



EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

February 2024



AMERICAN HEART MONTH



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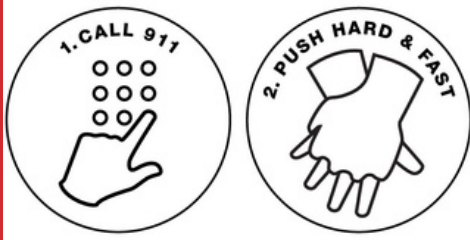
February, 2024 marks the 60th American Heart Month and the awareness campaign kicks off with the American Heart Association's [Go Red for Women Day](#) on 2 FEB and the ["100 Ways in 100 Days"](#) campaign, offering weekly emails on improving your heart health for the next 100 days. Maximize personal and family readiness by educating yourself on prevention, signs of heart attack, and steps to take in the event of an emergency. You can save a life!

HEART SMART

Hands-Only CPR

The American Heart Association encourages everyone to learn hands-only CPR. You can learn in as little as 90 seconds by watching the instructional video [here](#). Consider watching it as a family or sharing with your friends/coworkers in recognition of American Heart Month.

2 STEPS TO SAVE A LIFE



Push to the beat of songs with a rate of 100 to 120 compressions per minute. Well-known examples include “Eye of the Tiger” by Survivor, “Jolene” by Dolly Parton, and “Uptown Funk” by Mark Ronson and Bruno Mars. See the AHA playlist for more life-saving tunes [here](#).

KNOW

Knowledge is power. Work with your medical provider to understand your personal risk for heart attack. Some factors you can't control (i.e., increasing age, family history), but you can make actionable change to decrease the impact of other risk factors.

MANAGE

Managing your stress, sleep, weight, blood pressure, and cholesterol levels with medical supervision is a key part of maintaining heart health.

EXERCISE

The [CDC](#) recommends at least 150 minutes of moderate intensity aerobic exercise per week, including for individuals with disabilities or chronic conditions when possible. Any movement is healthier than being sedentary. Consider [chair yoga](#), Fort Myer Physical Fitness Center's [Never Too Late Senior Fitness Class](#) or [DPI Adaptive Fitness paid classes or free open gym Saturdays](#) to get started.

STOP

Quit smoking and avoid secondhand smoke exposure. If you need help to quit, resources are available to family members through [Tricare](#) and the USFHP. Additional resources are available to active duty service members, including the [YouCanQuit2](#) program offered through the DoD.



SHOTS

Fear of needles can be a barrier to many aspects of health care, from vaccinations, to routine bloodwork and life-saving medications. This may be especially common in young children and individuals with medical trauma or developmental disabilities. While it's not possible to avoid the cause, there may be ways to manage the fear in order to get necessary medical care.

Before

- Be honest if you are explaining the visit. Give a clear description of what to expect. Consider using words like “poke” or “pinch” to describe a shot
- Explore social stories or video models. There are many free options, like this [story](#) about the COVID-19 vaccination from the CDC, this [story](#) on blood draws, and this [video](#) on blood draws
- Request numbing/pain relief
- Disclose concerns to your healthcare team

During

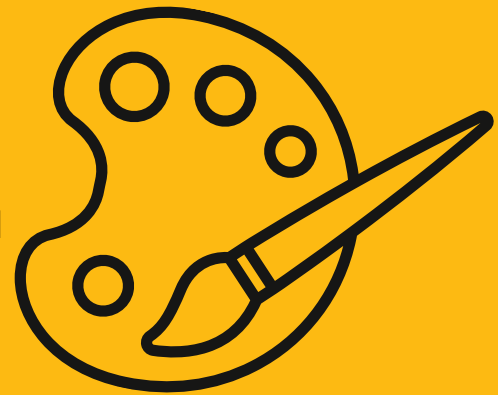
- Offer a favorite toy, book, or phone game
- Take deep breaths or model deep breaths for the patient
- Consider a vibrating toy and/or ice pack to add sensory distraction (HH EFMP has a buzzing toy in our loan locker!)
- If able, breastfeed a nursing infant or offer a sweet beverage if over 6 months

