

Military & Family Readiness

Resource Newsletter

JULY 2026



Request for Assistance



Let's Get Ready!

Hurricane season is upon us, and given Hawaii's heavy reliance on shipped goods, early preparation is critical. Be ready with a

14-day Disaster Kit, as well as a packed Evacuation Go-Bag for sudden departures. Please use the accompanying resources to prepare your home and family for the unexpected, and remember that you can always visit your nearest Military & Family Readiness program office to pick up a variety of emergency preparedness guides.



14-day Disaster Kit or Evacuation Go-bag
<https://www.honolulu.gov/dem/build-a-kit/>



Emergency Preparedness Quick Tips and Checklist

https://www.hawaiianelectric.com/documents/safety_and_out_ages/storm_center/emergency_preparedness_checklist.pdf



Emergency and Disaster county text Alerts!
<https://dod.hawaii.gov/hiema/get-ready/>

Financial Well-Being

Financial health is a vital part of overall well-being. The **FINRED Financial Well-Being Assessment** acts as a quick "checkup" for your finances, offering valuable insights to improve your financial path no matter where you are in your career. Discover a broad range of tools and resources to strengthen your financial readiness today.

<https://finred.usalearning.gov/FWBA>

For personalized, confidential, and local guidance, you can also connect directly with our **HIARNG Personal Financial Counselor**, Daniel Carignan, at 808-594-2509.



Health and Wellness Coaching, for Teens too!

Military OneSource FREE health and wellness coaching is for adults *and* teens (13 and older). Coaches can help make a plan, focus on results and reach goals in areas such as:

- Fitness
- Nutrition
- Stress management
- Life transitions
- Health condition management
- School-life balance



If you're ready to make some positive life changes, call 800-342-9647 or visit <https://www.militaryonesource.mil/benefits/health-wellness-coaching/>



Questions, concerns?
Give us a
text/call/email

Military & Family Readiness Specialists
are here to support YOU!

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