



# EFMP Exceptional Family Member Program

Henderson Hall Marine Corps Community Services

November 2024



## HAPPY BIRTHDAY, MARINES!

November 10th, 2024 marks the 249th birthday for the United States Marine Corps. The anniversary will be celebrated by Marines and families across the world. How will you be celebrating? Events in the National Capital Region include the birthday run from the Pentagon to the Iwo Jima Memorial on 6 November, the Henderson Hall Marine Corps Ball on 1 November and the MCB Quantico Military Family birthday dance hosted by MCFTB on 1 November.



### NEWSLETTER CONTENTS

USMC Birthday

World Kindness Week

Self-care for the Caregiver

Operation Oasis

Tutor.com

Lending Library Spotlight

EFMP and Community Events

EFMP FAQ

# WORLD KINDNESS WEEK



November 11th-17th 2024 is internationally known as “Kindness week.” Multiple countries, including the USA, have dedicated this week to making small pockets of the world better through good-hearted actions and words. This can be a great opportunity for some social-emotional learning as a family. It’s also great for your health-consistent acts of kindness can lower blood pressure and anxiety\*.

Your family may enjoy reading books together about kindness and empathy to start the conversation. Some good picture books for K-early elementary include:

- “Have You Filled A Bucket Today?” by Carola McCloud
- “Ordinary Mary’s Extraordinary Deed” by Emily Pearson
- “A Sick Day for Amos McGee” by Phillip C. Stead.
- “All in a Day” by Cynthia Rylant

Kindness doesn’t need to be big. Here are some easy ideas to incorporate this week:

- Write and send a card to someone
- Pick up litter you spot on a neighborhood walk
- Hold the door for others
- Leave change in vending machines or laundry machines
- Complete a family member’s chore for them
- Write kind messages on the sidewalk in chalk
- Call or video chat a far away friend or relative
- Allowing someone to merge in traffic

If you have more time, you may want to consider volunteering. In honor of Veterans’ Day-you might find it meaningful to participate in a local cemetery cleanup or to drive a veteran to medical appointments through [DAV](#).

\*Cregg, D. R., & Cheavens, J. S. (2022). Healing through helping: an experimental investigation of kindness, social activities, and reappraisal as well-being interventions. *The Journal of Positive Psychology*, 18(6), 924–941. <https://doi.org/10.1080/17439760.2022.2154695>

# SELF-CARE FOR THE CAREGIVER



Consider starting World Kindness Month at home by being kind to yourself, especially if you are a caregiver to others. At Henderson Hall's recent guided painting class, MCB Quantico's Education and Prevention Specialist spoke with attendees about self-care.

Recommendations included:

- Don't "should on yourself," or, in other words, stop pressuring yourself to do or say something because you think you are supposed to do it
- Make and maintain social connections. This might look like taking advantage of on-base resources like play mornings, spouse groups or support groups. If you need help finding a support group, contact your EFMP family caseworker.
- Give your brain a protective factor-identify an activity that allows you to take a "brain break." For some people, this could look like a fitness class, doing a puzzle or playing a video game. What works for you will be highly individual.

- Avoid all or nothing thinking and instead use a "10% rule." If you have a personal goal for a clean house, break that goal down until 10% remains and implement that into your routine. For example, one day a week you will throw away all the trash and place all clothing in a hamper. This will allow you to have more success, which may eventually produce a positive feedback loop and allow for a further 10% effort to be added later.
- Set a positive self-talk mantra to repeat to yourself throughout the day.
- Consider journaling as a way to dump your thoughts. As a service member or spouse you can get a free copy of the "[Big Life Journal](#)" or the teen version through Military One Source.
- As much as possible, improve your sleep. If it's not possible to extend the amount of sleep, consider ways to increase the quality of sleep. This is a great area to practice the 10% rule rather than making a sudden change.

If you would like to dig deeper into self-care as a caregiver, consider signing up for a free two-week live online class series from [caringfutures.org](http://caringfutures.org). You can also always contact a [Military Family Life Counselor](#) for short-term, solutions-focused non-medical counseling to identify some good ways to cope with caregiving.

# JTR UPDATE:

## CHILDCARE REIMBURSEMENT

Beginning in October of this year, there is a new pilot program included in the Joint Travel Regulation to support families with childcare challenges following a PCS. AD service members may be reimbursed for the transportation costs to bring a designated childcare provider to the new duty station if the CDC at the new permanent duty station has no openings within 30 days of the service member's report date. For CONUS travel, reimbursement is capped at \$500 and OCONUS travel reimbursement is capped at \$1,500. This pilot program will run until September 30th, 2027. For more information, including stipulations, consult 050108 in the Joint Travel Regulation.



