



June 2022

**HENDERSON HALL
EFMP TEAM**

Email: efmphh@usmc-mccs.org

Website: mccshh.com/EFMP

Program Manager:

703-693-6368

Family Case Worker:

703-693-6510

Family Case Worker:

703-693-4172

Training, Education, & Outreach Specialist:

VACANT

703-693-5353

Administrative Specialist

703-693-7195



EFMP SERVICES

- ◆ Family support/case management (including deployment support)
- ◆ Informed assignment screening
- ◆ Special housing consideration (HQMC EFMP)
- ◆ EFMP attorney assistance
- ◆ Resources and referrals
- ◆ Support at IEP meetings
- ◆ Eligibility for Tricare ECHO (with qualifying conditions)
- ◆ Transition assistance (Warm Hand-off)
- ◆ Workshops and trainings

Heat Injuries

HEAT CRAMPS - Occur after several hours of physical exertion in the heat.

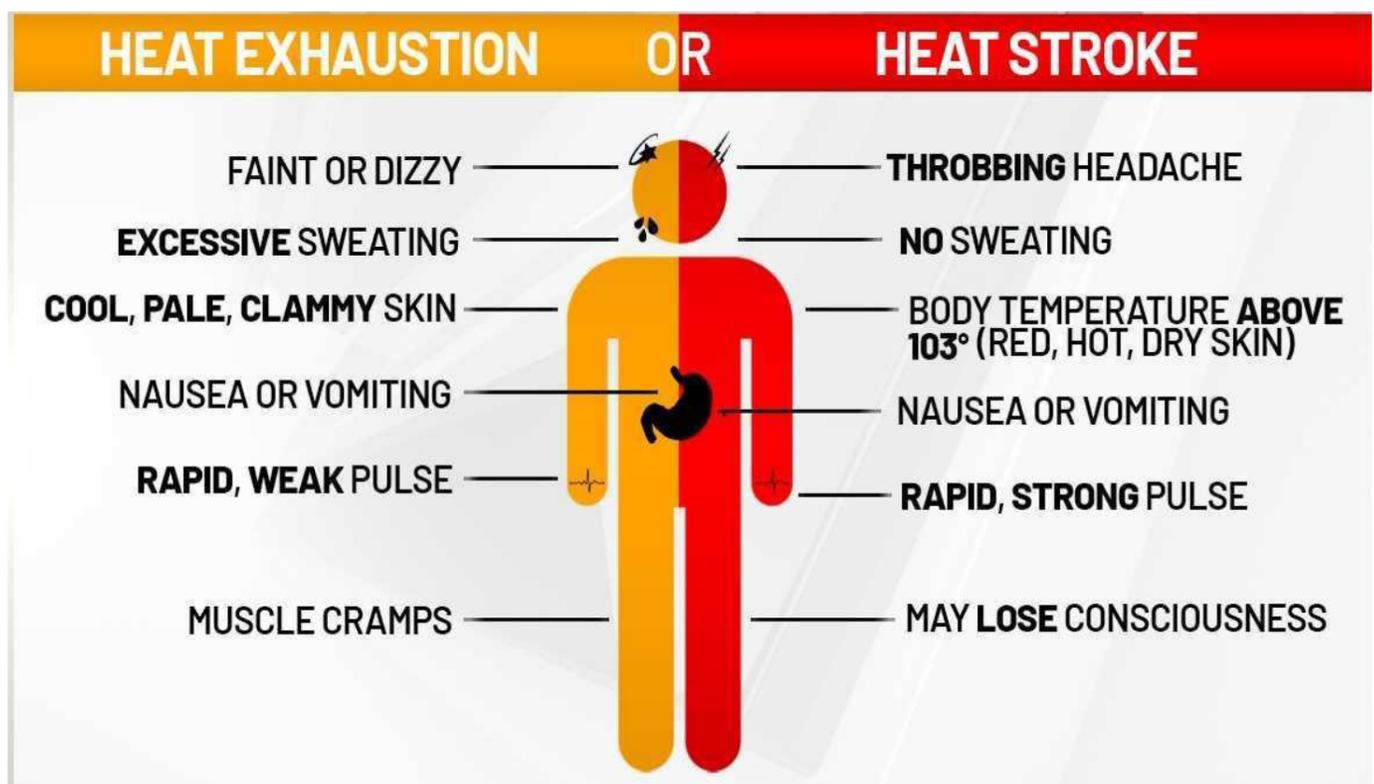
- ◆ **Symptoms:** Painful muscle spasms usually in the legs or abdomen.
- ◆ **Treatment:** Get out of the heat and into the shade, hydrate with water or sports drink, and stretch the muscle.
- ◆ **Prevention:** Acclimatize to the environment so your body adapts to the heat. Hydrate with water or sports drinks before & during. Avoid exercising during the hottest part of the day. Wear light, loose clothing & use sunscreen