If a severe fear of needles is causing you or a loved one to delay or avoid medical care, consider consulting a mental health provider. Support is available through [Military OneSource](#) and [Henderson Hall Behavioral Health](#)

USO ART THERAPY

Join the Warrior & Family Center at Fort Belvoir for one of their art programs hosted by art therapy interns from the Alexander .T. Augusta Military Medical Center. Art programs are held Monday-Friday and will continue through Summer 2024. Start dates differ. Contact USO Warrior and Family Center (fortbelvoir@uso.org) for more information.

- **Community Adult Art Therapy:** No registration required
 - Mondays, 930-1100
 - Tuesdays, 930-1100
- **Adult and Teen Open Art Studio:** No registration required
 - Wednesdays, 0930-1100 (Adults/13+ only)
- **Family Open Art Studio:** Registration required.
 - Wednesdays, 1100-1200
- **Open Art Studio:** No registration required
 - Thursdays, 1000-1130
- **Women's Art Therapy Group:** Registration Required
 - Fridays, 1000-1130



Morning at the Museum

Access Smithsonian presents Morning at the Museum for children, teenagers, and young adults who are neurodivergent and their families. Families can visit a designated Smithsonian museum before opening and explore at their own pace. Upcoming Morning at the Museum dates are Saturday, March 9th (National Museum of American History) and Saturday, April 27, 2024 (Hirshhorn Museum and Sculpture Garden). Registration is required. For more information, see the [Access Smithsonian](#) website. Sign up for the mailing list for early access to registration. Access Smithsonian also offers a variety of resources to prepare your family for a visit (i.e., social stories, parking options, etc.)



Scholarship Opportunities



Autism:

[Organization for Autism Research](#): Includes the Schwallie Family Scholarship, Lisa Higgins Hussman Scholarship and the Synchrony Scholarship for Autistic Students of Color. Students may apply for only one scholarship.

[Kerry Magro Scholarship](#): Due 04/30/2024

Heart Disease:

[Berger and Green Heart Disease Scholarship](#): Due 6/15/2024

General Disabilities:

[Lime Connect Scholarships](#): Includes Google Lime Scholarship, Lime Connect Pathways Scholarship for High School Seniors, and BMO Capital Markets Equity Through Education Scholarship

[Microsoft Disability Scholarship](#): Opens 01/22/24 and closes 03/13/2024

Military Teens:

[Scholarships for Military Children Program](#): Due 02/14/2024. Run by Fisher House.

Military Spouses:

[National Military Family Association](#): Open year round

[Spouse Education & Career Opportunities](#): Directory of military-spouse specific scholarships (login required)

Virginia

07 FEB, 1300-1345: Chair Yoga

\$15. Occurs weekly on Wednesdays. Gentle, seated yoga class with modifications available. Presented by the Museum of Contemporary Art Arlington. information@mocaarlington.org

08 FEB, 0800-1300: Autism Resource Clinic

Free. Check-in at 0745. Half-day seminar held at Alexander T. Augusta Military Medical Center on Fort Belvoir every month. Local experts and resource representative will join in-person and virtually to empower parents as they develop a team of support. Henderson Hall EFMP Training/Education/Outreach specialist will be present. Registration required. Call 571-231-1015, option 4.

11 FEB, 0830: Run Your Heart Out 5k and 1k

\$35 for 1k, \$45 for 5k. Fairfax Corner. 16th annual Run Your Heart Out 5k and Fun Run 1k. [Registration required](#)

13 FEB & 27 FEB, 1000-1100: Baby Development Support Group

Free. Chantilly, VA. Hosted by Watch Me Bloom's pediatric therapists, join other parents to learn about sensory stimulation, motor/language skills development, and cognitive growth. [Registration required](#)

Virtual

13 FEB, 1130-1200: Knowledge Nugget: Special Education Overview*

Free. Join Henderson Hall for some bite-sized learning! This workshop offers an overview of the special education process. Pre-register at efmphh@usmc-mccs.org

14 FEB, 1000-1100: Hybrid Sip-N-Share Support Group

Free. Sponsored by Army Community Service. Open to all branches of service. Email Tashawn.n.wilson.civ@army.mil or carol.m.burchfield.ctr@army.mil for the link.