---

---

## OPERATION HOMEFRONT MEALS

Operation Homefront's Holiday Meals for Military is now open for registration. The two local distribution events- [November 16th](#) in Severn, MD and [December 7th](#) in Springfield, VA are open to E1-E6 Active Duty service members or Post 9/11 wounded, ill or injured service members of any rank (both currently serving and no longer serving). Register at the above links. For more information, visit [operationhomefront.org](http://operationhomefront.org).

# TIME TO RECHARGE

Reconnecting as a couple and as a family following deployment can be challenging. In recognition of this difficult transition, Sandy Cove Ministries in North East, MD offers free family and couple retreats through their “Operation Oasis” program for service members who have returned from a deployment within the past 18 months. The options include a 5-Night Family Camp Vacation, a two-night Getaway, a Valentine's Couple's Getaway or a Fall Couple's Weekend.

Naval District Washington Chaplains Religious Enrichment Development Operation (NDW CREDO) offers a variety of workshops including Marriage Enrichment Retreats (MER) throughout the year.

For information on Marriage Retreats, Personal Resiliency Retreats, or any of the CREDO workshops contact the CREDO Office at 202- 284-4355, [credo.ndw@us.navy.mil](mailto:credo.ndw@us.navy.mil) or CREDO Facebook: [www.facebook.com/NDW-CREDO/](https://www.facebook.com/NDW-CREDO/)



## Princeton Review Tutoring

The Department of Defense cares about education of service members and dependents. That's why part of the MWR General Library Program also funds free online tutoring at [Tutor.com](https://www.tutor.com). Personalized support is available 24/7 for over 150 different subjects from math to foreign languages to standardized test prep like the SAT or NCLEX. You can also access parent coaching to better learn how to support the learners in your life.



## Virginia

09 NOV, 0800-0900: Sensory-Friendly Morning at Mount Vernon

*Free for 5 and under.* Explore Mount Vernon with reduced crowds and sounds. For more information: [link](#).

11 NOV, 0900-1230: Fire Safety and Life-Saving EMS Training

*Free.* City of Fairfax. Join the Volunteer Fire Department to learn hands-only CPR/AED, fire extinguisher use and the signs of a stroke. Classes are about 90 minutes. Pre-registration required: [link](#).

22 NOV, 0700: OOHRAH Run Series-Turkey Trot

*Free.* Cpl Terry L Smith Gym, Henderson Hall. Free t-shirt to the first 100 registrants. Registration closes at 6:45. Pre-registration encouraged: [link](#)

28 NOV, 0900-1500: Baby Boot Camp

*Free.* Henderson Hall, VA. Offered the first Thursday of every month. Learn the basics of baby care with the New Parent Support Program. Registration required. Call 703-614-7204

## Virtual

05 NOV, 1300-1415: Connecting Through Storytelling

*Free.* Join Blue Star Families for a virtual afternoon with StoryCorps and their Military Voices Initiative. Connect with other military families over stories from the StoryCorps collection and practice listening, conversational and storytelling skills. For more information: [link](#).

07 NOV, 1200-1300: Empowering Beginnings

*Free.* Presented by PEATC and Camp Elmore EFMP. For military families with children up to age 4. Learn all about the resources available to you if your young child is not meeting milestones. Register here: [link](#).

12 NOV, 1130-1200: Managing Deployments

*Free.* Join Henderson Hall for some bite-sized learning! This workshop offers an overview of the preparing for deployment and explores the supports available through EFMP. Pre-register at [ombefmp.eventregistration@usmc-mccs.org](mailto:ombefmp.eventregistration@usmc-mccs.org)

26 Nov, 1130-1200: Knowledge Nugget: Special Education Overview

*Free.* Are you new to the special education arena or just in need of a refresher on the basics of special education? Join us for a workshop on the need-to-know information on the special education process in order for you to be the best advocate for your child. Pre-register at [ombefmp.eventregistration@usmc-mccs.org](mailto:ombefmp.eventregistration@usmc-mccs.org)

## Maryland

5 NOV, 1030-1230: Blue Star Families Starbucks Coffee Connect

*Free.* Brandywine, MD. Free drink and social time with Blue Star Families. For more information: [link](#).

5 NOV, 1300-1430: Tween and Teen Series-Building Friendship with LEGO

*Free.* Indian Head, MD. Join Henderson Hall EFMP and MCFTB as we use LEGO to explore goal-setting, building friendships and identifying strengths. For more information, contact [mcftbhh@usmc-mccs.org](mailto:mcftbhh@usmc-mccs.org). Adults must remain in the library.

8 NOV, 1300-1400: Alzheimer's Caregiver Support Group

*Free.* Sandy Spring, MD. Join others engaged in the care of a loved one with dementia on the second Friday of each month. Sponsored by the Alzheimer's Association and facilitated by LCSW-C. For more information: [link](#).

