



# EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

March 2024



*Hello,*

# SPRING

Warmer temperatures and longer days mean spring is on its way, officially starting 19 March this year. The National Capital Region is bursting with opportunities to enjoy the season from the Cherry Blossom Festival to St. Patrick's Day fun runs. Read on to learn more about the inclusive, accessible recreation activities in the area.

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# JUST MOVE IT

## Sports and Recreation with Disabilities

### Any movement is better than no movement

Last month's newsletter highlighted that adults, including individuals with disabilities, should try to get at least 150 minutes of moderate-intensity exercise per the [Center for Disease Control](#). Not only will it improve your heart health, but also your mood and digestion. The best exercise is the exercise you will consistently make part of your life. Luckily, there are plenty of ways to add movement to your day, including a variety of adapted recreation and sport opportunities across D.C., Maryland, and Virginia. For individuals with chronic health problems, taking advantage of good days to move may help balance out the restricted movement on bad days.

### Get Moving

- **Walk and Talk or Roll and Stroll:** Combining light cardio exercise with social connection may make it easier to be consistent. [Fairfax County, DC](#), and [Maryland](#) all offer paved trails.
- **Move to the Beat:** Try dancing to your favorite songs on your own, at a group class, or through virtual fitness courses, like Special Olympics Area 26 online [Zumba](#) class, the [National Dance Institute Dream Project](#) (for children), or [Spirit Club Fitness](#).
- **Just Keep Swimming:** Swimming or pool fitness can be great low-impact options to stay in motion



**All exercise routines and fitness classes  
should be discussed with your  
healthcare team**

## Pursuit

### Adaptive Sports and Recreation for Adults

[Pursuit](#) is a nonprofit dedicated to organizing adaptive sports and recreation for adults with physical disabilities in Virginia, D.C., and Maryland. Their mission is to improve the health and well-being of those adults by building an active community. Organized sports include bowling, rafting, sailing, hiking, golf, cycling and rock climbing. Pursuit also offers social events like paint and sips, dinners out together and other outings with accessibility in mind. Membership is free, but limited to individuals aged 18+ with physical and/or sensory disabilities. Volunteers are also needed.



## MedStar Health Adaptive Fitness Program

This [program](#) brings recreational and competitive sports to any adult in the community with a disability at no cost to the individual. Coaching, training, equipment, and travel assistance are provided. Volunteers are needed.

- Wheelchair basketball (Burtonsville, MD)
- Wheelchair rugby (Fairfax, VA),
- Wheelchair tennis (College Park, MD)
- Adaptive cycling (Burtonsville, MD),
- Sled hockey (Arlington, VA),
- Boccia ball (Washington, D.C.),
- Adaptive rowing (Washington, D.C.)
- Adaptive fitness (Washington, D.C.)



## Special Olympics

Started in 1960s by Eunice Kennedy Shriver (sister to John F. Kennedy), Special Olympics has been providing year-round recreational sports and competition athletics worldwide for individuals with intellectual disabilities for over 50 years. Check out the [program finder](#) to identify the closest program to you. Special Olympics also welcome volunteers, coaches, and officials

There are 3 additional specialty Special Olympic programs:

- Young Athletes: for children with and without disabilities aged birth-age 7.
- Unified Sports: for primary and secondary school-aged children with and without disabilities
- Motor Activities Training Plan: for individuals with severe/profound intellectual disabilities limiting participation in official activities.



## Therapeutic Recreation

Whether you are in Maryland, D.C., or Virginia, you more than likely have access to excellent adaptive recreation opportunities in your area. For example, Arlington County offers adaptive swim and adaptive gymnastics, as well as social recreation for children and adults with disabilities. Similarly, St Mary's County in Maryland offers adaptive kickboxing and inclusive line dancing. Performing an internet search with the terms "therapeutic recreation + county name" to locate your area program.

## Wheelchair Basketball

[Fairfax Falcons](#): VA. Ages 4-22 with an irreversible lower extremity disability. Not all players are regular wheelchair users.

[Bennett Blazers](#): MD. Ages 10-18. All players have lower limb disability, not all players are regular wheelchair users. Kennedy Krieger also offers adult wheelchair basketball.





## **Kennedy Krieger Institute** Baltimore, MD

The [Kennedy Krieger Institute](#) in Baltimore, MD offers adaptive and rehabilitative sports programming for both adults and children with physical disabilities. Participants need to be able to follow directions in large groups and function at or near age-level. Activities include sailing, ambulatory and wheelchair basketball, track and field, and tennis. Adults are also able to access a gym with adapted equipment.

Some scholarships are available to assist with programming costs.