27 FEB, 1130-1200: Knowledge Nugget: Early Intervention*

Free. Join Henderson Hall for some bite-sized learning! This workshop offers an overview of early intervention services, offered by an EI professional. Pre-register at efmphh@usmc-mccs.org

27 FEB, 1800-1900: Real Talk: Life & Love with PTSD

Free. Monthly virtual support group hosted by Veteran Spouse Network. Pre-registration required. Registration is open to spouse/partners of AD service members and spouse/partners of post-service veterans. Register [here.](#)

*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

02 FEB, 1700-1900: [Game Night \(All Ages\)](#)

Free. Hosted by Joint Base Andrews EFMP and held the first Friday of the month. Inclusive game night for all ages and abilities. Registration required: [Link](#)

08 FEB, 1000-1130: [Brandywine Starbucks Coffee Connect](#)

Free. Join Blue Star Families to connect with other military-affiliated families. Pre-register [here](#).

17 FEB, 1100-1300: [Puzzle Races](#)

Free. Joint Base Andrews Library. Teams of 2-4 will compete to complete the same puzzle in the shortest amount of time. The winning team receives a puzzle-related prize. Contact the library (301-981-6454) for more information.

26 FEB, 1100-1200: [Coffee, Craft, and Conversation \(For Caregivers\)](#)

Free. Hosted by Joint Base Andrews EFMP. Held the last Monday of the month. Snacks provided. Registration required: [Link](#)

28 FEB and 29 FEB 9000-1200: [Blended American Red Cross First Aid, CPR and AED Training](#)

\$80. Sliding fee scale available. Offered by St. Mary's Health Department. Only attending one class is required for certification. Registration required: [Link](#).

Washington D.C.

03 FEB, 1100-1600: [Lunar New Year Family Festival](#)

Free. Hosted by the National Museum of Asian Art. Event is wheelchair accessible. Contact asiaprograms@si.edu at least one week before the event if additional reasonable accommodations are needed. Reserve a spot [here](#).

10 FEB, 1100-2300: [DC Black History Film Festival 2024](#)

Free. Lincoln Theater. Annual celebration of Black History through film, arts and culture. [Link](#)

11 FEB, 1430: [Family Concert: Harlem's Little Blackbird](#)

Free-\$18. Concert based on the children's book, *Harlem's Little Blackbird*, the story of Florence Mills. Concert is recommended for ages 5+. [Tickets](#)

24 FEB, 1100-1300: [Craft for a Cause with Only Make Believe](#)

Free. Create costumes for children in hospitals, care facilities and schools dedicated to serving children with disabilities. Volunteers under 16 years old must be accompanied by an adult.

[Link](#).

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

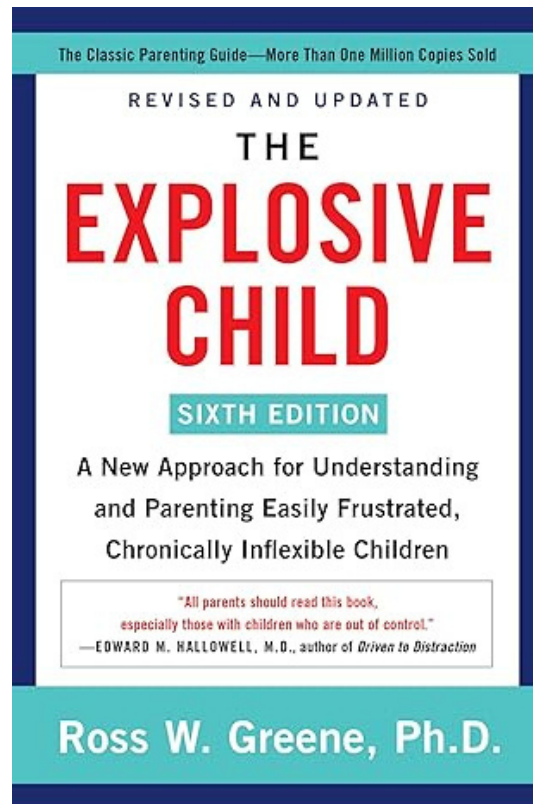
Sensory-Sensitive Sundays. Participating locations open two hours early on the first Sunday of the month.

