you without your permission. Including:
  - Coming to your home uninvited
  - Call to enroll you in a Medicare plan by phone
  - Walking up to you in a public place

There are also limits to what sales agents may offer you:
- NO free meals – light snacks are okay
- NO cash or gifts worth more than $15
- NO discussion or sales of other services like life insurance or long-term care plans

Additionally, Medicare sales agents CANNOT:
- Discuss or distribute sales material in any event or service that is not Medicare related.
- Visit a senior living residence to teach you about Original Medicare and then discuss or advertise specific benefits of a Medicare Advantage Plan
- Discriminate against you based on pre-existing conditions and other factors

A good way to avoid unethical sales tactics is to know these rules and have a family member or someone else you trust with you when you meet a Medicare sales agent. Responsible agents will never discourage you from having someone else with you.

If you have experience or seen agents do any of these things, or feel you have been misled by a Medicare sales agent, call the Senior Medicare Patrol Hawaii at 586-7281 or toll-free at 1-800-296-9422.
Moms-To-Be

Safe Sleep

As a new parent, one of the most important decisions you will make is where and how you place your infant to sleep.

Practice Safe Sleep

Safe sleep practices can reduce the risk of death from suffocation. You can help protect your baby from Sudden Infant Death Syndrome (SIDS), suffocation and accidents during sleep, by following these safe sleep rules:

• Place infants on their back to sleep, even for short naps. Do not let them fall asleep on their side or tummy.

• Place infants to sleep in safety-approved cribs. Be sure that the crib has a firm mattress with sheets that fit tightly. Portable cribs and play yard style cribs are also good choices. Do not let infants sleep in adult beds, water beds, couches or recliners. These have spaces that can trap the infant’s face and block breathing.

• Keep a smoke-free environment. Infants who sleep with those who smoke have a greater risk of unexpected death.

• Keep pillows, soft comforters and stuffed toys out of the sleep area. Do not let infants sleep on soft bedding.

• Do not use wedges or positioners to prop your infant up. Some baby positioners claim to prevent risk, but safety officials say they can be dangerous, too.

• Do not overdress infants when they sleep. Getting too warm puts the infant at greater risk of unexpected death. Use light sleep clothing and keep the room temperature at what would be comfortable for a lightly-clothed adult.

• Sleep in the same room with your baby, but not in the same bed. Sharing a bed with others puts infants at risk for being rolled on and smothered. Falling asleep with your baby in bed or on a couch or armchair is dangerous. Remember: Share the room, not the bed.

• You can breastfeed in your bed, but when your baby is ready to sleep, put him or her in the crib. Place your baby’s separate, safe sleep space near your bed to help you protect him or her and make breastfeeding easier.

• Offer your baby a pacifier every time you place him or her down to sleep. But wait until nursing is well established before using a pacifier (usually around one month.) It is also important to educate others who care for your baby about these safe sleep rules.

Did You Know?

In Hawaii, suffocation is the leading cause of fatal injuries for infants under a year old. Many sleep-related infant deaths occurred from suffocation when the babies slept face-down.

Well-Child Visits

As your infant grows to a toddler and child, EPSDT Well-Child visits are important. EPSDT stands for Early and Periodic Screening, Diagnosis, and Treatment. These visits ensure that your kids are protected from disease by having the right shots at the right time. The visits also can detect unusual problems early so they can be treated. EPSDT visits should happen:

• Before 1 month of age for newborns
• At 2, 4, 6, 9, 12, 15 and 18 months
• At 2, 3, 4 and 5 years
• Every 2 years from ages 6–20

How Can AlohaCare Help Me?

AlohaCare has resources for families to stay healthy. We also work with many programs around the state to help families grow and develop together. EPSDT Well-Child Visits and vaccinations are FREE for AlohaCare QUEST members. If you need help scheduling a Well-Child visit, please call our Customer Service phone number at the back of the magazine.

Helpful Websites

Safe Sleep Hawaii – Safe Sleep Hawaii provides statewide leadership in preventing infant deaths by educating parents, caregivers, teachers and health care providers on the safe sleep practices. www.safesleephawaii.org

First Candle – First Candle is a national nonprofit health organization for parents, caregivers and researchers. They work to advance infant health and survival. www.firstcandle.org
Turning 65 soon?
Learn about our local Medicare options.

Diane Ako for AlohaCare

AlohaCare offers Hawaii’s seniors quality Medicare coverage at a great value. As a local insurance company, we call the Islands home and have a special understanding of the needs of kupuna in our community.

Our two plans—AlohaCare Advantage and AlohaCare Advantage Plus—are both Medicare Advantage Prescription Drug Plans. The plans offer comprehensive, affordable medical and prescription drug coverage, with benefits and services beyond Original Medicare.

ARE YOU ELIGIBLE FOR ALOHACARE ADVANTAGE?
We’ll talk you through our Medicare plan options. Call us!
Call: 973-6395 • Toll-free: 1-866-937-6395 • TTY: 1-877-447-5990
8 a.m. to 8 p.m., 7 days a week

ABOUT US
AlohaCare is a Hawaii-based Medicaid and Medicare insurance plan. We were founded in 1994 by Hawaii’s community health centers to provide medical coverage for Medicaid beneficiaries. As Hawaii’s 33rd largest business in the state, AlohaCare helps its members—from keiki to kupuna—stay healthy. We contract with health care providers who emphasize prevention, disease management and health education.

AlohaCare Advantage (HMO) is a health plan with a Medicare contract. AlohaCare Advantage Plus (HMO SNP) is a Coordinated Care Plan with a Medicare Advantage contract but without a contract with the Hawaii Medicaid program.

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.

Tài liệu này bao gồm thông tin quan trọng. Xin gọi cho AlohaCare và xin bản này bằng ngôn ngữ khác, hoặc yêu cầu phiên dịch bằng lời bản này. Các dịch vụ này đều miễn phí.

Naglion daytoy ti importante nga impormasyon. Umawag ti AlohaCare ken damagen daytoy nga dokumento lii nagduduma nga lengwahe wenne tapno maibaga da mismoom ti panakatarus na nga sao. Daytoy ket libre.

이 문서에는 중요한 정보가 포함되어 있습니다. AlohaCare에 연락하여 이 문서의 다른 언어 버전이나 음성 항목을 요청하십시오. 무료로 이용할 수 있습니다.

本文包含重要資訊。請聯絡 AlohaCare，索取本文件的另一種語言版本或讓工作人員為您口頭翻譯。這是免費的。

CALENDAR OF EVENTS • Summer 2012

BIG ISLAND ► August 11
Hawaii County Band
The second oldest professional musical organization in the state opens its annual season.
12 p.m. – 2 p.m. • Moohoau Park, Hilo • 961-8699 • FREE

KAUAI ► August 23–26
The Kauai County Farm Bureau Fair
The largest annual event on Kauai, this event focuses on agriculture. Program proceeds go to 4-H, KAFCE and other agricultural commodity and hobbyist groups growing everything from tropical flowers, to orchids, taro and bonsai.
Vidinha Stadium, Lihue • www.kuaifarmfair.org • 337-9944 • $4 adults, $2 children

OAHU ► September 15
Waikiki Hoolaulea
Celebrating its 60th year, the block party will host multiple stages of entertainment, food and crafts.
7 p.m. • Kalakaua Avenue • www.alohafestivals.com • FREE

Oahu: 973-0712
Neighbor Islands/Oahu (toll-free): 1-877-973-0712
TTY: 1-877-447-5990

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Language Help Is Available
MEDICARE SCAM – DON’T BE A VICTIM

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Turn to page 15 to learn more about what Medicare sales agents can and cannot do.