## **Kids in Action** Washington, DC

Hosted by Children's National Hospital, this [program](#) is designed for children and young adults with disabilities and their siblings in Washington, DC. Membership and participation is free. Activities include adaptive sports, sensory mania (sensory stimulation workshop for children who may not be able to participate in structured activities), adapted activities (like cooking class) and a monthly teen night. The majority of activities take place on Saturdays, though there are some weekly programs. Family support programming also available. Activities are overseen by recreational therapists.

## Virginia

2 MAR, 1215: Ballyshanners 41st Alexandria Saint Patrick's Day Parade

Free. Alexandria, VA. Parade featuring Irish dance schools, pipe bands and other entertainment. For more information: [link](#).

2 MAR. 1400-1700: Army Community Service Baby Shower

Free. Fort Belvoir. Eligibility is expecting service members ( E1-E6, O1-O2, WO1-CW1) and expecting spouses. Spouses are welcome to attend. Event is adults-only. Registration is limited and required. To register, contact ACS at 571-231-7000 or 571-231-7001.

2 MAR, 1830 or 2000: Experience the Aurora at David M. Brown Planetarium

\$3 children, \$5 adults. Arlington, VA. Doors open 20 minutes prior to showtime, cash only. No reservations. For more information: [link](#).

10 MAR, 1300-1530: Women's History Month Tour: Turning Point Suffragist Memorial

Free. Lorton, VA. Registration required before 8 March. Joint Blue Star Families on a tour of the turning Point Suffragist Memorial and Occoquan Workhouse. [Link](#)

11 MAR & 25 MAR, 0930-1330: Dandelion Club-Indoor Play Café

Free. Fort Belvoir, sponsored by Fort Belvoir Chapel Ministries. Geared towards ages 0-5 (all ages welcome) Parents can enjoy coffee and snacks while children make crafts and play together using provided toys and inflatables. Henderson Hall EFMP will be on-site to support Dandelion club on 25 March with additional sensory play items. For more information: [link](#).

16 MAR, 1100-1400: National Museum of the Marine Corps Family Day

Free. March's Family Day celebrates Women's History Month by highlighting history of female Marines. Contact madeline.fanta@usmcu.edu with questions.

27 MAR, 1000-1200: Spring Family Needs Forum with Free Photo Minis

Free. Arlington, VA. Smith Gym, Henderson Hall. Join HH EFMP for a brief training on inclusive recreation followed by free spring photo minis and children's activities including a gross motor area, crafts, and sensory bins. A sensory-friendly Easter Bunny is available for photos. Registration required: efmphh@usmc-mccs.org or 703-693-5353.

28 MAR, 2000-2100: Egg-Streme Teen Egg Hunt

\$5. Fairfax City, VA. Ages 10-14 only. Enjoy a night-time egg hunt with flashlights. Visit with the Easter Bunny at 1900 and join in activities and yard games until the hunt begins. Registration [required](#). Registration closes 27 March at 1700.

## Virtual

4 MAR, 1200-1300: Coffee and Conversations; Middle and High School

*Free.* Joint Parent's Place of Maryland for a monthly support group for caregivers of middle and high-school-aged dependents. Register [here](#).

7 MAR, 1830-2000: Understanding Special Education

*Free.* Presented by Parents Education Training Center (PEATC) in collaboration with Camp Elmore EFMP. This workshop will review the steps of special education and empower parents with practical strategies for effective participation in IEP meetings. [Registration required.](#)

12 MAR, 1130-1200: Knowledge Nugget: Accessing Community Resources\*

*Free.* Join Henderson Hall for some bite-sized learning! Learn about the programs offered to you through Marine and Family Programs to improve your quality of life and improve personal and family readiness. Pre-register at [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

26 MAR, 1130-1200: Knowledge Nugget: Introduction to EFMP\*

*Free.* Join Henderson Hall for some bite-sized learning! This workshop gives you the need-to-know information on the Exceptional Family Member Program. Pre-register at [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

\*Indicates course offered by Henderson Hall EFMP. Please contact the office if you would like to arrange a 1:1 training at a different time.

## Maryland

9 MAR, 1000-1200: [Blue Star Family Service Saturday Park Cleanup](#)

*Free.* Pasadena, MD. Join fellow military families and volunteer to clean Fort Smallwood Park. For more information: [link](#).

9 MAR, 1700-2100: [Club1111 Nightclub](#)

*\$10.* Baltimore, MD. Dance the night away at the League for People with Disabilities program and the only nightclub experience specifically for adults 18+ with disabilities. Second Saturday of every month. For more information: [link](#).

13 MAR, 1100-1200: [On-Site Office Hours/Meet & Greet](#)

*Free.* Henderson Hall EFMP will be on-site at the Fort Meade PX. Stop by to turn in paperwork, put a face to a name, or to pick up some swag. For more information: 703-693-5353.