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](#).

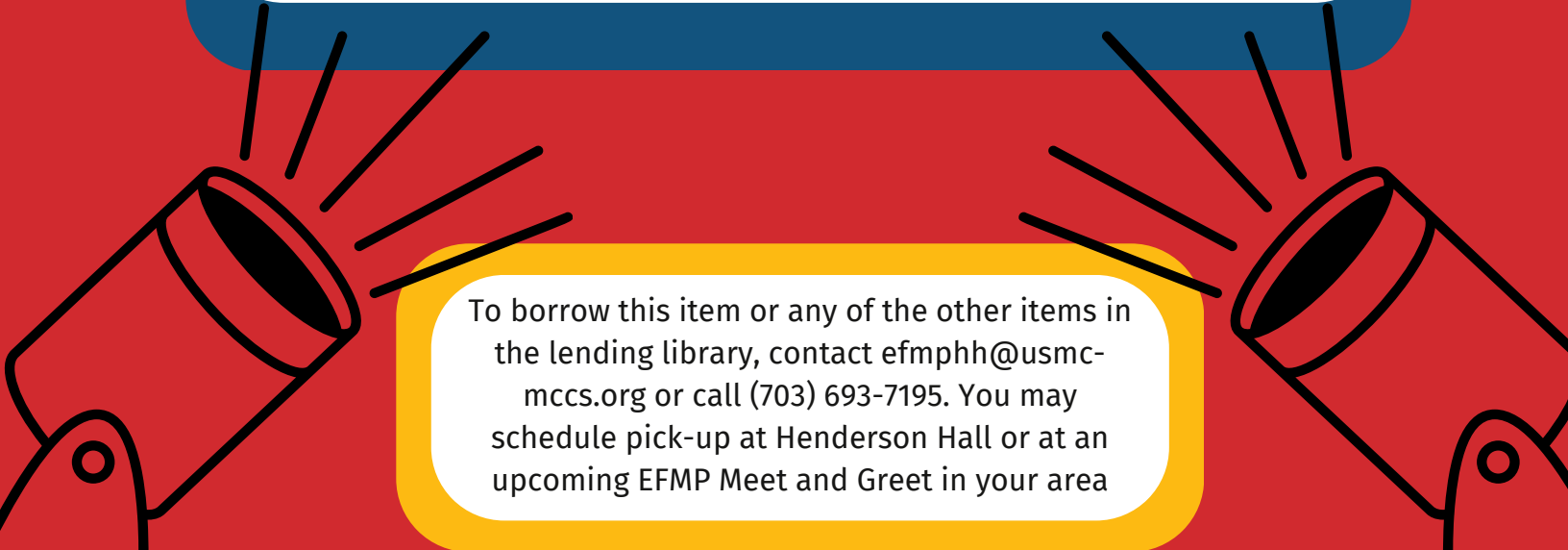
Regal Movies

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



Reframe the narrative: the child with behavioral challenges isn't manipulative or unmotivated and the parents aren't lazy or permissive, the child may need a totally different approach to succeed.