HEAT EXHAUSTION - Due to loss of water & salt through sweat

- ◆ **Symptoms:** Headache, nausea, dizziness, weakness, and cool, clammy skin.
- ◆ **Treatment:** Stop and rest, hydrate and get into a cool room or shade, loosen clothing and apply cool wet towels or pour cool water over the head.
- ◆ **Prevention:** Same as heat cramp prevention.

HEAT STROKE - A serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

- ◆ **Symptoms:** Red, hot and dry skin. Rapid but weak pulse. Rapid but shallow breathing. Confusion, faintness, staggering, hallucinations. Unusual agitation or coma.
- ◆ **Treatment:** Reduce body temperature by cooling the body and removing unnecessary clothing. Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling. Seek medical attention immediately!
- ◆ **Prevention:** Same procedure concerning heat cramps or heat exhaustion.





Read Beyond the Beaten Path

From May 30 - September 5, 2022

Read every day this summer to earn incentives during the Summer Reading Challenge!

Log your daily reading and be entered to win e-gift cards.

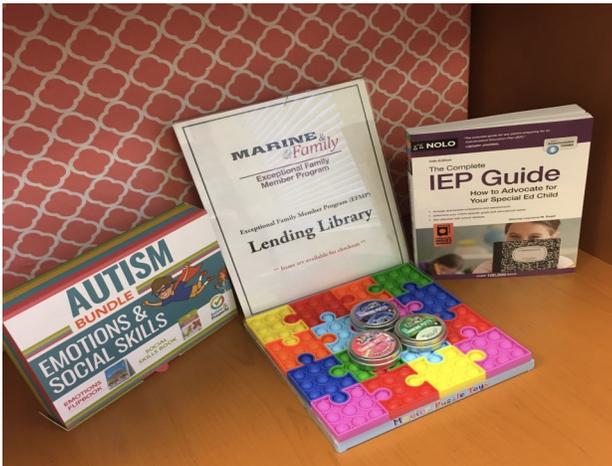
Go to www.dodvirtualsrp.beanstack.org/ for more information and rules.



Henderson Hall EFMP

Lending Library and Loan Locker

If you haven't had the opportunity to check out **Henderson Hall EFMP's Lending Library** or **Loan Locker** this might be a good time to do so. The Lending Library and Loan Locker are located in Building 12 at Henderson Hall. It was recently updated with many new and exciting items. You can try out items for free on a first come, first serve basis. A list of items is available on the HH EFMP website under the resources tab at:



[MCCS Henderson Hall \(mccshh.com\)](http://mccshh.com)

Father's Day / Summer Activity Idea:

Chalk Rocket

First you will need

- Corn Starch
- Water
- Food Coloring
- Film Canisters
- Alka-Seltzer



1. Mix equal parts of water and corn starch in a bowl or container
2. Once well mixed pour the mixture into the film canisters, about 1/3 of the way.
3. Add a few drops of food coloring
4. Take on tablet of Alka-Seltzer broken into 3 or 4 pieces, toss the pieces into the film canisters and **quickly** secure the lid
5. Now stand back
6. In just a few seconds the “rocket” will fly into the air, leaving a blast sidewalk paint all over the pavement.
7. You can adjust the color by combining different drops of food coloring.
8. To preserve the blast of color, lay down card board or poster board to keep your creations.
9. Film Canisters can be purchased at <http://amzn.to/2qaDpTM>

Source: <https://www.growingajeweledrose.com/2013/08/summer-fun-chalk-rockets.html>





PCS'ing?