14 MAR, 0700: [2024 Shamrock 5K Run/2K Walk](#)

*Free.* Joint Base Andrews. First annual Shamrock Run. Pre-registration open until March 13th. Register [here](#). Call 301-266-7101 for more information.

15 MAR. 0900-1200: [10 Mile Relay Race](#)

*Free for AD service member and dependents. \$5 all others with base access.* Patuxent River, MD. Create a team of up to 5 and each runner will run between 2-8 miles. More [information](#).

16 MAR, 1000-1200: [Special Needs Family and Community Resource Fair](#)

*Free.* Greenbelt, MD. Hosted by The ARC of Prince George's County and Zion Church. Explore exhibitors offering services and products, informative workshops and interactive sessions, and connect with parents. Topics include behavioral management, advocacy, and accessing community supports. For more information: [link](#)

24 MAR: [Sakura Sunday Festival](#)

*Free.* National Harbor, MD. Celebrate the cherry blossoms with Japanese cultural events, art, and food. For more details: [link](#)

29 MAR, 1500-1800: [The Great HOP-ening](#)

*Free.* NAS Pax River Parade Field. Enjoy arts and crafts, the Easter Bunny, a tea giveaway, and inflatables. Call 301-342-3648 for more information. Candy donations are being accepted at the Community Recreation Office on Cedar Point Road M-F from 0900-1700.



## Washington D.C.

09 MAR, 0830-1000: Morning at the Museum

*Free.* National Museum of American History. This event is designed for children and young adults who are neurodivergent and their families. Enjoy the museum before it is open to the general public. Registration required. For more information, email [access@si.edu](mailto:access@si.edu). RSVP on Eventbrite [here](#).

09 MAR, 1330: Sensory Friendly Performance-Through The Sunken Lands

\$20. Kennedy Center. Most enjoyed by ages 9+. This new musical features puppetry and will be playing in the Family Theater from March 2-17. The leading actor is a wheelchair user. For tickets: [link](#).

16 MAR, 1200-1500: Weekend Workshop: Origami Architecture

*Free.* National Portrait Gallery. Join the Smithsonian for an afternoon of folding origami art. Contact [rubensteinl@si.edu](mailto:rubensteinl@si.edu) to request accommodations. RSVP on Eventbrite [here](#).

16 MAR, 1400-1600: BSF & MMAA LGBTQ+ Military Youth Monthly Meeting

*Free.* Hosted by Blue Star Families and Modern Military Association of America. Military youth and teens (13-19) who identify as LGBTQIA+ will meet at a yoga studio and walk to a nearby bakery after the class. For more information: [link](#)

20 MAR-14 APR: 2024 National Cherry Blossom Festival

*Price varies.* Celebrate the delicate cherry blossoms. Events include a Japanese Street Festival, the blossom Kite Festival and the day-long Petalpalooza. [Link](#) for more information

## Sensory Friendly Activities across the NCR

Note: This is an ongoing list updated monthly. Please contact HH TEO if you know of a resource that should be included

### *Morning at the Museum*

Free. Dates and Smithsonian museum vary. Registration required. Sensory-friendly program for children, teens, and young adults who are neurodivergent and their families. Participants enter the museum early and explore at their own pace. [Link](#)

### *Strathmore Concert Hall Tours*

Free. January 27- May 11. Children and teens with sensory differences are invited to go backstage for a small group tour. [Link](#)

### *Alamo Drafthouse Cinema*

Alamo for All program is active in both Northern VA and DC. All shows on Tuesday before 2:00 p.m. are sensory-friendly. Additional shows are available on weekends.

### *AMC Theatres*

Second and fourth Saturdays for family-friendly movies and Wednesday evenings of every month offer sensory-friendly showings

### *Children's Museum of Virginia*

Portsmouth, VA. Reduced number of visitors and adapted programs/exhibits.

Note: Second floor currently under construction. Held the second Sunday of every month. [Link](#).