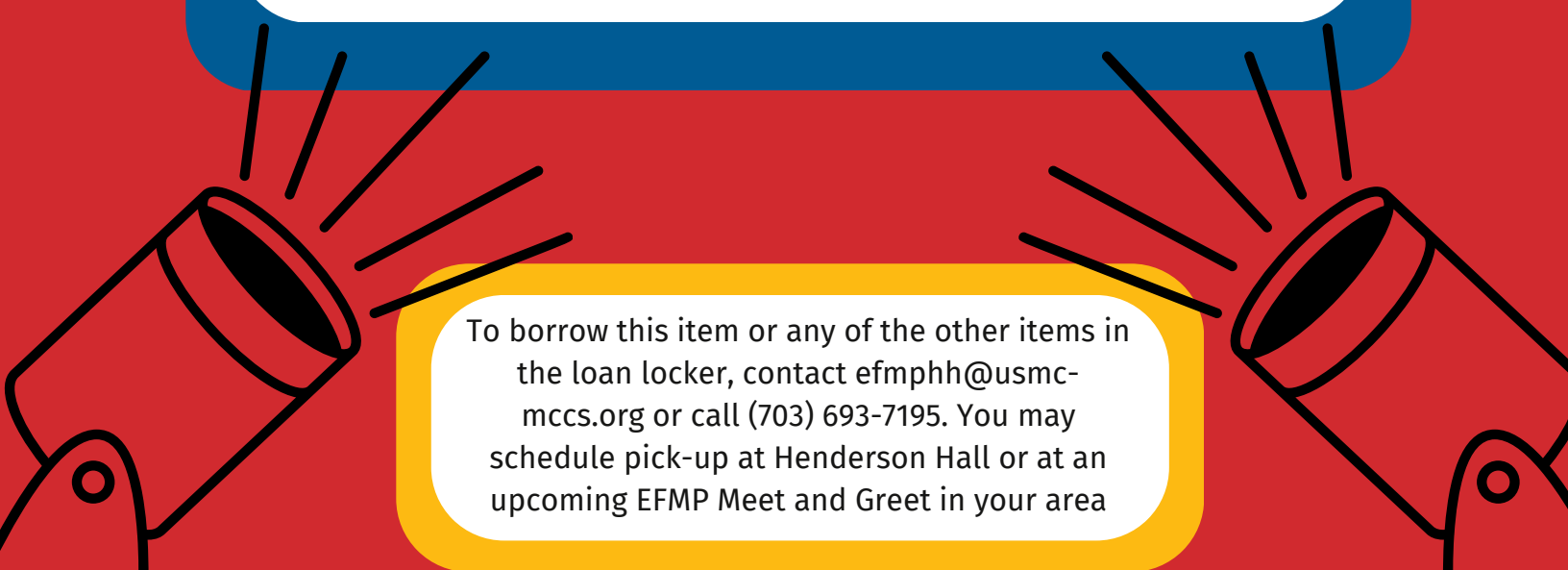
Dr. Greene provides actionable strategies to support children in learning critical life skills to manage their frustration. This book focuses on collaboration and communication.




To borrow this item or any of the other items in the lending library, contact 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



Crazy Aaron's Thinking Putty is a non-toxic, non-drying putty. Uses include building fine motor strength and fidgeting for focus or to calm anxiety. HH EFMP has several mini tins of Thinking Putty for families to try before they buy.



To borrow this item or any of the other items in the loan locker, contact 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



How do I disenroll from the Exceptional Family Member Program?

Disenrollment is possible only when the dependent family member no longer qualifies for the EFMP. This occurs when:

1. The original condition has resolved (determined by medical/educational professionals). The service member should submit updated DD 2792 and/or DD2792-1 paperwork to the EFMP office

or

2. An individual is no longer a dependent family member (i.e., divorce, death, loss of custody, or individual has reached age of majority with no guardianship in place). The service member should update DEERS and send documentation to EFMP office (no DD 2792 required)

Out-of-date paperwork does not disenroll a family member, but may delay orders to your next duty station. Check with your FCW to make sure your records are current.

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, ETS)
- Workshops and Training
- Lending Library
- Loan Locker
- Family Needs Assessment

Henderson Hall MCCS is committed to providing accessible, inclusive events and services. Please contact us with

concerns or suggestions

efmphp@usmc-mccs.org

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