14, 28 NOV, 1900-2030: NAMI Family Support Group

*Free.* Support group for adults 18+ who have a loved one living with a mental health condition. Registration required: [link](#)

16 NOV, 1000-1400: Month of the Military Family Day at the Farm

*Free.* Marlboro, MD. Hosted by JBA and JBAB PWL programs at Promise Landing Farm. Enjoy free activities, farm animals and giveaways. Bring your own picnic items to enjoy with your family. Registration required: [link](#).

## Washington D.C.

06 NOV, 1000-1100: Sensory-Friendly Morning @ LEGO Discovery Center

\$26. Guests will enjoy reduced lighting and music, and the center will disable distracting stimuli for the first operating hour of the day. (The attraction will resume with normal lighting, sound, etc. at 11 am.) For more information: [link](#).

23 NOV, 1030-1200: Hill Family Biking-Littles Ride

*Free.* Join Hill Family Biking's first Littles Ride catered to riders ages 2-6 on trikes, balance bikes, training wheels and first pedal bikes. Featuring a shorter route (~ 1 mile) and a story time with DC Public Libraries. For more information: [link](#).



## Sensory Friendly Activities across the NCR

### *LEGO Discovery Center Sensory-Friendly Mornings*

\$25.99 per person. You may be eligible for one free ADA caregiver ticket. Enjoy the LEGO center from 1000-1100 with reduced lighting and music. This event is held the first Wednesday of every month. For all ages. [Link](#).

### *Accessible Adult Fans of LEGO Nights*

\$24.99 per person. Ages 18+ only. Enjoy the LEGO center from 1800-2000 with reduced lighting and music. This event is held the Wednesday of every month. For adults with special needs or sensory differences.

### *Sensory Sundays at the B & O Rail Museum*

\$20/adult, \$12/child. AD is free. First Sundays in select months. Environmental accommodations (no music, low lighting, quiet areas, increased signage for areas with sound effects), sensory-friendly events (kids craft, train ride, and tour) and resources (sensory kits, social stories, and community table) will be available. [Link](#)

### *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](#)

### *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](#).

### *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*

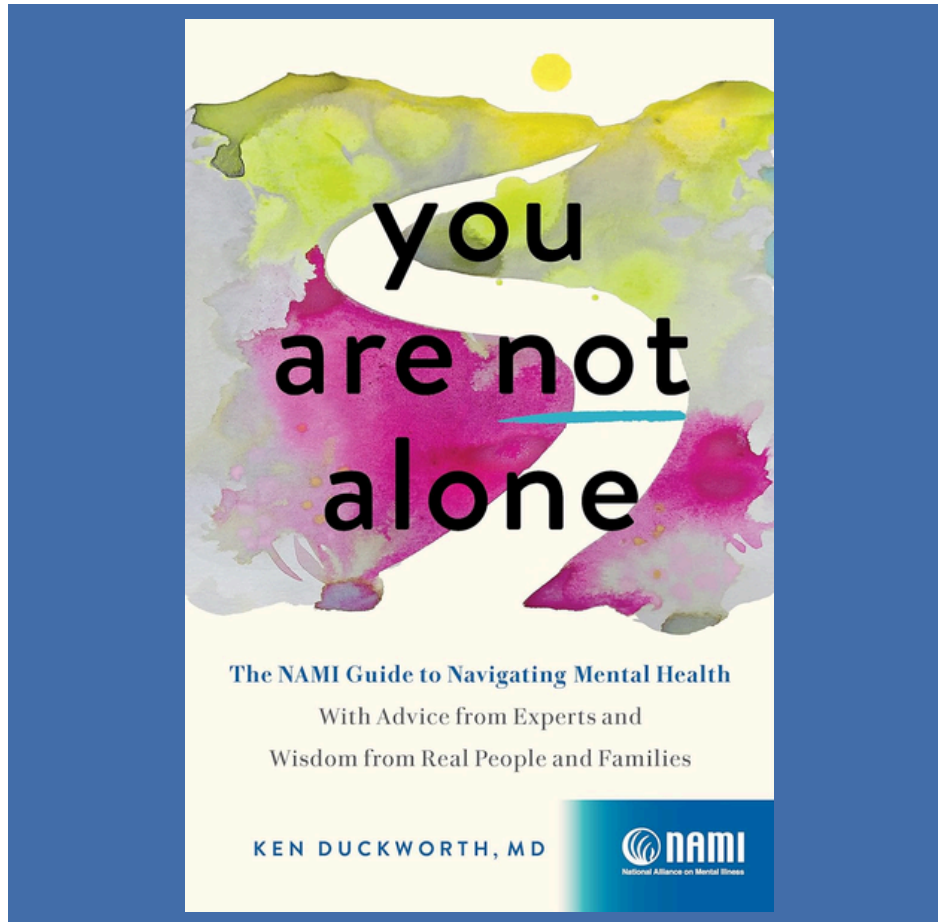
My Way Matinee Program offers sensory-friendly showings as the first show on Saturdays on select Saturdays.