### *Chuck E Cheese*

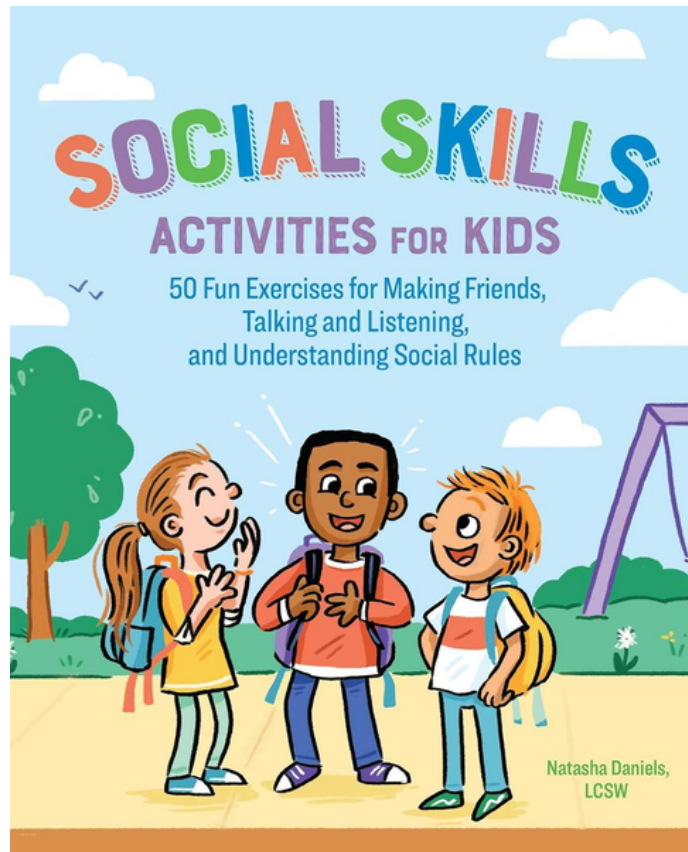
Sensory-Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month.

### *Kennedy Center*

Price varies. Lower lighting during entire performance, reduced sounds, and designated quiet area of theater. Guests are welcome to talk and move throughout performances. Website includes scripted stories to talk about an upcoming visit. [Link](#).


### *Regal Movies*

My Way Matinee Program offers sensory-friendly showings as the first show on Saturdays on select Saturdays.



Do you have a child aged 6-10 who needs help understanding social rules? Natasha Daniels, licensed clinical social worker, breaks down the rules and skills in kid-friendly language. Includes real-life scenarios and 50 fun exercises

To borrow this item or any of the other items in the lending library, contact [efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org) or call (703) 693-7195. You may schedule pick-up at Henderson Hall or at an upcoming EFMP Meet and Greet in your area



What's the difference between EFMP screening and Overseas Screening Suitability?

An Overseas Suitability Screening (OSS) needs to occur when a service member requests command-sponsored dependent travel for OCONUS (Outside the Continental United States) orders. Every dependent family member will be screened to determine if the family members are medically, mentally, and dentally fit to be stationed overseas. During this screening, the medical provider may identify a family member needs to enroll in the Exceptional Family Member Program. The OSS screening has three results: denied, approved, and more information required.

An EFMP screening occurs for all duty station locations (CONUS and OCONUS) for EFMP-enrolled family members. EFMP Assignment Case Managers will assess a family member's medical or educational needs (i.e., weekly speech therapy) and will research the potential duty station to determine if necessary care is available within a reasonable distance and a reasonable wait time, if applicable. The case manager will determine if orders are "endorsed" by EFMP or "not endorsed" and this will be shared with the MOS monitors. The final determination of duty station is made by MOS monitors.

## **HH EFMP Services**

- Family support/non-clinical case management
- Informal Assignment Screening
- EFMP Attorney Assistance
- Resources and Referrals
- Support at IEP/IFSP meetings
- Respite Care Reimbursement Program
- Eligibility and enrollment for Tricare ECHO
- Transition Assistance (PCS, EAS)
- Workshops and Training
- Lending Library
- Loan Locker
- Family Needs Assessment

Henderson Hall EFMP is committed to providing accessible, inclusive events and services. Please contact us with concerns or suggestions

[efmphh@usmc-mccs.org](mailto:efmphh@usmc-mccs.org)

(703) 693-7195

1555 Southgate Rd.

Bldg. 12

Arlington, VA 22026

### **Program Manager**

**Amy Proce**

**703-693-6510**

**[Amy.proce@usmc-mccs.org](mailto:Amy.proce@usmc-mccs.org)**

### **Administrative Assistant**

**Christina Chipman**

**703-693-7195**

**[Christina.chipman@usmc-mccs.org](mailto:Christina.chipman@usmc-mccs.org)**

### **Family Case Worker**

**Yecica Mazariegos**

**703-693-6368**

**[Yecica.mazariegos@usmc-mccs.org](mailto:Yecica.mazariegos@usmc-mccs.org)**

### **Family Case Worker**

**Claudia Quinby**

**703-693-4172**

**[Claudia.quinby@usmc-mccs.org](mailto:Claudia.quinby@usmc-mccs.org)**

### **Training, Education, Outreach Specialist**

**Sarah Kruszon**

**703-693-5353**

**[Sarah.kruszon@usmc-mccs.org](mailto:Sarah.kruszon@usmc-mccs.org)**

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