Information regarding Priority Housing



Endorsements for priority housing consideration and modifications are the authority of Headquarter (HQ) Marine Corps Exceptional Family Member Program (EFMP), and are a component of the enrollment/update process. Housing modifications and priority housing considerations will be annotated directly in the enrollment letter and will be based on the identified requirements as outlined by the qualified medical provider on the DD form 2792 or through formal correspondence.

If additional requests for accommodations are submitted, HQ EFMP medical screeners shall review and provide relevant information.

Keep in mind, Henderson Hall does not have Base Housing.

Key:

Blue = Henderson Hall Exceptional Family Member Program (EFMP Program)

Orange = Parent Educational Advocacy Training Center (PEATC Program)



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 New Parent Support— Playgroup at the Chapel	3	4
5	6	7 EFMP Workshop: Building Networks of Support	8	9 New Parent Support— Playgroup at the Chapel	10	11
12 PEATC— Transition University	13	14 	15	16 New Parent Support— Playgroup at the Chapel	17 New Parent Support—Baby Boot Camp	18
19 Happy Father's Day	20 Juneteenth EFMP Offices will be closed	21 EFMP Workshop Early Intervention Overview	22	23 PEATC Parent Institute 2 day event	24 PEATC Parent Institute 2 day event	25
26	27	28	29	30 New Parent Support— Playgroup at the Chapel		



JUNE 2022

Please RSVP by Close of Business the Day Prior to the Workshop or Event

Date	Time	Workshop/Event	Description	Location
Tuesday June 7	11:30 am— 12:30 pm	Henderson Hall EFMP Lunch and Learn Series Building Networks of Support	Informal networks of support are people who are part of a family's social network like family members, friends, neighbors, co-workers or members of a faith-based community. Formal networks of support are typically individuals from organizations or agencies that provide help or a service to the family. Learn how to find resources and how to build a support system by sharing and networking with others who are dealing with the same challenging circumstances.	Virtual—Call for more information 703-693-5353 or to register email: efmphh@usmc-mccs.org
Tuesday June 21	11:30 am— 12:30 pm	Henderson Hall EFMP Lunch and Learn Series Early Intervention Overview	From birth to 5 years, a child should reach milestones in how he/she plays, learns, speaks and acts. A delay in any of these areas could be a sign of a developmental problem. The good news is, the earlier it's recognized the more a child can be helped to reach his/her full potential. Learn how to spot developmental delays and what to do if you have a concern about your child. Featuring a Guest speaker from PEATC, join this virtual Lunch and Learn to find out more about early intervention.	Virtual - Call for more information 703-693-5353 or to register email: efmphh@usmc-mccs.org
Thursday June 23— Friday June 24	9:00 am— 3:00 pm	PEATC—Parent Institute	This training is designed to be the first step for parents in becoming collaborative leaders. Parent Institute connects new parents with resources and guidance in navigating special education in Virginia. Participants will be introduced to the special education process, discover new resources, and have opportunities to network. Complimentary hotel rooms and meals will be provided for accepted participants. If accepted, you will receive a confirmation email from PEATC.	The Hotel Roanoke Conference Center To register: https://bit.ly/3q381ar For more information call – 703-923-0010 or visit www.peatc.org
June 10 and June 17	9:00 am— 2:30 pm	Henderson Hall New Parent Support—Baby Boot Camp	Baby Boot Camp is designed to help alleviate some of that stress by teaching parents information they will need for the first few weeks at home. Topics covered are diapering, bottle & breastfeeding, soothing a fussy infant, and safe sleep.	Henderson Hall Building 12 Please call 703-693-1160 to register.



DISCLAIMER: The contents of this newsletter do not necessarily reflect the views or policies of the Department of Defense, nor does the mention of trade names, commercial products, gift suggestions, or organizations imply endorsement by the USMC.