## Philadelphia:

### *Sesame Place*

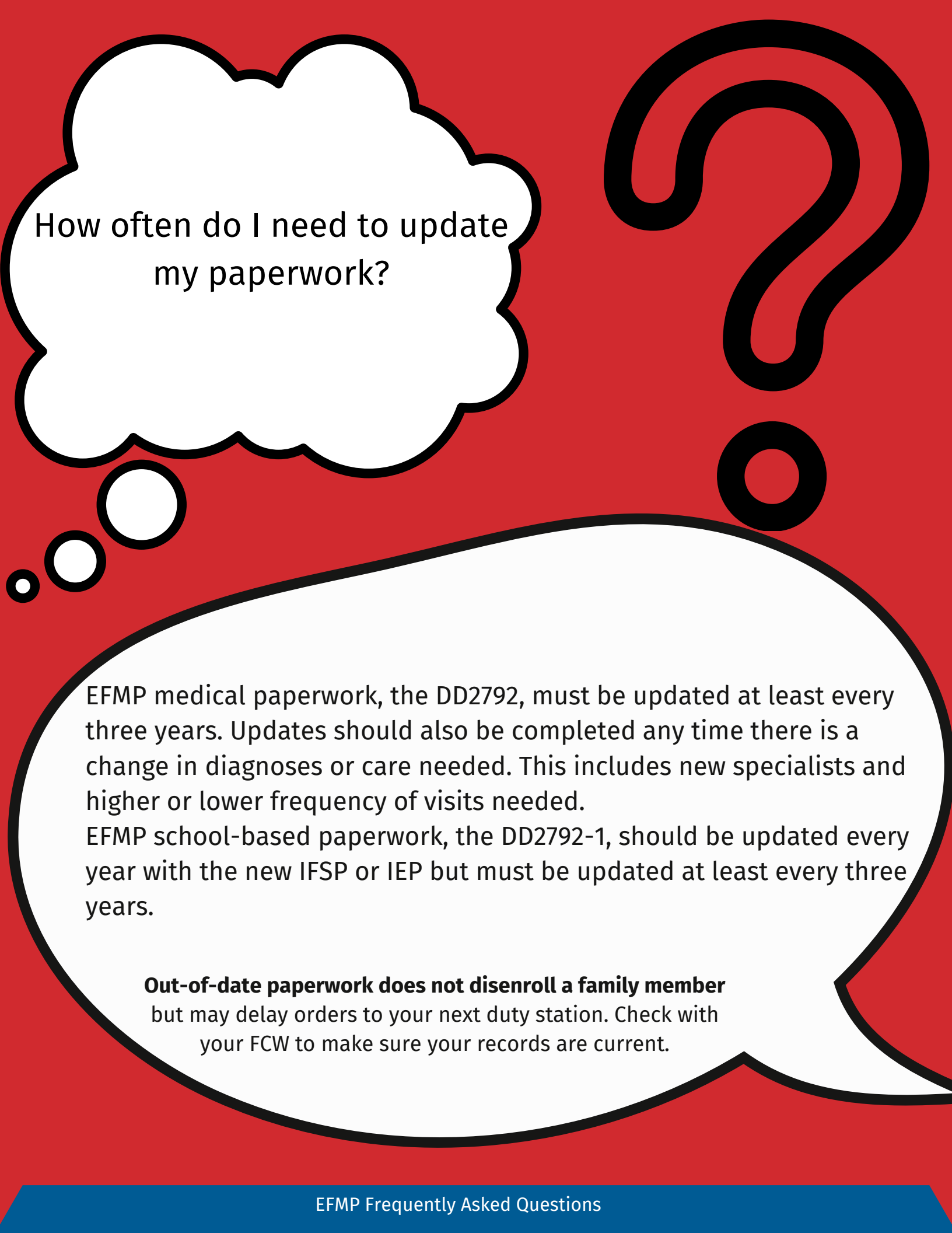
Sesame Place Philadelphia is the first theme park to be designated as a Certified Autism Center. Sesame Place offers a low-sensory room, low-sensory parade viewing, and specially-trained staff.





The NAMI Guide to Navigating Mental Health is one of the new additions to Henderson Hall's Lending Library. Check it out to explore first-hand experiences from individuals and their families, as well as advice from the experts on how to navigate mental health struggles.

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



How often do I need to update my paperwork?

EFMP medical paperwork, the DD2792, must be updated at least every three years. Updates should also be completed any time there is a change in diagnoses or care needed. This includes new specialists and higher or lower frequency of visits needed.

EFMP school-based paperwork, the DD2792-1, should be updated every year with the new IFSP or IEP but must be updated at least every three years.

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

### **DISCLAIMER:**

**The contents of this document 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.**

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

